

Whatever stories they give, we take it for granted. I'm here to warn you of all these horrible people who are incarnations of the devil. They pamper your ego and I do not know what are their plans. But one must know above all is God Almighty. They have ruined so many seekers that they cannot be forgiven. So don't listen to these words of Siddhis, this type, just forget it, get your Realization first, then I'll tell you everything else. Because you all are seekers. And the seekers of truth. Not seekers of gurus. You have to become your own gurus. And then you will know what they are like. Thank you very much!

Question: Please, I have a question. I am practicing yoga and work with my chakras, but my thyroid gland is not working.

Shri Mataji: Which yoga are you practicing?

Question: ...it's from Indian medicine men from the native people of America...and it's yoga...

Shri Mataji: I will tell you. This lady is telling Me that she's practicing some sort of a yoga, but her thyroid is not curable. About all these yogas I have to tell you the same thing. Without getting the Realization, without getting the connections with the mains, if you take to any one of these methods, even what you call that Chinese thing, Tai Chi, and another thing they put the pins and needles, acupuncture, any one of these things, then you exhaust the energy of a particular center to the maximum. Then this center sucks in from other centers. Because there is no unlimited source within us. So doing all these things puts you on to the sympathetic nervous system. Even cancer is caused by the over-activity of the sympathetic. So it is the case just like a car which has got limited petrol and you can go to that extent and no further. But if you go too further with it, you ruin the car completely. But when you are connected with the mains, all the time the vital force is flowing through you. So first you must get connected to the mains, which is yoga itself. Without the connection how do they call it yoga, I don't understand. There is no union and they call it yoga. Also yoga means the deftness in the maneuvering of the Divine power. If the Kundalini has not risen how will you know where it is obstructed? Now supposing if you start from here to go to your house, how can you know where is going to be the obstruction? But here the car has not yet started. And you are trying to correct the obstructions at a point which does not exist, may exist. So all these yogas have no meaning because there is no connection with the Divine, with the main. Supposing this instrument is not connected to the mains, it is useless. If you telephone to somebody without connection, you'll break the telephone. So the first thing one has to do is to connect you to that Divine power. Is it not logical?

In the olden days, when this Patanjali yoga was practiced thousands of years back, the first thing was called as [ISHWARA PRARIDHAN ?] means the establishment of God within you. So now, but in the modern times everything is so confused (Shri Mataji laughing) that a simple thing like this we overlook. If you get cured it is just a by-product. Just as the by-product of these lights is that we walk properly. All right now.

Aside: She as to go today also?

May God bless you!

All right. What is it?

Question: You are against all fanaticism - why are You so fanatic against sex?

Shri Mataji: I'm not fanatic, sir, I'm wise. I'm not, excuse Me, I will tell you, I'm not fanatic. If you have sex, in the way - perverted sex, you will have complications in society. If you have sane sex - and you are attending today, is it? Yesterday I told in a very long way that sex in a proper sacred manner with the collective sanction is absolutely needed. You were not there yesterday, I told it. I'm not fanatic. I'm Myself a married woman with four grandchildren. We have lots of marriages of Sahaja Yogis, and we believe in sensible marriages.

If you cut in My lecture, one lecture, then naturally you can draw conclusions, but that's not fair to Me. You should have attended all My lectures, or you can listen to them. You can take the tape and listen to them and then you will know what I had to say

about sex in a full way. Today was the little bit of it which was yesterday because people left suddenly, that's why I said. Now most of yesterday's lecture had about sex, and I said what is the sanctified sex, which is going to give a proper life to children, and great souls can be born on this earth where there is a proper sex life, not the perverted one. And not to doubt your parents that they have sex feelings for us. This kind of sex-oppressed society is extremely insecure. We have to have its place in its right way. If you don't mind, you can take the tape from these people and listen to it. And you will know that I have no fanaticism about sex at all. Any other question please. Yes?

Question: I was not present at your first lecture - I don't know if You said anything about how to feel pulsation and sensation on the skin?

Shri Mataji: No, no, I will say that again. That I have to repeat again. That I'm going to tell you again. Is a very good question. I'm going to tell. He asked Me a question that he was not for the first lecture, but he didn't hear as to how I'm going to do that, which I will tell you, no doubt. I have to tell that again and again, no doubt. We are open to that. Also if you have any questions, even if you have come today, does not matter, any questions you may write them down, give it to Me, I'm coming back again, I'll answer them. And there we have got everything in tape. And you can get the tapes from the people here for no payment at all except that you give your own tape and we'll give you, and you can go through it and see for yourself. For that matter, any part of discussion you want to know, we have other tapes also which you can take, see them, study them, and let us know whatever is your problem, we'll try to tackle it. This is open to all of you. It does not matter what was the past. So one should not worry about these things.

Question: I was at your last lecture. During Self-Realization session I did not feel much. But during last night I felt a strong burning sensation on my whole right arm.

Shri Mataji: What's she saying? It's a personal problem. Now I'll tell you what. If you have - now, just a minute. I'll tell you, it's very simple, you know. If you have a hot feeling here, that means you have a bad liver. All right? You see, you have a bad liver. You are a very right-sided person and you are speedy, and your Swadishthana chakra is giving heat. All right? So we'll correct it. Don't you worry. It's all right. And the reason for that is she thinks too much, and she thinks of the future. (Shri Mataji laughing) And that is how she has developed this problem. Although she must be a speedy person, very speedy. That she is, all right. So, it's indicative, it's all right, doesn't matter, it will work out. (Shri Mataji laughing) Now, it will go away, it will take hardly any time. Now, all right. But this has given some proof, isn't it? It has given some proof.

(Gregoire bringing the Q&A; session to a close so that the meditation can begin)

Shri Mataji: Now, all right, now what I'm saying, Gregoire, just tell them that when this is happening, just don't stand up and walk off because they disturb everyone, and secondly, tell them that whatever I say, please listen to Me. If you do not want to do it, you can go away. But you don't disturb others. That's not good because you should be civil. If I say take out your [Mala ?] or anything, you should not object to it because it is for your good I'm saying it, I have nothing to get out of you.

She's the one running away - that's the thing, see.

If they want, they can go for one minute, if they want to go to the - and they can come back, but settle down, because, you see, it's a thing of ages. It's the greatest thing that can happen to you. And it is the greatest gift that you should have.

I'll have to say that, that's what I'm saying, I'm going to tell you that.

So first of all, I would request you to take out your shoes. That helps a lot because it tightens our feet and also it doesn't give us contact with the...

1982-0929, Talk to Sahaja Yogis

View [online](#).

29 September 1982

Talk to Sahaja Yogis

Gregoire's Flat, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis

Sahaja Yogi: Yes, Mother.

Shri Mataji: Just tell them how much you questioned Me. Tell Me, tell them how much you questioned Me. How much you question. At that stage when we started [unclear] I mean, he was [all the time questioning Me]. And this you didn't tell, remember. I mean [unclear]...

Sahaja Yogi: I do remember. I do remember, Mother. But maybe I was going far of that [you know OR enough].

Shri Mataji: And he represented all of them. I could see through him all the questions that they are going to ask or they can, you know. But once I've answered that, [lot of them will apply], [then] I've seen [it], questions are seldom, seldom repeated.

Sahaja Yogi: Because once, [on one side OR when I was trying] to answer a category of [human beings OR maybe] but, Mother, I was, it was like you were like in front of a "turbulence". How do you say in English? It was like firing at you, tatatatatatatatata, like this.

Shri Mataji: Brigitte, it's all right now. [The questions are OR First question is] over.

Sahaja Yogi: Yeah, yeah, yeah.

Shri Mataji: It's all right. But yesterday like the lady came to ask Me a question. See what a good thing. She said, "Mother, why are we on this earth?" It's a very different type of a question. What are we to do on this earth? Why are we here? [So] many different ways, of a question isn't it? [Very]....

Sahaja Yogi: ... Yeah!

Shri Mataji: Very positive. It's just, "Do you think I have the Spirit which helps [me]?"

Can I have a shawl?

Sahaja Yogi: Mother, and we feel that in the questions, we feel the confusion. We feel the confusion of the people when they are asking You the question, because the confusion is taking the speed. How long I do the development of Sahaja Yoga? And if the question is repeated, especially....

Shri Mataji: It takes some time. And I know some people are [unclear], because you are all interconnected. So whether you are awakened or not, I can feel it. The questioning and so far I didn't see that answering questions one could be very [enlightened OR important]. Very direct people. And I had to use a lot of discretion [unclear].

Sahaja Yogi: Mother, I [the original sin], you see, the first we discussed innocence and then ego.

Shri Mataji: But you can see God has given one thing to Sahaj Yogis: it's innocence. But if you want to know about how this world was created, and the universe was created, isn't it? Let the child be born [first].

Sahaja Yogi: Yes, but then, if it is our curiosity that it was also the start of [our seeking].

Shri Mataji: No, first curiosity was there, but when you are forbidden to know. It is not...

Sahaja Yogi: What was forbidden? What was forbidden?

Shri Mataji: Forbidden that you should try to know all these things.

Sahaja Yogi: Just forbidden to try to know.

Shri Mataji: Of course, it was absolutely forbidden. What was the need? What's the use knowing all these things?

Another Sahaja Yogi: Which things, Mother?

Shri Mataji: All scientific things, what was the matter?

Sahaja Yogi: Knowledge of Kundalini was forbidden?

Shri Mataji: Yes, I mean, God could have given you everything. But [if] you, you wanted to achieve it by your own [this thing and all], [She/He considers, obstinacy that] you should know on curiosity. See, like a child is told not to go in the other room.

Sahaja Yogi: Nothing [we are having]. But then you could not say that that belongs to God. Then [you won't trust Him to OR you wanted us to do it], to find out.

Shri Mataji: No, first take the baptism. Freedom is first you see what you do, all right? And it's told that you must obey to Him. All just to enjoy yourself. They are nicely perceived, everything. They had a body, who could bear all kinds of atmosphere, everything.

Sahaja Yogi: But there was no [way, no way] of recognition within.

Shri Mataji: You see everything, they had recognized Christ and they had recognized God. They knew it was God. They knew it, [aren't they]? And they were proceeding and proceeding. With all that, everything is given, still.

Sahaja Yogi: I don't understand.

Another Sahaja Yogi: Now, in the beginning they were [realized all]...

Shri Mataji: Aaa?

Sahaja Yogi: In the beginning it was realization, [in the human starts].

Shri Mataji: No, no, they were not realized. They were human beings. But they had to grow in [life / love], you see, in [inner] being as they don't go in for all these.

Sahaja Yogi: Stay in the middle.

Shri Mataji: That's why it is, you see.

Sahaja Yogi: Mother, I don't understand this because if they were not realized surely they were not fulfilled because that's...

Shri Mataji: No, no, [it's only] they would have been fulfilled. They were told that, you see, supposing now I give you a house, very big, everything, garden, you have no problem of money, nothing. You just stay here and enjoy yourself and grow. Have no complications. You have every freedom. And also told us only a particular thing you just don't do, that is to go into the inquiry about something. It means mental projections, simple thing.

Sahaja Yogi: Aha. So the first thing is mental projection.

Shri Mataji: Of course, thinking is the main thing.

Sahaja Yogi: This I did not understand.

Shri Mataji: Yes, the mental projection in the sense that God has told us to obey Him. But they won't [obey]. It happens even in Sahaja Yoga. I tell you not to do it, but you just do it. And then you suffer for that. So the other way was left, was to make them understand through their own sufferings. This is specially, this is done as specially. Then all those things, you see, started off, because you went so wrong and everything. And then, you see, then it started that we had [unclear]. I mean He, He [had no OR could not] control over them, in a way.

Sahaja Yogi: Yes, it's true.

Shri Mataji: There was no control over human beings of God. [Is this] He could control them.

Sahaja Yogi: But then it is not the...What I was a little bit afraid, Mother, [it can sound] when we read the book of Genesis [it can sound like], I could never accept this story. Because it sounds like your seeking itself was a sin actually.

Shri Mataji: What was it?

Sahaja Yogi: [It sounded like if] seeking is a sin.

Shri Mataji: No, no, because the knowledge is confused. You see, a big confusion it is there. Then you don't have to have [vidya] also. You see, your vidya would have been given there. So Self-realization would have been there. What is the vidya needed? You could have come up. Now the vidya has to be there also because you have so many complications within you. You see, you can't imagine how terrible it is.

Sahaja Yogi: OK, good, without...

Shri Mataji: God has lost all control over human beings. They became ego-oriented, separated from God. They developed, developed their identities. Not only that; they created all problems for themselves. Now, I mean to work it out. One had to do a very big programming for them to learn how to use their freedom. Now in their freedom how they behave? See, you can see it in Sahaja Yoga.

Sahaja Yogi: Yeah.

Shri Mataji: How Sahaja Yogis get entangled into their smaller things saying, "This is mine. That is mine. That is mine," isn't it? It's like that, whatever you may try. All this is, this is, actually the knowledge they wanted to know was this knowledge. And there was no need for them to, [first they] get realization, Sahaja Yoga. Nothing was needed. There was no need to have incarnations. They send incarnations to try.

Sahaja Yogi: That's why.

Shri Mataji: Because nothing else was needed. They were all ruined. You would have not seen Me otherwise also but without questioning of His work. You see, it is a very long way. And how many will not come. Then what a headache for God. I mean, the other[s] say/things [need] tremendous patience. And still they are disobeying, are disobeying. Human beings are disobeying all the time. It's not only curiosity. It's also their own ego to tell other people this thing is done. Simple curiosity. And there is no way of understanding how they have to serve God. Why? I mean, imagine God's created them, told them everything and they have to just wait and see. That's all. No, but they must do something that is told not to do. It is a powerful story, but because it is so symbolical these stupid fools cannot explain. These are another set of people who are just the same, part and parcel of the whole. Just dim style of a people. So all this is disobedience.

Krishna came, said, "Sharanam, Sharanam Mamah, Sharanam Mamah, Sharanam Mamah," you see. Buddha came and said, "Buddham Sharanam Gachami is this, this is." Everywhere is surrender your ego. Surrender? Why to surrender? "We are great, you see, created by ourselves." Ego is tremendous. I mean, only a Mother can see that and then bear it. And despite all that, God tried to save you because [God does that]. So supposing you want, you are given this house. What is the need to know from where it has come, so much [money/planning], this, that? What is the need? Suppose the [carpet] is there. Why? God is not that. They don't tell us. Their heart if they would have had God there, obeys. Obedience of a man. Then they [know/get] the response.

Sahaja Yogi: What's wrong with that?

Shri Mataji: They are weak. With your brain you cannot know. You really have brains; that's all. And imagine the tremendous amount of trouble God has [to take/get]. So see the extremes, the religions, this religion, that religion. Then you see how human beings [have been OR are] doing really stupid things throughout the seeking. When He has given you everything, what was the need? I can understand one [argument maybe] but you can't take them also because [there is OR they did] a little bit progress, the [others with the] whole mountains and mountains they have created out of ignorance. Because the more you think, the more ignorant you become of God. It's very, very symbolic, but the trouble with Bible, you see, is that was a very abridged form, you see, the whole thing. And because of that [you just], all the small necessary things I just spoke of them, unless and until you [project/forget] it, all the time, [then you cannot see Bible].

But I didn't talk about this before much because, you see, that [would/could] make people [think OR feel] so again doing all these, again doing all this nonsense and feel guilty and [say nasty things]. A man, it's like a bull, you see, who gets adamant, obstinate. While he's running he is horrible. When he stops he is horrible; no control. So according to the plan it's gradually I'm opening My heart. I mean, saying what is the truth behind the Sahaja Yoga. I mean, this is the effort of God, you can say, the effort of God, how patient He is. And anybody who was sent here, to tell you anything was killed. Why? Anybody tried to control or say, "Do this for God," was finished. Disobedience was not only there, but also arrogance is also there. So when I tell to these English Sahaja Yogis, "You must meditate every day, do Pujas, this thing, that thing. To say that, you have to surrender also." Adi Shankaracharya ultimately gave up. He said, "Done, Baba, finish[ed] with these intellectuals. So I am just going to sing [a/the] praise of Mother that so that She comes on this earth and solves the problems for all of us." He wouldn't go into the, anymore, [well], worry of convincing, people. Got frightened. [Cause/because] if Mother comes She solves the problems. It is their work you see, their work. Everybody gets. If you see their lives and the [end OR error OR enemies] the[y OR people] get.

Imagine killing these people; so many [wrote the Scriptures] doing this, doing that. And on top of that when they are dead making big, new, organizations, all these organizations and then using those organizations to fight each other. I mean, it was supposed to lead you to [search God]. Absolute stupidity, I tell you, absolute stupidity. That's what I thought. But not [what], [you shouldn't say]. I say so. I say that it is stupidity because still the [game] it's not over. Let us try the last chance. If that is so, then you must all understand your responsibility as Sahaja Yogis. You must understand your responsibility. Forget about your personal life. This personal, forget it. How much time you think about your personal life? You have to have a big vision of yourselves. See now how what you are and what's important. Otherwise, when the other force will start you'll be thrown out. All this stupidity. It's all right. You should worry about the present, not about anything else. Couldn't be in [unclear] daily circumstances, you see, [when/then]

they get involved, little [localized] things. And then from there they start [pumping]. What to do? It's so, the times.

I say because I can't stand it. So finish this nonsense. Let it be finished. All the time you have to appease them. Appease them; even Sahaja Yogis I have to appease. I can understand you see My family if I have to appease them because [they're my family]. But here the Sahaja Yogis also take Me to dust absolutely. And then the questions like the one people ask, "How is it I am a still suffering so much?", "How is it this is happening?" Are, what have you to ask [this question]? You have only gained out of it. But you've seen the expanse of Sahaja Yoga also. Such a thing occurred, historical, such a great thing. Even, I mean, ego, if it is there, is the greatest satisfaction for the ego even. I mean, it's a temptation for the ego to take a jump at that big [issue / vision]. But if that's not even there, the ego, it becomes superego then. Depends on. See, human beings are unpredictable. Worst of all, you can't say whether they'll act [like/as] scorpions or they can act as snakes or as the wild [boars] also. You just don't know how they act.

Ha, I'll first talk to you about [deities], what are the deities . So you put it off.

Sahaja Yogi: Now, it's all these, Mother?

Shri Mataji: See all the Shaktis, now. Radha and Krishna. Radha and Krishna. But Krishna is the One which is apparent, [Hindi], [was apparent / Radha] you see. She is the Shakti Viraat. Like the Mother Earth is the Shakti, isn't it? She is the Shakti. But Ganesha is the one which [is innocence / respects]. She sits behind. You see, even if you see Me I give you the Shraddha. I have all right, of course many powers, all [powers/powerful] of the deities. But I do not play that role of being an all-powerful. I never order you [about ganas]. Nothing. I may be behind your powers. I mean, what I'm worried is that you should have your powers.

But the women here are, either they are half [way through / baked women], neither women nor men sort of a thing, or they are men. They are not what they should be like women. So their personality is very horrid. They don't know their role. I mean, if somebody comes to your house I've seen, if the woman of the house is cooking or doing anything in the house, if she is the one, she just tries to be stingy or this, this some sort of a thing she'll do. She will not open [hand/heart]. You see an Indian woman; she'll cook ten things in the house, to see that the, she'll look after the guests. I mean, she'll go all out to [do it]. It's a very different situation. I do not feel welcome in a Western house, I really tell you. I am not surprised but it's all right, Sahaja Yogis. It is all right. But if you go to any Western's house, see Gregoire, it's impossible. C.P. will never stay in a Western house. You may give him [whoever will invite OR whatever you like]. He would prefer to stay in a hotel there because, you see, if C.P. will see the face of the person, they react in such a way. He saw people are trying to create some fuss or they'll create some problem or they'll show such a face that the another person doesn't want. I mean, they are not shameless; they are shameless people.

I went to this lady's house. I mean an Indian woman. Now see, you have seen Me how I work with that. Every lath of the house I know; every hold of the house I know, every arrangement also of the house I know, everything I look after and neat it. My husband is just like living in a hotel, sort of, if you go and ask. He doesn't know anything what I have got, where I have got, what are the, everything I know of My house. And I do everything in My house, decorating, everything. Now, you've seen My husband. He doesn't think. Now if I go out I'll worry about what to buy for my guests who will be coming, this is lacking in the house. My husband does not bother. He's not bothered what I am going to have. He doesn't know even what things we have in the house. I bother about everything because it is My job to look after the guests, to make them feel comfortable, to make them feel happy. Here the women only have rights, no duties. This is the best part of it. They have only rights, no duties. Then how can it be? How can you make them understand? This love, love is just, just talking nonsense. Giving love means only showing off, put your hands round their necks and to caress, all nonsense about. It's you, it is nothing but just hands. It doesn't mean anything. If they wait for a year or so this Anapurna shakti come out. Then they get a shock. Better to marry again for the other sensations. It's not reality. It's not true love. It is a very demanding. True love never demands anything. Doesn't demand; doesn't demand anything. It gives; it gives, you see. And then as you give, others respect you, understand you, this and that. But this is not only you keep demanding, "Bring this for me. You must get me. If you haven't got a Coke for me then you are the worst person," isn't about that also.

Sahaja Yogi: [False guru].

Shri Mataji: But here women [make/have] too [much/many] demands. Thank God, in India we have still preserved everything, the duties. Woman is so beautiful. I mean, it's such a joy for them. [unclear] People are coming to [see] her so. She, she goes out of the way, to the market to get things everybody rejoice. You see, it's a thing of joy for them [about it]. And this lady, you see, she made all the Sahaja Yogi[ni]s clean her bathroom, do this, do that. I saw her. What's her name? Poor Malika was working like a servant in her house, first day in the house. Even Natalie was cleaning the bathroom, and you see they become like owners of the house. You see, suddenly they want to grab. "This is my husband, my family, my house." And no duties for the house, nothing. First duty is how you serve your guests, how you look at others. You see, because your husband has got a personality which involves other people.

As I said [about image] that he is not a grown-up. You can see his image as somebody, as a leader, or a Sahaja Yogi. All right. What are you doing to support him in that image? As Mathias as he [got leader], he was no more in the eyes of others. All right, he was later a Sahaja Yogi. That, that's no worry. What is it? Nothing much. Now he has a certain image. How are you going to support him in that image? Are you rejoicing about it? Are you happy about it? If so, what are you doing about it? It's, you see, then whole [Puja / thing] all the time when some way or another is to be done, then they won't tell him it's wrong because mothers are doing like that, as they are.

[Missing part]

Tell Robert... [Talk interrupted.]

It is not a life of humiliations. This is they should understand. You see, this is not the life, but your position in life, it's like this Mother Earth. You are so powerful that you are the giver. Only the person who has can give. What can your men give? Only the women can give. They are the shaktis. So for a shakti there's nothing like humiliation. See, she has to give. So the life of humiliation and all that human talk of because they lack something within themselves. You see, you do not take, assume the power what you are. Logically you are humiliated. If you assume your power as the person who has to give, then you'll be surprised. You'll be respected the most. And the family will say, "There's one woman like that." Everyone respects her. Everyone say, "She's such and such." So it's like a, as I think Rosemary or somebody said, that an Indian woman is like an Indian flower of magnolia. I don't know, in India I have to have a magnolia flower, that wherever it is, from a very distance you can smell it, that there is an Indian woman, in her poise, in her dignity, in her decency, in her decorum, in her dharma. She, in India, the women are dharma, not the men's quality. Women are dharmic. They are the [givers/preservers of morality]. You'll seldom find a woman in India who is not dharmic. Men can be adharmic. They can go on to all sort of things. They get disturbed. We don't even know to what extent they can do it. Some of them are horrid men. But women, you know, they have dharma. And on that point they fix the family.

Now some people say that, "Why should the women should be dharmic? Why should she take this?" Because she's appointed for it. Now supposing a person is appointed for a job and he takes bribes. Then? He takes bribes; he's punished, because he's appointed for that job. In the same way, a woman is appointed for dharma. And if she's appointed for dharma and if she doesn't know how to keep her own dharma, then soon it's [to be] taken [from her/for granted]. Men won't be. Men will be punished for other things if they take something in the political life or in their, their official life or something. But women for dharma. And this is a big problem. The inner strength of women is not developed. Outer, that you see they'll have ten types of cosmetics, this, that. The body should be nice to attract the men. All the men of the world should look at them, you see, put a sort of a, all the time an image like a prostitute walking on the streets. Everybody must look at you as if you are selling your body. And the whole system it's like this. In India if you are coming it's just the other way round. A woman will cover herself very well. You see, if she sees somebody then she gets covered her whole body. Or she'll put a palu on her head, get covered. If it is in the north also they cover heads. But in Maharashtra, in fact, immediately it, if they think a man's coming they'll just cover their heads or cover their bodies. Here there's other way round. The men will bother themselves. What is there for men to bother yourselves? Whole thing, the whole system is like this. I mean, all this life, on dharma, you are all right for the political, economic things like this. You have better telephones sort of things, but look at these things. That's also done for, by men because men are like that. And they could

be womanish if they are enslaved. Then they are not men. Then they are not men. They do not have that position.

So this kind of a thing, of course, domination and all that, we always talk of. Now, I mean if you ask an Indian women, "Are you dominated?" they'll say, "No, we are not [unclear]." Even [at any cost]. Then we are protected. You see, once we develop one idea that we don't want other men to use our chastity, the whole system changes. We want to be protected.

And now, you see, I'm in the house. If I am not travelling, if I am not going out anywhere for Sahaja Yoga, I'm just sitting at home. I don't go out anywhere. Nowhere. You just see; I just don't go out. People will just walk out, just [for/sort of] a walk or stroll. I don't. I never even go to any garden or any place. Ask Gustav. He has been telling Me, "Come to see these flowers," and I said, "Let C.P. come. Then I'll come." Just no desire. When you all are there, all right, with My children I can walk around. With My grandchildren I may go to take them [with Me out of the house] . But, you see, to enjoy luxury, nothing, I have nothing to gain. What is there to gain at all? I am happy [unclear]. But just to please you to go around with you, it's all right. That's only for children's sake. But unless and until you develop that [witness] among the women, they won't strive, not [unclear] won't come. It's something that is imposed by men also, because the other men, you know, they run after horrible women, and your idols are like that, you see. So it's a prostitution. It's a, absolutely is the way you look at your women is. If they start looking at women who are more attractive, this, that, so your women try to be like this. And this transition is there. Once the Sahaja Yoginis understand they will change themselves. Either they look like [bhooties], that they are the worst and the most unhappy women, or they look like the [smartest/smarties]. It's one of the truth. Looking like anyone, that's so easy. I don't know, it's a very different thing and it's the only women who can really sin. But when will they be obeying? Because their ideas about womanhood are very second-hand, because they are not their own ideas. The ideas come from men. Whatever is projected, tomorrow if a woman wears, say, a big tin on her head and every man starts looking at her with that tin on her head, then all the women will wear a tin and a bun like that. There was something called bouffant. I don't know what was that called as bouffant and that was just put on the head, some sort of a thing and on that was [built in]. In India is a very common [word such a] bouffant. There's a very nice picture about it. [unclear], it's a very sweet picture. You should have that, how... [incomplete]

1982-0930, Conversation at Gregoire's Flat, You are in My body (poor audio)

View [online](#).

30 September 1982

Talk to Sahaja Yogis

Gregoire's Flat, Vienna (Austria)

Talk Language: English | Transcript (English) - In Progress, Transcript (English) – Draft

Sahaja Yogini: And nobody put a question, as they were thoughtless.

Shri Mataji: And I waited for ten minutes [unclear]. I tell you, because what was going on outside [unclear]

And that lady came back, the wife, I think.

Gregoire: Yes?

Shri Mataji: Yes, she came back.

Gregoire: With reddish hair?

Shri Mataji: Hum. She went out and came back. I saw her coming back. She must be annoyed; she must have blasted you.

Sahaja Yogi: She was annoyed, when she got up, [unclear], she was unhappy about it.

Sahaja Yogini: And during your voice speech vibrations were so fresh, so fresh, all the time.

Shri Mataji: I know, they are really too much. But just for now [unclear].

A very good speech, very compact and very timely, very timely. I touched Sahasrara also, quite a lot. But mainly, the soul [unsure].

Gregoire: You were- the whole time, because I was on the stage, I could see the faces. And it quite amazed me, Mother, that I seldom could see, in such a crowd, an amount of people who were so respectful and eager to receive something. I was just amazed.

Shri Mataji: Did they clap for your lecture? Just imagine, they did not clap for Me.

This is for you, the clap, [unclear].

Sahaja Yogi: Yes, I heard it.

Shri Mataji: Really sweet of them.

Gregoire: They were sweet. As I talked to the people in the car, I was really touched, because I mean, generally is not that response.

Shri Mataji: They were very much touched by your lecture, you know? For a young man, to speak on that, they were surprised.

Gregoire: You didn't know that we did an introduction?

Sahaja Yogi: I didn't have any room.

Shri Mataji: No one never clapped, you see, in any case, when there is an introduction. This is the first time, I was very happy, so I also clapped. So I didn't understand what I was doing.

[Laughter]

Shri Mataji: So, one thing I want you to tell you, that when Sahaja Yogis, you see, react or do anything wrong, it really, my body is harmed, actually, and believe Me, it gives such [unclear]. But if anybody else does anything, nothing can touch Me. But you, because you are part and parcel of Me, anything you do, anything, that harms Me, in a way. So now remember, for all of you, that don't try to do any negative things before Me. If you have, you go, cleanse yourself, come back. But don't tell Me any negative thought anymore, all right? If you have a problem, raise your hands. All right. Never any negative things will be close to Mother.

And nothing negative, I cannot do that. You do it, all right. But it's coming through, it's not [unclear] Because you are part and parcel of Me. My eyes start spinning [unsure] for that people. You are my eyes, you are my heart, you are my everything.

[Unclear] it doesn't matter. I just laugh. But as Sahaja Yogi, you must remember that I have given you a place in my body, in my being, in my heart. The slightest movement if you make against the rhythm of my body, it possesses you. You should never

trouble Me anymore.

You think about [unclear]. Just think about how it should be done.

You decide today, it works out. Just say, "Oh, Mother, let there be no action of ours, which is not in complete concord with your rhythm".

Sahaja Yogis: "Oh, Mother, let there be no action of ours, which will not be in complete concord with your rhythm".

So, today is the day of environment. You know [unsure] how in the whole world, how they put a lot. So, let's have some champagne, all right?

[Laughter]

To the help of the [unclear] people, and to the help of Austrians.

May God bless you.

So, cheers! Well done, good.

Shri Mataji: This is a real stuff? [Unclear part]

Gregoire, the countryside gets flowers.

Gregoire: Mother, I think really the floraison is on. The way this program in Viena took place has proven that you have now started Sahaja Yoga on another dimension.

Shri Mataji: All right.

Gregoire: That you just move a little finger and everything moves out.

Shri Mataji: But you all people should lead.

Gregoire: Yes, it's true, Mother.

Shri Mataji: As I'm growing, you also grow with Me.

I'm writing all this. I'm not giving you a strain on that. So big. Don't talk of small things, talk of big things. Just don't talk of small things, don't think of small things. Finished.

Such a dimension. In one shot, so many of them, for the first time they came, and they got Realisation. In this horrible Europe, it gives fantastic [unclear].

Such a [unclear] you are doing, because, but the way it has happened here, it never happened nowhere.

That journalist also got it.

Gregoire: Yes. They were, they said, "I feel it all over", the journalist who was here today. Sahaja Yogi: She was here today?

Gregoire: She was here this evening, I said, "Did you feel it?" She said, "Oh yes, all over". Another Sahaja Yogi: The photographer didn't feel all that.

Gregoire: Yes, she did. She did.

Shri Mataji: She did, very much. What makes you think?

Another Sahaja Yogi: I asked the journalist and journalist said that she has felt, but the photographer didn't because she had her attention disturbed. This is what she told me.

Shri Mataji: No, no but she got it here only.

Another Sahaja Yogi: Oh, she got it here, but not during the conference. This is what she said.

Gregoire: I asked both of them, both of them told me she felt.

Shri Mataji: [Unclear] But I don't know because she came this evening.

There was a very nice photograph at the back, I saw it, on the hall. Which one was the photograph there?

Gregoire: Which one is it, Mother?

Shri Mataji: This is the back, where I was sitting.

Gregoire: How was it looking like?

Sahaja Yogini: Just show me. It's so interesting.

Arnaud: Is this your granddaughter?

Shri Mataji: No, I don't know, I just had a [unclear]. Big one.

Guido: With a red shawl.

Shri Mataji: No, no.

Arnaud: This one?

[Unclear conversation]

Gregoire: This is the one. Do you know where they got it, Mother?

Shri Mataji: No, no. I don't know, that's why I ask.

Gregoire: At the first Sahaja Yoga seminar we had in Britain, in this castle. Do you remember?

Rustom: Of this time, so far.

Gregoire: Yes.

Shri Mataji: Very sweet. Again the same problem had worked out.

[Unclear part] I said, "This is that one".

Shri Mataji: First seminar, Gregoire?

Gregoire: Yes, Mother.

Shri Mataji: What year? In this platform. In which chapter?

Gregoire: 78.

Shri Mataji: Oh, I remember!

Gregoire: 78.

Shri Mataji: When we went to that near the church?

Rustom: Yes, the big house.

Gregoire: It was the first seminar we had in Wokingham [unsure].

Shri Mataji: It was arranged by this [unclear].

Gregoire: David [name unclear]? Yes. I don't remember.

Shri Mataji: When was this?

Rustom: 1978 it was.

Shri Mataji: This castle had no other [unclear] under.

Sahaja Yogi: That's correct.

Shri Mataji: At that time, somebody put lots of things [unclear].

[About a photo; conversation is quite unclear]

Shri Mataji: One eye is a little shadowed but the lips and the [unclear]. It's very good for the [unclear]. You were there Gregoire?

Gregoire: Yes, Mother.

Shri Mataji: The background just drops out. I've seen it [unclear]. It just goes out. Whether it's a [unclear] or not, I've seen one where, I think, [unclear]?

Sahaja Yogi: Yes, Mother.

Shri Mataji: In your house, you never had a coloured piece?

Sahaja Yogi: No.

Shri Mataji: But one of you has got a coloured pattern.

Sahaja Yogi: Yes.

Gregoire: Blue?

Shri Mataji: Blue. So, I want to ask you, do you have any blue behind it?

Sahaja Yogi: It's one [unclear] white.

Shri Mataji: I mean, this background is so good. It's so good, I mean the simplicity of the background is so great, isn't it?

Shri Mataji: And you can't get it away, [unclear] you can't get this colour? I don't think the wall had any such colour like that. Like a [unclear].

Sahaja Yogi: Well, in fact, it is well yellowish.

Shri Mataji: Huh?

Sahaja Yogi: It goes to [unclear] some yellowish background.

Shri Mataji: On paper wall?

Sahaja Yogi: That's right.

Shri Mataji: So all that disappeared, [unclear] this colour, you see. All right, [unclear]

Rustom: The extraordinary thing, Shri Mataji, is that there's darkening and lightening in such a way that emphasizes the central thing.

Gregoire: Because you get light from both sides, you see? From left and from right.

Rustom: [Unclear]

Shri Mataji: Yes, and the colour that has come out is so well. I mean, you just see from the point of view of an art, you see, the whole thing is very lightening. It suggests one eye is looking less straight. That's in the corner of this eye all my destructive forces are there. In the corner of my very [unclear]

Gregoire: All my?

Shri Mataji: Corner of my eye.

Gregoire: All your destructive forces are there.

Shri Mataji: Yes. Just see the point, that white.

Gregoire: Blueish white.

Shri Mataji: Blueish white, yes.

[Unclear part]

Gregoire: I told these people to come at ten o'clock.

[Unclear part]

Gregoire: Should I show you the metal luggage I have? Whether you would like to...

Shri Mataji: All right.

It's no problem. You see everything that you are doing. [Unclear part]

It's very beautiful Just showing the country. Especially you could be really weak. And what about Alps? How do you cross? You don't have to cross Alps.

Sahaja Yogi: Yes, we are crossing Alps.

Shri Mataji: And where do you cross?

Sahaja Yogi: But we are going through tunnels.

Shri Mataji: Hum?

Sahaja Yogi: We go through tunnels.

Shri Mataji: Through what?

Sahaja Yogi: Through tunnels.

Shri Mataji: Through tunnels.

Sahaja Yogi: Through tunnels, yes.

But we will not see anything because we are taking the train at 9 o'clock in the evening. So we will be sleeping it over. Maybe tomorrow morning we will see something.

Shri Mataji: Tomorrow morning.

Sahaja Yogi: But not very much. Tomorrow morning in Zurich. No after tomorrow morning in Zurich and then by noon, on Saturday, in Geneva.

Gregoire: Mother, this is the luggage.

Shri Mataji: Oh, that's all right. That's very good. That's excellent! That's a excellent, excellent!
That's not very big.

Gregoire: We have to eat and ..

Shri Mataji: Is it steel?

Sahaja Yogi: It's aluminium. It should be aluminium.

Shri Mataji: Aluminium. It's not steel. It should be put in the aluminium.

[Unclear part]

Sahaja Yogi: May I ask you for - so Enzo is going to come to Geneva.

Shri Mataji: Who?

Sahaja Yogi: Enzo And then, Guido is going to come to Geneva. They would like to get a job there for at least a month or six weeks. May we ask you for bandhans, Mother, because it's very difficult to get a job there.

Shri Mataji: All right. Very difficult there.

It's very difficult everywhere these days, you see. In England, there are so many problems.

And, you see, the way English people also use people. Just to get a job from there.

[Unclear] And I also felt, when you are talking to them, that they don't trust now Western people much. They are the only people who are given jobs now, higher salary. But they don't trust so much Western people.

Sahaja Yogini: Mother [unclear] would you like to eat in your room?

Shri Mataji: It would be better in the room.

Sahaja Yogini: Yes, so I prepare it in your room.

Sahaja Yogini: Mother, may I ask you, Pedro is of Cuban nationality and every time he wants to go out of Italy, which in Sahaja Yoga happens quite often.

Shri Mataji: [Unclear]

Sahaja Yogini: Pedro is Cuban, and every time he wants to go out of Italy for Sahaja Yoga now, they don't want to give him the visa to go back to Italy, though he is there for eight years. And he would like to apply for Italian nationality. But the Cuban government would not give him all the papers necessary because he is a kind of refugee. So, maybe, if you give him a bandhan, he could have the Italian nationality.

Shri Mataji: But refugees always have a right. They got, [unclear] these people refugees, you know. What we have- these from Chili.

Sahaja Yogini: But he is not a real refugee in the sense that he still has the Cuban passport. Shri Mataji: Really?

Sahaja Yogi: Yes.

Shri Mataji: [Unclear] Even he can ask for political asylum from [unclear].

Sahaja Yogini: But he would not receive it, because he stayed too long in Italy.

Shri Mataji: Of course, he can say that, "I don't want to go to Cuba". Anybody can ask for political asylum [unclear].

Shri Mataji: What is it?

Sahaja Yogi: There's a big fly.

Sahaja Yogini: A very bad one.

Shri Mataji: A bad one?

Sahaja Yogi: [Unclear]

Shri Mataji: No, no, this is not that flower.

Sahaja Yogi: It is very big.

Sahaja Yogini: Very big and it is dangerous. Yes, it is dangerous.

Shri Mataji: Which one?

Sahaja Yogini: This one.

Shri Mataji: What is it called?

Sahaja Yogini: This one is called a hornet.

Shri Mataji: This is the same one, this one, [unclear].

Sahaja Yogini: It is a dangerous animal. A dangerous animal. He is still there.

Shri Mataji: How do we know?

Sahaja Yogi: It is behind.

Shri Mataji: Are you sure this is how it looks? Are you sure?

It is a wasp.

Sahaja Yogini: It is bigger. Bigger, it was big like that.

Shri Mataji: So what will you do? So it is a candy?

What are you doing there, Genevieve? Better see that that thing goes out. It's still there behind that wall. People go open.

Sahaja Yogi: It's behind the wall. Oh, it is up there.

Shri Mataji: You see, behind this wall. Take something and drive it out. Take that one.

Arnaud: Mother, may I use this one?

Shri Mataji: This way or this way?

Sahaja Yogini: I can see just behind.

Shri Mataji: From this side, open the door. Open the top door.

No door can be opened here. The door can't be opened, the upper one?

Gregoire: Yes but there is another behind.

Shri Mataji: Doesn't matter. Both the doors open.

Just hit it from outside. But you have to simply hit. You have to hit just the outside of the thing. Outside of the thing. First open the window.

Be careful.

Sahaja Yogini: I can see it.

Shri Mataji: It's there, it is there. I can see it still there. So, near the second screw. All right, if it is not opening, leave it to Gregoire. You'd better kill it.

All right, you get down.

Sahaja Yogi: Okay, I see now. I see now. I see now.

Shri Mataji: All right. Just kill it between the two ears. Careful. Just kill it, fast. Hit it hard. Ah! That's all.

Gregoire: Be careful.

Sahaja Yogini: Yes, it is here.

But it's dead.

[Cut in the audio]

Gregoire: Mother, there, it's there. It's there. Mother, Mattias will be remembered in posterity for being the man who killed the hornet with a [unclear].

[Laughter]

Shri Mataji: Hornet? Hornet is the one that is the thick.

Gregoire: The thick one, and it can be deadly. Yes, it can be deadly.

Sahaja Yogini: Yes, if there are more than three or four, then it could be deadly.

Shri Mataji: But it's the same thick. It's the same thick you are telling now.

Gregoire: No, no, this is different.

Shri Mataji: You have all these things here?

Gregoire: First time I see it.

Sahaja Yogini: You know, I have already seen it, sitting on the balcony. There are a few around.

Shri Mataji: Now, why don't you do something more about it? [Unclear]. From where do they come?

Sahaja Yogini: They are in the trees. In the trees. I think.

Shri Mataji: There must be some sort of a nest. You must inform the authorities or someone.

They'll do the cleaning up. You must inform local people.

Sahaja Yogini: When we had a nest much bigger in the garden, we asked the firemen to come and to kill them.

Gregoire: Normally, we have to ask the fireman. You have already seen this big thing?

Sahaja Yogini: This big thing? Not in the house. In the outside.

Shri Mataji: You must now close all the windows and you will not have a problem like that. You close the whole house properly, all right? And you get out from the house. At that time, the fireman may come and clear it. And you are free when they say, "It's all right". But they can tell you. Because the flies go out from here ...

Better tell them. If you have seen, [unclear].

Gregoire: And we don't see such things now. I mean, the first time I see it, I mean...

Shri Mataji: I haven't seen this kind in India. You have only wasps, but not like this.

Sahaja Yogini: Wasps, we had a lot of wasps just here.

Gregoire: Terrible. We could not stay on the balcony, impossibly. There was a nest just on the other side of the house.

Shri Mataji: I think that there are really too many trees also.

Gregoire: This place has many trees.

Shri Mataji: [Unclear]. You see, actually, I think you should have [unclear] in the places where there is less sun.

Who is this gentleman? You know?

Gregoire: It's a painting which has been done in Munich. It's not family. It's just a study of a character. And it is called - It's a warrior- it is called 'Before the Enemy'. He sees the enemy which is attacking and he takes out his sword.

Shri Mataji: Who was he?

Gregoire: Mr. Wolf who was the [unclear] of München. I think he was the rector of the main art gallery in Munich.

Shri Mataji: When was that?

Gregoire: This? The beginning of the century.

Shri Mataji: Mr. Wolf. Okay. The expression is showing what he is thinking about.

Gregoire: Or defending himself.

Shri Mataji: And the beauty of the whole thing is that there are very few colours. When you have few colours, you see, there is no confusion, no complication. Because [unclear] is it's just very few colours which offer shapes of brown and orange. All right?

May God bless you. Thank you. So now, I think [unclear].

Sahaja Yogi: Italians and Swiss have the best flight on the 20th December. Shall we, can we take it or shall we forget about it and take a more expensive flight?

Shri Mataji: It's all done.

Sahaja Yogi: Apologies. You already... Okay, yes...

Shri Mataji: It's all right. We are going to be in Bombay from 18, at least 5 days.

So, first you have to pay [unclear] because if you book it, you book it for all of you. You see, you book it, all right?

Sahaja Yogi: Yes.

Shri Mataji: When you arrive on the 21st, you see me in that place on our... and [unclear].

[Gregoire speaks in Italian to the Sahaja Yogis at 37 until 39:42]

[Gregoire speaks now in French: Dans la voiture, Mataji m'a dit ce qu'il faut faire. Elle m'a dit: 'Il faut inviter les gens chez toi etc...'
Gregoire: 'Oui, oui. Je le fais toujours je l'ai fait à Rome.' Shri Mataji: 'Oui, il faudra avoir une relation intime, les inviter pour prendre le thé.' Gregoire: 'Oui, oui, je le fais. Il n'y a pas de problème.' Puis, au bout d'un moment j'ai dit: 'Il y aura juste un petit problème. Mon point faible, c'est que Catherine attend un enfant et puis à un moment donné, elle ne pourra pas faire -'. Et là Mataji, vraiment, si tu veux, m'a enguirlandé. Elle m'a dit, ma femme m'a dit: 'J'ai ramassé quelque chose de toi, de Mathias'. Le genre de 'concern', de petit 'concern' for his wife'] [Gregoire speaks in English] The tears for his wife. I started having this because I talked to him at the beginning of the program. So, something came on to me. [Gregoire goes back to French: Et ce qu'elle a dit c'est que vous ne devez pas avoir des petites choses comme ça.40:41]

Count your blessings. If you stop counting your blessings, then... All those who understand French understand in English. So the rest can also be said in English..

Then Mataji said, "If you stop counting your blessings, then, and if you worry about trouble, then you invite trouble, and you will have trouble." And then she said, "So many people, so many wives are giving birth to their children, what is so great about it?" If you can, she can even have birth here", showing the street.

And I said, "Oh, Mother, please". I mean, you know, it was really kind of- She was really displeased by this reaction. I said something I should not have said.

Arnaud: It's a teaching for all of us.

Gregoire: What happened actually, what happened is I told you that I had no fear that I can handle Vienna, right? So, I had no problem. Why did I tell her in the car, this thing, that the only weak spot was this, that [that Gregoire's wife was pregnant and that he could not give programs] which was rubbish, you see. Now this is just to bring into her attention to something, it's just bringing something negative to her. That's why She said, "Oh, what he says here!".

Sahaja Yogini: Can you say here, what Mother said that we had to promise and so on? [Another Sahaja Yogini explains that they did not understand and translates in Italian the beginning of Shri Mataji's talk.]

[Gregoire speaks in Italian]

[End of audio]

1982-0930, Vishuddhi, Agnya, Sahasrara

View [online](#).

30 September 1982

Vishuddhi, Agnya, Sahasrara

Public Program

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Fourth Public Programme. Vienna (Austria), 30 September 1982.

I bow to all the seekers of truth. In my last lectures I've been telling you about these centers which are placed in the lower part of the body. Today I would like to cover the rest of the three centers which lie here, here and here. These are very important centers for human beings. When man as a human being raised his head up, this center established a new dimension. This center is called as Vishuddhi chakra. And this has got sixteen petals which manifests in the sympathetic or the para-sympathetic nervous system sixteen plexuses, which looks after our eyes, nose, throat, and our tongue, our eyes, part of the eyes, and the whole expression of the face. When man is ego-oriented, he puts back his head like that. And when he's super-ego-oriented, he puts down his head like that.

This center is extremely important for human beings and for Sahaja Yoga, because the hands play a big part in Sahaja Yoga. To get a universal language we have to use our hands - that is the best, for say, for people who are blind, who are deaf and dumb, best thing for them is to use the hands. So these hands, though we express ourselves by moving fingers and gestures, are still not enlightened. When this center gets enlightened then these hands become enlightened, too. This center has two sides, one on the right and one on the left. The left-side center is caught up when a person feels guilty and obstructs the ascent of the Kundalini. That's why I always request all the Western seekers first to say in their hearts, "Mother, I'm not guilty." These are the conditionings that have come to us from so-called religions, from so-called psychologists, and other people who are responsible for our development in our childhood. When material things were very important for the parents, they all the time shout at children or correct them, saying that, "Don't spoil the carpet, don't spoil that, don't spoil that." And that is how we develop a kind of a guilt within us. When we grow up in the schools and colleges, this can be built up very heavily within us, too. Education has to be imparted to children with great love and understanding. There's a big feeling, especially with the people who are very developed that children must be controlled by brainwashing. But this brainwashing results in this funny trouble called guilt.

In the same way the psychologists who discuss this subject of guilt are really not understanding the effects of this kind of a discussion. These psychologists, when they talk about the trouble of guilt, they do not know that these are pathological cases. This is not normal, this is abnormal case. But if you start discussing about these abnormal cases in a general way, it becomes a general disease. They themselves work with the sick people, who are possessed, and they have no way of protecting themselves from these sick people. That is how they themselves become sick. And then once they develop this sickness within them, they start generating it on a larger areas by saying that one develops a guilt, and this happens with guilt, that happens with guilt.

Now God has created human beings in His own image. There is no need for human beings to feel guilty for nothing at all. If these human judges have not been able to find you as guilty, how can that judge, who is nothing but compassion, will brand you as guilty? You have come from amoeba to this stage, and God has created you as the epitome of the whole creation. And now at this stage you start feeling guilty. When He wants you to adorn the seat of your Spirit at this great moment, you are becoming guilty - just very disappointing, the whole thing is extremely disappointing. (Shri Mataji laughing) All these evolutionary things have happened within you, not to make you feel guilty. It would be like a prince who is now to be anointed as a king, suddenly stops - says that "Oh, I'm guilty, I can't become the king." Self-pity is worse than suicide. So the right-side problem is just the opposite of left side. That is a person who talks with aggressiveness, who has a personality that he talks in such a way that he impresses people and puts them down. Such a person develops a very harsh and a dry personality. I know of a dentist who came to see Me. He was a dentist, but he told Me, "Mother, I have lost power to smile even. I can't smile now. My muscles do not go

into the mood of smiling at all. I have become so feelingless that I cannot smile - nor cry." So he went to some saint, so-called, and the saint said, "Oh you have gone beyond everything now." This is the wrong idea we have for people who are very great in spirituality. Such a person has to be an ocean of compassion, ocean of love and ocean of forgiveness. Above all, he should be able to give joy to people and not miseries. Normally wherever I see a painting of a saint or a statue of a saint, he looks the most miserable to Me. Wherever the some artists, architects have carved the popes and the bishops and all that, they look so miserable that nobody would like to take their place. (Laughter) Sometimes with these aggressive people, as a result of their aggression, also develop the left side because they feel guilty the way they have talked to others. With this you develop problems both the sides of the center if they are in imbalance, you develop a center into such a way that a physical problem called spondylitis can develop. If you feel guilty or if you feel aggressive, both ways it can work out. Specially if you feel guilty, then also a heart problem called angina - sort of a thing develops. And also you develop a stiff left hand with that.

Now in short I have told you about the Vishuddhi chakra, because we have to cover three chakras, and I want to tell you today about the Spirit. Above that is the center of Agnya. Agnya chakra lies in the region of pituitary and pineal body. It is placed exactly in the center of optic chiasma. One of the windows of Agnya chakra is shown here on My forehead with this mark, and another one is at the back of the head. Now this center is also extremely important because it controls your ego and super-ego. This is the center where Jesus Christ, our Lord resides. Many priests have been shocked when I told them this. But His cross is symbolic of this cross where the ego and super-ego cross each other and are extremely close. This is the place where Christ was to be placed and bestowed upon, and this was to be accomplished by His crucifixion so that His subtler body enters into that area of our awareness. When Christ said on the cross that, "Now it has been established," He meant to say that this accomplishment is the establishment of Christ in that center, which is very, very subtle and difficult to enter into.

He was, His body, only His body was made of the vibrations that you feel. These vibrations are called either Om or Chaitanya in Sanskrit language. When He is just made of that, He could walk on the water. The other day somebody told Me that Christ has been born somewhere and now He is going to come on the TV. (Laughter) So I said, "Better ask Him to walk on the water and then you'll find Him." Now, this establishment was important, and at the time of crucifixion, when He was in that state, He said only one sentence, which shows that something was to be accomplished by His crucifixion. "It" - He didn't say everything is accomplished - He said, "It has been accomplished."

He has talked of the future about Holy Ghost, that everything will be forgiven whatever is done to Him, because done in ignorance, but nothing against the Holy Ghost will be forgiven. He said, "I'll send you a counselor, who'll explain everything to you. I will send you a redeemer, who'll redeem you. And a comforter, who will give you comfort." The third thing He has said that, "You are to be born again." He's the only one who said this in the whole of Bible, Moses and all these people, it is He who said that, "You are to be born again." Because Moses, as I told you the other day, and Abraham were busy establishing your balance in that green part of the body. But this awakening of Christ within you, the awakening of your power as a second birth was only said by Christ. So we started giving baptism to people. You get some water from somewhere, appoint somebody as a clergyman, put on the head of a person and say, "You are baptized." It is such an artificial thing because there is nothing that has happened, just you have put some water, anybody can do it. But to get baptism, you have to raise the Kundalini to break through. Christ didn't say that, "You take water and put on somebody's head", did He say so? But a second birth has to take place. And the second birth, birth itself means an evolutionary process, or you can call it a living process has to take place. In Sanskrit language a bird is called as Dvijaha, and a realized soul also as Dvijaha, means twice-born. Like a bird is an egg, first of all, then he grows in that eggshell, and then it matures, it breaks through, and it comes out as a transformed personality, as something else, absolutely something else from the egg.

On the Easter day we give people eggs to remind them that, "You are egg now and you have to become the bird." But I don't think people know that, because resurrection is the message of Christ. Crucifixion is the accomplishment, but Resurrection is His message.

And the way we are making Christ look so miserable is something I just can't understand. They just show the skeleton of Christ hanging with a skin there - can a skeleton carry such a big cross? Michelangelo was another realized soul who painted Christ like the way He was, a huge person, person who was healthy, full of vigor and joy, and not a miserable pitiable caricature. I think

people who are sadistic enjoy this kind of a thing to see somebody miserable. Perhaps that is the reason because just below that I have seen a miserable looking skeleton put there as Christ on the table. Spiritual life is not misery by any chance. It was a thing of great pride that Christ came on this earth because when He's awakened within us at this point, He sucks in the ego and super-ego. That means He takes away all our conditionings and our actions, the karmas. That means in the Christian words we can say He sucks away all our sins. He has died for us. He has gone through all the miseries. He didn't leave any misery for us to go through. There is no need for anyone to be miserable now.

For example, Jews said that, "Oh we..." - they denied Christ and that's how they said, "Oh we must have miseries. We have to suffer." So they suffered nicely. When Hitler came in, he made them suffer. That's what they were thinking was religious life, was that? And today the same people who suffered have become the other side of it and they are doing all kinds of things without any relation to their religion. Because the greatest of greatest Commandment is, "Thou shalt not kill". And then how do you explain this Christian militia in the name of Christ killing so many helpless people? Innocent small children, women, for no crime of theirs. In the name of God, in the name of Christ, in the name of Mohammed, these people are just using their sadism. Where is the word that is said as love and compassion of God? Mohammed has talked of [Rahamat ?], all the time of [Rahamat], he calls God Rahim. [Rahamat] means compassion, Rahim means the embodiment of compassion.

One can't understand these nations, what they have done of God and these incarnations, nobody can explain. Those who followed Buddha, like Japanese and Chinese, what are they doing? We have some followers of Mahavira, they have become such extreme vegetarians that they try to save mosquitoes and all little worms on the street. They are so stupid that they make some bugs to suck the blood of a realized soul so that the bugs will get realized. (Laughter) This absurd vegetarianism - one should understand are we going to give Realization to chickens? (Laughter) We are more kind to animals and to our tables and chairs than to our own children.

Human beings are going in the wrong direction. The right direction is to be in the center and watch for the Last Ascent. And when the Kundalini rises She takes you through this gate of Christ, through Him alone it takes. That's why I said through Him everybody has to pass into the realm of Kingdom of God, which is the Limbic Area within you.

The super-ego and ego represent your past and future. A thought rises and falls off and another thought rises and falls off. One is a past, one is a future. Our mind jumps on the cusp of these thoughts. We have to be in the center of these two thoughts, which is the present, we have to be. But just by giving lectures and saying, "Now you be in the center", you just don't become. By giving lectures or giving badges or starting organizations or having some sort of a postcard with you attached on your head, you don't become that. All honest seekers must know that this is all outside, it has nothing to do with inside. If you are true seekers and know that all these things are ego-pampering, and is very misleading. It is to be understood in its right perspective, in the proper wisdom of a human being.

Now when you cross through your Agnya chakra you become thoughtlessly aware, because you establish your attention in the present. But again I have to tell you one thing that this is not a myth, it is an actualization that has to take place - it has to happen within you. Your awareness has to be enlightened. It is not just saying, "I am an enlightened being", giving a false certificate to yourself. Then the Kundalini passes through the last chakra of the Sahasrara, 1000 petals, and opens out into the subtle energy of God, His love and His compassion. At this time, you are thoughtlessly aware, but you are in complete state of bliss and relaxation. You feel the All-pervading power for the first time as Cool Breeze. This is the cool breeze of the Holy Ghost described in the Koran as "Ruh", in the Indian scriptures as Chaitanya Lahari, means waves of consciousness. We can put waves of enlightened consciousness. There are books and books written about it in Sanskrit language, but they are not translated. Some people who went to India to study Sanskrit, they were only interested in the loopholes of the culture. Like a thief is interested in all the weaknesses of a bank, they went there to study what they can get to support their weaknesses. In the late 6th century in our country, a big revolt against God broke out as tantrism, where insulting the deity and - unholy behavior became the signs of tantrism. They behaved in such a manner that the - with the repulsion the deities disappeared. And they created an area around them where they could get all the negative satanic forces to handle. This is called as in Sanskrit language as [bhoota vidya, preta vidya ?] and all that which in short means the knowledge of the cemetery.

Aside: Please don't disturb others.

Now this vidya was practiced, this science was practiced by people who wanted to entice and hypnotize people and make money. But the people who went there only studied these erotic and dirty things, which has no meaning to the philosophy there. I went to Nepal twice with My daughters; we never saw anything wrong there. But then one of the Sahaja Yogis told Me the Nepal is filled with these - the erotic images. I said, "Where are they? I can't see." "See there," he said, "on top of the temple." All these Japanese had their zoom lenses put up there to see it. (Laughter) They had brought special type of ladders, you see, special type of ladders to climb up, to take the special photograph of the special brains. (Laughter) And the Nepalīs told Me that these stupid people are doing (Shri Mataji laughing) something so unholy and unsanctified. They have no sense of holiness. And I said, "That's not so. They have, but they have lost it now, they can make money out of it." But they were surprised, they said, "Who is going to buy these inauspicious things in the house? They'll bring all bhoots in the house." But these tantrikas had convinced these poor artists that you make such statues on top of the temple so that the goddess of thunder is a virgin, and she will get - she will never come near this, because it's so dirty, you see. (Laughter) So, one has to understand that God is purity, He is sanctity, and He is holy.

Now, with this idea, now I'm going to tell you about the holiest and holiest that resides within you, the beauty that is within you, the bliss that resides within you, and the light that watches you. It is your Spirit. It is a reflection of God Almighty in your heart. And the Holy Ghost is the power of God Almighty. God is the witness of the play of the Holy Ghost. Christ's Mother was Herself an incarnation of that, but it was not mentioned in the Bible because if these Romans or Jews had known that She is the one, they would have cut Her into pieces and attacked Her. So, it was not said because Christ had to play this drama of crucifixion. But you can find out after your Realization through your vibratory awareness that whatever I'm saying about them is absolute truth. Because your Spirit - which is the Absolute - gives you the absolute answers. It doesn't give you relative answers. It takes you out of this relative world. And you know the absolute through your new awareness, which is vibratory awareness; we can say the sanctified awareness, the holy awareness. When this Kundalini rushes through this point, She enlightens the Spirit, because the seat of the Spirit is here. In our brain, all these seven centers are placed like this. All the seats of the centers are in the brain. So, when the Kundalini comes out of this center, all the centers get integrated, because the Spirit integrates you. Like in the room, when you have no light you are fighting for different, different places, different, different things. But when there is light, you know where you stand with what. So the relativity is dropped out.

But when you become the Spirit, your attention gets enlightened into collective consciousness - it becomes, because this Spirit in you is the collective being. Everybody's Spirit is connected with each other. It gives a message which is the collective message. Now when you place your hands towards yourself and try to find out by putting your Aura into a proper bondage, then you can find out about yourself. If it is a physical and a mental imbalance, then the right hand shows on the fingers different centers. And when it is an emotional problem, the left hand shows. All these vibrations you receive there in sensations are decoded and you can verify everything. Sitting down here, you can feel the vibrations of any person.

The other day I said that Mozart was a born realized. So they said, "How do we know?" I said, "Just put your hands and think of Mozart", and immediately tremendous vibrations start flowing. When such realized souls play any music or paint any paintings, for a realized personality it is the greatest source of joy - because you don't think about it. But the essence of the creator of that joy becomes one with yours. You feel the bliss flowing in you. And you enjoy it only for joy's sake because Spirit is the joy within you. Spirit is the joy, means it is neither happiness or unhappiness, but it is single thing, is joy. Happiness comes when your ego is pampered, and unhappiness comes when your super-ego suffers. You get out of the duality of these two and you become the joy, which is singular, which is because you become the witness of the play. No more you are in it involved. Supposing you are in the water, then you have the fear of the drowning, because you see the waves around. But supposing you get into the boat and are established; you are established in the boat then you enjoy the same waves. That is the mastery you have to reach.

Another very gross simile I'll give you, but don't carry too far with your mind. In a car you have a brake and an accelerator. In the same way we have the accelerator and the brake. The human driver tries to balance both of them. Then he becomes the expert driver. Then automatically he drives. Now the master is sitting at the back - that is the Spirit. Then this expert driver becomes the

master and sees the driver in him drive. Now, when you see yourself as a third person, you are not involved in the joke. You must have seen some little children talk like that in a third person. Like they'll say, "This John will not go there." These days there are so many realized souls born in Europe and England, America that we must get Realization to look after them. There are great saints born on this earth. They talk another language of vibratory awareness. If they have a problem, they suck the finger to suggest.

Many saints want to be born. But in the countries where the children are not understood and respected and loved, they avoid it. All the Sahaja Yogis who are married now have got great saints born to them, tremendous people. That is how I would request you, all of you, to know that the time of Resurrection has come, the time of your judgment has come. That many people who asked Me one more question all the time that, "What about cleansing ourselves before coming to eat - we are not yet ready." You don't have to judge yourself. You have done all these things in your previous lives, you don't have to do anymore now. Apart from this, we have to know that the one who has created this universe is much more worried in saving this creation. All His aspects are busy there to help you out if He has to save His creation. He has to save human beings. And this blossom time has come where many flowers are going to become fruits.

Sahaja Yoga has been there since times immemorial. All those who got Realization got through spontaneity, there's no other way out - as every seed gets germinated through its living force. But on the tree of life, there were one or two flowers to begin with. But today there are many flowers. So it has to be an en-masse happening. Many of you who have been to India with Me have seen thousands of people getting Realization, because in the villages there are people who are not so complicated. And it will happen to so many people on this earth.

A lady interviewer asked Me, "How will it go to people whom You do not meet?" It is very simple because when I was in Hong Kong, the lady who owned a television asked Me to stand up and give vibrations to people. And in that horrible, busy city many people got Realization through television. The science has developed so many things like a camera which can take a photograph and which has the vibrations. There are so many ways we can spread it much faster than Christ could have done it, or anybody could have done it in these modern times. But it is difficult because it is becoming. People like a convenient type of a yoga. If you tell them to stand on their heads they're happy. But if you tell them just, "You have to put your hands", they just don't understand. But all the vital things of this world are done so simple, in such a simple manner. Apart from your evolution, your breathing, your seeing, everything is so simple. It is so vital, so it has to be simple. So people who like to have lots of mental fits with Sahaja Yoga find it difficult to accept. I do not say that you close your brains - or on the contrary, open it, completely. Logically reach the conclusions, not blindfolded, not blind faith. But once you have come to logical conclusion, you cannot do with this limited brain because you have to enter into the unlimited. And for that we have to leave this limited behind. But once you get enlightened, everything becomes logical. You can verify everything. It is so simple, like to the blind people, we cannot tell about the colors, we can just say, "All right, let the eyes open then you can see." And that is what is as simple as getting Self-Realization. There is no danger, no problem.

May God bless you all! Today is the last day, and I thank you very much for giving Me this opportunity to be with you all, such great seekers, and I'm sure next year again I'll come. Even if you don't get your Realization today, you will all get it, we are going to start a center here and we already have a follow-up meeting. As there is no money involvement you people have to organize it yourself for Vienna, and Austria. And it is your own look-out. But you all can write to Me in London all your problems.

So, may God bless you!

Today is the last day, and if you want, you can ask questions for about five minutes or so, but better is to get to Realization.

You people can come here on the staircase.

I think some can come down because there are some more coming in. Come this side, please. Don't stand in the door, come this side.

As I have told you that this is your own. This is your own property. It's just an enlightened light can enlighten another light. There

is no obligation of any kind. As if on My finger is paining, and I rub it, there's no obligation on My finger. As you are not the other, there is no other for Me. So if I am just pressing My finger and comforting it, there's no obligation of any kind, I better do it.

Now, whatever I just tell you, please listen to Me and cooperate with Me, that's all. First you must know that you have to have a cheerful temperament. There is nothing to be serious about it nor to be frivolous, but be cheerful, because you are going to have the last ascent now.

Now, you put your hands towards Me in a very relaxed way, keep them on your lap, but before that you better take out your shoes, because they are tight and they stop the connection with the Mother Earth. Also you can loosen if there's something tight in your neck or on your waist, if there's something very tight, means you should be comfortable. Or if there is any heavy necklace or anything, something that is weighing on the chakras - because very subtle thing it is. You can take out even your glasses - will be all right.

Now everyone has to do it. Those who are not going to do it should go out. Everyone has to close the eyes. If somebody keeps eyes open, it disturbs the vibrations, so I request you in the interest of everyone be civil and you better go. You have to be also kind to yourself.

Now, please close your eyes. And do not put any pressure of your attention be taken to any place. Just leave it loose. The concentration and all that is not to be done at all anywhere. Just leave your attention absolutely loose. Let it think, let it do what it likes. Don't put any pressure on it - just now. And now you should know that the left hand of yours is the expression of your power of desire. And the right hand is the power of action. So we have to use the right hand for the action and left hand is kept towards Me, little stretched out fingers. And keep your hand very relaxed.

Now, the right hand, as I've told you, that first we have to get rid of this so-called guilt-business from our minds, so it should be put at the left side of your neck - from the front side. But don't open your eyes and keep the left hand stretched towards Me straight - but on the lap. Now, by putting that you just say, "Mother, I'm not guilty." Please say it again and again, "Mother, I'm not guilty." That is important because that is one of the big problems in the Western countries.

Now you put your right hand on your heart. And say, with full understanding and with your heart, ask a question, "Mother, am I the Spirit?" Ask the question three times. On the heart - little higher it is. Heart - is little higher, yes. Ask a question thrice. Because you are, but just ask a question.

Now please put your right hand on the left side of your stomach. And ask a question, "Mother, am I my own master?" Say it ten times, please. "Am I my own guru?" just ask. If you have gurus or anything, if there's any conditioning, that will drop out immediately because you are your guru. You don't need any guru at all. When you become the guru, you don't need the guru at all. So please ask with full confidence.

(Meditation is interrupted as someone wants to leave the hall.)

What's her name? See, this is the negativity, what is the need? The wife is not going to be killed here. This is how they attack, you see? Better go now. Tell your husband to behave himself. You can't disturb, you see. Let her go away. This is the thing, they are not civil even, they are not civil people. How can they get Realization? Very uncivil.

All right, doesn't matter. Forgive, forgive, forgive. (Shri Mataji laughing)

Put your right hand again on the left side of your stomach and say ten times now, "Mother, I am the guru."

Now say please again, "My only desire is to become the Spirit. My pure desire is to become the Spirit - to become my own being, to become the Self, to become the Absolute. So let it manifest."

Now put the right hand again on your heart and say, "Mother, I am the Spirit." Say it with full confidence that you are, believe Me. Put your feet straight on the Mother Earth, touching it straight, you see, don't push forward your legs. Those who are sitting on the floor are all right; they don't have to worry. So now on the heart you put it and say, "Mother, I am the Spirit." Say it twelve times.

Don't feel guilty. Please, this is the only snag you have, all of you is that you are feeling guilty while saying it. Be confident, I'm saying you are the Spirit. Why do you judge yourself? Let the Divine judge you. So just say - without feeling guilty. All right, without feeling guilty say that, "If I have done anything wrong, forgive me." You can say this to God, "Oh God, if I have done anything wrong, please forgive me." Without feeling guilty, because to take out your guilt I am just saying this.

Aside: Better. Better. Still there.

Now please put the right hand again on the left shoulder near the neck. And again say, please again say sixteen times now, "Mother, I'm not guilty." Please say it. With no pity towards yourself, but with confidence.

Aside: Hm, better.

Now put your right hand on your forehead across and press it. Press the upper line of your hand - across. And say, "Mother, I forgive everyone."

Aside: Much better.

Now put this hand on top of your head, on the fontanel bone, where it was a soft bone in your childhood, and try to feel the thickness of your head in the central part of your head, backwards, forwards, and try to press it. From the base of your hand you can press it, with the base of your hand you can press it. Try to press it, you can do it yourself. With the base, with the base of the hand. Now, very good.

Now put the hand on top and see if there is cool breeze coming. Now you have to say, "Mother, I want my Realization", because I cannot cross your freedom, you have to ask for it.

You can change over your hand. Put the right hand on your lap towards Me and the left hand on yourself. Move it up and down to see there is cool breeze blowing. You can go on changing your hand to find out.

If there are journalists in this group, I would request them to take their Realization, otherwise they should not publish anything, because you can't understand Sahaja Yoga without it. It is not a superficial thing. You have to get your Realization otherwise you will disturb or [disudale ?] or you can say, misguide the people, who are seekers.

Now, better, good. Many are getting it.

(Shri Mataji blowing into the microphone)

1982-1007, Truth is To Be Achieved

View [online](#).

7 October 1982

Truth Is To Be Achieved

Public Program

Bedford Guild House, Bedford (England)

Talk Language: English | Transcript (English) – Draft

Public Program. Bedford (UK), 7 October 1982.

I'm sorry for being little late. I was talking to the Mayores.

I bow to all the seekers of truth.

But before we start talking of truth we have to know that truth is to be achieved in your awareness. It is not a mental projection that I say, "This is truth, that is truth," but is to be achieved in the human awareness. As they say in Sanskrit Chaytanya. In your awareness you should know the truth. Like you see Me now standing before you, you know fully well that I am here, that I've a shawl on, you can see it, you can feel it. I'm here before you as truth because your central nervous system relates to you that I am here. And the truth is like that, truth has to be felt in your awareness. It is not just somebody gives you a lecture or reading it out from a book or saying, "This is truth, this is truth." The time has come for human beings that they're not going to accept anything like that. You may accept but your children will not and their children will never accept such a thing. So something has to happen to our awareness. That means at this stage where we are, at this stage when we are called as human beings we have not felt the truth. We have not seen the truth, we are not the truth. That one position one has to accept. If we believe that this is the truth because it is in Ramayana or in some book or that book then be sure that that truth is nothing but your mental projection, is not the truth which is reality. So we are not to live with something fantasy or something that is not what we can feel through our central nervous system.

So when I talk that the seekers of truth, and I bow to you, I mean to say people who will be honest about it. Those who are not honest, who are just clinging on to certain ideas, are fanatic and think that, "This is the truth", then I cannot help you. I can just say that come inside, within yourself is placed the truth and just find it out for yourself because it is your own, it is within you. It is your own, it is within you. Only thing is that you have to see it yourself and feel it yourself. The rest of it, the way people have all kinds of things about truth, is something that I feel all the honest people should completely deny. When we became human beings say, we didn't do anything about it, we just became human beings, is a simple thing. We did not stand on our head or we didn't do anything to become more human and less monkeys. It just happened spontaneously, so one has to understand that our evolution has come through a living process and through the living energy of God, God who's living and not a dead thing that can just give you some ideas and you cling to it which are dead. So this spontaneity of life has to work it out within you, that kind of awareness which makes you higher than what you are.

At this stage as human beings whatever we understand about life, whatever we know about life as truth, may be, may not be. Let's keep it open like that, it may be, it may not be. For example if I tell you something about a country which you have not visited, it may be, may not be. Better go to the country and see for yourself. And that's what one has to do is to place yourself in such a way, "Let us see" Keep your mind open to see what is the truth about yourself. Now this truth has been told by many great sages, by prophets and many incarnations who came on earth. As we know Christ has said about it, Nanaka has said about it, Kabira has said, Lao Tze has said, Buddha has said, everyone has said one thing which is people, which I should say people neglected and are not bothered about it and simple thing is that you have to have your second birth. You have to know yourself; you have to have self realization. This every one of them have said it. Instead of that we are building up something which doesn't lead us there. "Take us to that land." If somebody says, you just don't do that. You see it's just an imaginary thing if I say, "All right now, close your eyes off we go to the Kingdom of God." It's not that way; something has to happen in your awareness. Means whatever you are feeling now, you should feel more than that. You have to become something more, you have to expand more

and that expansion has to come not through just giving you a lecture or talking to you but by something happening within yourself. As a seed has to become the tree it has to sprout, as the egg has to become a bird it has to grow and then the transformation takes place. In the same way the truth has to come to you.

So what should happen if the truth has to come? You can't pay for it; you cannot put in any effort, but what should happen when the truth comes. When the truth comes then you see things in a different way, you are transformed. You are to be transformed. If you are one with the truth how could you live with falsehood anymore, that's as simple as that, is a very simple thing and you know all living processes are the simplest ones. There's no complication about it. You see people have made theories and theories and when I saw them I was amazed now what are all these mountains these people have created, for what? Why to climb all these mountains? It's very simple, see any living process is so simple, like you breathe you don't go to books do you? Or do you consult anybody for that you just breathe. Do you know this amazing eye that God has made, it has so much in it that all these cameras put together cannot make one eye and He's made such a great eye within us and this one that has been made has been made through this spontaneous process. Is not done by our own doing at all it is done spontaneously.

So within us is built in, just like in a seed all the maps of that seed which is going to be, whatever trees it is going to be, whatever things it's going to be, is inside that little seed. It is within us and it is so simple that you just have to put it to the Mother Earth and the seed sprouts. But if you try to read books it won't, if you try to operate it won't, if you try to stand on head it won't, you have to put it to the Mother Earth because Mother Earth has the capacity. The quality of Mother Earth is such that She knows Her job and She can do it. So the simple things are made so difficult that as if to achieve your self realization must be something, you have to waste ages and ages and ages and then you do it. It has to be a simple thing, anybody who tells you that Kundalini awakening or Kundalini is a dangerous thing, please beware of such people because they're naive or they're unauthorized, they may be unholy people, they want to make money out of you. Kundalini is your own Mother, She's your own Mother all the time sticking to you, means it's an individual Mother. Everybody has an individual Mother within themselves and this individual Mother gives you this realization as you will see here in that chart, in the sacrum bone is the Kundalini and this force within us is the residual power. Why? Because it has not yet manifested. It has created the whole thing but it has not yet manifested.

And what is this power? This power is the ultimate desire to be one with the all pervading Divine. It is said there's all pervading power all round and that it does everything the rest is all false. It's only this all pervading power which achieves everything. For example the flowers become the fruits, billions and billions of them. All the time so many living things are happening but we just take them for granted. But they say it is done through this all pervading power. So when this last thing happens that you become Self, when you become that then only you can feel this all pervading power as cool breeze around.

Now there are people who come round and say, "Why should we seek?" There are some people who say so. But there are a special category of people who are born in the modern times, they're a very special category, those who are seekers who are not yet satisfied with what they have been doing, they're seekers and seekers of the truth. They are definitely a different category which is not born so many before. They are a special category of people as William Blake has called them as, "Men of God will be born in those days and they will become prophets and they will have power to make others prophets." That's what is the time today and that's why we find so many seekers today all over the world. Of course as you know the seekers are mislead, exploited, tortured. They have done all kinds of things to them but still the seeker remains a seeker and if he's a seeker he must find the truth. The time has come for him to find the truth. Within us lies this special power as I told you called as Kundalini. Now this Kundalini is there or not, whether it exists or not, or whether I'm telling you a story of some sort of an imaginary thing, one has to come to right conclusions about things first of all.

34.26

You should not accept Me blindfolded. Blind faith has no place in Sahaja Yoga. No faith at all, no, we have no faith in people who have blind faith because you must come to right conclusion first of all. As we have now come to a conclusion that it has to be spontaneous happening, a living happening and it cannot be worked out by us but the Divine has to work it out. If it is a living process, if evolution is a living process, if you have to jump to that higher awareness then it is the living force which is going to work it out and if it is so we cannot do it. Human beings can only do dead work you can see that. If a tree is dead you can make it into a chair but can you make a flower into a fruit, you cannot. It's the living force that does it. In the same way if anything has to

happen to us it should be spontaneous, for which as I told you, you cannot pay, you cannot exert yourself, you cannot demand it, whenever it has to happen it happens. So first we have to come to right conclusions about things. Secondly as I told you, you cannot have blind faith about it, about anything. Keep yourself open, you should not deny it keep yourself open because you're seekers of ages you have been seeking the truth for ages now, so keep yourself open just, don't deny it. Because you follow certain cult or certain thing you should not because so far you've not found it. If you've not found it you must keep yourself open to receive. If it is true should happen something to you in your own awareness.

So when this Kundalini is there She's is sleeping because She has not yet manifested. She's in three and a half coils, as I said you should not take Me for granted but if it is proved later on you can see it for yourself. Everything can be proved. The time has come to prove all the scriptures to prove that you are the spirit, that you are the instrument of God that you are a collective being. The time has come and so you have to see for yourself how this Kundalini acts. Now you will find in many people when there is an obstruction the Kundalini doesn't rise and there is a big pulsation in the triangular bone. So we reach the third conclusion that whatever we can do, like we can jump we can shout, we can say a mantra we can do all kinds of things but we cannot make this triangular bone pulsate, can we? So it is done by Divine. Then we can see the rising of the Kundalini with the stethoscope you can hear it passing through these centers which comes up here and when it reaches there at the top of the head you can feel it, the (Sounds like - lak dha) of a heart. Kabira has said it, "Shum na sheik kurra parra ana hudya bhia." He has said that, "At the top of your head you can feel the anahada." Anahada is the sound of the heart. You can feel it, but even the Sikhs. you see, they do not know that it should happen with everyone. Everyone has said the same thing but it is to happen and that once happens there then suddenly you find that that stops and when it stops you find a cool breeze coming out of your head. That's called as chaitanya hari, that's called as the cool breeze of the Holy Ghost.

There is no difference in what Christ has preached or these people have preached there's no difference. Only thing is there is no proper translation, there's no proper understanding of all these things that they have all said the same thing, because truth is the same. How can there be two truths? Truth is the same and you feel the cool breeze coming out of your head. When John the Baptist talked about baptism he meant this, he didn't mean the way we do baptism, just call somebody, put some water on the head and say, "Oh now you are baptized." That's just a drama you can see it so clearly. Anybody who's thinking, can see it's just a drama to say that you're baptized. Baptism is a living process and in that you must see this germinating power within you that rises up and gives you this self realization. It should happen to you in a way that you should feel it. You should feel the cool breeze in the hand, you should feel this thing within you, first of all. Now once you've got this then you'll be amazed that you'll become absolutely peaceful, within you you'll feel absolutely peaceful and you'll feel relaxed as if you've solved the (inaudible/ person) or you can say as if the drama is over. You'll become like a witness, the whole thing will start looking like a witness that you are watching the drama, there's nothing serious about it. What is there to be worried? You see all the detachment starts then that you are in it and you are away from it. Like you start seeing everything just as a drama you are not bothered, you are not troubled, you are not concerned about it. What's this all seriousness going on about? You achieve that joy within yourself which flows all the time, all the time the beauty of God's love. And that's what one has to achieve, that achievement is not done through your effort that is the effort of the Divine. Is God Almighty Himself has to do it otherwise His creation will be ruined. He has created us and jolly well He has to do it, let's put it that way. Because if he has created the whole universe and in that universe if human beings are going to be destroyed then one should know that it is God's own creation will be destroyed. His own doings will be destroyed and it is He who's so anxious, so anxious that you get your self realization.

There are so many objections raised and so many people ask Me questions all kinds and some people also ask Me a question saying that, "How is it Mother that it is so difficult, they say so that you have to work for thousands of years to get to realization." That may be, may have been but not today, that's not the situation today. It works out spontaneously in a split of a second, no doubt about it. In a split of a second it should work out. But actually what happens we are very complicated people. All these centers are in complication our Kundalini is in complication all these complications are there. We are sick people, we have mental sickness, physical sickness, we have other social sicknesses and so many types of sicknesses we have and that's how the Kundalini though She warns you with realization, though She wants to rise, She wants to give you birth but She finds it difficult and then we have to work out. Somebody who knows the job has to work it out, raise it up and bring it there and give you the realization and then you have to learn how to maintain it. So that you have to know all the things, what these centers are and what are they, and why the Kundalini's down and why we are feeling it, what's your problem, because you start facing it. Actually

it is such a truthful thing that it works on your fingers, just you feel it on your fingers, your Self and other's. Mohammad Sahib has said quite clearly, "At the time of resurrection your hands will speak." Your hands start speaking that you feel which is catching what is catching, you know your Self and you know others. But when you know that you don't feel bad, you don't feel bad. For example if I tell somebody that you have an ego then I'm not safe at all but when you get realization you start seeing your Mr ego coming up like a balloon on your head and you get such a fright that you just come and say, "Mother this finger is catching very badly my ego, please save me from this big ego of mine." And then you know how to correct the ego, also you must know that, this is the technique.

So the word Sahaja means, 'Saha' means 'with' and 'ja' means 'born'. It is born with you, is spontaneous, is born with you as your eyes are with you. This yoga, this union is born, is with you, just it has to activate. It is within you, it is your own, it's your own thing which happens to you because you deserve it. The time has come that's why you get it. And this Sahaja Yoga the communion with the Divine is your birth right as a human being to have it. Every one of you should get it. That has to happen so millions and millions of people should have to have it and this happening has to take place because if this whole world is on the verge of collapse something has to happen to transform the human being. For the emancipation of human beings, something has to work out and that is what it is, the God's desire that we all should as far as possible get our realization, become ourselves and know all our powers, what we are. Actually in reality we are very beautiful, you're extremely beautiful, you're extremely blissful, we are collective being. But with all the social problems and all that, especially in the West I find people feel guilty for nothing at all. There's nothing to feel guilty because your Father is compassion, is ocean of compassion, is ocean of love, He's ocean of forgiveness. He's so great that these little bit things we do here and there should not upset you at all, there's nothing to upset you and this is what it is that we have to believe into that if you are going to get your realization. First of all you're not to be guilty.

You have to enter into your own freedom, the complete freedom, the supreme freedom, at that time you are free to choose. You have to be free. I cannot entice you, somebody mesmerizes you or binds you by something, such a person cannot give you realization. You have to be absolutely free, I must respect your freedom.

1.50

Apart from that when this happening takes place you should know what exactly it is, whether it is reality or not, whether it is working out or not. For example we have within us other place/plane which we do not know, unknown planes/place to us. For example in this thing you can see there's a left side and a right side sympathetic nervous system and the central is the parasympathetic but this is the subtle side of that. On the left hand side you can say within us lies our subconscious and then lies the collective subconscious. This area is called in Sanskrit as Adi (inaudible), is the one that has happened before since our creation. I was surprised I saw once a program in television in England by some doctors who showed the cause of cancer is because there is some sort of proteins they called it protein 58 and protein 52 which triggers this happening of cancer within us. And when this thing happens to us we do not know what to do because this agent, this special protein that enters into us comes from some unknown area which they call it, which is built within us since our creation, I call it as collective subconscious. Whatever is dead is on that side. So they're actually talking of possession, or a possession of a dead spirit or something. That means that such a thing enters into our being and triggers, triggers cancer. Now this I've been telling them for so many years now but now as it is according to their own understanding they've stated, because they're very honest and they don't say that we know about this area. But that area exists (inaudible). As a result or manifestation of this area supposing, you are too much crying, "Oh God help me, do this," you can get possessed because you're not yet connected to God. And once you get possessed means somebody, some other spirit can come into you and such a spirit when it comes into you, it can really make you mad. It can really make you feel like jumping, singing or shouting or screaming. These are not the signs of self realized people, they are very sane, balanced, beautiful people. How can there be mad people jumping all over or grabbing others and being angry and being very volatile they cannot be. They have to be very sane, the sanest of sane, most balanced people. So this kind of thing happens to people who go on to the left hand side. It can happen in so many ways and more over these people afterwards starts getting all kinds of problems like epilepsy they can get. They can also get another problem we can say that they get pains all over they feel very guilty, all the time crying and weeping because left side is the emotional side.

4.56

There's another side to us which is called as Adi Devi and is the right side we call it as the collective supraconscious, this is the side which is the future. When we indulge too much into future see, we go and plan too much and we are aggressive about it then there is a built-in process within us which is called supraconscious, means all those ambitious people who lived in the future are there. Hitler used this power, Hitler used this power to entice people and he was one of the greatest right hand person I would say that the day he used it to enforce this on the people, to say that, "We are something, a great race, we are a higher race," and all that. Because he used these people who are dead on the right hand side means supraconscious. And when they jumped on them they also started becoming ambitious and absolutely heartless, they were so heartless you can't imagine. If you read the life of some of these people they were not so heartless to begin with. They were not, they were good people, sweet people, affectionate people, they were good children and suddenly how do they become so devilish and so destructive. The thing is they are no more there but something else acting. Such people can become dynamic for the time being may look dynamic but afterwards is too much a load to carry then again they also become like cabbages like the other side people.

Drugs have the same effects. Drugs can right sided or left sided, you can say LSD and all these drugs take you to the right where you see the auras and things like that. And the left sided stuff is like other Hashish and all these drugs which make you feel miserable afterwards and you laugh, laugh and then you become immobile and sort of things you see. All those things are imaginary or they are not reality. Reality is in the centre, is absolutely in the centre in the present. We live either in the past or in the future. A thought rises within us and falls away another thought rises within us and falls away but we have to be in the centre and that is the present. If I just tell you, "Be in the present" you cannot. Something has to happen within us to keep you in the present. And that happening includes Kundalini awakening.

Now what is the Spirit, also that I will tell you in short because tomorrow I'm going to tell you in details about these centers and their manifestation but today I would like to tell you about the Spirit about which people have told that there is the spirit within us. Spirit is the reflection of God Almighty within us which resides in the heart actually. But the seat of the Spirit is here on the top of your head where the fontanel bone area is, but it resides in the heart. Now this Spirit is the collective being, it is the collective being meaning that you don't have to tell the Spirit that we are all one. When you become the Spirit you just start feeling the other one, like there's nobody is the other. Like some people say, "Mother when you try to help others, you cure others and do this and that then you think you are obliging them." I said, "How? There is no other, they're all within Myself. Who is the other, I don't know, I don't see anybody as the other. If they are helped it is because I feel they are within Myself." And that's what happens that you become collective conscious. That means in your central nervous system you start feeling others and yourself. You become, again I say it's the becoming. It's not talking, it's not a mental projection, is the becoming, the being becomes and when the being becomes that he gets this experience of understanding that there is an energy flowing through us and this is the energy of the Spirit that flows through you.

So you get (inaudible) you get the energy within you, you become the energy. Then you start manifesting the energy of your Spirit and then you start manifesting that energy then you do it as a collective being. It just flows; you don't have to do anything it just flows. You don't have to say, "Oh come along you stand on your head," or anything it just flow. Even if you touch somebody it can flow, it can cure people. It's not only curing people that's important, it's just a by-product. Actually when Kundalini rises She integrates you, all the centers, She gives you physical, mental and emotional peace and then integration and also She gives you power to understand what She is like, what She is doing and how to manifest in other people. She gives you power to give realization to others. It is too fantastic to believe I know, it is too fantastic. But is it not fantastic that we have become human beings from amoeba? We take that for granted. If the time has come to become that, let's have it. What's the harm even if it is fantastic after all you have reached the moon isn't it so you can reach the Spirit also. It should happen on mass it has to happen to all of you.

Today is the first day; I've just given you the introduction to the subject because I would like to know your questions. I hope you'll ask sensible questions to Me which will help everybody else. I find it something sometimes very surprising the way people ask questions it doesn't help them neither helps anybody else because they're not civil to other people. They just want to propound their ideas on other people is wrong, I think you have to be civil. Now we're talking about Kundalini awakening and about self realization so you need not tell Me, "Somebody wrote like that and somebody wrote like that." Let's have it, I'm saying it's an open

thing let's have it with open mind. And so I hope you won't waste the time of other people because today I would like to try also the experiment of realization with you so you'll give Me more time for that which is more important than talking about it. As far as talking, I've been talking and talking, in England I think there are about 1000 lectures I've given and all over the world I've been talking everyday so it makes no difference. What happens to you is the most important and I am sure it should happen to all of you and that you should get your self realization and establish yourself so that this new awareness, which is the awareness of the Spirit should come and change the whole world. Thank you very much and may God bless you.

Can I have a question from you?

(Delete -11.31 Question in audible)

Yes of course, of course it will of course no doubt yes not only one but many of course definitely no doubt. Yes please)

Delete -Question inaudible

Yes luckily you have a center in Bedford where people will tell you all about it. Thank God I have come to Bedford after a long time. I started with 7 people in England for four years can you imagine. I had only (Delete - Shri Mataji corrects Herself from four to) seven people and this was a big struggle you see to get them there. But once it started off now we have many people in Bedford, we have a centre where you can go and meet people and they can tell you. And we have also very near here Cambridge and other places where we have such centers. In London we have now two good ashrams and people are working it out. So in England I must say there is no such problem. And you can also write to Me, I'm also in England these days, for at least some time I hope so. (Delete- Any more questions? Yes my child. What is it?)

Question inaudible

It has a meaning it is so. Ill-luck comes (inaudible) by many things you see but once you're realized I would say the angels help you, you see, you won't believe. Just you get over it now, it's a very different situation. At least there are many people who say that, who are here, who are realized souls. They'll say that how they're helped by God. But our idea of luck changes by that, very much. Like we don't want to be like a millionaire or anything, we get satisfied temperament and also of course, of course other things like material and all that is solved. Lots of it, lots of things solved, no problem but first of all you should be the citizen of God's kingdom isn't it. Then He looks after you. (Delete Beg you pardon. Can be. Avoid, what?) You don't have to, it's looked after. You are looked after. Krishna has said, "(Sounds like -Yoga shey yam ne hum no hum)," that first you get your yoga, first you get your realization and then, "I'll look after your well being." He said it clearly, yes so you are not looked after as yet as it should be. The Divine looks after you so well you can't imagine. You are completely under the care of the Divine, it's true. But sometimes I don't say in My first lecture, people think it's a false story so I don't tell them, but it is true it works out. There must be some reason for ill luck and that you'll find out very soon after realization. Is like light you see, supposing you're walking and you fall down and falter because it is dark and you can't see anything but when there is light you can see, you can avoid it, isn't it.

Question inaudible

But you see one can see it if you are on the futuristic side, if you are on the futuristic side but you should be in the centre. What is the future it doesn't exist, one should not bother about the future you should see about the present that's the best. If you see the future is not good you should see the present, you should be in the present because present is real and dynamic. It comes because your movement is on the right hand side maybe you think of the future too much. You'll find out now, you'll find out it's easy to find out. If somebody's a very futuristic person he may forget all the past, he may forget even his name but he might see something of the future. It's not a normal behavior then you see more of the future and nothing of the present, all right. Some people see auras, lights that's not important, that's not important at all, seeing is not important, becoming is important.

(Delete - Shri Mataji speaks in Hindi)

She has a problem. She says, "My children don't listen to me." I said that, "That's this country, you can't help it. You see when you have come to this country; you have to face the atmosphere also." But after realization also it's a beautiful relationship that exists, extremely beautiful. All right, is it sufficient, should we have? Because first day I'll take some more time to because I'll go round and see all of you. Is it all right now, should we start it? It's a very simple thing, there is nothing to be afraid of, nothing

goes wrong, everything is perfect. You just have to put your hands just like this, just like this and you have to put your feet on the ground...

(Shri Mataji proceeds with realization process.)

1982-1007, 1st TV Interview

View [online](#).

7 October 1982

Interview

University of Northampton, Northampton (England)

Talk Language: English | Transcript (English) – Draft

TV Interview

October 7th, 1982

Northampton, UK

... wife of a United Nations diplomat. She lives in London now but has thousands of followers around the world, who hail Her as India's greatest living saint. She teaches a state of self-realization and happiness, and says that with a spiritual force She can cure the incurable. She's speaking at public meetings in Bedford tonight and Northampton tomorrow, and today She gave Her first television interview in England. Our reporter is Rebecca (inaudible) .

Her Holiness Mataji Nirmala Devi is known around the world for Her healing powers. Her followers look upon Her as Divine. Mother, as She is referred to, preaches a gospel of peace and has discovered a spiritual force called Kundalini, which is shown on this chart. She can release it in seekers, as She calls them, to give them complete awareness. She admits that many Westerners are sceptical of Her powers, but She scorns the idea of charging money for Her gifts. Her claims of success in curing and healing are remarkable. Alcoholics have been known to give up drink, drug-takers have been cured, but perhaps most extraordinary of all, She claims to have cured many cancer victims.

Reporter: How many people have you managed to cure who have had cancer?

Shri Mataji: Thousands... I don't know... I should say...

Reporter: Thousands? What do doctors think of what you're saying?

Shri Mataji: You see the trouble is I Myself I have done medicine and... the doctors are the people who are working with the "shoot" side of life, you see, not the "roots" of it. So the trouble with them is that anybody starts talking that it can be cured by a higher method than a human awareness, then they don't want to jump into that awareness, which is a higher awareness that one has to achieve, because human awareness is still transitory. You have to achieve that awareness which is the divine awareness. When you have that awareness, then only you can cure it.

Reporter: How would You describe Yourself, as a healer or a spiritualist?

Shri Mataji: You see, I do not want to fall into any category Myself because... I'm a housewife and I have to do all the jobs of a housewife, I'm also a diplomat's wife, so I have to act as a diplomat's wife, I'm also a person who has to do this work of Sahaja Yoga... So I don't know how to describe Myself.

Reporter: Can I ask You if You can reach me?

Shri Mataji: Yes yes, see, one can reach masses. Now, we have to first see in your case now what is the problem. First is that there's an imbalance, a little imbalance, because you have to work outside too much, I think, you have to go out too much and don't have much time for your emotional life. So it's more that you are more mental and physical, but less of emotions in you, so

there has to be a balance. So first I have to give a balance like this, all right? I have to put you into balance now. Now, this is, you are working with your mind too much, so you are over-working it, so your liver is out. And the liver is also excited. So to put it right what we have to do is to just put you...

Reporter: What are you doing?

Shri Mataji: Just I'm removing the liver pressure. The liver is expressed in this part and this part of the hand. So your liver pressure is reduced. It's very simple.

Reporter: Now, is anyone watching this going to have, feel any effect from You?

Shri Mataji: From Me?

Reporter: Yes.

Shri Mataji: No no, no effect. No, nothing. Because it is just, you see, it's like construction of the destruction; you just take out the destruction out of the construction, that's all. It's very simple. Now, what I am doing now. You have to now just say within yourself — or loudly if you want to — say that "Mother, I forgive everyone." Just say that.

Reporter: Mother, I forgive everyone.

Shri Mataji: Yes, you have to say thrice. Now let's see. Say it.

Reporter: Mother, I forgive everyone.

Shri Mataji: Again.

Reporter: Mother, I forgive everyone.

Shri Mataji: Again.

Reporter: Mother, I forgive everyone.

Shri Mataji: Now see. Is it flowing? A little bit. It's very sensitive, it's very subtle.

Reporter: Well, I can... I can feel the clearness of it. Yes.

Shri Mataji: It's started. Started, see? Just I... what I'm making — a cross on your hand. You see, that's Christ, who said you have to forgive. Now see. It's working?

Reporter: And what will it do for me in the long run?

Shri Mataji: In the... in the long run that it is your... own power now will manifest. You have this power within yourself. Now with this you will feel very peaceful, you will control your thoughts. You don't have to think all the time. You can rest without thinking. If you want you can think, otherwise you need not think. Then your own powers will be manifested, by which you can give this power to others. There's so many things you can do.

1982-1007, 2nd TV Interview

View [online](#).

7 October 1982

Interview

University of Northampton, Northampton (England)

Talk Language: English | Transcript (English) – Draft

TV Interview

October 7th, 1982

Northampton, UK

... Her name is Mataji Nirmala Devi. She trained as a doctor in India and She is now married to a senior diplomat at the United Nations. She lives in London, but this week She's holding a series of public meetings to publicize Her teachings. She believes that we all have a form of spiritual energy called Kundalini at the base of our spines, which can be awakened and sent flowing through the body. So I took my shoes off and went to meet Her in Northampton this morning.

Shri Mataji: You are a person who is more active and tries to think too much, work too much...

Reporter: I think too much? Nobody ever said that to me before. Right...

Shri Mataji: And you work too much physically, you run about and you are more working outside. And left side is the emotional side, so left side — for emotional life. Well, that's what is the imbalance in you is. Now for this we have to first give you a balance, all right? What I'll do is to awaken your frozen side and bring it down so the grace comes over here to satisfy this side. So it is to be awakened, you see, the emotional side is awakened. And this side is given a sort of a soothing effect with the all-pervading Power from your right. So this is, this is how it moves, right? This is the way.

Reporter: But is this energy and this desire any more than the desire that everyone has to make the best of himself, to be happy, to be content?

Shri Mataji: You cannot be contented with material things. You cannot be. That's the basic principle of economics.

Reporter: So can I put a contradiction to You, that in the past when all the gurus that have achieved fame in the West have all seemed to be surrounded by a great deal of very affluent trappings, great deal of wealth and money. That seemed to be a great contradiction of what they're talking about.

Shri Mataji: I'm happy you see that, but how many see that? Is something one should understand, that it is not a business, you cannot make money out of ...

Reporter: But they're making a very successful business out of it.

Shri Mataji: Because you are so naive. In this country people do not use their brains. You must come to right conclusions, that if something has to happen to you, it will be in your awareness. You have to manifest your powers, and then only you will realize that you cannot pay money for your evolution.

Reporter: Now we've got perhaps three million people watching us at the moment. Should they be able to feel anything or to gain anything from watching You just on the television?

Shri Mataji: Yes, some of them may. If they are just there, if they put their hands towards Me just now even like this, they might feel the cool breeze in their hands. And then they might feel on their heads coming out the cool breeze. I mean, it has happened in so many places.

1982-1008, We don't have to suffer

View [online](#).

8 October 1982

We Don't Have To Suffer

Public Program

University of Northampton, Northampton (England)

Talk Language: English | Transcript (English) – Draft

Public Program. Northampton (UK), 8 October 1982.

Shri Mataji: It's quite.

Sahaja Yogi: Still quite, some more people are coming. Few people are still coming.

So, with Mataji's permission, I will just say a few more words while people are still coming into the hall so that when She speaks that can be full attention. Because this is a subject where we have to really give our attention fully and not be distracted by what's going on in the next seat or behind us.

What has to happen is that our attention should go inside. It's not an easy thing for people who are used to thinking, to stop thinking, and just watch what's going on.

Because we are so identified with our thoughts, we don't realize that they're not reality and they're actually preventing us from experiencing reality which is absolutely the present time.

So, please realize that if you have come here to get something, it's something personal to you by which your relationship to others is very much purified and improved but which is for you and it's for them also, but you don't worry about them.

Now one thing which will help this experience to take place, this happening to work out, is if you don't mind to take out take off your shoes and just rest your stocking feet on the floor. It's a very simple reason for doing this it's like an earthing system. It's just giving a contact with the Mother Earth.

It's not a meaningless thing that the Muslims insist that we do this when we go to their mosques because Mohammed was a genuine teacher who was connected to this All-pervading source and who tried to teach people the actions that would help them to be balanced and to reach this higher state. But people follow it without understanding why they're doing it.

So it's simply to provide an earthing an outlet if you like for negativity to pass out because we have to become the Spirit. We are the Spirit but we have to have that knowledge. And by letting all our thoughts all up but Karma's all our emotional hang-ups farce out through the different elements like the earth, the flame of the candle, into the sky, then we find the Spirit is what remains. It's absolutely silent, it's absolutely untarnished it cannot be killed as Christ proved. It cannot be harmed by anything; it's born again and again. And we have to know the joy of the Spirit which is just to be the Silent Witness of all the activity that goes on in our lives.

So now I'd like to introduce the Divine Mother Shri Mataji Nirmala Devi.

Sahaja Yogi: [Inaudible]

Shri Mataji: No, I'll stand.

Shri Mataji: I bow to all the seekers of truth. At the very outset I must thank our very respected mayor of North Hank Hampton to grant us permission to use this beautiful Hall for this work of God.

Yesterday, at Bedford, I explained to you about this energy which is placed in the sacrum bone which in Sanskrit language is called as Kundalini. This energy is placed in the "sacrum" bone which is the Greek word; that means Greek people also knew that there is something sacred in this bone. Now this energy is the energy of desire within us, the primordial desire, the ultimate desire that is not yet manifested. That is the reason it is called as residual. This desire is to become one with the Divine.

We are born today in these modern times in a very great time I should say because this is the Blossom time of human beings. Never before in the history of spirituality, so many seekers were born, so many honest sincere seekers of Spirit were born. There are a special category of people they don't know why they are not satisfied with what they have, perhaps they don't know even what they have to seek but definitely they know that they have to seek something new.

We have our scriptures all over the world and to understand as I said the personality of any incarnation like Christ, we have to consult every scripture to see where it is indicated about the life of these incarnations.

This knowledge of the beyond, knowledge about the roots of the Tree of Life was a secret knowledge before, was very limited, was given to very few people. It's described that at the time of Rama, his father-in-law Nanaka, who was the incarnation of the Primordial master, had

only one disciple who came to ask for Self-realization. And he said: "You can ask for my kingdom" because he was a king, "but don't ask for this". Because that was the beginning of life. But as in the story of a tree, there are only one or two flowers in the beginning a time comes when there's a Blossom time and many flowers blossom and the wind comes which sends the

message and they become the fruits. That's what is the time today is the time of Resurrection as described in Quran, as time of judgment as described in the Bible. This is described by a great astrologer in India, who was born thousands of years back whose books were revised about 300 years back. He has described this time again.

When we think of the Resurrection time or the time of judgment, we must understand that this judgment has to come to us spontaneously from a living force. Because God is a living being and his force is living. All the living things you see that exist - for example, a flower becomes a fruit. All such tremendous things, we see we take it for granted, are the blessings of this living force which is all-pervading but it is subtle which we cannot feel. That's what Christ has said that, "you are to be born again" that's a very important thing. Actually, he came on this earth with this message. He didn't come to establish any balance within us because that was done by Moses and Abraham and all these people. But he actually came on this earth for us to ascend. This is the greatest message and Resurrection is his message and not crucifixion. Crucifixion has a very great

meaning no doubt and about which I'll tell you later as I'll go from chakras to chakras.

When he said about the Holy Ghost he could not explain either. The reason being there was no time. There were only four years for him to speak about all these things and that's how he could not explain what was the Holy Ghost. So, for every practical purpose, it's a mystery. But after Realization, you will be amazed, it's not a mystery. You know everything about the domain of God, his laws and methods. Once you get your Realization, it's a surprising thing. But it is surprising because we do not know what we are. We do not know the Tree of Life is within us and that this divine power appears as the centres as described in the Bible: tongues of flames, I will appear before you like tongues of flames. And you really see them as tongues of flames. These centres are silent tongues of flames burning with different colours. Of course, especially at the top, they have many colours and all these colours are beautifully displayed and really peace giving.

But all this, what I am saying to you, is not to be taken for granted either and not to have faith in Me blindly. That's not the way to approach Sahaja Yoga. Because I'm talking of reality and not of some brainwashing. It's the reality that you must get and you

have to be honest about it that you have to get the reality.

Now, when I say that all these things are within us, I am saying it like a hypothesis in a scientific research. And once it is proved to be true then you have to believe in it. So, as a research

student or as a person who is trying to know the new knowledge about the roots, you have to keep yourself open and a little tolerant about it. As Mr. Brown has told you that we have many angsts and that's why the problem is that's why we are confused. But this Kundalini is such a force that it shoots off taking you away from all those angsts and makes the Spirit shine in your attention in your central nervous system.

Now the Spirit is a reflection of God Almighty within you. That's the collective being because God is a collective being it is a collective being. It is not that I say you are all brothers or sisters that's not the way so brainwashing, but it exists within us as an actuality. And when you actualize the Spirit you become collectively conscious. You become, that means on your fingers as you see, you start feeling other people. Then there is nobody the other you can feel yourself your centres and you can find out what's wrong with you what's wrong with others.

Today, when I met the radio gentlemen, they suggested that people would be very anxious to

know how people get cured by Sahaja Yoga. So, first I would like to explain to you what happens. This force the residual force within you is the Kundalini as I told you and is the power that, when rises, she pierces through all these centres. And all these centres represent our physical being our emotional being our mental being and our spiritual being.

For example, the very first one that you see here, the red one, is our innocence. Innocence as human beings. As animals we had innocence. Then God created human beings and he gave them freedom. He said: "All right, you'll be on your own keep your innocence. Don't run towards the so-called knowledge, the knowledge: "What is this matter? What is that? Who is God? All those things. Keep innocent". If he had maintained that innocence with our freedom intact there would have no problem at all.

But in the curiosity of human beings when they had the freedom, they consulted a satanic force. And the so-called book of knowledge started opening out. So, whatever we have got the knowledge is a "avidya " is not knowledge, it is non-knowledge. Because by knowing this you do not know the way about it. For example, if you know that is gravity in the matter or you can say there is gravity in the mother earth, you just know there is gravity. It's just a statement of fact which you see with your eyes but you can't say why, why there is gravity. Whatever you learnt through science is just the knowledge that you see but you cannot explain why it is there. So, it is not a complete knowledge it is just a gross knowledge of the thing that you have which you can use for your purpose.

Also, science can help. Now, I find science is very helpful because if there was not a microphone, I could not have talked to you people. If there was no television people could not have received

vibrations those who received on the television today. It should not have impossible. So, even the science has helped you. But that knowledge was not required and it was all right.

But when we chose the other way, God also helped us by sending on this earth many incarnations to first tell us that: "You'd better establish your balance". And this balancing was done at this point [the Void] where you see the green circle which is here in the stomach. So, this balance has to be established.

When we got the Ten Commandments, you see, we thought it's a challenge to our ego: who are they to say: "Thou shalt not do this ". What's wrong? Everybody says "what's wrong?" when they preach people don't like it because those please do not follow it, you see? Naturally people say: "What's this?" But when the Kundalini awakens, she enlightens these Ten Commandments so we can say the religion within you. That's called as the principle of the Master within you. The master – say, in the car the one who is the master is watching the driver who's driving. First, learning how to drive, then suddenly he finds a driver has become an

expert. And then he becomes a master.

In the same way, when you start moving towards the right-side of action and the left-side of desire you act. Balance it: you make errors, mistakes you correct them, again you balance it. You discover the mistakes you have made, again you balance it. But these Ten Commandments, when they are enlightened within you, you just don't do those things, you don't like it, you just don't like, you just give up because there's enlightenment. For example, in this hall there is no light then you may fumble down when they fall down you may learn by following ten times that there are so many steps. But if there is light you can see everything. You can see the absolute relationship between everything. So, when you discover your absolute, the relative position of everything is understood and automatically you become righteous. Nobody has to tell you: "Become righteous ". You just become you can't help it.

So, this is what it is we the diseases are caused mostly by imbalances. As Mr Brown has told you that the Mother Earth sucks the problems because all these centres are made out of the elements, different elements at different levels. And we have imbalances of these elements in our body and that's how we get sick. So, now the Mother Earth gives us, if she's here, if she knows Me, she'll suck your problems which are come by the imbalance of the mother earth.

For example, arthritis and things like that, all these come as problems of Mother Earth. Especially in the cold countries people have this trouble they can be cured by taking help of the Mother Earth. It's very surprising. The other day I had an Indian lady at my house. She has terrible arthritis, and her hands were like this and she couldn't walk. But when she understood how to ask the Mother Earth to take away her problems and the methods of divine laws, within half an hour she got rid of her arthritis. Even yesterday there was one gentleman who got better, much better which his arthritis. In the same way, we have problems with the imbalances within us.

Now, let us see what problems do we have with imbalances. I am sorry, today I am going to speak on more about our physical side because specially he said people will be interested and I think if you are physically not all right, how can you be all right spiritually? Now the imbalances we have within us, because we are extremists. If you are a person who is emotional you go to the end of your emotions till you become mad and lunatic. You weep out yourself so much that you have to land up in some lunatic asylum.

But nature has its own way of controlling that. For example, a person who is a lunatic never, never has the failure of the brain. It should be but the failure- on the contrary the failure of the brain it has, but not the failure of the heart, though an emotional person works with the heart.

On the contrary the one who works too much with the brain, thinks of the future, plans too much, his brain should fail but his heart fails. All heart failures come to people who think of the future, plan too much, think all the time, all the time worried about the future, work very hard physically because the right side is the physical and the mental side. They have all heart problems. And those who are very emotional, I mean, you say heart too much, always crying, weeping, they get failure of the brain. Just imagine, what a balance is build! And a doctor told Me, from a mental hospital, that they have a cardiograph machine, but it was never used because a lunatic's heart never fails.

So, once you have such an imbalance nature takes the respite but it can be very fatal and dangerous. There are many diseases which are caused, really, most of the diseases are caused by imbalances. Now let us take out a person who is a very speedy person, it's very common these days. I mean people are so speedy that you don't know how to talk to them. They are telescopically speedy their words go telescopically and you don't know how to scan it out, how to talk to them. Now such people who are speedy, who are running all the time, who are not there in the present at all, all the time of the future are the people who move too much on the right hand-side. And there is the second centre which is looking after the right-side, the creativity, the thinking. Because when you think the cells of the brain are replaced every minute by the fat that is in your stomach, by this centre which we call as Swadishthana which in the gross expresses itself as aortic plexus.

Of course, the medical science won't accept it but when we have proved it by curing people I hope they will accept it. Now this imbalance comes in because you are all the time thinking. Now this poor centre has to look after other organs within us like the liver, spleen, pancreas, kidneys, intestines and uterus. Now such a person who is thinking all the time neglects all these organs

and any one of these diseases he can have. For example, he can have liver [problems] he can have diabetes, he can have leukaemia. Leukaemia cost more to these speedy people not so much to the people who are futuristic, but more to the people who are speedy. Because the spleen acts for our emergencies. Supposing a person is extremely speedy; he just rushes to the bathroom, takes his bath goes and gets his breakfast and drives on the way eating his breakfast all the time. Poor spleen does not know how to cope with this crazy personality. Because here it is, he's going in a mad rush. In the modern times, you see the traffic is so bad, they just, they are shouting at the traffic. Then there's a breakfast going on. All these things are going simultaneously and poor, this spleen, doesn't know how to react and how to cope all the time to these emergencies, one after another, simultaneously so many coming up.

So, it gets crazy it loses its control completely and it starts producing additional blood cells and blood cells and blood cells. And when they become too much then they start flowing on their own, because there is no relationship left now because of the speediness. And that's how Leukaemia has established. Now leukaemia can be easily cured, very easily cured. Because when you put your hand when you are a Realized soul the energy is flowing. You just you put your hand on the spleen of the person, you'll be surprised that the spleen settles down because it gets new vitality. It gets the wisdom from these vibrations, we can say, from this energy because this energy is the one that thinks, that cooperates and organizes. That's the one which sorts out also all kinds of plants and everything. It is this living energy which when given to the spleen it becomes wiser: it rests, it becomes silent. And also, if you give the person the balance with your hand, you can make the person much more relaxed, much more silent within himself. And that is how you can cure. And we have, not only that, I have cured of course nowadays, I don't cure people much.

There's a disciple in America and one gentleman met Me in a village. He came in his car and he told me that: "My grandson has gone to America for his treatment of leukaemia and now they said he's a gone case and in 15 days he is going to die. That's the certificate". So, I told him that: "I'm so busy in the villages now, you can go back and bring up this lady she's there in New York and she's an American Sahaja Yogini ". And he rang her. She said: "All right, I'll try to work it out ". And she cured him. The boy came to see Me in London he's now back in the school, he's perfectly all right.

Now people think it's magical. It is not! It's nothing so great. Because we take so many things for granted, every day, if you see the living work of God, it's tremendous! Look at this honey, look at the way the flowers become fruits. I mean millions and billions of things we take it for granted even our evolution from amoeba to the stage we have come. We don't know how we have come, how God has done it. It's done so delicately with such care with such understanding. At least we should know that there must be some meaning when he has brought us to this level as a human being. What is the meaning? Why? What was the reason? Why he made us like this? And just when you discover this meaning spontaneously automatically this thing gets cured, because that vitality starts coming to you from the top.

Now we grow over tensions why? Because you see, there, with the activity of these two sides left and right side, we develop two big balloons in our head. With the left-side one which is for conditioning us, which frightens us, gives us fear and all that, which is our past, we develop an institution call "superego". Such people are all the time under fear, under danger, or crying, weeping sort of people. The other side are the people who act. When they act, they have another by-product in the head called "ego" which you must have heard quite a lot. And this Mr ego is on one side and superego on another side and once they close down will become like an eggshell. You are closed. You have an "I-ness". You are Mr So, you are Mrs So.

Now when this is accumulated there [Agnya] we feel the tension because either we are in action or we are in whipping conditions where we are in inaction. This tension mounts up in the head and you feel the tension. And with this tension you get all sort of complications. With the left-side you might get low blood pressure and all that. With the right-side you might get high blood pressure. Now how do you reduce the tension? People ask Me how do you reduce the tension? It's a very simple thing. You see, life's work is extremely simple. Like your own breathing is so simple! Have you ever thought about the breathing that you do? You don't read any books you don't go anywhere you don't consult anyone it just happens to you. In the same way, it's such a simple thing that your tension on the head is because either you are worried or you are planning something. You are aggressive or you are taking the aggression; one of the two.

So, what happens? Here I say that Christ plays a very big role in our life because he is placed in that crossing point if you see.

This is the cross. When he said on the cross: "It has been accomplished". When he says that the placing of Christ in that little space of ego and superego is accomplished. When Christ is awakened through the kindling of the Kundalini then these two things are sucked in. That's why we say he died for our sins because the left-side are the sins and the right-side are the Karmas the action, the ego. So, he sucks it. By that suction you are amazed that suddenly you find there's a depression here like a child has. And you feel the throbbing here. And after the throbbing you feel the cool breeze coming out of your head. From your own head the cool breeze is coming out. This Holy Ghost is manifesting herself. And she's all around. Also, you can start feeling in your hands if your- this centre is all right.

This is what he meant "to be born again". Not just to call some people: "All right now we have a baptism". So, the poor child is screaming and you put your hand on his head and say: "All right, you're baptized now". That's artificial, it's just a drama. And this kind of drama they do in every religion. It's not only in Christianity. You'll find even Hindus do the same joke and everybody has the same joke. But it's not true because if there is baptism there has to be transformation. And there is no transformation whether you baptize a child or not. On the contrary, I have seen some children they become funny. Because this is a very precious place, it is a very holy place [Sahasrara] and anybody who is not a holy person who is not a sanctified person places the hand on top of the head of such any child, he can become even mad.

We had three examples of that kind that people who got baptism, children who are perfectly normal but after baptism their eyes started squinting around and they lost their awareness. Because the people who put their hands on this very precious holy place where not themselves holy. They didn't have a clean heart. And that's why- this is the centre of the heart which is there in the Spirit. And this one [Sahasrara] when it is touched by someone who has a heart of a stone can pass bad vibrations satanic vibrations. People can spoil them.

You have a very great poet in this country- you had him- was William Blake. And he said: "A priest cursed on my head". And people asked Me: "What it is?" I said: "The priest must be somebody who is not such a good man perhaps and he touched his forehead". Because he was a Realized soul. And he's written so much about Sahaja Yoga that nowhere in the world I have seen so much written about Sahaja Yoga as your great poet William Blake.

Now when this happens so many other things can also happen to us. For example, a person who is very emotional, for example, the one who is always whipping crying going to the left-side. Oh, they are - most of the people feel guilty that's the worst disease of the West. By feeling guilty you get spondylitis, thyroid all kinds of troubles. So, no use. What's the use to feeling guilty after all? Or people who believe that "we must suffer". Now this I can't understand at all! Because Christ has suffered for us. What more are we going to suffer? Now he suffered already for us. Has he left something for us to suffer? Those people who believe like Jews did believe in such a thing, they suffered. We don't have to suffer at all! That's a promise. He suffered for us. Only thing, we have to awaken him, that's all. Nor do we have to feel we are very guilty because if you feel guilty then this left-side gets caught up [Left Vishuddhi]. And it creates a problem for your Realization first of all and secondly, it might give you a physical problem.

I've seen this is very common with the West people I don't know why they should feel guilty. One must know that God Almighty is the ocean of compassion, ocean of love, ocean of forgiveness. We cannot understand his forgiveness, we cannot be like him. And what guilt can we have? Even the judges on this earth who are just human beings cannot punish you. How can that God is going to punish you for what? So, we live with myths: "Oh, I should not have done it, I should not have done it".

This has come also with our modern life. For example, if you put your fork and spoon in this way then you are all right, sophisticated. If you just put it a little this way: then you are: "Oh, I should not have done it". If you spill the coffee then you are as if you'd murdered three persons the way you feel about it. It is not so. It's not so. In the realm of God what does it matter? It's nothing important. For him, the most important thing is that you are a human being. And you must know that you are at the epitome of the whole creation and that should have no self-pity about it, no self-pity at all. But you must have self-confidence that God has created you with a purpose, that you become collectively conscious and you see the play of God's beauty and his glory. That's why he has created you. Not to feel guilty not to have self-pity and to cry and weep and always say: "I'm horrible. I have problems". Such people get troubles to themselves while those are aggressive trouble others. Both are just the same in the eyes of God whether you trouble yourself or others, it's just the same.

Now this kind of an imbalance that comes within us can be corrected with the awakening of Christ within us. The chanting at this place when he is awakened, when he is awakened because you are to be connected with him. Then is our Lord's prayer that's the mantra. We have to say that he is kept awakened and that is the chanting we have.

You'll be amazed after coming to Sahaja Yoga the Christians who hated the Jews have understood the importance of Moses because he resides in this void part, this green circle and all ten of them who incarnated again and again reside there. Now those who are fanatics say, those who believe that only more Muhammad is the one or those who believe that only the Moses is the one or any such funny ideas, they also suffer physically.

I had a doctor from Iran, about ten years back I should say, he came to England to see me and he had a cancer of the stomach. And I asked him, I said: "Do you believe that Muhammad is the only one you had?" "Yes. I believe in that." I said: "How can it be? He himself has said there have been many prophets. And how can you say that he's the only one?" So, he said: "No, no, no. He was the last. He was the most modern so I believe in him and I don't believe in anybody else". I said: "You have to believe in Moses." "Oh! That I cannot believe. These Jews, I can't believe in them. I hate the Jews I can't believe Moses." I said: "All right, go ahead, if you can't believe in him. Same is Nanaka. Same is Janaka. They are the same people again born again. And the same quality of the Primordial master is born again. I said: "All right, go ahead, I cannot cure you if you are a fanatic you suffer." So, he went home and he had a bad time. Doctor said: "You are going to die now".

So, after eight days his wife brought him again. I said: "Now do you believe in it?" he said: "Yes Mother, I do. Please, cure me". And he got cured. He's still alive all right.

Fanaticism has its own respite to. Fanaticism is real madness I should say to be fanatical about something. It's a mental projection to believe that somebody belongs to you. Actually, you have to belong to them and nobody belongs to you. This fight of religion imagine when you see that in this world there are fights going on in the name of God, in the name of religion, you're shocked! The things that were created for peace, for bliss and for heavenly abode of human beings are being used for something that is absolutely opposite of that. It's most surprising how people are believing into a team to such an extent that they are just getting monopolized and filthen [unsure] and they are torturing others.

It could become even very sophisticated like people who have formed lots of mental projections you see, they have dogmas, this, that and they cultivate you every time they have a lecture and then you believe in it: "Oh, oui, [yes?] this is this". And from your childhood you are told, "you are like this you are like that". Ultimately, what do you find at the end of life? Nothing but the same and same and same going on. But the principle of religion is to give you a balance and that doesn't happen unless and until this religion is awakened within you.

Once it is awakened, I don't have to tell you that: "You give up your drugs". You just give up. I don't have to tell you: "Take your alcoholism out." You just do it. I just don't tell you. I don't say that if you have alcoholism or anything as a disease it just drops up automatically. Even if you want you cannot drink. You won't enjoy it at all! It's just as a by-product as you get rid of your troubles. In the same way, these habits also drop out. You become independent you become free not slave of anything because you are the Spirit which is the freedom within you. Complete supreme freedom is your Spirit.

Last of all, I will tell you about a horrible disease, which is the modern disease nowadays, is the disease of cancer, which is a horrible thing as people say. Cancer is caused mostly, which I have seen, in the people who are left-sided. Not so much in the right-sided people, those who are aggressive. But those who are emotionally ones disturbed get this trouble. So far, I have not seen one patient of cancer who has not been emotionally very much inclined. It might look, appear that a person is very aggressive, but if you really go into the history of a person you will find that he had a problem, that his mother died, or his father died early, or some sort of an emotional problem he developed later on, or a shock from his wife or a fiancée, from his children or something like that. It's more a case of emotional disturbance.

Now when you find, that a person has a cancer, on the hands you'll find that all these fingers are burning [Shri Mataji shows all the fingers of Her left hand], sometimes even these fingers start burning [Shri Mataji shows fingers of Her right hand]. When it is on a galloping state you put your hands towards a person who is suffering from cancer- even doctors might not diagnose it, they might find it later on – all your fingers start burning. You start burning here and here [Shri Mataji points on the top of the palm near the fingers]. Also, you may start feeling a throbbing here [Shri Mataji points to the solar plexus]. Of course, throbbing doesn't mean that a person has a cancer, but is one of the symptoms.

Now how cancer is caused? It's very simple. And to understand it- it's better that if you understand- you will not those things which are not to be done. Anything we do into extremes, I mean any emergency is taking over by this two sides, because they manifest the sympathetic nervous system. They act for our sympathetic nervous system whenever there is an emergency. For example, a person has a habit, a simple habit, of say, rubbing his ears, very simple habit. He may develop a cancer there. Because he has overdone it. An extreme thing he has done is rubbing, rubbing, rubbing.

So, what happens is that the cells which are supported by a centre here, for example, it's coming from left and right [Shri Mataji forms a triangle to mime the spinal cord] – and that's how a centre is formed. If you can see all of you. This is the one through which the medulla oblongata passes, the spinal cord, this is the spinal cord. Now, when there is a pull on right-side or left-side too much, on the sympathetic nervous system, then this connection breaks out like that [Shri Mataji splits the hands]. When it breaks out the connection of the centre with the whole, because this centre [right thumb] is supplying the energy, is broken.

When the connection with the whole is broken, there is no coordination left, there is no control left. So, the cells become on their own what we call malignant. They start growing on their own. For example, if their nose develops the cancer, than nose becomes big. The rest of the- is smaller and the cells of the nose start pressing all other organs in here [on the throat]. And sometimes they may pass into blood and go to other areas also. So, these are aggressive cells, malignant cells are on their own, you cannot control them.

By some chance, if you could bring them back in connection with the whole, if you can do that, cancer can be cured. It's as simple as that. When the Kundalini rises, what she does is, she awakens the centre. And when the centre is awakened, it just comes back to normal and a person becomes normal. That's how cancer can be cured. It is very simple, it's not so difficult. Human life we have made it so difficult, actually it's not so difficult. It's a very simple thing if you understand the laws of nature and laws of God's divine Power. You can overcome most of your maladies, most of your problems and you'll reside in the kingdom of God.

Now, there are so many other diseases which I don't want to refer now because I have tell to you the physical side. And the mental side is the left side as I told you. Also, on the left side is another disease, is multiple sclerosis. I saw a very good television show the other day. It was put up by some doctors. And they said that in ourselves there is an area which is built in from our creation, means the collective subconscious. That's what we call it. And there are proteins which they call protein 58, protein 52 or something like that. They enter into our being and trigger the cancer. So that shows what we have said, that there are dead within us. On the left-hand side is the subconscious and then the collective subconscious. And when you enter into the collective subconscious, anyone of this spirits can catch hold of you. Once they catch hold of you, you are liable to any of these diseases. Specially I have seen if there is a possessed person – of course they become mad, they get epilepsy, all this are possessed people. Epilepsy can be cured; we have someone here who had epilepsy of the worse type. She is cured completely.

And all such mental troubles, depression, can be cured. Not difficult at all. But one must know, that if you are possessed you must really work it out and see to it, that it goes away from you and you become yourself. Because when you are the other, you don't know what's happening to you. Now this affliction when it comes to you, there is another horrible disease called multiple sclerosis which comes up. I have seen so far there three cases in England of multiple sclerosis which have been cured by Sahaja Yoga. All of them had either the wife or the husband possessed. Can you imagine? It's something surprising. We do not know these things are so important. These are very important things and that's why all these people come on this earth said, that you lead a clean life. And a sensible married life.' It is not permitted to have an adulteress life in any religion whatsoever, because

adulteress life brings forth all kinds of problems of the sex spoiling the last chakra. People can become impotent or overexcited, could become suffering from all the troubles of this centre, which you know are diseases which are kept as secrets.

So, one has to lead a very clean wonderful married life, because marriage is supported and sanctioned by the collective. It is sanctioned by God almighty. So, that kind of a life, that kind of a sexual life, is a sensible one. One should not get a shock out of it. When I say this in the west, people really don't like it. But I'm your mother. I have to tell you the truth. Even whatever you have done is done – finished, doesn't matter. But now come to your sanity. Because there are all these horrible satanic diseases waiting just to gulp you down. Apart from diseases such a person creates a problem for children. He creates a problem for the whole society. The whole society topples down. If they do not respect the marriage, if the woman becomes aggressive and try to sort of replace men – they cannot do it, they are woman. Men are man, woman are woman. But that doesn't mean that somebody is going to suppress. They are equal, no doubt, but not similar. This is a simple point we don't understand. They woman is to be respected, but she has to be respectable. And she has to be respected, because she is one who is the power behind the man.

If we understand all these simple things of life, the life becomes very beautiful. How we have to respect our elders. How we have to respect everyone. The respect itself is gone from the modern times. People have accepted themselves as something you see 'what's wrong' business. There is no respect for anything whatsoever. I mean the way they bark at each other; one doesn't understand how human beings have become now dogs or what have they become the way they start barking at each other. The whole system goes out of gear when we become too much materialistic also, because the matter makes us absolutely a dead matter also. But I'm not saying that you have to give up anything. What do you give up? You don't give up anything because if you have not taken anything into you, if you do not cling anything to anything, what do you give up?

Like this people Hare Rama came to Me and they saw Me in My house and of course I mean, we live very well. Perhaps they thought it was too much for a saint like Me to live in all these luxuries. And they started saying: 'Mother, You are living in this fashion and how people call You a saint. I said: All right. Now, you talk of Lord Krishna, isn't it? Now in this house or one My body anywhere you find anything equal to the dust of the feed of Lord Krishna, you take it away. Anything, but must equal! ' That's one thing. They looked around and they could find anything. I said: 'What have you given up? Stones? Ashes? What is there to give up?' When you just see the whole thing as a drama, when you are not clinging on anything, what is there to give up? In Sahaja Yoga we don't believe in false asceticism at all. Be believe in the real asceticism which comes from within. Where a person gives. Where a person enjoys matter in giving others. We don't believe in this kind of a falsehood that you wear a certain type of cloth or you have a nunnery or this judo-sannyasis going around. None of these things. You have to lead a very normal life in the centre.

All the great saints of India were married and had children. Except for some people like Buddha who died very early. He had to take a sannyasa because of His work. Then we had people like also we can say Kabira, Nanaka – all of them were married people. And nobody talked of this extreme nature that you have to give up everyone. Such people can be very, very dangerous. They can be very hot tempered. They can be so hot tempered that you cannot just face them. Because marriage makes you very normal to come in the centre. In this life, in this married life you are going to receive the blessings of God. There is no abnormality needed. Actually, we become extremely normal when you get your realization. Of course, some of these ideas may not appeal to you. But you can see for yourself, whatever I say is true or not? After Realization, you become a different person. Your priorities change, you become such a beautiful person because you start giving. The whole thing starts flowing from you. Because you become the light and the light starts flowing from you. And then you understand and assume your powers, powers of your Spirit and you enjoy this compassionate flow. And all the things look very different, the whole life changes.

This has to happen to the whole world if you bring peace and sanity, if you have to save this creation, we have to do this. Actually, the divine is more anxious than anybody else to do it because the creation will be lost if human beings are lost. So, those who are people who are seeking should understand their responsibility that they have to become the spirit. And after becoming the spirit they have to manifest the powers of their spirit. These are their own powers which they manifest. Only they have to know how to work it out. It's very simple as I said. And to have it is the best way to understand it.

May God bless you all.

I would like to have some questions from new people because today is the first lecture here, but for a short time. Please ask constructive questions. Don't ask offensive questions unnecessarily. I'm here to do good to you, not to do any harm to you whatsoever, take it from Me. So, be kind to Me and ask Me questions which are good for you and for everybody else, because they are all just waiting for their Realization which should not also spoil their chances and delay the matter. So, I would request you to ask Me questions which are sensible related to the subject and I'll be very happy to answer them because certainly when you get your Realization you will find your mind will peep out: 'Oh, you didn't ask this question to mother.' I'm sorry I have been speaking now every day and last month I was too [?]. Everyday there was a speech on, so little bit there is a strain on My throat, doesn't matter.

Can I request you to ask Me questions please? Thank you.

Shri Mataji: Yes, please?

Woman: Can you get rid of epilepsy?

Shri Mataji: What is it?

Sahaja Yogi: Can you get rid of epilepsy?

Shri Mataji: You just come here to tell Me.

Sahaja Yogi: The lady is asking can you get rid of epilepsy?

Shri Mataji: Yes. All right. Yes.

Woman: [Inaudible]

Sahaja Yogi: What is it? I didn't follow, can you raise your hand, please, where are you?

Sahaja Yogi: The lady's question was whether one can you get rid of epilepsy.

Shri Mataji: Yes, we do, we can. If you really cooperate with us it will work out. It will work out definitely. But you have to cooperate. You see, I'm not a doctor which is one who takes money from you, so you are not bound to Me. It's your freedom. It's your freedom! Whether you want to cooperate or not, but sometimes people don't cooperate, then I can't help it. It's noting great is to be done but few things that have to be followed if you cooperate with Me, of course it can be done without of course any charges, anything, it just works out. Yes.

Woman: [wording incomprehensible]

Shri Mataji: What's she saying?

Woman: Will You help me please?

Shri Mataji: Definitely, why not? I'm here for that, all right. Make yourself comfortable, yes.

Actually, I'm not helping anyone, I'm helping myself. Supposing this finger is painning and if I rub it, do I help anyone? Because you are within Me. When you start everyone – you're feeling another person within yourself we really don't help anyone. There is no question of charity. It's question of my saving myself. All right?

Woman: I'd like your help too, please.

Shri Mataji: What is it?

Woman: I'd like your help too.

Shri Mataji: What did she say, Gavin?

Gavin: She say's also that she would like to have your help.

Shri Mataji: All of you. All of you are going to be helped in a way if you say call it 'help', but I don't like the word 'help' much. It's your own. It's your own. Just like if you go to a banker for example. Then you say: 'Can I have my check cashed?' All right? At the most you'll say 'can you help me?', because you are very generous, I should say and sophisticated. But actually, it's your bank there and it's your money. You better have it.

Woman: Mother, can you [inaudible]

Shri Mataji: Can you raise your hand I can't see which one is speaking? Yes, my child.

Woman: Mother, ... [wording incomprehensible]

Shri Mataji: What she is saying?

Sahaja Yogi: What do You hope to achieve through Your lectures?

Shri Mataji: What do you do Myself?

Sahaja Yogi: What do You hope to achieve?

Shri Mataji: Achieve? I mean, don't you understand. [laughing] What am I achieving is that you all have to become collectively conscious. That's what I'm achieving, nothing else. As I am. I will tell you in political terminology, all right? I have all the powers within Myself, so I'm a capitalist. But I can't enjoy it because I have to give you, so I'm a communist. And I want you to enjoy your own powers, that's all. Nothing more than that.

Shri Mataji: Yes please?

Man: Is it possible to receive help after a surgery or before.

Shri Mataji: After?

Sahaja Yogi: After surgery.

Shri Mataji: Yes, yes, of course, of course. There is no problem even after surgery. But if you put something artificial there – sort of a - say a rod or say, steel or something, then we can't move it. It has to be something living. We can repair it, regenerate it and we can give vitality, but to the rod, say, it's of steel, then what can we do? But other surgeries we can work out.

Shri Mataji: Yes, please? Yes? Please ask the question?

Man: [Inaudible]

Shri Mataji: What?

Sahaja Yogi: He also wants the help of Mother.

Shri Mataji: All right, for all of you, I'm there. You don't worry, you all are there. I'm going to come down and see all of you, all right? All of you I'm going to see like yesterday, as we did.

Man: Mother. When You were speaking about Holy Ghost

Shri Mataji: Yes.

Man: You use the word 'She' which regard to that.

Shri Mataji: Shri?

Man: She

Shri Mataji: Yes

Man: You said She.

Shri Mataji: 'She', yes. 'She' is the power and She is called as Shakti. 'Shakti' – She is the power. So 'He' is the God Almighty and His power is the 'She' – the Holy Ghost.

Man: The creator's power?

Shri Mataji: That's the power of the divine power of God, His love. Which has got one: is a creative power. Another is the power of His desire. First you must have desire. Then he creates, so He has a power of desire and He has a power of creativity and also, He has a third power, which is the power which gives us sustenance. We become say – we have our qualities, like carbon has four valences and all that. And then it also gives us evolution. So, this third power is more important, because that gives us this ascent also. This is the manifestation of the Holy Ghost which is the power of God Almighty, which is the power of His divine love.

Woman: Mother, if some diseases are caused by our parents, why innocent children get leukaemia for example?

Shri Mataji: Oh, they get it because the mother is like that. Mother must be a speedy lady. You see, if the mother – today only I had a lady, I must tell you: I saw a lady, she's told Me that: " My child is overactive, she is so active that I don't know how to control. It's not a mental case, but it is a funny situation, that she is overactive ". So, I said: "What were you doing? " when she was pregnant. She was such, she told Me, in the night she used to work in the factory, the whole day she used to work in the house. Imagine? I mean, you pay no respect to your pregnancy. So, what will happen? If the mother is so, sort of a speedy person, the child gets it. You see, mother has such an influence on the child, isn't it? The blood of the mother goes into the child. And that blood carries the message. That's how the children get it. And that's very difficult to cure also. One has to know also, when you are pregnant, how to treat your children, how to be looking after your foetus. That's one has to know all these things. These are very important basic things which we do not know.

Shri Mataji: Yes?

Man: Your power of healing, is it something that you sought yourself or were you born with it?

Shri Mataji: What is it? Come and tell Me as I just can't hear.

Sahaja Yogi: He is asking, is your power of healing something You sought yourself or which was born with You?

Shri Mataji [smiling]: It's all with Me, all right? As you know you are a human being, I knew, I was this. But about Me I'd better not tell. It's better you discover it. It's better not to tell about oneself. You better discover it. Gradually, you will discover about Me.

Shri Mataji: Yes? Now, say loudly.

Woman: Is it possible to go to classes in Northampton and how much is it? [Unsure]

Sahaja Yogi: She wants to know if there are classes in Sahaja Yoga in Northampton.

Shri Mataji: You cannot have a course in it, you see. It is not courses, but we have centres. You have to just go and know about it. There is no classes, nothing like that, but you can come to the centre, where they will tell you how to use this power, what does this mean, all the decoding of it, how to establish your Realization. We have a centre here in Northampton and I don't know when you have it. I'll tell- I don't know. But we have a centre here, just right here. Can somebody tell when is the program, at what time?

Sahaja Yogi: The program in Northampton [Inaudible conversation]

Shri Mataji: You can become masters, real gurus. Yes, you can. But I think people must take it more seriously about the whole thing and should understand it and learn it, because the main thing is we do not take any money, you see. So, people think, that you see, you are not bound. You are absolutely free to come and to go. But this freedom sometimes makes a person a little superficial or sometimes a little frivolous about it. But this is so precious, so invaluable, that you cannot charge any money for this knowledge. All right? Now, should we have it?

No questions?

Man: [Inaudible]

Shri Mataji: Gavin, what did he say, I just can't? Did you hear?

Gavin: No...

Shri Mataji: You didn't hear him: Just stand up, I think. You better stand up here. Gavin, you just stand up. Just say it loudly, please, if you don't mind. Yes!

Man: [Inaudible]

Gavin: When you have a pain within yourself [...] through the mother earth? [some words incomprehensible].

Shri Mataji: Yes, some things are sucked by mother earth, as I told you – some. Some are sucked by the flame of the... – can be the flame, can be the fire. The sun also sucks in. Then the sky also sucks in, anything can. It depends on, on what centre you have a problem. All these centres are separately made by different elements. It depends on, what problem you have. All right?

But on the whole mother earth is the most precious thing. She helps the maximum on thing.

Man: You spoke about living energies and vibrations and the scientist with us [...] not the scientist he enjoys trying to get the rays within, he mentions the gravity [...]. Because there were people who thoroughly enjoy ... into the rays of gravity. I've been very ... in things like dowsing. [some words incomprehensible].

Shri Mataji: Ah, dowsing. Dowsing is...

Man: A force now ... bring ... together [unclear]

Shri Mataji: I talked about this yesterday. Yesterday I talked, but again if you want, I'll tell you in short. You see, we have some other dimension which we are not know, they are unknown to us. But they are not divine, like we have the left side dimensions as I told you, you go into the collective subconscious. Now if you go into collective subconscious some of this busy bodies can enter into your being. And they are the once who give you this power of dowsing. You see, that's how you start knowing there is water, because there are some spirits in you which can [?] to it. You see, there are ESP's and all this thing come from the same sources. There could be some on the right-hand side, supra-conscious once, which are very aggressive. Hitler used them. He is the one who used this supra-conscious people, very aggressive people and enticed all German people and made them so aggressive. So, these two areas are within us.

In Sanskrit the one on the left is called 'adi bhautic' and the right as 'adi daivic' [?]. Both of these are to be avoided. For example, somebody sees auras around Me, for example now. I would say he should not. It's not proper. Because then you are on the right side. But if you see some gods and goddesses around Me, that also is not good, because you're seeing the left side – the past, and the future. What you have to be is in the centre, in the present.

So, all these things come to you from some busy bodies as I said, that they enter into your being. I have seen another television show where they showed Gogin entering into somebody. And he was painting just like him. The lines were just like him, bold the same wave very different styles that he has. And he was doing it and he said: 'I'm Gogin.' And this is very common even with curatives. When people cured, they use spiritualists. That's very dangerous. All these are taking you to the realm, which is not your own. It is somebody else who acts in you. Even a thing like, say acupuncture can be very dangerous, because acupuncture uses the whatever energy in you of the sympathetic. This is energy I'm talking which is all the time flowing. When you get connected with the mains all the time it is flowing within you. That's the energy we should have. And the scientists are correct when they say vibrations. But they can't say, why there are vibrations. This is the point. Not that I'm against science because today the science is helping us so much.

Man ask about his son, which have skin problems. [analogous]

Shri Mataji: Ah, skin problem. All right, there's nothing, that's liver.

Woman: How can I help myself...

Sahaja Yogi: How can she learn to cure herself.

Shri Mataji: Yes, that's what I'm saying that today if you get Realization well and good. Otherwise there is a centre, you can come, by which whatever you have cured yourself, but you can cure others also. [1:06:59]

Man: The Self-realization, Sahaja Yoga. Is that the answer about our problems? [... some words unclear]

Shri Mataji: Hundred percent, to all problems. You see, because we live in a relative world. We are living relatively and we are confused, isn't it? But when you find the absolute, all the questions are solved. That's true, because spirit is to be awakened, that's the main thing. Spirit is the solution. Firstly, it is the collective being. Again, it is the source of all vitality. It is the source of

all the creativity. It is the source of all the joy and bliss. Once you achieve that being within you, when that being shines in your attention, you become the master of that.

[1:08:03] Woman: Question incomprehensible.

Shri Mataji: Can you say it loudly?

Man: She says Mother, has the mother nature provided the answer in terms of herbs to cure people?

Shri Mataji: We don't use any herbs or anything. We at the most can sanctify some water or salt or sugar, these basic things, that's all. We don't use any herbs or anything, that's not needed now anymore.

Woman: Excuse me, do we have to be religious to... [some words incomprehensible]

Shri Mataji: You don't have to be religious at all. But religious is different from religion! Religion is within you, you can't get rid of it. You see, religion is your quality as a human being. That's within you, you can't get rid of it. If you go against it, whatever is within you, then there is a problem. Yes, everyone has that, everyone has that! That's true and that's why you get problems. But religious is a very absurd thing. Sometimes religious so called people can be horribly hot tempered, you know. Could be very bad and could be – I mean, it has no relationship with reality sometimes. So religious is a different thing, but religion is important. Religion is universal, which is within you. Now, let's start now.

Woman: Question about diet. [exact wording unclear]

Man: She says Mother, does the diet which we ... solve her problems?

Shri Mataji: Yes, not the diet want solve it completely, but when you take to Sahaja Yoga, supposing you are a liver-patient, all right. So, we give you some sanctified or vibrated sugar to eat, white sugar. Now doctors will say: "Don't eat white sugar", but we have cured so many of liver troubles. All have migraines and this and that and so many troubles of the allergies are to be cured. Now for that of course we say, for about a month, you just don't eat some fats. You see, that's all right. But that by eating, you see, you paying so much attention 'eat this, eat that! That food, that food!' That's not needed. It's too much attention diverted to food. But you should know basics. But if this is the problem with you then what you should eat. That's all, it's not such a emphasis on diet that you eat this.

Only by dieting you maybe, all right, at the most physically, but you are not only a physical being. You are also an emotional being. If you pay too much attention to your physical side, you can become a dry personality. Absolutely. There could be divorces in the families and such a person who just is nothing but a physical, imagine. It can be very dangerous and can be a very, very angry person who has just physical thing. And such a person gets heart – heart trouble, because the spirit resides in your heart and if you are too much physical, then the heart goes out, because you must pay attention to your spirit. So, you are not only a physical being, you are a mental being, you are an emotional being and you are a spiritual being. All this must be integrated and there should be a complete balance.

1982-1008, Radio Interview

View [online](#).

8 October 1982

Interview

Maria's House, Wellingborough (England)

Talk Language: English | Transcript (English) – Draft

Radio Interview

October 8th, 1982

Wellington, UK

Reporter: This is Phil Malone for the County Show at the Victoria Centre in Park Road in Wellingborough. With me is Mataji, who teaches Sahaja Yoga. Now, Mataji, what exactly does this yoga involve?

Shri Mataji: Sahaja means: "saha" means with, "ja" is born. So whatever is born with you means spontaneous. It is a living process of the living force, which is surrounding us, which is everywhere, which pulsates in everything. And this happening is the breakthrough, the ultimate breakthrough into our unconscious; can be described psychologically.

Reporter: So some people call this self-realization.

Shri Mataji: Same.

Reporter: Now, Your background is from a Christian family in India.

Shri Mataji: Yes.

Reporter: Is Your teaching involved with Christianity or not?

Shri Mataji: It is, of course, because Christ is very important for Sahaja Yoga, no doubt. But the way we understand Christ out of the text of Bible is very limited. We have to see to other texts about Him, and expand, and explain Him, what He meant, because Bible is not sufficient to explain Him.

Reporter: So, is Your message one of peace and that's, in that case, peace in the rest of the world or peace within people?

Shri Mataji: Absolutely. Peace within will only bring the peace outside. Whatever we are inside is expressed outside.

Reporter: Now, You have had some successes in curing people or healing people in the past. Is this because You work from the inside out or how do You do it?

Shri Mataji: It's just very simple because you have the vitality, that Force is vitality itself. And once you have that flowing through you, if you give that vitality to someone, that person is revitalized. In simple words you can say like that. But actually it is a happening within you which takes place. There is a residual force, the germinating force you can call it, or the ascending force within you, which rises and gives you the experience of your Spirit. Means your Spirit comes into your attention, means you can feel it on your central nervous system. So you receive the information or, we can say, you become enlightened by the Spirit, which is the Absolute. Once you receive the Absolute, as a by-product of that all these things drop out, all your maladjustments and everything.

Reporter: Now, tonight You're appearing in Northampton at the Guildhall.

Shri Mataji: Yes.

Reporter: If people went along, what would You have to say to them tonight?

Shri Mataji: I'll have to explain to them what actually they are. Actually they are the Spirit, and this body, mind and all these things are just the covering. Now our attention is at our body level, at the level of our mind, or emotions. But you have to go beyond, and with this happening it happens. When it happens, you become the twice-born, as they call it, like an egg becoming a bird the transformation takes place.

Reporter: So this second birth coming, some people perhaps they believe this would happen when they die.

Shri Mataji: It's not possible. How can that be? That's a misunderstanding. There are lots of misunderstandings we have about these things, which can be removed. First logically we have to reach certain conclusions, logically. So that we don't put our brain a complete stop, we see through our logical understanding that what we have to achieve, if it's a living force. Then we achieve it. Once we achieve it, then we have to verify it if it is so or not. It's all absolutely open.

Reporter: So, are Your followers then... how do they practice this form of yoga? I mean, do they do it in conjunction with other religions, for example?

Shri Mataji: You see, these religions that you see, outside they look like different religions but actually they are one. All these are flowers out of one tree of life. They are different flowers to look at, but they are not. They are living on the same truth, there's no difference at all between them. But when you pluck them and call them "this is mine, this is mine," they become dead, ugly, and funny. That's how fanaticism has come. All religions are born out of truth and here you find the integration of them, complete integration.

Reporter: Well, You'll be meeting with people from Northampton and from the rest of the county in the Guildhall tonight and thank You very much for speaking with us.

Shri Mataji: The address is: Guildhall, St. Giles' Square, Northampton.

Reporter: And it starts at about half past seven.

Shri Mataji: Yes, half past seven it will start. I hope to see-

Reporter: Thank You very much. This is Phil Malone for the County Show at the Victoria Centre, Palk Road, in Wellingborough.

Shri Mataji: Was that good?

Reporter: That's great, that's fine, yes, thanks very much. ...take these flowers with You, all right.

Shri Mataji: You should have asked about gurus, I think that's important.

Reporter: [unclear].

Shri Mataji: That's very important, you know, because all the people are misled by gurus and all this hypnotic stuff, and black magic. You must save all these people. That's very important. R: Yes, they get confused, do they?

Shri Mataji: Very much confused, you see, the confusion is so much. That's the sign of modern times also. You must know what to expect.

Reporter: Mm, yes. Anyway all the best, Thanks very much indeed.

Reporter: Thank You, OK, [unclear].

Shri Mataji: Thank you very much.

Reporter: OK, Thank You, [UNCLEAR].

Shri Mataji: Sorry I was late, but yesterday was such a funny experience. We came down running out forty miles, and nothing happened. Thank you very much, thank you. Good-bye.

1982-1008, Newspaper Interview

View [online](#).

8 October 1982

Interview

Maria's House, Wellingborough (England)

Talk Language: English | Transcript (English) – Draft

Newspaper Interview

October 8th, 1982

Wellington, UK

Shri Mataji: How are you? Please, What's your name?

Reporter: My name is David [Cooper?], I am (inaudible) Can You tell me why You have come along to Northampton here this week?

Shri Mataji: Why I have come here?

Reporter: Why You have come along here were you invited by a....

Shri Mataji: It's a sort of a... kind of a message I have, that a discovery has been made now of a method.

Reporter: Is this the first time that You've come to Northampton?

Shri Mataji: No, I've come before also.

Reporter: And what sort of response did You get then?

Shri Mataji: Response was, I wouldn't say very good. No newspaper didn't come at all. Yesterday also there was no one, it's very surprising.

Reporter: You found a lot of people were very skeptical, did You?

Shri Mataji: I don't know what they were like, because no-, nobody came, you see.

Reporter: That was the Guild Hall as well?

Shri Mataji: No, Guildhall yesterday we had lots of people, yesterday. But as far as the newspapers were concerned, We met some people here. But most of them came to see Me, when I came here first. They were sort of a labor class people. They were suffering from all kinds of maladies like possessions and things, and one gentleman just got up and started walking all around the places and talking like ... it was a bit funny.

Reporter: In fact, You were in Bedford last night, weren't You?

Shri Mataji: Yes, I was there.

Reporter: And how did that go?

Shri Mataji: Very good, very well.

Reporter: It went very well. In the past, I understand, that You've, um, You've helped heal an awful lot of people?

Shri Mataji: Yes.

Reporter: Can You give me some examples of some of the more, extraordinary healings You've done?

Shri Mataji: Anything, you see, like cancer. Then, we can say, blood cancer specially. A Sahaja Yogini has cured one friend's blood cancer. Then diabetes.

Reporter: In fact, I understand, on one occasion You had a blind woman come to see you, is that right?

Shri Mataji: Yes, blindness — if the eyes are open.

Reporter: Which one was that exactly? What was happening?

Shri Mataji: That is due to a possession, on the backside, the optic lobe we have here. You see, if that gets possessed by a live entity, your eyes are open but there's darkness, you can't see anything. And if you know how to open that and get rid of the possession... And the deaf person hearing, yeah...

Reporter: You've actually cured deafness as well, have You?

Shri Mataji: Yes, I did. There in Geneva it happened.

Reporter: Do You — I mean, it's very difficult for people to actually understand how it's done. I mean they, you know, it all seems just a bit mystical and, you know ...

Shri Mataji: Yeah. It is nothing mystical, I tell you, there's nothing mystical. Like we see a flower becoming a fruit. We take it for granted, isn't it? Do we find it mystical? Because we see it every day. But there is something, some power that does that, doesn't it? Supposing you become the owner of that power, say, or if you have that power within you. You can also do many things.

Reporter: But, nonetheless, I mean, if I have an illness I go to see a doctor, he gives me tablets or so on... I mean, to actually to come and see You and You say I've got the power within me to cure myself... I mean, how do you actually get this power?

Shri Mataji: You see, what happens: when you become realized, or we become — it's called twice-born — then you become collectively conscious, you become. It is not that I just tell you and it's a brain treatment or something, or brainwash, that I say, "All right, now you have become this and this." You really become, that you start feeling them — they are centres on your fingertips.

Reporter: So you actually feel them?

Shri Mataji: On the fingertips. You can, everyone can feel it very clearly.

Reporter: So this is like a guide, this is the way to diagnose.

Shri Mataji: Diagnosis. You see, you are the doctor, you are the diagnosis, you could be patient also. And you are the medicine.

Reporter: So once you've diagnosed what's wrong...

Shri Mataji: Then you should know how to cure a particular centre. For example, now, which is the Christ centre? It's this one. These two are Christ centres, in the pituitary and pineal. Now what are the diseases you get? All the diseases of the eyes you get out of it. Others are possessions. You see, people are mentally depressed, this, that — all this is due to the problem of this centre. There could be ego problems also. People are egoistical, you see, and very bombastic, and they try to destroy others with their ego. All these problems can be solved if you can awaken Christ within you. Because it's said that He died for our sins.

Reporter: And using this healing method You've got, that actually awakens powers [of healing]

Shri Mataji: Yes. You just have to say Lord's prayer before Me and He awakens because I am connected with Him, you see. So when you say something to Me, that connection is just made, and that is awakened, and there is ego and superego in your head, which are sucked in, means your actions — that is your karmas — and your sins all are sucked in. Once they are sucked in, this portion opens up. When this opens up, you get the the Kundalini up. That is, it's very simple, you know, because it's all done. For example, now look at this. To look at this, looks very simple, but it might be quite complicated inside. And it has taken years to make it. So the whole thing has taken ages to make it. This human body has come out of amoeba to this stage; even from matter to this stage. All that is built within you. Not only that, but what is going to happen to you is also existing within you in your heart; the Spirit. Now, only thing, that last [] breakthrough has to take place. That is also built within you, that is sahaja — means built within you. It is born within you. Sahaja is "born within". So it's all within you. And just if somebody knows how to do the job, the one who could have capacity... Like the Mother Earth has the capacity to sprout the seed. We can't do it otherwise, if you do grow, do anything, you can't. It's a living process. But the Mother... Mother Earth can help. You put it there and you get it. In the same way, it is supposing I have the capacity, I can do it. Supposing you get the light tomorrow, you can do it. You can enlighten another person. One enlightened person can enlighten another person but he has to be enlightened first of all.

Reporter: Do You find that, I mean, as You say, I mean, once people have seen You and discovered how it can work, they can spread the word?

Shri Mataji: Yes.

Reporter: But nonetheless You say You met a lot of skeptical people last time. Do You think that that is the basic problem I mean that... through this healing process You have could be much more widely used and sort of...

Shri Mataji: You see, but I've seen people who come for healing, just get satisfied at that point when they are healed up. They don't go further. You see you must say that God also has common sense; that He would like to only heal people, normally, like we would like to only construct, improve, or repair those lamps which will give lights, isn't it? So those who are not going to work it out; the interest is less. But still it works, I mean, it's compassion, so it cures, people get cured, no doubt. But out of them I find very few really come to Sahaja Yoga, who come through healing. But those who have seeking of the Spirit they are a special category of people. They are extremely beautiful people and they are seeking. Maybe they are taking drugs, going to wrong gurus, whatever they are doing. That's a different point. But they are seekers, basically they are seekers of the truth and they are the best people. And they are the ones who are meant for Sahaja Yoga, not the people who just want their body to be all right. What's the use of having the body, what are you going to do with it? You see, this body might have a meaning. And those who are finding the meaning are the best helped. Of course, they get rid of all their maladies and everything that's... as a by-product. But that's the main thing, that's important.

Reporter: I understand that Your husband, in fact, holds a very eminent position.

Shri Mataji: Yes, he is.

Reporter: Can You tell me a little bit about that?

Shri Mataji: He is elected as Secretary General.

Reporter: Of what exactly?

Shri Mataji: Of one international organization you have, a one agency you have in this country, called as International Maritime Organization, which has got 134 nations who have elected him. And that's how we are here.

Reporter: Do You find... I mean, his work must be so completely different to Yours.

Shri Mataji: No, it's quite just the same, I feel, because My work only works out how I meet people, isn't it? And when I meet the people, I find they like My work. I help his people also sometimes, you can say, for something wrong with them. But it never collides with My work at all, I find, because you are so... you become so loving and affectionate and so tolerant that you just don't feel anything else. It's very nice to meet new people because... Because of him I've gone to many communist countries, I visited China and visited Russia... All these places I could not have visited.

Reporter: I think, um... I mean, You must have a great deal of difficulty convincing people that You are a genuine, bona fide person, You know, it's a little bit dangerous. Do You find that there is, um, problems with people who are extreme, sort of extreme people who are... ?

Shri Mataji: You see, it depends on what country you are. Say, in India it's not difficult at all, because they understand this, They know, they have had an education on this, that the one who awakens the Kundalini is the real person. You see, they can see the rising of the Kundalini, they can see the pulsation of the Kundalini, they can feel the pulsation here. It's all told them, so they know about it. I don't have to work out with them. But if otherwise the... most of the seekers in other countries also have come to right conclusions, because they have had a very bad time. So they have come to right conclusions, I mean it's not so difficult. But of course, you know, that if there's too much mental projection, then rather difficult. But it doesn't matter.

Reporter: Are there fakes in this country?

Shri Mataji: So many. Most of them are.

Reporter: I mean, they must be Your biggest headache, I should think, maybe.

Shri Mataji: They are not only Mine but of all the seekers. And that's very true. They really ruin seekers. I've known people, they make money, put these people out of jobs, out of their lives, make them abnormal, sick like cabbages, they take away... the children are ruined...it's horrible. Some of them get epilepsy, some of them get cancer... all kinds of diseases. Some people become blind. They all punish them-

Reporter: You don't in fact charge anything, do You?

Shri Mataji: No no no. No no.

Reporter: Then how is, Your trips round the country, to different countries and around Britain and so on, how are they actually funded then?

Shri Mataji: You see, it is mostly funded by My husband. Mostly he's a generous man.

Reporter: That's lucky, isn't it!

Shri Mataji: He's generous. Otherwise also I have My some income of My own.

Reporter: How much would You estimate that You spend trying to spread the word, a year?

Shri Mataji: Well, I can't say that, I'm not good at accounting, but I would say that when I travel, for example, supposing I go to any other country, sometimes Sahaja Yogis think that I should not pay for their salvation, you see. So out of their self-respect they pay My traveling sometimes, but they don't pay Me but to the travel agency or something they, buy tickets for Me at the most, that's all. But not much, it's not much per year.

Reporter: Where have You traveled this year?

Shri Mataji: Now, this year, let's start. When... where did I go, can you...? Now, I came from America... Geneva, Austria, Belgium, Spain, Portugal, France, Germany... Russia, I went to Russia, Uzbekistan.

Reporter: And this is all this year, is it?

Shri Mataji: Yes, this year, yes...

Reporter: You must be worn out.

Shri Mataji: Do I look that? Now I'm sixty. I'm sixty now.

Reporter: Really?

Shri Mataji: Yes, I'm sixty years of age, really.

Reporter: You don't look sixty years old at all.

Reporter: How did it all start for You then, I mean, right at the beginning? Well, say, I mean, most people know very little about this sort of thing, me included. But how did that actually all start in the beginning for You?

Shri Mataji: You see, actually I was aware of it from My very childhood, as you are aware, say, for example, you are aware you are a human being. In the same way I was aware. I was absolutely aware of Me, and My mission, and what I... why I'm here, what I am. Everything I was aware of from My very childhood. But I was working out how to do it in en masse happening. It would be for the masses. My father himself was a realized soul and he was a member of the Parliament and Assembly in those days, and he was the only Indian to be elected. Indian Christian to be elected, I should say. My brother also is a Minister of... what is he Minister of? Communications and something else.

Reporter: So, I mean, I suppose in India, I mean, that it's not as difficult to actually, um ... to make people understand. It's only when You start traveling abroad?

Shri Mataji: Oh, Indians understand much better.

Reporter: That's what I was saying.

Shri Mataji: But abroad is the problem. Because, you see, they... they are naive, they don't know. You see, Christ's life was only for four years. He couldn't tell them much about it; about the Holy Ghost. It's all a mystery, you see. The Christianity could not give that, because they never went into the search of it, you see, the deeper of it. Just reading Bible, telling some sort of an

interpretation doesn't give you anything. So the second birth part of it they didn't work out. And that's why I find people got lost more, because of these gurus coming, giving them some ideas, this, that... And they sort of are hypnotized also to a great extent. All these people are hypnotized, brainwashed, then they, some of them went into drugs. You see, so many things, they are all self-destroying. That's how I found people very much confused, very much confused. Of course, the people in India say, for example, of this entrepreneur, He knows I am a saint. So he treats Me like a saint, it's a very big thing, and then he'll come to receive Me and... that even the Prime Minister of India, Mr. Lal Bahadur Shastri, My husband was his secretary, but he used to come and see Me often, in the car, you see. So in India it's a... saint is higher than all kings and everyone put together, you see. So they know how to respect a saint, even for popularity.

Reporter: Do You find that, I mean... to call Yourself a saint... do You find that the people in England...

Shri Mataji: They are not so much.

Reporter: You know, they're not...they're not quite as keen...

Shri Mataji: [unclear] the saints, I think. No, they care more for politicians.

Reporter: That's right, that's right. I mean, do You find, You know, sort of... I mean, You are little bit insulted by them sometimes?

Shri Mataji: Aah, it's all right.

Reporter: I mean, You firmly believe in what You do, obviously, and it must seem incredible to You when other people [ignore?] it.

Shri Mataji: It's all right. You see, after all they are children, they don't understand. That's all I can say. Because they are still children in spiritual life, you see. But they are not going to crucify Me this time, isn't it? So it's all right.

Reporter: Now, when You make these trips to towns like Northampton and so on, You got several people with You. Does this team come with You every time?

Shri Mataji: No, they are from this place, some of them are now and some of them are there also. Of course all the others they have come from Australia. And we have an ashram in South London. So they are staying there, so they just came around here. And these two are from - he's working in London, he is also there. And these three gentlemen are from Bedford. He is from Bristol.

Reporter: Oh I see.

Shri Mataji: But there is nothing like that, is that a team or anything. Anybody who feels like can come around if they're free, because...

Reporter: So anyone who is available for You, to help...

Shri Mataji: Yes, they can just to help Me, because if it's a big group and all that, so they can help Me.

Reporter: I see, all right, I see. Well, thanks very much for Your time.

Shri Mataji: Thank you very much. But I think you should ask one more question if you can, say, about Kundalini, because those who have read about Kundalini would be interested to know. Is that, is said that, you see, lots of books have been written about Kundalini, that it's very dangerous, it is very (this thing?), and all that. But it is not at all. You see, thousands of people I've given realization. Thousands. It has never put anybody into danger at all. But those who are naïve, those who are unholy persons, who have no idea of a spiritual life, you see, if they try tricks, you see, like sex, you see, through sex and all that nonsense, then it feels

insulted, and then there are problems.

Reporter: How can it be dangerous then?

Shri Mataji: Beg your pardon?

Reporter: How, You said, it can be dangerous if it's not used properly?

Shri Mataji: You see, like we could say that if I don't know this instrument and I put My hand into something, I may get a burning, but it doesn't mean this is dangerous, that is because I don't know how to work it...

Reporter: That is basic, I mean, if you don't understand it's like putting your finger in an electric light socket...

Shri Mataji: That's what, you see. That's like that, you see. But they try to do it and then they try to write books about it. It's something surprising, isn't it? I haven't written any book so far.

Reporter: So, that's obviously, You know, sort of the thing you've got to try and make clear to people.

Shri Mataji: Yes, you have to. And then, you see, when you get realization, you automatically become righteous, I don't have to tell you "Become righteous." Because the religion is enlightened within you. You automatically become. I don't tell you that "You don't drink," you just don't drink, because you don't enjoy it any more. You don't smoke, because you just don't enjoy it; don't take drugs. Just you just don't do it because it's all enlightened, because a new priority has come. Like if there's light in this room, suddenly you start seeing where's the position of everything, and you know, if you walk this way, you'll be hit. In the same way, enlightenment means that automatically you become righteous.

Reporter: What is Your success rate in full for healing people?

Shri Mataji: What is?...

Reporter: What is Your success rate for healing people who come to see You?

Shri Mataji: Success?

Reporter: Successful or have helped them.

Reporter: How many times do You actually heal people compared to the number of people who come to see You?

Shri Mataji: Oh, some people just come, for ten minutes is sufficient. Our president Sanjiva Reddy, the first president, he was coming from England... America. His operation had failed, he was just in a very bad shape. I just went to see him and he didn't know I was Mataji, but he knew Me as Mrs. Shrivastav. And suddenly our High Commissioner told him, "This is Mataji Nirmala Devi." So his wife said, "I've heard You have cured so many people, so just cure my husband." I put My hand only for ten minutes, you'll be surprised. He was just, then — he got it.

Reporter: This can happen every time when You get somebody come to see You?

Shri Mataji: Not always. Some people take more time, some people take less time. It depends on if they are complicated, you see, they take more time, some of them do. You see, for example, supposing I have to break through, now. And if you are just there, you will out.

Reporter: Are there some people You just simply can't heal?

Shri Mataji: Some people... I don't know, but, you see... I don't know, I don't remember of someone who came to Me and was not healed so far. Some might have been, I don't know. But those who came, you see, assiduously — I don't think, isn't it? As far as I remember, I should say.

Reporter: Yeah, You've done quite a lot.

Shri Mataji: You see, there are so many I have, it has happened, even these people are healing, you see. So there's no end to it. Imagine, one person is Me, I can remember for Myself, but there are so many they are healing, and I just forget about it, I just don't remember. Once I had gone to a program, I was just sitting. One gentleman came, he just touched My feet. I said, "Who are you?" He said, "You forgot me?" I said, "Why?" I said, "I'm sorry." He said, "I'm the father of such and such girl, whom You cured in two minutes time, who was going to die, and this and that in the hospital." I said, "Really?" I tried to remember, I said, "Who was this?" you see. Then with very great difficulty I remembered, because it was so quick. I had gone to see somebody else and on My way back he caught hold of Me. And there she was. She was cured in such a quick manner that I'd forgotten all about it.

Reporter: Really? Well, I suppose, the proof is in the pudding, isn't it?

Shri Mataji: Yes. And moreover, what I'm saying it is not important. What is important is to become Spirit. Healing is not important. You see, because everyone has to die in any case, isn't it? What is important that you have to become the Spirit. That is. And then you heal others. Not only yourself, you can heal yourself and heal others also.

Reporter: All right, very good... Well, as I say, thank You, thank You for Your time.

Shri Mataji: Many incurable diseases you can put, but that's not the main job, I think.

Reporter: Yes. I think that's probably the thing that a lot of people are most interested in.

Shri Mataji: I agree, yes.

Yogi: Excuse me, Mother. When you asked [unclear] in Paris, and Mother took it very well, but they described Her as a man.

Shri Mataji: What is she...

Reporter: I think you are speaking to the wrong person.

Yogi: I'm getting confused.

Shri Mataji: What is it? What is it?

Shri Mataji: Yeah.

Reporter: This is in fact...

Shri Mataji: Ah, I remember that. And he also said I'm a He, you see, put My photograph. And they referred to Me as a He, you see, [unclear],

Reporter: In fact, this would be the first article we've ever run on You, so.... (Yogi apologizing)

Shri Mataji: This is [unclear].

Reporter: That's all right, that's all right. It often happens, actually.

Shri Mataji: It happens. I've seen, there have been so many things - like Me, also, as you said, I am just... sometimes I don't remember all...

Reporter: That's right.

Shri Mataji: All right. So...

Reporter: Can I take just two more pictures?

Shri Mataji: Yes yes, please, please go ahead.

PHOTOGRAPHER: Actually, if You could close Your hands, so... You know, which is normally...do you mind if I move this?

Shri Mataji: As you say.

Reporter: Sometimes a problem.

Shri Mataji: Our style is like this. Is this all right?

Shri Mataji: You can ask to put their hands towards My photograph also. My photograph has vibrations. You see, they have got realization from My photograph. Yes, really, they have been cured from My photograph.

Reporter: That's incredible, isn't it?

Shri Mataji: Yes, that's it, That's what I was speaking, it's going to help, Sahaj is going to help all of them.

Reporter: So the more of them we get, a thousand more pictures we have...

Shri Mataji: Yes, the pictures. These people (unclear) something like [unclear] photograph. Not only as photograph but just cure people, we have seen. And first time I went to Australia, there was big [unclear] What happened, that a relation of a very big man in that industry was [unclear]. And a lady, one of the Sahaja Yoginis, so she said that, "I can't [unclear]so let's put a photograph" and [unclear]. Not only that, not only that, but the patient [unclear, was perfectly all right?] And that's how they gave it and that's how the photograph [works out? unclear]. One of them, you see, is another journalist who is a realized soul.

Reporter: Oh I see. It's the question of, You know, making people see, isn't it starting I suppose once....

Shri Mataji: I think, I think so. Otherwise [unclear].

Reporter: [unclear]

Shri Mataji: [unclear] responsibility [unclear] for everyone.

Reporter: [unclear]

Shri Mataji: Isn't it? After all, newspaper should give some good news also. May God bless you. [unclear]. You are [unclear]. It's all right. All right. It was very beautiful. We can give this address. Will you please? And you tell them about [unclear]. Tell them

about [unclear]. [Can you ... unclear] ? [unclear Douglas is genius?]. I want [unclear] anyway, he wants to [unclear]. He's a genius. He's a genius. It's the truth. He got into speed and I also got to got into speed with him, I said, "Let Me talk fast." All right? Now, thank you for the cameraman. "This team follows You", he said come.

1982-1009, Shri Ganesha Puja: Bestowing of Boons

View [online](#).

9 October 1982

Bestowing Of Boons

Ganesha Puja

Maria's House, Wellingborough (England)

Talk Language: English | Transcript (English) - Reviewed

Shri Ganesha Puja, Maria's house, Wellingborough, England, October the 12th, 1982

Shri Mataji: Shasti?

Dr Rustom: Because full moon was on the 3rd. Today is the 6th. Shasti

Sahaja Yogi: Cancer Moon, is it? Yes, Cancer.

Shri Mataji: Cancer?

Sahaja Yogi: I think so, Mother. I think.

Shri Mataji: [Hindi]

Dr Rustom: [Hindi] Full moon was on the 3rd, Shri Mataji, at midnight on the third.

Shri Mataji: [Hindi].

Dr Rustom: Have you got a newspaper please?

Sahaja Yogi: That's true, the third.

Shri Mataji: [In Hindi] Now we'll read the Thalís again.

Dr Rustom: Seventy thalis.

Shri Mataji: Poor Harri.

[Laughter]

Dr Rustom: It's possible- we can ask vibrations actually, what else.

Shri Mataji: I think it might, [unclear] is a better day.

[Hindi spoken]

Dr Rustom: Shri Mataji is correct.

Shri Mataji: Hmm.

Dr Rustom: I said, You are correct.

Shri Mataji: Vibrations came, eh?

[Laughter]

Dr Rustom: OM twame wa sakshat, Shri Ganesha sakshat, Shri Adi Shakti Bhagavati Mataji,

Shri Nirmala Devi namoh namaha.

Three Great Mantras.

OM twame wa sakshat, Shri Mahalakshmi, Mahasarasvati, Mahakali, Tigunatmika Adi Kundalini sakshat, Shri Adi Shakti Sakshat,

Shri Bhagavati Mataji, Shri Nirmala Devi namoh namaha.

Shri Mataji: This, can repeat?

[Sahaja Yogis begins three Great Mantras as said before.]

[Dr Rustom says the first names of Lord Vishnu.]

Om Shri Keshava namaha

Om Shri Narayana namaha

Om Shri Madhava namaha

Om Shri Govinda namaha

[Repeats three times the first four names]

Om Shri Vishnu namaha

Om Shri Madhusudana namaha

Om Shri Trivikrama namaha

Om Shri Vamana namaha

Om Shri Shridhara namaha

Om Shri Samkarshana namaha

Om Shri Vasudeva namaha

Om Shri Pradyumna namaha

Om Shri Aniruddha namaha

Om Shri Purushottama namaha

Om Shri Adhikshaja namaha

Om Shri Narasimha namaha

Om Shri Achyuta namaha

Om Shri Janardana namaha

Om Shri Padma nabha namaha

Om Shri Damodara nabha namaha

Om Shri Upendra namaha

Om Shri Hara namaha

Om Shri Krishna namaha

Shri Mataji: Repetition [Hindi]

Dr Rustom: Om Shri Matsyavatara namaha

Om Shri Kurmavatara namaha

Om Shri Varahavatara namaha

Om Shri Narasimhavatara namaha

Shri Mataji: Vamana

Dr Rustom: Om Shri Vamanavatara namaha

Om Shri Parashuramavatara namaha

Om Shri Rama-chandravatara namaha

Om Shri Krishnavatara namaha

Om Shri Mahavishnu-Christa-avatara namaha

Om Shri Kalki-avatara namaha

Sakshat Shri Adi Shakti Bhagavati Mataji, Shri Nirmala Devi namoh namaha.

Dr Rustom: Pranavasya, Parabrahmarishi, Paramatma, Devata Devi, Gayatri Chanda, Pranayame, Vineyoga

Shri Mataji: This is action, you see, so it's right side, Pranaya. Just to put it

How you do it? Just tell them.

Dr Rustom: What you do is you take your hand like this, place these fingers on the left nostril, breathe in through the right nostril.

Hold it, for a short while, then put your thumb on your other nostril and breathe out through the left nostril.

Then breathe in through the left nostril. Hold it, and then breathe out through the right nostril.

It should be done gently. You shouldn't force it. Once or twice is-

Shri Mataji: Thrice

Dr Rustom: Thrice

Shri Mataji: Let's put right hand on the [nostril].

Dr Rustom: First put the right hand on the-

Sri Mataji: No. Right [thumb].

Dr Rustom: Right thumb on the right nostril, breathe in through the left. Follow Shri Mataji as She is.

Shri Mataji: And also, when you breathe out, keep it out for a while.

[Several minutes of breathing through the nostrils]

Shri Mataji: Cleared out.

Dr Rustom: It is.

Shri Mataji: It's to clear out your sinuses and problems, you see, with your Vishuddhi. It goes better. It's better now?

[Conversation in Hindi]

Dr Rustom: OM. This is the great Gayatri Mantra, which-

Shri Mataji: This is right side.

Dr Rustom: Right sided. And we refer to the seven main layers in the cosmos. These are the seven names we take first.

Om Bhuh, Om Bhuvah, Om Swaha, Om Mahah, Om Janah, Om Tapah, Om Satyam, Om Tat savitur Vareya Bhargo-

Shri Mataji: Listen, again, can I explain this?

Dr Rustom: Yes, very much.

Shri Mataji: Very good.

Dr Rustom: First is Bhu.

Shri Mataji: Bhu. First is Bhu. Bhu is the Earth, Mother Earth.

Dr Rustom: Mooladhara.

Shri Mataji: What is the Second one?

Dr Rustom: Bhuvah.

Shri Mataji: Bhuvah is Antariksha, is whatever is created, whatever is created. It is Swadishtan. Then?

Dr Rustom: Swaha.

Shri Mataji: Swaha is Nabhi because it consumes; consumers. Swaha is consumer, it consumes. Swaha.

Dr Rustom: Mah.

Shri Mataji: Maha is the Mother

Dr Rustom: That's right.

Janah

Shri Mataji: Vishuddhi

Dr Rustom: The people.

Shri Mataji: Janah.

Dr Rustom: All the people.

Shri Mataji: Collectivity.

Dr Rustom: Tapah. Means burning.

Shri Mataji: Penance, Christ's life was a tapah. And also, the Surya has got the light. Surya also has got the fire. The heat is tapah.

So, this is tapah. [Showing the Agnya chakra] Then Satyam. At the Sahasrara, you know the truth. All right?

These are the seven.

Dr Rustom: Say it again ?

[Shri Mataji nodded]

Dr Rustom: Om Bhuh, Om Bhuvah, Om Swaha, Om Mahah, Om Janah, Om Tapah, Om Satyam, Om Tat savitur Vareya Bhargo
Devasya dhimahi dhiyo yonah prachodayat Aum apo jyotiras'omrutam, Om Brahma Bhur Bhuvah Swarom.

Dr Rustom: Om – this is now invocation to all the Deities.

Om Shriman Maha Ganadhipatye namaha

Ishta devata bhyo namaha
Kula devata bhyo namaha
Grama devata bhyo namaha
Sthana devata bhyo namaha
Vastu devata bhyo namaha

Shri Mataji: What must be the Saint, angel of the central of England? What would be the Saint?
Sahaja Yogi: St George, Mother.
Shri Mataji: So, you are praying to St George, all right.

Dr Rustom: Mata Pitra bhyam namaha
Shri Mataji: The Mother and Father.
Shri Lakshmi Narayan bhyam namaha
Shri Mataji: Lakshmi, Narayana, yes.
Dr Rustom: Sarve bhyo deve bhyo namoh namaha
Shri Mataji: Hmm.
Dr Rustom: Sarve bhyo Brahmane bhyo namoh namaha
Shri Mataji: All the saints, all the Realized souls to be 'namaha', saint to be bowed to.

Dr Rustom: Now the twelve names of Shri Ganesha [from Mangal patha mantras, from 1 to 3]:
Nirvigh namastu,
Sumukhashchaika-Dantashcha Kapilo Gaja-Karnakah
Lambodarashcha Vikato Vighna Nasho Vinayaka
Dhumra-Keturganadhyaksho Bhala-Chandro Gajananah
Dwadashaitani Namani Yah Pathach chhrinu yadap
Vidyarambhe Vivahe Cha Videsha-Gamane Tatha
Sangrame Sankate Chaiva Vighnastasya Na Jayate.

Dr Rustom: That means, people who say these names will get success in most things: in studying, in marriage, in anything.
Shri Mataji: In all kinds of hurdles. He is the one who is the clearer of hurdles.

Dr Rustom: That's right. Now [from Mangal patha mantras in 'Rig Veda', 4]:

Shuklam baram Dharam Devam Shashi Varnam Chatur bhujam
Prasanna Vadanam Dhyayet Sarva Vighnopashantaye
Now the great mantra to the Goddess from the Devi Mahatmyam [from Mangal patha mantras, from 5 to 11]:
Sarva Mangala Mangalye Shive Sarvartha Sadhike
Sharanye Tryambake Gauri Narayani Namostute
Sarvada Sarvakar yeshu nasti tesham amangalam
Yesham Hridistho Bhagawan Mangalayatanam Harih
Tadeva Lagnam Sudinam Tadeva, Tara Balam Chandra Balam Tadeva
Vidya Balam Daiva Balam Tadeva, Lakshmi-pateh tenghri yugam smarami.
Labhas-tesham jayastesham kutastesham parajayam
Yesham indivara shyame hridayaste janardanah.
Vinayakam Gurum Bhanum Brahma Vishnu Maheshvaran
Saraswatim Pranamyadau Sarva Karyartha Siddhaye
Abhipsitārtha-Siddhyartham Pujito Ya Surasuraih
Sarva-Vighnachchhide Tasmai Ganadhipataye Namah
Sarveshvarabdha Karyeshu Trayastri Bhuvaneshvarah
Devah Dishantu Nah Siddhim Brahmeshana-Janardanah

Dr Rustom: Now we say where this Puja is being held and at what time.

Srimad bhagavato mahapurushasya vishnurajnaya pravarta manasya,

Adya brahmano-dvitiya parardhe vishnupade, sri svetavaraha kalpe,

Vaivasvata manvantare – Krita Yuge – prathama harane England varshe – Europe kande – Northampton deshe.

Dr Rustom: Which is the River here?

Shri Mataji: No, 'deshe' is England. Stane. Humm? [Hindi]

Dr Rustom: Accha.

Northampton sthane.

Shri Mataji: What is the River?

Sahaja Yogi: It is river Ouse, I think. River Ouse.

Dr Rustom: Is it north or south?

Sahaja Yogi: It's towards Northampton from here.

Dr Rustom: So, it's north.

Shri Mataji: You should write it down all these things and keep it, you see, it's important.

Dr Rustom: Ouse, dakshine tire, Shalivan shaake, dakshinayne, Ashwini mate, Krishna pakshe, Dakshinanyane Ashwini maase
Krishna pakshe.

Panchmi tithou shanivasre subha divas nakashtre, Vishnu yuge Vishnu karne shubhastithe vartmane Chandra shubhastithe shri
surya shubhastithe deva guna.

Shri Mataji: But Cancer is a-

Dr Rustom: Character.

Shri Mataji: Karka.

Chandra karka rashi shri surya tula rashi

Shri Mataji: Very good.

Dr Rustom: Shubhastithe deva guna shesheshu graheshu yatha yathang rashi sthan stitheshu satshu shubha nama yoge shubha
karne evam guna vishesham vishithayam shubha punya tithamyam atman shruti smriti purana-ukta phalam praptyartham
sakala sahaja yoginam sakutham vanam sakale varnayam.

kshema, sthairyam, aurya, arogya,

Shri Mataji: Now this is it: why are we praying? One for all the Sahaja Yogis, should have -now, what is this? Kshema.

Dr Rustom: Yes, kshema.

Shri Mataji: Is well-being.

Dr Rustom: Sthairyam.

Shri Mataji: Sthairyam means stability.

Dr Rustom: Arogya.

Shri Mataji: Humm?

Dr Rustom: Sthairyam auryam

Shri Mataji: Audia

[Hindi]

Dr Rustom: Arogya, aishwaryam

Shri Mataji: For good health, for prosperity.

Dr Rustom: Praptyartham sakala peeda pariharavartham

Shri Mataji: To take away all the pains of the body – pains of all kinds pains.

Dr Rustom: Manah sthite manav ratne manorathe siddhyartham

Shri Mataji: All the 'manorath'. Manorath means all the desires to be fulfilled of the Sahaja Yogis.

Dr Rustom: Mataji Shri Nirmala Devi Pritayartham

Shri Mataji: For the name of Mataji Nirmala Devi.

Dr Rustom: Shakshat Shri Sarva Devi Deva, Shakshat Shri Adi Shakti Bhagawati Mataji Shri Nirmala Devyai namoh namah

Yatha gyanen yatha milito-pa-cha-radhaya

Shri Mataji: Also, there is not the Sahaja Yoga book and all that is not there. It should be written down.

Dr Rustom: When we go to India.

Shri Mataji: Ah. In India, you correct it, you see, they have put it much wider possibilities than that.

Dr Rustom: Because this is a small one.

Shri Mataji: Yes, we must put that. All right. So, whatever we have got, whichever way we have been able to achieve it, whatever things we get for the puja, in our own small way, we want to do this worship.

Dr Rustom: Visho-dosho-pa chhala pujam aham karishye tatva-da nirvighno to sidhyatam Maha Ganpati pujanam kurmah.

Aam tatha sharira shuddhyatam shudhayatam nyasam kalasha shankha ghanta pujanam kurmah.

Shri Mataji: All the other pujas, we do of the Kalasha which represents the Kundalini within us. And a 'shankha' is the sound. Shankha is, actually represents the seed.

Dr Rustom: Omkara.

Shri Mataji: Omkara, we can say the seed, the naada [sound] it's the movement with the sound. And then 'ghanta' is to call people everywhere, you know, when there is a worship always there is a bell ringing, you see, that is good for all the negativity to run away. What else?

Dr Rustom: That's all Shri Mataji. Ah 'deepa', the flame.

Shri Mataji: Accha, deepa. Also, to the light, worship the light also. Now, can you put these for the Ganesha. Now will you read Gavin, What? English would be better about Ganesha, OK?

Now who'll wash?

Get some water and sit.

Shri Mataji [To Derek Ferguson]: I think you can go in the back, so there is more place here. Yes, it's better.

You can come forward a little, you can sit here. Now it's all right, you can sit here. Now come forward, little bit. Now, you have to wash, look after the flower, all right? Just bring the flower forward. Now, one by one, just wash my feet.

Two of you, all right? Now you wash this one. [Inaudible]

Sahaja Yogi: Let us hear now which has been done or being done and will be done. It is You who supports all things that are supported. It is You who protects all things that are protected.

It is You who is the complete All-pervading Spirit of divine energy. Think clearly, speaks only the truth.

Let your presence awakened in us by Kundalini, speak.

Let your presence awakened in us by Kundalini, listen.

Let your presence awakened in us by Kundalini, bless.

Let your presence awakened in us by Kundalini, protect.

Let your presence awakened in us by Kundalini, your disciples. Be the disciples.

You are the essence of all sacred literature and holy words.

And You are the energy that understands holy words ...

[Puja goes on while a Sahaja Yogi reads a kind of Ganesha Atharva Shirsha in English. Sahaja Yogis are instructed how to wash Mother's Feet, then silent meditation]

[Conversation between Shri Mataji and Sahaja Yogis about what has to be done next.]

[33:07 Shri Mataji and Sahaja Yogis discuss about a dry towel to protect Shri Matatji's sari.]

Sahaja Yogi: Kalashysa puja?

Shri Mataji: Ok. Kalasha puja.

[Sahaja Yogis discuss about a dry towel to dry Shri Matatji's feet]

Dr Rustom: Kalashasya Mukhe Vishnu Kante Rudra Samasritha

Shri Mataji [about the puja objects]: These are all symbolic things, all right? Before realization, no worship has any power because you have no vibrations, nothing is sanctified, that's why it is said not to bow to anything, don't go into rituals. If you go into rituals without Realization, it's a problem. After Realization now, everything has a meaning.

Sahaja Yogi: Can you give me the coconut?

Shri Mataji: This represents Shri Ganesha.

Dr Rustom: Kalashasya Mukhe Vishnu Kante Rudra Samasritha.

Mule tatra sthitho Brahma madhye matrugana smruta.

kukshou thu saagara sarve saphadveepa Vasundhara.

[Vishnu resides in the mouth of the Kalasha, Rudra in the neck of the vessel.

At the bottom Brahma resides. In the middle are the divine Mothers.

In the stomach, are all the seas and seven islands on this earth]

Shri Mataji: These are the seven, seven-

Dr Rustom: Contentents.

Shri Mataji: Seas, you know, oceans. Oceans are vibrating.

Dr Rustom: Prithvit mantrasya mer pulastaya rishi kurme devata

Sutalam chhandha kurmo devata asana shodhan viniyogah

Shri Mataji: This is the Putri. It's the Mother Earth [Shri Mataji is touching the coconut]

Dr Rustom: Om prithivyai tvaya dhrita loka devi tvam vishnuna dhruta

Tvam cha dharaya Mam Devi Pavitram kuru Chasanam

Isti asanam vidhaya

Om apa samarpam tute bhutaye bhut bhumi sansthitte ye bhuta

Vighna karta rapte gachhantu shivajnyaya apakramantu

Bhutani pisachsa sarvato disham sarve kshama virodhen puja karma samarabhye

Shri Mataji: That's why we said to her that, "We awaken you, o Mother Earth." So that you get rid of all negativity, all the 'pishachas(demons), all these horrible people. And that's why we use this [a coconut] when there is any problem in the house. What we do, is to take this and put it in the Mother Earth you see, vibrated things, so that the Mother Earth gets awakened. And she looks after that part. So, she doesn't allow any 'pishachas(demons) to come in.

Dr Rustom: Atah shadang nayasa.

Now we purify the six parts of the body.

Shri Mataji: Yes, we have to clear the six parts of our body.

Dr Rustom: First, the heart.

Shri Mataji: [Unclear] to the heart.

Dr Rustom: OM bhur bhuva swaha hitayaya namah

Dr Rustom: Next the top of the head.

Shri Mataji: That is, we bow to our heart.

Dr Rustom: OM bhur bhuva swaha shirse swaha

Shri Mataji: Sahasrara.

Dr Rustom: Then the Back Agnya.

OM bhur bhuva swaha shikayaya vashat

Shri Mataji: 'Vashat' is like this. [Shri Mataji claps her hands] That means you bring two fingers, bring it round and hit it hard, on the Sahasrara [on the palm of the hand]. That is taking out the baddha, you see. From here, take it out and put it on the Sahasrara, hit it hard. And this is the 'Samhara Shakti' of Shri Krishna [destructive power].

Dr Rustom: OM bhur bhuva swaha kavacha aham

Shri Mataji: Kavach. Kavach is bandhan.

Dr Rustom: OM bhur bhuva swaha netrayaa vashat

Shri Mataji: You see, eyes are cleansed; must have clean eyes. Again, with the clean eyes you again go back at the Agnya, at the Back and take it down.

[Sound of Sahaja Yogis clapping their hands with their two fingers]

Dr Rustom: OM bhur bhuva swaha astra vaphat.

Shri Mataji: Astra. Astra are the weapons that you have got. Astra vaphat!

[Shri Mataji claps her hands]. Means all the baddhas should run away.

Dr Rustom: Now the bandhan: 'Iti dig bandhan'.

[Shri Mataji speaks in Hindi]

Shri Mataji: Kavach – Kavach is the cover, Kavach is the cover.

Dr Rustom: Shield like.

Shri Mataji: Shield, shield, shield, Kavach. Kavach is shield, sorry. Kavach is shield! [Laughter. Hindi] And this is bandhan, sorry.

Dr Rustom: Rigvedah, yejurvedah, sam-vedah yatharvana angeshcha sahitah sarve kalasham tu samashritah

Atra gayatri savitri shanti pushti kare tatha ayantu deva pujarthan durita kshayakarakaha.

Then the mantras for the 'sapta nadis', for the seven rivers:

OM Thames, Derwent, Trent, Ouse, Don, Forth, Severn. Jalesmin sannidhim kuru-

Sahaja Yogini: Seven?

Shri Mataji: Seven rivers of England. So, the ego of English should go away, worked out. [laughs]

Sahaja Yogini: Hopefully.

Dr Rustom: Kalashaya namaha.

Sarvopacharathe gandakshatapushpa samarpayami.

[Shri Mataji speaks in Hindi].

Dr Rustom: 'Pushpa', one flower.

Shri Mataji: This is- we are sort of honouring the rivers; five Rivers that they should get awakened and those who drink water out of those rivers should have the Nabhi by which they should seek God through all the rivers.

Dr Rustom: Now the conch, 'Shankar'.

OM shanka dev, Chandra devayatam kuksha varuna devata praste prajapatim

vidhya agrey ganga Saraswati tamam pura sagaro utpana

Vishnuna vidhutta kare namit sarva deva cha panchjanya namostute.

Shri Mataji: Now see at the back, it is three and a half coils [on the base of the conch]. Can you see clearly? And when it moves in that, you see, in the same way, that Kundalini moves spirally. The whole universe moves in a spiral way. I don't know if the scientists know this or not but it moves in a spiral way. And this is what is the spiral [the conch]. And when you blow into it, it makes a sound, you see, OM as they say: A U M. Three words are there: that is Mahakali Mahalaxmi Mahasarawati - I'm sorry, Mahakali, Mahasaraswati, Mahalaxmi. Now these things, when the Kundalini also moves, she makes sound. On those sounds

are based all the alphabets and consonants of the - the consonant of the Sanskrit language. For example, here it is all of them are: "er ar ee i oo", like that.

So this is the sound which is heard in mantras when you say that, that's how the Deities get awakened because they know these words, you see, and every sound has a meaning.

Dr Rustom: OM pancha janayaye vidmahe pavanaye dhimahi tanaye shakhaya prachodayat shakhaya namaha.

Shri Mataji: [Speaks in Hindi] Whatever you do, is these five things to wash my hands.

Dr Rustom: That's right. Also Shri Krishna is becoming conscious [unsure].

Shri Mataji: Would be good.

Dr Rustom: Then the worship of the bell.

Agamartham tu devanam gamanartham tu raksasam kurve ghantaravam tatra

Devatah vana lanchanam.

Shri Mataji: This is for all the rakshasas to run away, to get out of this puja, once we see it's a Garuda here.

[Shri Mataji rings the bell] It's done. All right. [Laughter]

Dr Rustom: Gandha akshata pushpam samarpayami

Dr Rustom: Now the flower.

Dr Rustom: Now the deepa.

Shri Mataji: Deepa is the light. That's very important. Because that's the light that represents the light within us.

Dr Rustom: Deepa devta bhyo namaha gandha kshata pushpam samarpayami

Shri Mataji: [Speaks in Hindi] There are flowers kept here on the side. There are many open flowers this side. Do you see?

Dr Rustom: Deepa devta bhyo namaha gandha kshata pushpam samarpayami

Haridrama kumkumam samarpayami

Shri Mataji: Haridrama is Haladi.

Dr Rustom: Haldi.

[Conversation about haldi, Kumkum, turmeric.]

Dr Rustom: You should get some turmeric because [Hindi].

Dr Rustom: Bho deepa brahma rupas tva Jyotis tvam prabhu ravayaat, yaavad puja samaptihi. Syatavatavam srushtiro bhavah.

To keep doing the main puja.

Shri Mataji: We've done it now. With this, you can do the puja.

I think that would be better to wash the hands. Don't you think?

What is that water you have taken out?

Dr Rustom: That's your feet water.

Shri Mataji: Feet. So, you have taken out some water also. This first one, this one is first part? You can put it in there. This can be given to the garden.

Sahaja Yogi: This is [inaudible]

Shri Mataji: No, this one you can put it in this garden.

Shri Mataji [to Alganesh]: Gracie.

Dr Rustom: [Sloka to Shri Vishnu, Shantakaram]

Shantakaram bhujagashayanam padmanaabham suresham

Vishvadharam Gaganasadrisham Meghavarnam Shubhangam

Lakshmikantam Kamalanayanam Yogibhirdhyanagamyam

Vande Vishnum Bhavabhayaharam Sarvalokaikanatham

[I meditate on Shri Vishnu, who has a serene appearance, who rests on a serpent (adishesha), who has a lotus on his navel and who is the lord of the devas, who sustains the universe, who is boundless and infinite like the sky, whose colour is like the cloud (bluish) and who has a beautiful and auspicious body, who is the consort of Shri Lakshmi, whose eyes are like lotuses.]

[Sloka to Shri Shiva dhyana]

Dhyaye nityam Mahesham rajata

Girinibham charu Chandra vatansam

Ratna kalpo jivalangam parasu

Mragavara bhitihastam prasannam

Padma sinam samantat stuta.

Mamara ganair vyaghrakrttim vasanam.

Visvadyam visvabijam nikhila.

Bhayaharam pancavaktram trinetrām.

[Like a silver mountain, which has white glow. Those who wear the beautiful Moon as ornaments. Whose body is bright with Gemstone decking. Whose hands are the Halberd, antelope, var and abhaya mudra, he who is happy. Sitting on a lotus flower mat. Gods around whom they stand and praise. Those who wear tiger skin, is the origine of the the universe and annihilates all fears. Those who have five faces and three eyes. We meditate daily on Shri Maheshwara.]

Shri Mataji: This is the description of Lord Shiva.

Dr Rustom: [Beginning of Devi Suktam]

Namo devyai mahadevyai shivayai satatam namaha

Namah prakrtyai bhadrayai niyatah pranatah sma tam.

[Salutations to the Devi, to the Mahadevi; Salutations to Her who is always one with Shiva

Salutations to Her who is the Primordial Source of creation and controls everything. We always bow to Her.]

[Purusha Suktam, Shri Vishnu as Narayana, text one]

Hari Om sahasra shirsaa Purusha sahasra raksah sahasra paat

Sa bhoomim vishvato vrutva Atyatistad dasa angulam

[The Purusha (Universal Being) has thousand (innumerable) heads, eyes and feet.

He envelops the World from all sides and extends beyond in the ten directions.]

[Mahalakshmi puja, invitation, 'aavahana']

Agatya devisha devo jagat pate pujam

agachha deva deveshe tejo rashe jagat pate kriyan

manam maya pujam grahana sura sutaam

Mataji Shri Nirmala Devi namo namaha.

Aavahanam samarpayami.

Dr Rustom: Yes, offering and invitation.

Shri Mataji: 'Avahanam' is the invitation to the Mother.

[Purusha Suktam, text two]

OM Purusha evedagam sarvam

yad bhutam yaccha bhavyam

ukta muktatva sheshano

yadanne nati rohati

[Mahalakshmi puja, offering flowers, 'akshak asana']

Nana ratna samayuktam, Karta-Swarup swara vibhushitam

Asanam deva devesh prityartham prati Grihayatam

Mataji Shri Nirmala Devi namo namaha.

Asanarthe akshaktam samarpayami.

Shri Mataji: Left hand you put towards Me, normal, and right like that. As long as you can do it. That's all. But you are all right. Not. But him, I must say [unsure].

[Purusha Suktam, text three]

OM Eta vanasya mahima

ato jayagamshcha Purushaha

padasya vishva bhutani

tripadasya mritam divi

[Mahalakshmi puja, presenting the water, 'padya']

Padyam grihaan deveshi, sarva kshema samarthe, bhoh

bhaktya samarpitam Devi, lokanatha namoastute

Mataji Shri Nirmala Devi namo namaha.

Padyam samarpayami.

Rustom: [Unclear] for your feet.

[Purusha Suktam, text four]

OM tripadurdhva udaitpurushaha

padasyeha bhavatpunaha

tato vishvajya kramat

sashana ashane abhi

[Mahalakshmi puja, offering the water, 'arghya']

Namaste deva deveshi namaste dharini dhara

Namaste Jagada dhara

Arghyam na prati ghyarathan

Mataji Shri Nirmala Devi namo namaha.

Arghyam samarpayami.

[Shri Mataji speaks in Hindi]

[Purusha Suktam, text five]

OM tasmad viradajayata

virajo Adi Purusha

sa jato atyarichyata

pashchad bhumi matho puraha

[(?) Purification with water, 'achamanyam']

karpoor bhasitam turyam,

madakinya asma-hrutam

achyam atam Jagannatha

mayah tattam hi bhaktita,

Mataji Shri Nirmala Devi namo namaha.

Achamanyam samarpayami.

[Shri Mataji drinks the water from her hands]

[Purusha Suktam, text six]

OM yatpurushena havisha

deva yajnam atanvata

vasanto asyasidajyam

grishma idhmash sharaddhavihi.

[Mahalakshmi puja, offering the water for the bath, 'snana']

Ganga Saraswati revapayo shninarma dajala

Shri Mataji: These are all Indian rivers.

Rustom: We have to invite her.

Snapitasi Mayadevi tatha shantim kurushva me

Shri Mataji: Ne. It's all right because Indian rivers have been sanctified since ages now.

Mataji Shri Nirmala Devi namo namaha.

Snanyam samarpayami.

Shri Mataji: Snanyam is the belly [unsure].

[Shri Mataji speaks in Hindi]

Shri Mataji: Let him do it.

Rustom: OK.

Shri Mataji: And you'd better- he can do it. Or Gavin can do it. Gavin, you sit down here that's better. So that one person goes there. You sit at Gavin's place and let him sit here. So, it's better [Hindi].

You come near this.

You also now become an expert, you see. So, we have people [unsure].

[50:43 END OF VERIFICATION]

Yogi: Now the five nectars – Ghee

[Yogi continues mantra]

Yogi: Little bit of water

[Yogi continues mantra]

Shri Mataji: Madhu. Which one are you saying?

Yogi: Milk

Shri Mataji: No, should be Madhu [mantra continues] Milk now.

Shri Mataji: All the people, all of the Devas are fond of Ghee And what is Chandra... what?

[Yogi answers, reading Sanskrit name. Continues mantras]

[discussion of temperature of water]

Shri Mataji: Next time [.....UNCLEAR]. Vibrations are flowing]

[54:40 Sound of pouring water]

Some more water should be poured, after sugar also.

[mantras continue]

Shri Mataji: See - Indra right side.[UNCLEAR] is right side, alright? Then is Varuna. Varuna is sea – see, all void Guru - Grahaspati.

Yogi: Guru [UNCLEAR], the right void

Shri Mataji, Yes, on the right side. Mitra also.

Yogi: [recites some names] Mitraya, Vayu also.

Shri Mataji: You see the thing is, when on the Sankranti, when the day changes, on the 14th of January when the Sun changes over, then they give the sweet,[UNCLEAR] saying that, "We'll give you the sweet and speak to us in the same way in a sweet manner" - so friendship. Sugar gives you friendship. You give sweets to people to establish friendship.

But salt also gives you the Emans, you call it. If you eat at somebody's place, it's not only friendship but it is also...even if you eat at somebody, enemy's place, it's sort of a... you cannot insult that food, you cannot insult that person.

[more discussion of what to pour next on Shri Mataji's Feet]

Sahaja Yogi: Water with camphor and chanda...

Shri Mataji: Camphor and Chanda are two extremes. That's very good: camphor and chanda. Because camphor is something that gives you heat and chanda is something that cools you, so the both are of light. Camphor and Chandan. Chandan on the right.

[Sahaja Yogi continues mantra]

Shri Mataji: Camphor is very good for people who suffer from cold and Chanda is very good for people who suffer from heat.

Yogi: Next we offer flowers and turmeric [Mantra]

[Shri Mataji gives instructions as where to put things, eg "Up a little bit".]

Yogi: Now some incense and [UNCLEAR][Mantra]

Let's show Shri Mataji the lamp. [Mantra]

[UNCLEAR something to eat?] [Further discussion, mantra continues]

Shri Mataji: Prakshalana is 'to wash' - means you have to do water now. prakshalana is 'to wash'. And just take a little katori or something to wash my Hands. Mm, alright.

[more discussion, mantras continue]

You go on saying the mantra, you can then apply the kumkum...

[UNCLEAR discussion. Mantras continue]

1:04.00

Shri Mataji: Vibrations started.

[UNCLEAR discussion. Mantras continue]

This is all asking for all the prosperity of the... must get horses, must have cows and land and...

Sahaja Yogi: Elephants.

Shri Mataji: Elephants, goats, all kinds of things. Apart from that you have houses – must have these huge houses, palaces, you see. Everything you need to ask.

[mantras continue] I think [UNCLEAR]pragnya - that means 'To your subject, give them life, long life'.

[Mantras continue]

All the five elements should be their properties, you see so that they should be masters of all these five elements. Even Indra, Brahaspati, everybody – all the stars. [Mantras continue]

[Sobham?'] is this vibrations, you see. [Sobham] But actually [sobha?] stands for Chandrama. But because this moon is the representative of the Spirit, so it is called also [sobham biba?]. [biba??] means 'let us bring the... vibrations'

Sanctified water is sobham. Or you can say vibrations.

Aah, 'So don't take away my anger, my jealousies, my greed and my inauspicious mind. I worship You through Shri Sukta, especially the Devi and I worship You through Her stanzas of praise to achieve...' What is it? [Yogi repeats phrase] 'Make us full of Punyas so that we do good things, righteous things.'

We must [UNCLEAR] the punyas, you see that.

[Yogi continues mantra]

Shri Mataji: You give us the blessings... Praising the Mother, you see... That, 'You are... with Her Lotus Hands - white hands. You give us this blessing. You are the consort of Vishnu and also You are the... You are fond... [Madhuva?], Krishna is fond of You, very much fond of You...' And what else is there?

Yogi: Kshamadevi

Shri Mataji: You are the Goddess of forgiveness.

'You are the One who is the... worshipped by Lakshmi'... and what else?

Yogi: Sakim Devi Namami

Shri Mataji: And You are the friend of all the Goddesses' Sakim Devi. So I bow to You.

Achuta is the name of Shri Krishna – 'You are the power of Achuta', means Shri Krishna.

[Praises continue]

[1:12:59 – new mantra/praises begin]

So the thing is the description comes because Shakti is everywhere; without the Shakti, nothing exists. So that's what they are saying that, 'You are this, You are that.' That is true.

[Praises continue, Shri Mataji translates some Names]

'You are the Creator of the Supreme Mother'

These are the left side – all the Powers of...

Yogi: Mahakali. Mahakali Stuti

[1:15:56 – sounds of Puja continue, Shri Mataji giving instructions 'They should be able to see... flowers... remove the [??]'

That's alright. Keep that on the side.... Take this to the back

Yogi: Shall we take the next... Shiva [Karnam?]

[new praises begin]

1:19:21 [UNCLEAR?]

Shri Mataji: Bhasma is a 'ashes'. And also, to 'bhasma' means also to make it into ashes. He is fond of ashes. Why? Because he's so full of ice. But actually, when He destroys, he uses those ashes on His Body: take the ashes on His Body.

Yogi: Also with His Eyes...

Shri Mataji: Mm? Yes, He can.

[praises continue]

Shri Mataji: Adi is Primordial... See, He's just [UNCLEAR Sureshwara?]

Karuna is compassion.

[1:23:43 – UNCLEAR Amruti?]

[Praises continue, Shri Mataji continues to instruct yogis performing puja]

[1:28:06 short silence, then new Stuthi [to the Devi?] begins]

Shri Mataji: This is a...you see that, Swarup – everybody She gives realization: Mukti [UNCLEAR ?]. And also resides as awareness, as buddhi – intelligence.

[Praises continue]

Shri Mataji [correcting pronunciation]Parayana – is the one whose interest is all on the other people. Parayana. Others – not interest in Herself.

[Shri Mataji instructs regarding putting sari on] Get seven married ladies.

[1:32:10 – sounds of unwrapping the new sari]

[1:32:31 – the video has moved on and Shri Mataji is in the middle of telling a story to the yogis]

Shri Mataji: Near Veret and when we went into Veret, I had a very big vegetable, this thing – only it was such a thing that I got, I think twenty nine prizes for those. All the prizes I got!

Yogi [reading from ?]: 'At that very period, I shall slay the great Asura named [Durgamam?], thereby you shall have the celebrated name of Durga Devi and again, assuming a terrible [?] in the mountain Himalaya, I shall destroy the Rakshasas for the protection of the Munies. Then all the Munies, bowing their bodies reverently, shall praise Me, and thereby I shall have the celebrated name of Ima Devi, and the Asura named Aruna shall work great havoc in the three worlds, having taken a collective bee form, consisting of innumerable bees, I shall slay the great Asura for the good of the three worlds.'

Shri Mataji: This will happen now in Vienna, because in Vienna there are some sort of a... bees, so I've seen to it that they will die.

Yogi: And a bee came in Vienna... when You were doing Puja.

Shri Mataji: Ah, one bee came in...

Yogi: That's right.

Shri Mataji: You see, and we killed them.

Yogi: 'And then people shall laud me everywhere as Pramadevi,

Shri Mataji : Pramadevi

Yogi : And whenever trouble arises due to the advent of the Danavas, I shall incarnate and destroy the foes.' Shall we read it in Sanskrit? The vibrations are there.

[reads in Sanskrit whilst yoginis are placing a sari around Shri Mataji. Photos are taken]

1:36:45

Shri Mataji [indicating to someone] You come here...

Yogi 2: Is the flash (from camera) too much for You?

Shri Mataji: No, no.

Yogi 2: [UNCLEAR] these flowers are beautiful.

Shri Mataji: Innocence. Alright now? [Let them come?] Let's see, [UNCLEAR]

[Yogi 1 continues saying mantras]

Everybody should be allowed [ie: to take photos]

[UNCLEAR Hindi spoken] Tying up. Just tie it. [UNCLEAR the feet?]

[Hindi spoken. Small laughter]

Yogi: No time.

[More mantras]

Shri Mataji: See, Brahmapadi. You have got now Brahmapad. You have already got Brahmapad – is the position of the Brahma. That She gives you Brahmapad. You have got Brahma isn't it? So unique...

Yogi: Give some perfumes to Mother's Feet.

Shri Mataji: Perfume. The ladies should put in the hand... This is ladies' job.

[1:42:16 more mantras whilst flowers are tied round Shri Mataji's wrists and arms] This is just to worship all the chakras. [A garland is placed over Her Head]

Is it to be put... here? This kind... [indicating for crown to be tied/placed on Her Head] This kind...[Hindi or Marathi spoken as She adjusts the crown]

Yogini: Do you want that tighter, Mother?

Shri Mataji: Tighter. A little bit tighter. You make Ekadash. This is for your Ekadasha.

[Mantra to Ekadasha Mukuta (crown?). Shri Mataji then combs Her hair and yogi says another mantra...for hair! And then more mantras]

Shri Mataji: Ah... To pacify the Ekadasha. Mm...That's why Christ was given... excited the Ekadasha. He was [given up?].

[short silence as kumkum is painted on Shri Mataji's Hands. When they have finished, She holds them up – left hand receiving, right hand giving (Christ's pose) - more photos taken.]

Now, if you would take a full photograph... would be good idea. Just move out a little bit... so they can take a full photograph.

[small discussion about the light/closing the curtains so there is some kind of a background for the photos, something that would hide the window. Indoor light is switched on. Shri Mataji smiles patiently whilst everyone takes photos. She asks one yogi something about his camera. He replies 'I'm waiting for it to warm up'.]

Shri Mataji [to a yogini]: What's happened to your camera?

Yogini: I never had one.

Shri Mataji: [UNCLEAR] You see, all of you get such good photographs, that these cameramen cannot. They just don't have that. Vibrations are there. But the Mahamaya is on top, you see... They can't cross over. [UNCLEAR]

[To someone else] Come, come, come... take a photo.

What happened?

Yogini: It's finished (the film in camera)

Shri Mataji: It's done now. May God Bless you.

Now, shall we have the Aarti?

And also, you people, because this is also for cleansing of the Cambridge... you can bring. Join there. Where's your husband? There. You have got them also here, Cambridge people – because this puja includes the Cambridge also. Where is [Jay?]

Yogini: He's coming, Mother.

Shri Mataji: Yes, all of you join like this. All the Bedford people... come. Hold his hand. Hold his hand. Hold hands, each other, that's all. You hold his hand. Alright? You hold her hand.

[Aarti is sung, followed by [Guru stotra ? 2:03:05], followed by Jai Jagadambe x 12 (for centre heart), followed by Allah hu Akbar x 16 (for Vishuddhi), followed by prayer in Hebrew & English – 'Shema Yisrael, Hear O Israel, the Lord is God, the Lord is One. Blessed be the name of His glorious Kingdom, that witnesses for all eternity. Amen.' - and 'The Lord's Prayer' x 3 (both for Agnya), followed by The Three Maha Mantras.]

Shri Mataji: Lie down. [All Namaskar]

May God Bless you. May God Bless you.

[Shri Mataji removes Her crown and all the flowers and garlands around Her. The video has moved on a bit whilst She has done this]

Shri Mataji: What is that cloth?

Yogi: That's one we gave to You earlier – at the Ganesha Puja. It's the one that we gave to you, in Ganesha Puja.

Shri Mataji: You gave it to Me?

Yogi: In the Ganesha Puja.

Yogi: You were in Switzerland, Mother.

[She is then given a big cloth, different to one She was looking at, to place over Her knees and offered a big bunch of grapes, which She smells and then hands back, but eating one. She then vibrates a plate of fruits and other Prasad offered. A joke is made [UNCLEAR]]

Shri Mataji: All the Sahaj Yogis are there.

[She gives instructions about offering Her Prasad (married ladies) using both their hands.]

What you do..the married ladies can do.

Everyone can come, one by one. All of them are married, so they are auspicious.

[She calls for one specific yogini to come forward]

Ann, Ann? May God Bless you. Good.

[Ladies on by one are offering Prasad. 2:17:40 UNCLEAR]... best to put both hands together. May God Bless you.

Take both hands together. May God Bless you.

May God Bless you.

You have more married than unmarried.

[As Shri Mataji looks down at the cloth holding all the Prasad in Her lap 'You have soft shampoos' ie. the cloth feels very soft...]

May God Bless you. Good.

May God Bless you. Good. Alright? You're feeling the cool breeze?

Yogini: Yes I am, Mother.

Shri Mataji: Good. That's great. Alright.

Shri Mataji : Hello william

William you want to come here? Hello, you put him in, I'll take. You just put him here. [She kisses him] He's so very happy. Good. Alright?

Alright, come. Very good. May God Bless you. Good, good.

So, this Puja was done very well, I must say. Everybody's done now?

Others are waiting the [...UNCLEAR] to be married, I think. Alright, may God Bless you all.

All yogis: Jai!

[speaks in Hindi(?) as She hands over the cloth filled with Prasad]

See, whatever is given to the mother has to be eaten by her children, isn't it? The mother doesn't eat much.

[She speaks to a yogini at the back who didn't yet offer any Prasad]

Inder you gave Me fruit? Why? Come along, [....UNCLEAR] away. You shouldn't do it like that. Come here. Hmm. May God Bless you. Put both the hands like this, like this... Ya, see, underneath...good. May God Bless you.

Growing, very well. Who's crying like that? Is that...?

Yogini: They're laughing, they're playing.

Shri Mataji: Now, what do we think of our... should we...I mean, if there's long enough, we'll have some food. [UNCLEAR]

Yogi: Even a quick one will do.

Shri Mataji: Maybe a chance. [UNCLEAR making a joke]

Work has started, in all earnestness. You all have to prepare yourselves, and everybody must see that they learn Sahaja Yoga very well: how to give realization to others, how to talk about Sahaja Yoga, how to improve yourself. All these things must be done. Otherwise you'll have to face a crowd and you will not be prepared and they'll be frightened, they'll think, 'These people don't know anything' and they'll just [deny??]. For all the newcomers, and those people who have come now, especially people of, say, Northampton or Bedford or Cambridge - where this news has spread. All have to be very well equipped and prepared for it. You see, unless and until you are prepared, I cannot attend to them. So you should try to get all the books – all the small little books – then all the... what do you call... pamphlets, photographs...all these things should be collected. And you should be prepared. Let some things vibrated by Me, like water – you have got now vibrated water – you can put it into another water, it will be alright. Then get sugar vibrated, other things vibrated, other things vibrated. And for this Panchamrita that you've got now, better have it for your Nahbi. Keep yourself clean, first of all, and when you talk to others, show that composure and that peace that is now residing in you. The more you show, the more it will express itself. Alright? And be wise, because you will now face many people, and if you are doubtful and if you are still going up and down, they will not be there and you'll be responsible for driving them out. Alright? So have people who are positively there and you can attend to them, talk to them properly; now you have become saints – saints must behave like saints, responsibly. Alright? So I'll leave it to you.

If you have any problem, you can always ask the people in London to send you [what thing?], whatever you want, you can get. Alright? And come down now on the 17th, all of you. ... to learn thatSomebody's crying, whatever is it? I think [UNCLEAR]

Yogi: He's just excited

Shri Mataji: He's crying?

Yogi: Laughing, Mother.

Yogini: They're throwing stones at each other.

Yogi: Shrieking with laughter.

Yogini: Kevin's in charge.

Shri Mataji: Kevin? Then it's alright.

For next year, I won't be here [UNCLEAR] and other things, you have got a whole year to work it out, and so the temper should all go down. And also, you can call people from... to begin with, some people can come work here. Then also, she was saying that, if somebody can come and stay with her, she'll be very happy – to help with the beginning of the program. So some people can

come and stay with her for a few days, and work it out. If somebody can come and stay with Maria, should try to come and stay here. Would be good idea to work out Sahaja Yoga in this area.

Keep all your ornament [...UNCLEAR]

Yogi: These came back from Vienna, Mother. Look at this.

Shri Matai: This is not mine, this is...

Yogi: Could they be from Machindranath?

[discussion about the jewellery She has been handed]

Shri Mataji: Could be Aradhana or somebody. Anupama's maybe. This might fit Auriol or someone. Auriol is bigger than Anupama, isn't she? Maybe this might fit about little Olympia, because Auriol, I have got a watch for her, so give her this - for Olympia, if she is there. And for... in My coat there is a watch for Auriol. Everything that belongs to Aradhana, Anupama goes to, greatly. How are...they're alright? Little bit... [UNCLEAR] Because such a Sahaja Yogini as Anupama is... Did you get the watch please?

Yogi: Olympia's very much attached to both the girls.

Shri Mataji: I know, eh. Ya, I know, I know. All the time. Olympia? They have to send Lily. You see, they had planned that they'll go to ashram and they have to send Lily because they're...you see they wanted to extend their stay and... but the ticket was a problem and they had to leave suddenly. Where is she?

Yogini: Olympia, come in darling, Mother wants to see you. She's coming, Mother.

Shri Mataji: This is alright for Olympia. This must be Anupama's. Olympia! There's something nice for you. Oh, for your feet! Who's going to wear that? Who's going... now, I would like to give it to daddy, daddy will... this one, this one. These are two, two of them. Now, what about your socks, you have to take off socks – take off your socks. Now, let's do it. Socks. Where is the watch now? Where is Auriol? Can you set it somehow?

[To Olympia] Yes, Didi has sent, Didi... Nanu has sent it. Nanu. Nanu and Didi have sent – one Nanu, one Didi.

Olympia: Saudi Arabia

Yogi: Saudi Arabia, yes.

Shri Mataji: Huh? Saudi Arabia. [UNCLEAR] higher, tie it up a little higher.

[To Auriol] For you, get it set. May God Bless you. Can you adjust it for her?

[To Olympia] What is happening? Is it hurting her? It's smaller than that, you can put one more chain... it's alright.

Yogini: It's a little bit tight.

Shri Mataji: Beautiful. Saudi Arabia – first I didn't understand what she was saying.

Yogi: It's a little bit tight.

Shri Mataji: What a Vishuddhi!

Yogi [to Olympia] Do you want it on?

Shri Mataji: Alright, put it in her hand: best is to put it in her hand. In the hand, alright let her... Put it in the hand, like a bangle. In the hand is good. Good. Alright?

Yogi: If you join the two together, it might make a necklace.

Shri Mataji: Ha? You can make a necklace... Ah, very good, very good, very good. You put one more chain in there, you see... Olympia! [UNCLEAR ? Then Shri Mataji picks up Olympia and kisses her] This cold is too much for her...get cold too much. [using a tissue] Good for the nose. Good. Beautiful. This is Didi – Didi has sent this. This is Nanu – from Saudi Arabia. Alright? I think Indian girls have smaller ankles, because they wear from childhood these things. That must be the reason. Bangles also, I think – we wear from childhood, that's why our hands are more supple perhaps. You're going to fall down! Hold it, hold it, hold it now, give it to mummy... show her, show it to mummy. Good. Alright, now let's go upstairs. Mmm. Nothing for the boys, poor things. Auriol, nice? It's working alright? Very close there[....UNCLEAR] Is it working?

So, shall we go upstairs now? Then we'll have our food and we start [mixing about??].

Yogis: Thank you, Mother.

[Complete form of the mantras read by Dr RUSTOM BURJORJEE]

Aum Shri Keshavaaya namah
Aum Shri Narayanaaya namah
Aum Shri Madhavaaya namah
Aum Shri Govindaaya namah
Aum Shri Keshavaaya namah
Aum Shri Narayanaaya namah
Aum Shri Madhavaaya namah
Aum Shri Govindaaya namah
Aum Shri Keshavaaya namah
Aum Shri Narayanaaya namah
Aum Shri Madhavaaya namah
Aum Shri Govindaaya namah
Aum Shri Vishnave namah
Aum Shri Madhusudanaaya namah
Aum Shri Tri vikramaaya namah
Aum Shri Vamanaaya namah
Aum Shri Shri-dharaaya namah
Aum Shri Hrushikshaaya namah
Aum Shri Sankarshanaaya namah
Aum Shri Vasudevaaya namah
Aum Shri Pradyumnaaya namah
Aum Shri Aniruddhaaya namah
Aum Shri Purush'ottamaaya namah
Aum Shri Adhokshajaaya namah
Aum Shri Narasinghaaya namah
Aum Shri Achyutaaya namah

Aum Shri Janardanaaya namah
Aum Shri Padma-nabhaaya namah
Aum Shri Damodaraaya namah
Aum Shri Upendraaya namah
Aum Shri Haraaya namah
Aum Shri Shri Krishnaaya namah
Aum Shri Matsya avataraaya namah
Aum Shri Kurma avataraaya namah
Aum Shri Varaha avataraaya namah
Aum Shri Narasimha avataraaya namah
Aum Shri Vamana avataraaya namah
Aum Shri Parashurama avataraaya namah
Aum Shri Ramachandra avataraay namah
Aum Shri Krishna avataraaya namah
Aum Shri Maha Vishnu Khrista avataraaya namah
Aum Shri Kalki avataraaya namah
Sakshat Shri Adi Shakti Bhagawati Mataji Shri Nirmala Devi namoh namah

Pranavasya ParaBrahma rishi ParamAtma devta devi Gayatri Chhanda pranayame viniyogah
Shri Mataji guides through breathing exercises.

Great mantras to the Goddess from Devi Mahatmyam:

Sarva maangala maangalye, Shive sarvartha sadhike, sharanye trayambake Gauri,
Narayani namostute,

sarvada sarva karyeshu, nasti tesham amangalam yesham hridayasto bhagavan, mangalayatanam harih

Tadeva lagnam suryanaam, tadeva Tara Balam Chandra Balam, Tadeva Vidya Balam Daivabalam. Tadev Lakshmi-pataye tenghri
yugam smarami.

Laabhas-tesham jayas-tesham krutas-tesham parajayam yesham indivara shyame hridayaste janardana, vinayakam, gurum
bhaanum, brahma-vishnu-maheshvaram saraswatim pramyada sarva karyarth siddhaye

Abhi praseeda prasidhyatam pujitaya sura suraya sarva vighna-hara tasmayi ganadhipataye namah Sarvaishwaradhya karyeshu
trayast-guneshwardhya

Devadi shantuna siddhi bramheshna janardhana

Shrimad bhagavato mahapurushay vishuradhnaye pravart mansaye

Adhya brahmno dwitiyah para dev Vishnupade shri shewta varaha kalpe

Vyavasta manvantare kritayuge prathama charane

England varshe Europe khande Northampton sthane River Ooze dakshine-tire shalivahan shaake

Dakshinanyane Ashwini maase Krishna pakshe.

Panchmi tithou shanivasre subha divas nakashtre Vishnu yuge Vishnu karne shubhastithe vartmane Chandra shubhastithe shri
surya shubhastithe deva guna.

Chandra karaka rashi shri surya tula rashi shubhastithe deva guna shesheshu graheshu yatha yathang rashi sthan stitheshu
satshu shubha nama yoge shubha karne evam guna vishesham vishithayam shubha punya tithamyam atman shrusti smriti
purana-ukta phalam praptyartham sakala sahaja yoginam sakutham vanam sakale varnayam

kshema, sthairya, audairya, arogaya, aishwarya praptayartham, sakala peeda pariharavartham manah sthite manav ratne
manorathe siddhyartham Mataji Shri Nirmala Devi Pritayartham shakshat Shri Sarva Devi Deva, Shakshat Shri Adi Shakti
Bhagawati Mataji Nirmala Devyai namoh namah yatha gyanen yatha milito-pa-cha-radhaya

Visho-dosho-pa chhala pujaam aham karishye tatva-da nirvighno to sidhyatam MahaGanapati pujaanam kurmah.
Aam tatha sharira shuddhyatam shudhayatam nyasam kalasha shankha ghanta pujaanam kurmah.

Kalashasya mukhe Vishnu, kanthe rudrah samashritah
Kalashasya mukhe vishnu kanthe rudrah samashritah
Moole tatra sthito brahmaa madhye matroo gana samashritaah
Kukshou tu saagaraah sarve sapta-dviipaa vasundhara
Pruthviti mantrasya mer pulastaya rishi kurme devata
Sutalam chhandha kurmo devata asana shodhan viniyogah
Aum prithiviyai tvaya dhrita loka devi tvam vishnuna dhruta
Tvam cha dharaya Mam Devi Pavitram kuru Chasanam
Isti asanam vidhaya
Om apa samarpam tute bhutaye bhut bhumi sansthithe ye bhuta
Vighna karta rapte gachhantu shivajnyaya apakramantu
Bhutani pisachsa sarvato disham sarve kshama virodhen puja karma samarabhye
Atah shadang nayasa

Aum bhur bhuva swaha hitayaya namah
Aum bhur bhuva swaha shirse swaha
Aum bhur bhuva swaha shikayaya vashat
Aum bhur bhuva swaha kavacha aham
Aum bhur bhuva swaha netrayaa vashat
Aum bhur bhuva swaha astraya phat
Iti dig bandhan

Rigvedah, yejurvedah, sam-vedah yatharvana angeshcha sahitah sarve kalasham tu samashritah
Atra gayatri savitri shanti pushti kare tatha ayantu deva pujarthan durita kshayakarakah. Aum thames, derwent, trent, ooze, don,
forth, severn jalesmin sannidhim kuru kalashaya namah
Sarvopacharathe gandakshatapushpa samarpayami

Aum shankha dev, Chandra devayatam kuksha varuna devata praste prajapatim vidhya agrey ganga Saraswati tamam pura
sagaro utpana Vishnuna vidhutta kare namit sarva deva cha panchjanya namostute.

Aum panchjanayaye vidmahe pava manaaye dhi mahi tanaye shakhaaya prachodayat shakhaaya namah.

Aagmartham tu Devanam, gamaartham tu rakshasham kurve ghanta ravanathatva deveta avahana Lakshanam. Gandha
aaksahta pushpam samarpayami.

Deepa devta-bhyo namah gandha-kshyakta pushpam samarpayami

Deepa devta-bhyo namah gandhakshyakta pushpam samarpayami

Haridram(Haldi) kumkumam samarpayami

Bho Deepa Brahma roopastavam, joytistavam prabhu ravayaat, yaavad puja samapti.

Syatavatavam srushtiro bhavah.

Shaanta-kaaram bhujanga –shayanam Padma-naabham suresham

Vishw-aadhaaram gagana-sadrusham megha-varnnam shubha-angam

Lakshmi-kaantam kamala-nayanam yogibhir-dhyaana-gamyam

Vande vishnum bhava-bhaya-haram sarva-lok-aika-naatham.

Jaayet nityam mahesham rajatgiri nibham charu Chandra vatangsam

Ratna kapur jwalangam parashu mriga varabhite hastam parashnam padmasinam samanta stutta mama agrina vyagrihe kritam
vaasanam vishwaavbhyam vishwa vandayam Nikhil bhaya haram pancha-vaktram trinetrām

Namo devyai mahadevyai shivayai satatam namah

Namah prakrityai bhadrayai niyatah pranatah smah tam

Hari om sahastra shirsha purusha sahastrakash sahastra paatra bhumi vishwato pruthviah yatishthate dashaa angulam
agachha deva deveshe tejo rashe jagat pate kriyan-manam maya pujaṃ grahana sura sutaam

Mataji Shri Nirmala Devyai namo namah. Aavahanam samarpayami

Aum purusha evedham sarvam ya bhutangyat cha abhavyam ukta muktatva sheshano yada nityo rohahte nana ratna
samayuktam kalpte swarup swara vibhushitam asana deva devashye prityartham pratigrahayatam

Mataji Shri Nirmala Devyai namoh namah

Aasan arte akshaktam samarpayami

47.20 – 49.40

Aum ekda varansaya mahima-to jayan-sh-ch purushah padau-sya vishwa bhutani tripadasyamrutam devi padyan-grahana
devesha sarva akshayema samarthabho padya sarpitam deva lokanatha namostute. Mataji Shri Nirmala Devyai namo Namah.
Paadyam samarpayami.

Aum tripa druddhva udayat purusha pado sinha-bhavat punah tato vishwa vida kramata sashanana ashanai-api namaste deva
devyesha, namastay dharniyadhara, namastay jagadadhara, ardhyam na pratighriyatam. Mataji Shri Nirmala Devyai namo
namah. Ardhyam samarpaymi.

Aum tasmāt virala jyāt virajaadi purusha sajjato atyaa-vritya pashchat bhoomi mathopura karpoor bhasitam toyam, madakinya
asma-hrutam achyamataṃ jagannatha mayah tattam-hi bhaktitah, Mataji Shri Nirmala Devyai namo namah. Achamaneyam
samarpayami.

Aum yat purushena havishya yagnam matang vatta, vasant vashayshi arjan bhismaidma sadavi ganga, saraswati, reva payosmi
narmada jalah, snapitōsi

maya devi tatha shanti kurushv-me. Mataji Shri Nirmala devi namo namah snayam samarpaymi.

Atah panchamrut snanam mantra :-

Aum Gatam mimicsay gatam masya ganigritay sheta gatam vasya dham anushwa dhama, vaha madya yasya savha. Krutam rushabha vakshi vayham

Ajian suranam avaha ajian tajanay pratistitham ajan pavitraparma stana griytam Mataji Shri Nirmala devyai namo namah.

Gritam Sananam samarpayami. Chaturdat sananam samarpayami.

Devershi Madhuvakar tayate , madhukshram sindhava madyarta sampoorana sadihi madhur jalastu napita Madura manav, Vanaspati madu, manst tusura madhavi gavo bhantuna sarve sadhay samutpam puyusha sarva sanana madhu sanatan te prayachhaame. Grihina parmashwari Mataji Shri Nirmala deviya namo namah.

Madhu Sananam Samarpayami. Suddhodak Sananam Samarpayami.

Surabhinu mookho kartvana ayushin tarishav Chandra mandal shankhasham sarva deva priyang dhadhi sananam samarpayami. Shuddhodak sananam samarpayami.

Aum abhyaya swa samotute vishwata smavisyam bhava ayyast sangate kamadhenu samutbhutam devershi pitrutva pruthavi dana payodadhami devesha sanatan pratigrihyatam Mataji Shri Nirmala devyai namo namah.

Paya sananam samarpayami. Shuddhodak sananam samarpayami.

Aum swadhu pava vaswa dviyay janmanaay, swadhu indria sahavrutu namanay swadhu mitraya varuna vayuve bruhaspatayai madhumanayai [...mantra incomplete].

Gandhodharam duradarsham mithya pushtam karishiyinay, ishwaram sarva bhutanam kamiupamaye shriyam, karpoor iyla samyuktam. Sugandhit dravya.

Sanyutam gandhodaakam, maya dattam Samarthan pratigrihayataam Mataji Shri Nirmala Devyai namo namah.

Gandhodhodak snanam samarpayami. Shuddhodak snanam samarpayami.

59.13 – 59.19- offering flowers:

Mataji Shri Nirmala Devyai nomoh namah. Sarvopjanarthe. Gandhak akshatha pushpapam tulsi patram samarpayami, haridram, kumkum samarpayami.

1:00:40 – 49: Mataji Shri Nirmala Devyai namoh namah. Dhoopam samarpayami. Dipam dharshayami. Navaidyarthe, panchaamrutam shaisha naivedyamcha samarpayami.

Aum Shri pranaya swaha, Aum Shri apanaya swaha, Aum Shri vyanya svaha, udanaya swaha, Aum shri samanay svaha, Shri Bhramanye Swaha, utara pashanam, hasta mukham, prakshalam samarpayami. Mukha vasate, pungu phalam, tambulam suphala nashakriya aksahram samarpayami.

Mantra pushpam samrpayami. Namaskaromi anen kruta purva poojanena tena Mataji Shri Nirmala devyai prityartham.

1:03:40 – 1:07: 54 :-

Aum tvam mahalakshmi hari om Hirannya-Varnnaam Harinniim Suvarnna-Rajata-Srajaam

chandram hiranmayim lakshmim Jaatavedam avaham

Taam avaah jaatvedo Lakshmiim-Anapagaaminiim

Yasyaam Hirannyam Vindeyam Gaama-Ashvam Purusnaan-Aham

Ashva-Puurvaam Ratha-Madhyaam Hastinaada-Prabodhiniim

Shriyam Deviim-Upahvaye Shriirmaa Devii Jussataam

Kaam So-Smitaam Hirannya-Praakaaraam-Aardraam Jvalantiim Truptaam Tarpayantiim |

Padme Sthitaam Padma-Varnnaam Taam-Iho pahvaye Shrim

Chandraam Prabhaasaam Yashasaa Jvalantiim Shriyam Loka Devye-Jussttaam-Udaram

Taam Padminiim Sharannam-Aham Prapadye Alakssmiim-Me Nashyataam Tvaam Vrunne

Aaditya-Varnne Tapasodhi-Jaato Vanaspatis-Tava Vruksso atha Bilvah

Tasya Phalaani Tapasaa-Nudantu Maayam-tanaayaacha Baahyaa Alakssmiim

Upaitu Mam Deva-Sakhah KiirtiCha Manninaa Saha

Praadurbhuuto smiRaassttre smin Kiirtim-Rddhim Dadaatu Me

Kssut-Pipaasaa-Malaam Jyesstthaam-Alakssmiim Naashayaami-Aham

Abhuutim-samrudhim Cha Sarvaam Nirnuda Me Grhaat

Gandha-Dvaaraam Duraadharssaam Nitya-Pussttaam Kariissinniim

Ishwariing Sarva-Bhuutaanaam Taam-Iho pahvaye Shriyam

Manasah Kaamam-Aakuutim Vaacah Satyam-Ashiimahi |

Pashuunaam Ruupam-Annasya Mayi Shriih Shrayataam Yashah

Kardamena Prajaa-Bhuutaa Mayi Sambhava Kardama |

Shriyam Vaasaya Me Kule Maataram Padma-Maaliiniim

Aapah Srjantu Snigdhaani CHikliita Vasa Me Grihe |

Ni Cha Deviim Maataram Shriyam Vaasaya Me Kule

Aardraam Yah Karinniim Yassttim Suvarnnaam Hema-Maaliiniim |

Suuryaam Hirannmayiim Lakssmiim Jaatavedo Ma Aavaha

Aardraam Pusskarinniim Pussttim Pinggalaam Padma-Maaliiniim |

Chandraam Hirannmayiim Lakssmiim Jaatavedo Ma Aavaha

Tam avaha jaatvedo

Tam Ma Aavaha Jaatavedo Lakssmiim-Anapagaaminiim |

Yasyaam Hirannyam Prabhuutam Gaavo Daasyo shvaan Vindeyam Puurussaan-Aham

Yah Shucih Prayato Bhuutvaa Juhu-Yaad-Aajyam-Anvaham |

Suuktam Pan.chadasharcam Cha Shriikaamah Satatam Japet

Padmanane Padma Uuru Padma-Akssii Padmaa-Sambhave

Tvam Maam Bhajasva Padma-Akssii Yena Saukhyam Labhaame Aham

Ashva-Daaya Go-Daaya Dhana-Daayi Mahaa-Dhane

Dhanam Me Jussataam Devi Sarva-KaamaamshCha Dehi Me

Padma-Nane Padma Patre Padma priya Padma dalaye -Akssi |

Vishva-Priye Vishva Mano-nukuule Tvat-Paada-Padma Mayi Sannidhatsva

Putra-Pautra Dhanam Dhaanyam Hasty-Ashva-adi-Gave Ratham

Prajaanaam Bhavasi Maataa Aayusssmanam Karotu tume

1:08:20 – 1:09:00

Prajanam bhavse mata ayushmanam karo tume

Dhanam agni dhanam vayu dhanam surya dhanam vasu dhanam indro bruhaspati dhanam astume vainatheyas somam piba somam pibathu vruthraha

1:09:27 – 1:10:40

Soman dhanasya somino nahyam dhathaathu somina na krodho na cha mathasaryam na lobho na asubhaa mathi bhavanthi krutha punyaanaam bhakthyaam shri sooktham jaapinaam sarasijanilaye sarojahasthe dhavalatharaamkushe gandhamaalyasobhe Bhagavathi hari vallabhe manojne thribhuvana bhhothikari praseedha mahyam

1:10:52 – 1:11:00

Vishnupathneem kshamaam devim madhavam madhavapriyaam

1:11:24 – 1:11:30

Lakshmipriya sakheem devim namaami achuytha vallabhaam

1:11:56 – 1:12:31

Maha lakshmaicha vidmahey Vishnu patni cha dheemahi tanno Lakshmi prachodayaath

Shri varchchswama ayusyam aarogyam aavedhaa Shobhaamaanam maheeyathe dhanam dhanyam pashum bahuputhra
laabham satha samvathsaram dheerghamayu iti shri suktam samaptam

Sakshat Shri Adishakti Bhagawati Mataji Shri Nirmala Devi namoh namah

1:13:00 – 1:15:39

Prasiddhatham prasiddhatham prasiddha parameshwari twam svaha twam svadha twam hi vasat-karah swara-atmika Sudha
twam akashara nitye trithamatra-atmika sthita ardha-matra sthita nitya ya anucharya visheshatah twameva satwam savitri twam
devi Janani para

Tvaya etad dharyate viswam tvaya etat srujyate jagat tvaya etat palyate devi twam atsyante cha sarvada.

Visrstau shrusti-rupa tvam sthiti-rupa cha palane, tatha samhrti-rupaante jagato sya jagan-maye.

Maha-vidya maha-maya maha-medha maha-smrtih, maha-moha cha bhavati maha-devi maha-asuri.

Prakritis twam cha sarvasya gunatraya-vibhavini kala-ratrir maha-ratri moha-ratris cha daruna

Twam sris twam isvaris twam hris twam buddhir bodha-laksana lajja pustis tatha tustih twam santih khsantir eva cha.

Khadgini sulini ghora gadini chakrini tatha shankhini chapini bana bhushundi paridhayudha

Soumya soumay tar ashesha, saumyebhay tvaati-sundari, paraparana parama tvameva parameshwari

Yacha kin-chit kvachid vastu sud sada. Akhila-atmike, tasya sarvasya ya saktih satwam kim stuyase tdaa.

Yaya tvaya jagat-srasta jagatpatyaati ,yo jagat, so'pi nidra-vasam nitah kas twa stotu mihiisvarah

Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai namoh namah

1:17:10 – 1:30:04- Shri Shiva names

Anant amerishwar, akhilo, akhileshwar, mayo maheshwara, ardhayo, ardhaishwara, Hemadri, Bhuraya, Hemangshu, Hemangi,
Hemavahi, Hemapati, Hemasana, Hematatvo, Hemalakshana, Hemachandro, Hemapralaya,

Sivomahadevashya, Skandhovskandheshwar, Skandvruoursha, Skandapurush, Atmaparamatma, Sahasradeva, Saharataksha,
Sahasrapad, Sahashrahasta, Sahashramukha, Shashrapari, Ahkashava, Ahakasvopari, Parmesha, Parmeshwara, Prakash,
Prakashewara, Sarvesha, Sarveshwara, shvetaswa, Shweteshwara, shukleshwara, Shuklambara,

Nilokantho, Nileschwara, Trishulapani, Trishuleshwara, Trishulabrur, Apaneshwara, Shahastramukutai, Mukutaieshwara, Shaktivan, Shaktiiswara, Ako-u-akeashwara, Jagatsahasraro, Jagatdeshwara, Viratarupo, Virta-atma

Jagatshaiylo, Gyanashwara, Arodho, Nitya- Niyta-lohaya, Nityaravi, Nidhyastithi, Nirmalo, Nirmalatrma, Nirmalahitayo, Nirmalatatva, Brahama-bhramatva, Brahama, Nirakaro, Nirupa, Nanamuneshwara, Chandro, Chandreshwara, Chandrabharo, Chandrika, Chandrashobh, Hridyahasta, Balachandro, Chandrapriya, Mrigyaksho, Mrigapati, Mrigpriya, Pashupati, Pashusheshwara, Pashuhasta, Chandramukha, Chandrapani, Chadrashu-Chandrashekhara, Tamasi, Tamasopari, Atyaidiggdho, Rajeshwara, Sarvaghakhga, Saravahasta, Sarvashakti, Sarvapriya, Sarvamukha, Sarvarupa, Sarvadakshi, Sarveshwara, Sarvakarta, Sarvamaya, Sarvaatmaya, Sarvajoyti, Sarvabhuddi, Sarvadeha, Sarvarohi, Sarvakshi, SarvAgyaana, Sarvavidh, Sarvachri, Sarvadhama, Sarvadakshi, Sarvabhyaksha, Nishkata, Niragami, Nishcharin, Gyaanopari, Vidyatitah, Gunatitah, Rupatitah, Viteshwara, Sarvaradayai, Susarvatma, Atiatma, Nireschwara- Niranando, Nishkriya, Paramyogi, Bhasmapriya, Bhasmasheetal, Bhasamasana, Bhasmarupo, Bhasmeshwara, Bhasmaprasanaa, Bhasmatatva, Bhashmakarta, Bhasmavana, Moolamsarvam, Mooleshwara, Sarvabijadhikaranam,

Adivajyaadikara, Adyasti-adishwara, Adibhuddho, Adikarta, Adikruto, Adiprasanam, Adisheetalo, Adisheetala, Sheetal-atma, Shishrira – rupa, Hemaatma, Niratma prasana atma, Sudha –atmach- asharirajaya, atyacharay-adimoolam, Adibija, Adicharanam, Adisushtam, Nabhieshwara, Nabhiratnam, Parambrahma-parmeshwara, Sahaja, Sahajeshwara, Prasnaatma, Prasaneshwara, Sura-sureshwara, Sukh-Dukh-hanta, Karuna-Karunarupa, Karuna-avtaro, Karuna-hitaya, Atipita, Piteshwara, Nago-Nageshwara, Nagendra, Nagokantho, Nagasundram, Naga-hasta-bhavanam, Bhuvaneshwaram, Bhavani pati, Bhupati, Haripriyo, Haripujya, Hariatma, Hari-hradhaya, Harimukha, Harirupo, Harishekara, Harishwara, Gangapato, Gangeshwara, Jatini, Jatavibhushita, Jatakirti, Jatadhrishta, Karunajata, Jateshwara, Nagajato, Nagahasta, Nagapadho, Naga-asana, Parmaviveko, Hansasana, Suchirupa, Suchiswara, Swetadevo, Gauravavana, Suchidevovimala, subhatma, Subhatatva, Shubrdaso-Vita, Sada- Shiva- Parmeshwara, Parmeshwarishwara, Prathamapratheshwara, Kailasha – Himeshwara, Kailashe-Himatattwa, Kailas-Param-atmacha, Saharasra- Vymaliay-vasi, Sahasra-Vymalia-dhara, Vimalashiva, Chandrashiva, Sanatanashiva, Ananta-Shiva, Ananta-anando, Ananata vidhya, AnanatAgyan, Ananat- atma, Ananat-tatva, Ananato-trikut-dhivala, Moksha-tatva, Moksha-atama, Moksha-iyana, Moksha-hridayaam, Dhyānvipavitra, Jagatpavitra, Vishwapavitra, Pavitratatva, Kailashshetra, Vihati, Hemashetra-vihati, Lalito, Lalitaeshwara, Lalitatma, Lalita-tatva, Lalita-rupa, Lalitatita, Sukshmatita, Sarvatita, Atisukshma, Sukshma-gamya, Sukshmo-tama, Sukshma-tatva, Sukshma-atma, Anandachitta, Nirananda, Atmatita, Atmadeha, Shivatita, Paramshiva, Vishwa-Vishnu-tita, Sarva-vishnu-Brahmatita, Adibramha, Bramhaatma, Bramhma-tatva, Sarva-nadi-vishne-shwara, Nadiyatita, Nadi-atma, Parmachitta, chittahridaya, Chittatita, Chittishwara, Sarvachitta, Sarvaprakatachitta, Sarav-aprakata-prakatyachitta, Dharmatito, Pujatito, Dhayanatito, Dhayanhriddhya, Brahma-sutra-atmatavam, Brahmand-nishvasa, Swashatita,

Ashutosha, Nityatrasta, Trushatita,

Sarva-ekadesha-rudra-shaktya-sanaparmoparmeshwara,

Sarva-ekadesha-rudra-shaktya-sanaparma-karta,

Sarva-ekadesha-rudra-shakti-dwara-vikashneshwara,

Jaganatho, Vishwanatho, Shailanarkto, Sailosha, Himadri-vishwa-vitta, Himashailay – ikashita, Himakoshay-samrut-atma, Himakirti, Hemotva-himabhasura, Himakshi-himapurit, Himavaybhava, Himaraas, Himatatva, Himahimantra, Himantarant-karana, Himantaranta-rathayantara, Guhayaprathama, Virakarta- Sukshama, Sukshama-chitta-sukshmantara,

Daye-sukshmatita-paremeshwara, Atma-nireshwara, Sukshma-sukshma-sukshmasama, gayasoon, Sakshyamyāntr, Antara, Sukshmakaranatma, Sukshma-sukshma-sukshmo, Parmotama, Dayapakshaya(not Clear) , Sukshma-kalameshwara, Somashekara, Sukshma Shekara, Shakti-shekara, Chaitanyaa(not Clear), Krishna- Krishna – Krishnatita, Krishna-pingala, Krishnotama, Krishnasana, Krishnaatma, Krishnarupo, Krishna yadava, Krishna prano, Krishnaswasha,

Krishnantaro, Krishnadayo, Krishnapuja, Radyakrishna, Keshavo-krishnashekhara, Krishnachoodo, Sadashiv, Trimukho, Trigunatmapataya, Dugdhha-rupo, Kamadhenu-ukto, Kamapatayai, Kamanatha, Kameshwaro, Kamavajrata, Kamatatva-kamarakta, Kamamaya, Kamamukta, Kamamurdhvaya, Parammoksha, Mokshatita, Nirmoksha, Shrimata Nirmala patayai, Shrimata Nirmala Arhangay, Shrimata Nirmala Yukta, Shrimata Nirmala Nayika, Vyakta-avyakta, Parmabrahma, Sarva-vyapt- Vyapteshwara,

Sarva-Vyapt-Parmeshwara, Anant-Brahma-Brahmeshwara, Trikuta-Kuta-Trighadha-Brahma, Bahunama-Namatita, Ananta-Nomanita-Mantraatma,

Mantratita, Mantrakaruna, Prathamkaranay, Sarvakaruna, Karunatita, Prathamatita

Achintya-Sarva Yukta-Yogeshwara,

Shakshat Shri Adishakti Bhagavati Mataji Shri Nirmala Devyai namo Namah.

1:28:24 to 1:39:28: Chapter 11 - Verses 3 to 24 then from 41 to 55 from Durga Saptashati.

Devi prapannārtihare prasīd
prasīda mātārjagato, bhilasya|

prasīdaviśveśvari pāhiviśva
tvamīśvarī devi charācharasya ||3||

Adhāra bhūtā jagatastvamekā
mahīśvarūpea yata sthitāsi

apā svarūpa sthitayā tvayaita
dāpyāyate ktsnamalaghya vīrye ||4||

Tva vaiavīśaktiranantavīryā
viśvasya bīja paramāsi māyā|
sammohita devisamasta metat-
ttva vai prasannā bhuvi muktihetu ||5||

Vidyā samastāstava devi bhedā|
striya samastā sakalā jagatsu|

tvayaikayā pūritamambayaitat
kāte stuti stavyaparāparokti ||6||

Sarva bhūtā yadā devī bhukti muktipradāyinī|
tva stutā stutaye kā vā bhavantu paramoktaya ||7||

Sarvasya buddhirūpea janasya hdi sasthite|
svargāpavargade devi nārāyai namostute ||8||

Kalākāhādirūpea pariāma pradāyini|
viśvasyoparatau śakte nārāyai namostute ||9||

Sarva magaa māgaye śive sarvārtha sādhi|

śaraye trayambake gaurī nārāyai namostute ||10||

Sisthitivināśānā śaktibhūte sanātani|
guāśraye guamaye nārāyai namostute ||11||

Saraāgata dīnārta paritrāaparāyae|
sarvasyārtihare devi nārāyai namostute ||12||

Hasayukta vimānasthe brahmāi rūpadhārī|
kauśāmbha karike devi nārāyai namostute ||13||

Triśūlachandrāhidhare mahāvabhavāhini|
māheśvarī svarūpea nārāyai namostute ||14||

Mayūra kukkuavte mahāśaktidharenaghe|
kaumāirūpasasthāne nārāyai namostute||15||

Sakhachakragadāśārgaghītaparamāyudhe|
prasīda vaiavīrūpenārāyai namostute||16||

Ghītogramahāchakre datroddhtavasundhare|
varāharūpii śive nārāyai namostute||17||

Nsiharūpeogrea hantu daityān ktodyame|
trailokyatrāasahite nārāyai namostute|18)

Kirīni mahāvajre sahasranayanojjvale|
vtraprāahāre chaindri nārāyai namostute ||19||

Sivadūtīsvarūpea hatadaitya mahābale|
ghorarūpe mahārāve nārāyai namostute||20||

Datrākarāa vadane śiromālāvibhūae|
chāmue muamathane nārāyai namostute||21||

Lakmī lajje mahāvidhye śraddhe pui svadhe dhruve|
mahārātri mahāmāye nārāyai namostute||22||
Medhe sarasvati vare bhūti bābhravi tāmasi|
niyate tva prasīdeśe nārāyai namostute||23||

Sarvasvarūpe sarveśe sarvaśaktisamanvite|
bhayebhyastrāhi no devi durge devi namostute ||24||

1:32: 31 :-

Shrri Mataji Speaking.

1:32: 45:-1:34:00

Dr Rustom narrating the verses above in English.

1:34:01 Resumes Durga sapstasi from stance 41 :-

Vaivasvateantare prāpte aāviśatime yuge|
śumbho niśumbhaśhaivānyāvutpatsyete mahāsurau ||41||

Nandagopaghe jātā yaśodāgarbha sambhavā|
tatastaunāśayiyāmi vindhyāchalanivāsinī||42||

Punarapyatiraudrea rūpea pthivītale|
avatīrya haviyāmi vaiprachittāstu dānavān ||43||

Bhāya yantyaśca tānugrān vaiprachittān mahāsurān|
raktadantā bhaviyanti dāimīkusumopamā||44||

Tato mā devatā svarge martyaloke cha mānavā|
stuvanto vyāhariyanti satata raktadantikām||45||

Bhūyaścha śatavārikyām anāvyāmanambhasi|
munibhi sastutā bhūmau sambhaviyāmyayonijā ||46||

Tata śatena netrāā nirīkiyāmyaha munīn|
kīrtiyanti manujā śatākīmiti mā tata||47||

Tato hamakhila lokamātmadehasamudbhavai|
bhariyāmi surā śākairāve prāa dhāarakai||48||

Sākambharīti vikhyāti tadā yāsyāmyaha bhuvi|
tatraiva cha vadhiyāmi durgamākhyā mahāsuram||49||

Durgādevīti vikhyāta tanme nāma bhaviyati|
punaścāha yadābhīma rūpa ktvā himāchale||50||

Rakāsi kayayiyāmi munīnā trāa kāraāt|
tadā mā munaya sarve stoyantyāna mramūrtaya||51||

Bhīmādevīti vikhyāta tanme nāma bhaviyati|
yadāruākhyastrailokye mahābādha kariyati||52||

Tadāha bhrāmara rūpa ktvāsajkhyeyaapadam|
trailokyasya hitārthāya vadhiyāmi mahāsuram||53||

Bhrāmarīticha mā lokā stadāstoyanti sarvata|
ittha yadā yadā bādha dānavotthā bhaviyati||54||

Tadā tadāvatīryāha kariyāmyarisakayam ||55||

Shakshat Shri Adishakti Shri Mataji Nirmala Devi Namō Namah (ends 1:36: 48)

1:37: 08 :- inaudible mantras

The following are being offered with relevant mantras :-

Vastra (clothes)

Chandan (Sandalwood Powder)

Akshat (Full grain rice coloured with Kumkum. (Not broken)

Haridram (Turmeric Powder) (1:38:12)

KumKum (Red Powder for the lotus feet decoration & forehead)

Kajal (For Eyes)

Sindhur (For Hair Parting)

Kanka Sutram (Red Molli thread)

Kankan (Bangles)

Draviya (Money)

Malapushpa (Flower Garland)

Ends 1:42:41

1:46:10

Aum Twameva sakshat Shri Ekadesha Mukuta Sakshat Shri Adi Shakti Bhagawati Mataji Shri Nirmala Devi namoh namah

1:46:32

Aum Twameva Sakshat Shri 'Raudra Mukuteshwari' Sakshat Shri Adi Shakti Bhagawati Mataji Shri Nirmala Devi namoh namah

1:46:50

Aum Twameva Sakshat Shri Ekadesha 'Shukla-Shwa-so-Hiteshwari Sakshat Shri Adi Shakti Bhagawati Mataji Shri Nirmala Devi namoh namah

1:47:00

Aum twameva sakshat Shri Ekadesha Rkashaswa-Subh-Hiteshwari Sakshat Shri Adi Shakti Bhagawati Mataji Shri Nirmala Devi Namoh Namah

1:47:25

Aum Twameva Sakshat Shri Ekadesha Shri-Suklashwa-Mukuta-Mata Shakshat Shri Adi Shakti Bhagawati Mataji Shri Nirmala Devi Namoh Namah

1:49 :10 :-

Brahmahastam Shmaksha Sarva Karini, Padma Hastam Sarva Palini, Rudram Hastam Sarva Sanharini, Karuna Hastam Sarva Mochaiyini, Namastasyai Namastasyai Namastasyai Namoh Namah.

Shakshat Shri Adishakti Bhagawati Mataji Shri Nirmala Devyai namoh Namah.

1:59:00 Aarti

2:03:08 PRAYER FOR FORGIVENESS:

Twameva mata cha pita twameva

(you are the mother and you are the father)

Twameva bandhu-shcha Sakha twameva

(you are the relation and you are the friend)

Twameva vidya dravinam twameva

(you are knowledge, you are sustenance)

Twameva sarvam mama Deva Deva

(you are everything O my God my God)

Aparadha sahasrani kriyante aharnisham maya

(I commit a thousand sins from day to night)

Daso'yam iti mam matwa kshamaswa Param'eshwari

(Please accept me as your servant O Mother forgive me)

Kshamaswa Param'eshwari Kshamaswa Param'eshwari

(O Mother forgive me , O Mother forgive me)

Awahanam na janami na janami tav'archanam

(I do not know how to invoke You I do not know how to welcome You)

Pujam ch'aiwa na janami Kshamya-tam Param'eshwari, Kshamya-tam Param'eshwari, Kshamya-tam Parem'eshwara

(Forgive me, O Supreme Goddess Forgive me O Supreme one)

Mantrahinam kriyahinam bhaktihinam Sur'eshwari

(I have no mantras I have done nothing, I have no devotion O greatest of Goddesses)

Yat pujitam mayadevi pari-purnam tadastu me

(and yet whatever my prayers may have been to You, please fulfil them Mother through your grace)

2:04: 40 Jagadambe x 12

2:05:25 Allah ho akhbar x 16

English prayer.....

2:06 :50 Lords Prayer x 3

2:08:45 Maha Mantras (earlier version)

Aum Twameva Sakshat Shri Mahalaxmi Mahasaraswati Mahakali Trigunatmika Kundalini Sakshat Shri Adi Shakti Sakshat Shri Bhagawati Sakshat Shri Mataji Shri Nirmala Devi Namoh Namah

Aum Twameva Sakshat Shri Kalki Sakshat Shri Adi Shakti Sakshat Shri Bhagawati Sakshat Shri Mataji Shri Nirmala Devi Namoh Namah

Aum Twameva Sakshat Shri Kalki Sakshat Shri Sahasrara Swamini Moksha Pradayani Mataji Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namah

Shri Nirmala Devi Namoh Namah

Shri Nirmala Devi Namoh Namah

Shri Nirmala Devi Namoh Namah

2:10:15

Maha Devi Shri Nirmala Devi ki Jai

Param brahma Shakti Mataji Shri Nirmala Devi ki Jai

1982-1009, It is you who has to enjoy it

View [online](#).

9 October 1982

It Is You Who Has To Enjoy It

Public Program

Cambridge (England)

Talk Language: English | Transcript (English) - Reviewed

"It is you who has to enjoy it", Public Programme, Cambridge (GB), 9 October 1982

I bow to all the seekers of Truth.

When we say we are seeking, we must know that we are a special category of people.

People were seeking before also. They were seeking power, money, possessions, affluence, every sort of thing.

Still they are not satisfied, those who have got it. And so those who are seeking the truth are the highest, highest of all in the evolution.

They are the ones who are going to jump into that higher state which is called as Self-realization.

If you are not seeking, then nobody can force seeking on you. It cannot be done. Even by force, if you take somebody to the beautiful lake of nectar of God's love, and even if you force the person to drink it, it is you who has to enjoy it. And unless and until you have the seeking, you will not have the sensitivity to enjoy that nectar.

And truth is what it is. We cannot change it, we cannot organize it, we cannot transform it. It is, it has been, it will be.

And what is the truth? The truth is that God loves us, that His divine power of love is all-pervading, is everywhere, that this power is active, all the time - it's the living power of living God – and that this power does all the things that we call as living works of God.

A flower is transformed into a fruit by this power. This body we get out of that power. From amoeba to this stage we have come out of that power. The whole world is created out of that power. In everything that power resides and works out, sorts out, co-ordinates things for everyone.

Above all, it is the love of God. It's compassion of God.

We human beings have not got the comprehension of His love; we try to see Him through our own angles, through our short sight, through our blinkers that we have got.

He is the ocean, ocean of love. All the oceans put together cannot be compared with that ocean of love, that ocean of forgiveness, an ocean of complete well-being for us.

Only thing, we have to jump into it.

We have to enter into His kingdom. That is what one has to do.

When it is accomplished, then you are just there. You are looked after. That is the domain of God I am talking about, and there, when you enter in, as a by-product, all kinds of well-beings are blessed upon you, just they are bestowed upon you. You just get them automatically. But this happening also is not our doing. This also is the doing of God. He has arranged us in this way that you can see in the chart – this is the life tree – what do you say, the tree of life as described.

And this is the one that is within us already placed. All these centers, which are subtle centers, are expressed outside as gross centers. When this residual force as Kundalini, which people must have explained to you, from that sacred bone of sacrum rises and pierces through all these centers, it enlightens all of them one by one. By that enlightenment only, you get your physical well-being, your mental well-being, your emotional well-being and ultimately, your spiritual well being. That means you become the Spirit. Once you become that absolute, the absolute, then all relativity drops out.

We actually live in a relative world which is false, which is not true. This power has its own telecommunication. It's so tremendous that it is unbelievable that such a power exists around us and we are not aware of it.

We are not aware of many things. We are not aware that this Mother Earth is moving with such a tremendous speed.

We are standing on top of that; and nothing happens to you. We are not aware of the gravity. We are not aware of many things

because God is so kind, so gentle and so thoughtful that He wants us to live happily as human beings.

So He doesn't want us to hear some things which are not good for us, for our ears, so He makes the frequency of these things are so sharp that we can't hear with these ears. Some of them, He makes them so low that you can't hear. Only what you can hear and enjoy He makes it there.

But we in our freedom have done lot of wrong to ourselves, to each other, to our society, to the whole world.

Once we realize, this freedom is nothing but is our ego - our ego, which has created this problem for all other people.

Then we have also another thing where we get conditioned, which creates the superego.

Now in our activity, which is the right side sympathetic nervous system, we accumulate this horrible thing called ego, because when we act, we think we are doing it, we are in charge.

You are not. He is in charge. We are really doing nothing. What are we doing?

Like the people ask Me, "Mother, how can You cure everything so easily?" It's simple. How do you make a flower into a fruit?

To us, we take it for granted.

We are not bothered to find out, but can you do it? It's so difficult. Can you do it? We can't. But if it is God's power, it can do it.

So if you also have the God's power flowing in you, which will happen to you as soon as you get your realization, you can do it; anybody can do it.

It's very simple. Like any instrument, when it is put to the mains, it starts acting and then we see that this is an instrument. Otherwise it looks like a funny stuff here. It has to be put to the mains.

The instrument is ready, but within us these two things, called the ego and superego as a result of our activity and as a result of our conditioning, are accumulated in our brain.

These two are to be sucked in.

That's very important, because when they grow, these two elements - or two, we can say, balloon-like structures - they make a very strong gap - filled with calcium and you become an egg. Another becomes an egg. Third person becomes an egg. You develop your I-ness - I am this, I am that.

All kinds of misidentifications start coming on us. When this is to be sucked, what should we do? That's the question. What are we to do? To raise the Kundalini.

As I said, it is a living process and you cannot do any living work - so you just can't do it.

It is as simple as that. You yourself can't do it. But somebody who is enlightened, who is the light, can enlighten another light, because that light is ready, just ready, but you need an enlightened light to enlighten that light. Once that light is enlightened, that light can enlighten another light.

But the problem is when the light which is enlightened tries to say that "You are to be enlightened," immediately you hate that person. You don't like it because ego is there, which is ignorance.

That's how people like Christ were crucified. What wrong did He do to people except that, see, He said, "I am the light"? It's true. He was the light. No doubt that He was the son of God. It's true, He was the son of God which you can prove - on vibrations.

On this - by this Sahaja Yoga, you can prove it what He was. He was that, but that time people killed Him. Why? Only because He said, "I am the light," and that you were to be enlightened by Him.

You allowed Him to live only for four years, and when He was killed, when He was crucified, you took advantage of that and made all kinds of artificial things out of it.

He could not explain many things which He talked. He could not say anything. On the cross He said, "It has been accomplished." What has been accomplished? Nobody thinks about it - what has been accomplished. So we have to take reference from other people, those who have been deeper than us, who have gone into it, who have found out certain things about Christ.

And they say that Christ accomplished the greatest thing, greatest feat, because He was nothing but Omkara. He was nothing but the vibrations. And that's why He had no body and only He could accomplish it.

And what did He do? Is to accomplish Himself on this cross (She points to chakra chart) where we have this ego and superego (She crosses Her fingers to show Agnya's crossing - ed.).

Of course they said He died for our sins.

But how did He die for our sins? We say He died for our sins. We accept it, yes, because Churches are telling, people are telling, Bible is saying. But how? He suffered for us.

Then why are we suffering?

But when He said, "You are to be born again," we don't pay any attention to that. For that we have found out an escape. You take your child to the church and they put some water artificially, you accept, "All right, you are born again."

I met people who are certified born again. They quarreled with Me and fought with Me for nothing at all. I said, "How are you born again? If you are born again, that means an egg becomes a bird. Have you become something different? Is there any transformation in you? How do you believe? Why are you so self-opinionated?"

If you are born again, what happens to you? What happens to you? What is born again in it? Born again is nothing but the Kundalini awakening, which rises on top of your head and here is the seat of your Spirit.

Of course, it resides in your heart, but the seat of the Spirit is here, and once it touches that seat, immediately you start feeling that subtle thing which is all-pervading within you. For the first time you feel this cool breeze of the Holy Ghost.

Holy Ghost is nothing but the power of God, the power of His love, which is called as Adi Shakti in Sanskrit language.

But we don't want to accept anything else from outside, any dictionary we don't want to accept, to give answers to things, to mysteries that we have been suffering all these days.

Once this cross, which is between the ego and superego is enlightened, Christ is awakened there.

He sucks in both these things, your karmas, your actions and your conditionings, your sins.

It is sucked in. There is no more for you to suffer. Why do you want to suffer?

Some people have started another theories that we must suffer if you have to go to Christ. Why? Did He not suffer for you sufficiently? Did He not do that?

He has done it, then why suffer?

Be joyous that He established himself there at that point. In the Hindu scriptures, He is called as Mahavishnu. But if I tell this to them that this was Christ, they won't believe Me. If I tell this to Christians, they won't believe Me.

They don't want to believe it because for them Christ is their contract, you see. They have a contract with Christ, as if they are the contractors of Christ. Nobody dare say anything about Christ. It's only they who are the Christians, and it's they who are the Hindus, they who are the Sikhs, they who are the Muslims and they don't know anything about reality.

Just fighting, morning till evening, in the name of God, the One who is the ocean of love, compassion and bliss. They are so disturbed, so upset, so violent that one can easily see there is nowhere the blessings of God.

There is no blissful state. There is no peace anywhere. Because there is no peace within, how can you have the peace without?

And this is what it is one should understand – that in the name of God, many things have been done which are absolutely against Him.

They are anti-God activities because if you become a fanatic, you are anti-God, absolutely anti-God. You have to see that God exists for the whole universe. Nobody can take His contract and can organize Him.

When I say this, of course there will be people who are interested in things with which they are identified. They want to carry on with that kind of identification; maybe they get some money out of it, maybe some sort of a name or something fame. But what is most important is your Spirit. Why identify with anything else but your own Spirit? You cannot get money out of it. No. The joy of Spirit is the reward of Spirit.

Why do you want money for? Why do you want fame for? Why do you want anything of these worldly things, they are so transitory, temporary, will finish off? Why not ask for something that is eternal? Why not ask for the eternal life of Spirit?

And that if you ask, it is at your door steps, you can get it. It's very simple and easy.

When you say it is simple, people can't understand. They think, "How can it be? You have to stand on your head for one life, then you have to stand on one leg for one life."

That's the idea they have got about penance.

There is no need to do that – Christ has done for you. Believe me, He has done it.

So now, how to understand this simplicity?

In this room, say, there are so many lights and we all can see each other. There's – see, the room is enlightened. But what did you do? You just switched on one switch, very simple.

If you ask anybody, "How do I put the light on?" "Oh, go, just go! There's a light there. Just switch on". That's all, you get the light!

But for a person who has never seen electricity, it must be a wonder!

"How? Just switching one light, so simple?".

It is not in a way. It is made simple for you, but there's a big organization behind it.

There's a big history behind it and there are so many people who were working it out. And there's a big machinery.

In the same way, whatever looks so simple to us is tremendous, is great. But God Almighty in His care and tenderness doesn't want you to know anything about it.

Forget it. You just jump into it. You just enter into the kingdom of God and enjoy the bliss, that's all. Why do you want to bother about these things? Of course, as we are very thought-oriented, people want to know about it.

That's why one has to talk about these things.

But best is to get your enlightenment first and then talk about it.

It's a headache to talk about the electricity and about its history, the inventors and the problems they have had, and then after all this when you have fumbled down, fallen down, everybody hit each other, kicked each other, then say, "All right, now it's very simple. Just put on the light." It's better to be other way round, that I say, "All right, put on the light, and then we'll talk about it."

I am so happy to see so many people in Cambridge today. Really very happy because I have been here before also. But we had no response. I was surprised. Here where there are many false gurus are working out their tricks.

People have collected thousands of pounds from this place, Cambridge, which is the seat of learning. Where so many educated people live, intelligent people live – have been befooled completely and have been pampered. Their ego has been pampered. They have gone into such trips which are very dangerous.

We had somebody from Cambridge in Sahaja Yoga, very well-educated person, got into epilepsy, going to such a horrible fellow. Lost all his money, everything, bankrupt and also epileptic.

Educated, very well-educated, first class boy, ruined for his life. But why it happens to us, we must think. Why we are enamored by such people? Because we believe in the superficial things; because it is being advertised in such a way.

These people come with a circus because they have to attract you. They have to attract you for their purses. They have to attract you for their own powers because they want that people should be dominated by them because they can extract money. Their interests are very low, base and we don't see it. We don't understand it. They pamper our ego. They'll talk of big things, "We are going to make you a minister. We are going to do this." We say, "Oh, all right." We follow all this nonsense. Imagine.

This ego is such a tricky thing. It plays tricks not only with others, but plays with yourself also. It cheats you. This so-called intelligence of the ego can cheat you and that's how many people are lost. Those who are seekers of ages are lost because these horrible satanic forces knew how to play the trick, how to play the trick with you and how to take you to their own domains of satanic forces by which they could extract all your blood.

I'm so sorry when I hear that these things have been happening all over. But in the places where there has been the seat of learning, the Goddess Saraswati reigns, where people educate themselves, all these things have come slowly and settled down. There are other things also which are very dangerous.

Like people who are, call themselves psychologist. They can be very dangerous people. They are unauthorized. They have no idea about the psyche. They don't know that psyche also has another side, which is the right side, which is the ego. They can be very dangerously-placed person like Freud. I don't know how people believe in him. In England, there are so many Freudian. I am surprised because I used to think that at least English are the wisest among all the Europeans.

But more than the place where he was born and worked out in Vienna, there are more in England. It is most surprising, what has happened to our wisdom.

Even logically we can see that he was a hopeless case. First of all, he had bad relation with his mother. Can you imagine? He had no sublimity of any kind.

He was worse than an animal.

And secondly that he died of cancer in such a miserable condition. And he was nothing but a miserable personality. How can you follow a man like that blindfolded? Because he suggested that you are a sex point. All your relations are based on sex. There is nothing sublime [sublimated].

Now see where is the sex point.

Is at the last – where there is the red – and here resides the innocence.

This first center, which is the innocence within us, is the child within us, is looking after the Mother Kundalini that you have. She is your Mother. Everybody has their own Mother settled down in that sacrum bone, so sweetly, waiting for an opportunity to get this realization.

She is going to give you your second birth and she is going to work it out, and this innocence of yours which you may kill any amount, is still there; and they attack that innocence.

Today I find in all the western countries there's a big attack coming on the innocence, on the children. They do not understand that there is – sex has nothing to do with your evolution. It is not important for your evolution.

Of course a married sex which is a sensible sex, which has a sanction with the collective, is very important, no doubt, for the society and everything.

But here if you play about with your sex, it's a dangerous game. It gives you all kinds of diseases; it gives you impotency, all sorts of other problems and worst of all, insecurity in the whole atmosphere, especially for the children.

This is what it is. We have not been able to use our brains. Use your brains. God has given you brains, come to logical conclusion.

Like the Mayor yesterday asked Me, "What do you do with them?" I said, "First I bring them to logical conclusion."

See, what should we expect. We have known Christ has said that: "It is written, 'Thou shalt not commit adultery'. I say, 'Thou shalt not have adulterous eyes.'" Are we Christians aware of these warnings? Not to have adulterous eyes, just the opposite we are.

So that the eyes should be clean. There should be no lust in our eyes. It is to be at that point, not at the eye level, not at the brain level.

It is at that point and it should reside there.

There is placed your innocence, because innocence guards you against all wrong doings, all wrong things that you do with your sex, and that's how you get into trouble and you have problems.

Yesterday we had people there, many people came and as the radio fellow has told Me that "You better talk about how You cure people, they'll be very much interested".

I told them all how it happens and we did cure so many people there of many problems, and so many things can be cured.

And if you want, you can get My tapes to know about them, how it happens and what chakras give you these things.

But in short I'll tell you how we develop problems within ourselves.

Now one thing I must say, that when I've been discussing this, human mind is so funny that immediately they start reflecting upon themselves.

Firstly they will feel guilty. "Oh, I have done this". Immediately they will start thinking that, "I have got cancer," or, "I have got leukemia," or "I have got that." So if I tell you about the symptoms, it can be very interesting (She laughs).

There's a very interesting book I read long time back when I was a child, "Three Men in a Boat." I am sure all of you must have read it. It's a very interesting one. In that a character of one gentleman who said that never read Materia Medica, the book about the medicine. Once he read it and he thought he had every disease, every disease except for housewife's knee (laughter). And the doctor was amazed when he told him he has this disease, he has that disease.

He said, "Why not housewife's knee?". "Because I am not a housewife", he said (laughter). Otherwise he had practically every disease and he wanted a medicine for them. Doctor was – that time doctors were wiser I think, he didn't want to take money out of him – so he said, "All right, I have given you the medicine, but you have to take it when you go away from here. Go to your bedroom and then you can take this medicine."

He went home and opened that and there was nothing but a paper, and on the paper it was written, "You are the greatest fool I have ever come across. Never read Materia Medica again (laughter) and you are absolutely healthy."

So when you start telling them how the diseases are caused, also people can start thinking, "Oh, I must be having this trouble and that trouble." Nothing of the kind. Please don't think like that.

I'm just telling you because you should not go into it again and it should not happen to you in future, not in the past. And those who have had problem also can be cured.

It's not difficult. It can be cured. When you get your enlightenment, you can cure people. You can also cure. It's not difficult.

So, now we'll start from the imbalances that we have. For example, a human being has another funny habit – is to go to extremes. If you tell him, now in the newspaper or, say, in the TV it appears that your legs should be like this, the measurement of the legs appear, or the measurement of the body appears, all the ladies will try to be that, to become like the form that is given. But why? It is, it might be some sort of an enterprise that people are trying to sell something just to make you thin or fat or whatever it is, and that's why they are publishing these things.

Why just to - you go into it headlong? May not be required at all for you. Now when they do it, they do it so much, so much overdo it that they develop really the problems which never existed in them. Means they were normal people, and suddenly they become sick people.

So in this way, we have so many extremes we go to. For example, we are people who are right-sided and left-sided as you can see here, the people who are emotionally very rich and who go to the emotional extremes, and the people who are more mentally rich and who go to the mental side more.

Those who have any desire and just work with their desires and weep for it and they are the most unhappy and the miserable people – and "I couldn't get this and I couldn't get that" – they are the left-sided people.

The right-sided people are that "Why did he get that? I must also get it."

Such aggressive people are right-sided.

Now the people who are on the left hand side think of their past, "I was so very happy. Now I've married this wretched man and I'm very weak." The man will say, "I have married this wretched woman," or some sort of a thing.

They go on worrying about themselves for nothing at all and making themselves miserable.

So, we have two types of people.

The another, one extreme case we can say, is Hitler. Hitler was the one who was so aggressive. He used his aggressive policies. He got people who were dead who were aggressive and used them to entice people, to become aggressive.

They could not see it through.

They could not understand that they are not a special race. And they became such racists - which is, one can't understand with human understanding that how can there be a race superiority when God has created all of us. It's nonsense. It's absolute nonsense.

It has no meaning, no basis. It's not natural. God has created everybody separately in a different way. But this kind of a thing comes into the mind when you are identified with certain ideas on the right hand side that you are an aggressor, you are an aggressive person.

On the left hand side, as I told you, a person makes himself miserable because he thinks of the past. But on the right hand side, a people makes others miserable and aggresses others. Both sides are wrong. You have to be in the center, neither in the future, nor in the past.

So how to be in the center is the problem. By saying it or by brain-washing it, it cannot happen. For that the Kundalini has to rise. But you have to keep the balance.

You shouldn't go to the extreme of anything. You should not become identified or clubbed with something which is not normal. You should be with little normalcy about it.

Like, if you ask a person "Now you have to do Hatha Yoga". There is a new system that has started, Hatha Yoga, without knowing what is Hatha Yoga is, what was the basis of Hatha Yoga. There are Ashtangas and all these things to be done. I have seen people doing only that little part of it, Vayama, which is so indiscriminate, which has no sense as to what chakras are catching, where the Kundalini is, what is the problem.

Such people can develop heart troubles, tremendous heart troubles they can develop, and can be extremely negative people because though they appear to be very positive, can be very, very dry, very dry.

They can develop divorces. They can be very aggressive. A time will come when they'll have no emotions. Even their own child dies, they will not feel the emotions. They can be very, very dry people. Now we don't see that dryness is a bad thing. We do not see that, that we are not feeling the emotions of another person. We do not think that that is important.

Left-sided people are the other way round, as I told you. But when they go to the extreme, first they go into their subconscious. In which they see what had happened and they think of the previous lives and all that. And then they can go into collective sub-conscious if they go on pressing it too much.

Or some of the people who are interested in their purse, or all such base things, can entice them, can hypnotize them, completely hypnotize them and push them onto the left side.

Now cancer develops from the left side.

Leukemia develops from the left side. Multiple sclerosis develops from the left side. I haven't seen one patient who has come to me, as having cancer, having leukemia or multiple sclerosis who is a right-sided person. And ultimately they can be epileptic, or they can become lunatic or schizophrenic. All those things can happen to them.

The right-sided person, on the contrary, will get a heart attack. He'll get a heart attack. Definitely he'll get a heart attack, if he goes too much with it. But first of all he might develop a liver, very bad liver, hot temper with it.

He may develop a pancreas trouble that could be the diabetes. He could develop the spleen trouble which could be a kind of a leukemia which comes out of speediness but it has to be triggered by the left side.

So it is between the – first the anemia and all that disease happen and ultimately he can get leukemia after that. And many children also become patients of leukemia because their parents are speedy. Extremely speedy people get leukemia because they are all the time acting on emergency. Simultaneously, they are working on various things like, you are driving, you are eating, you are listening to the radio – horrid news.

Early in the morning you see in the newspaper, all horrid things are there. They will never give a good news. You'll be amazed. We have been trying to tell people that we have found out solutions to many things – please publish at least one line, half a line – but they would not.

But if there is a calamity somewhere, a horrible thing happened, early in the morning you open the newspaper only you drop down.

You become so much upset that emergency is set in.

Then you have your breakfast, you have to catch the train, you have to rush up, you rush up, then you find that your train is delayed, you start shouting, screaming. All things work out. Ultimately what happens is that your spleen goes out of gear. It becomes crazy. When it becomes crazy – it's a speedometer, it controls our speed - and you become so speedy that nothing can fit into you and the speed of the production of red blood corpuscles is so much increased that they become malignant.

But of course the triggering, as I said, comes from the left side.

So sometimes the right side can create a condition for the left side to act – can also be just the left side can work out.

If a person is affected, say, by a possession, if he lives near a funeral place or some place where there is a cemetery or in the churches also you have all the dead bodies there – I mean it's something I can't understand.

People don't know about that. Why to put in the churches, the dead bodies?

I mean, normally, anybody who dies must be cremated, except for the realized souls.

Realized souls are to be buried.

It's a simple thing, because they give fragrance to the Mother Earth, give fragrance to everyone. But if you bury a person who is not a realized soul – supposing he is an evil genius – you know about this, that the souls wander about.

And I have lived, since I have come to London, always near a church. And I have found all these souls coming up in the night and they are horrible things and we walk over them.

They are sleeping there, we tread on them. It's a wrong thing. People had no idea as to how to deal with the dead and that's how people have also created a double problem. The cemetery is in the city. The center of the city, there will be a cemetery. All

children are going there. Everybody is going there. Pregnant women are going there. And these busybodies can attack you. It's a fact. They exist. No doubt they exist. Even the doctors say that there are proteins which they call them as Protein 52, Protein 58, like that, and these are the proteins which invade us, our being by which cancer is triggered.

And what they say that this comes to us from the area which is built within us since our creation, means from collective sub-conscious. But, I mean, they cannot put it together as I am putting it because they see things from outside, I see things from inside.

Now when I tell about this, people don't like it but it's fact. You should not play about with spirits. Now these spiritualists, these charismatics and these – what he said - Pentecostals are nothing but all possessed things.

These possessions can be horrible and most of the lunatics and all these people have these possessions.

You must have seen a woman walking. Suddenly she becomes blind. Her eyes are open, nothing wrong with her. Doctors can't cure her. She can be easily cured if you can remove the possession from her (Shri Mataji touches Her back Agnya).

These are all horrible things, which can ruin your life and you do not understand why doctors cannot understand because they don't understand there can be spirits.

They don't want to accept it.

You can't see the spirits unless and until you become a Spirit.

That is the problem, is that in English language there are three meanings of the word "spirit".

One is the Spirit that is Atma. Another is the spirit which is dead. And the one that you drink is also a spirit (laughter). So you can understand how can I have three words, which are just the opposite to each other meaning the same?

Now I am praying the Spirit which is in the heart, which is the reflection of God Almighty.

But this Spirit, unless and until it is awakened, no use talking about it. Better have it done so that you know how beautiful you are, how God has created you with such beauty, care, and you are all there intact. Nothing is missing.

You don't have to worry about it. You just don't have to think about it. "Oh, Mother, how can I be? I've done this. I've done that." Please don't think. First thing I always say before starting the program, before the demonstration of it or before the manifestation of it, that first of all say in your heart of hearts, "Mother, I am not guilty." That's one thing, this idea that you are guilty, is absurd.

It has no meaning at all. It is not even a speck in that Ocean which cleanses you. So you don't have to say that – that, "I'm guilty."

Please, for heaven's sake, all of you have to say that in your hearts before we start any program further.

Because how can you be guilty? As He is the compassion – you can't imagine what compassion He is. He is forgiveness. He is complete forgiveness.

At that time if you have to feel guilty, we really insult His power of forgiveness.

So we should not feel guilty about anything. Whatever has happened has happened.

Forget the past, doesn't matter. [It] is a very important time, important moment you have arrived. The time of resurrection has come.

The time of blossom has come. You have to become the fruits. It has to work out and it will work out.

May God bless you all.

I would request you, if you have any questions, you can ask Me questions. But don't ask irrelevant questions and, you see, offensive questions. That's very wrong because, you see, I have nothing to get out of you – nothing, I tell you – except that, that little politics about it that I am a Capitalist in the sense I have all the powers within Myself, and I am a Communist because I can't live without sharing it.

That's the problem. And that's why I am here and so people should not ask questions which are offensive for nothing at all.

If you want to get it, you can get it. I cannot force you as I have told you in the very beginning. It cannot be forced.

I cannot promise you. I am sure it will work out, if you little bit co-operate with Me.

So be kind to yourself and be open. You need not have blind faith about Me, not at all, not at all, but you should be open to receive it.

If it works, well and good.

If it doesn't work we'll see it next time, doesn't matter. I'm going to be in London at least for three years more. I hope so.

May God bless you all.

Now please ask Me some questions.

Seeker: When You say that spiritualism etcetera is wrong...

Shri Mataji: Spiritualists are.

Seeker: Spiritualists. Is it wrong for, say, someone who loses someone ...(indistinct) to try and get something back.... what is so wrong with that?

Shri Mataji: You see, the spirits are the dead spirits, (Seeker: Yes) are the people who belong to another country. They belong to another state. All right? They are in the subconscious area. If you start allowing them to walk into our lives, there will be many who will come round as immigrants, you see (laughter). And you don't know what they are up to and they'll attack you.

Moreover, those people who are realized souls or of higher nature never stay back.

They know that this is over and we should go back.

Moreover, it is our responsibility also to see that we do not trouble them. I mean, we have used them; they have lived with us.

Now we should give them their freedom.

By keeping them around, we torture them. We trouble them. And sometimes they can be very, very troubled. Even if they are good people, we really trouble them.

Let them go. That's not the time that they should be here. But they'll be back again.

But why trouble them? It is because you are identified with them.

Now about sickness, people say that for sickness, I have known people who are spiritualists who try to cure. But what they do is to remove one spirit and put another one into it. You see a person, say, he is a person who is wasting money, say in horse-riding, so if you remove him from there, he'll become an alcoholic. If not, he'll start beating his wife. Because there is no transformation, you see. There is a gap always if you ... so it is better not to have some sort of a screw there which is always to be replaced by something else.

So these spiritualists also, those who try to heal, are just giving you relief in the physical being. Physical being is not so important.

It is part of it but we are not only physical beings. We are also mental beings and emotional beings. If you try to be only physical being, do everything only for the physical side, then you forget the Spirit.

And the spirits get angry with you. So you are three of these things which are to be integrated through your spiritual ascent.

All right? So that's why in any case that kind of a work is of no help in any way to us because ultimately we have to see to the general good of everyone.

I have seen spiritualists who have been acting as spiritualists end up their lives very miserably, most of them. Not only that, but whenever they are in a program, you get tremendous heat from them. All those people who have tried such tricks...

I'll give you a very good example of Doctor Lang, who was, who died – "late Doctor Lang International Curative Centre" was in London, I don't know if it is still existing or not.

I came to know about it because so many people in India suffered from that curative center. And they came to Me. I had no idea. Now this gentleman died long time back and his spirit entered into a soldier, not into his son, but to a soldier in Vietnam or some place.

And this soldier – I mean, they write all this story, I mean they are very frank and honest – I must say they are not hiding anything.

So this gentleman came to England and told the son that "I am the father" and he told him secrets where things are and all that and he convinced him that he was the father.

He said you open a clinic with this name – Late Doctor Lang (She laughs) International Curative Centre.

Now what they used to do, you see, he got hold of many doctors who were, who were sort of unhappy or some sort of things, or those who were lingering behind. So, he used those spirits. And what he did by using those spirits, he used to write a letter, which I have seen Myself, in many cases, that at this time, at this hour, we will enter into your body.

I mean, they frankly told. They didn't say that "We are going to do anything divine or anything.

"And we'll enter into your body - when we enter into your body, then what will happen, that you will start shaking. Don't be worried. It is we who are in you, and once it happens" – it would happen after three months or four months but they would give exact timing – "and then you will feel better."

Now these people who came to Me suffered from tremendous nervous trouble. And out of all these who came, even one per cent I could not cure – one per cent.

They were such gone cases.

They had a miserable old age and I still know of a lady; she just lays down in her bed and she goes into tremors and things and nobody can help her. I haven't got time to pay so much attention to one individual. So it's a miserable case. Every time I go there, she meets Me. I put her right. Again she goes back to her bed, again she gets ill. It's a very long process.

I am not here to cure you, I must tell you very frankly, but to give you realization.

But as a by-product of that, you all get cured. That's it. You just as a by-product of that, you get cured.

Moreover, you must understand that God is the source of all common sense. He will only cure such lamps which will give lights later on because we don't look after lamps which are gone cases. So they can be born again.

But God looks after those people who can give His light to others. Of course, many people get cured.

I have seen in London, the first wave of Sahaja Yoga started – we have thousands of them they got cured. But out of them very few really took up Sahaja Yoga and helped others.

They just forgot. Of course, they have tremendous respect for Me. When I go to India they all fill the hall and all that is there.

But they are doing nothing for Sahaja Yoga. They are not doing anything curing for others. They are not raising their Kundalini. They are not giving realization.

It's a, it's really sometimes I feel that so many people have been cured, so much God has done for them, but they don't understand why God has done it for them. It is to give it to others. You don't have to do much for Sahaja Yoga. You don't have to pay a single pai [short form of Paise]. Nothing is needed. Only thing is, God has given this power. All right, just give it to others. That's all. It's very simple. And you feel so happy. You are so employed by God that you do not feel bored at all. It's such a wonderful thing.

But one must accept that if He has been kind to us, we have to be kind to others.

It will just automatically work, no doubt. It works. I know people get cured, no doubt about it.

Any other question please? Yes, please – little loudly...

Seeker: Why is Your picture sitting on the table next to You?

Shri Mataji: Can you say loudly, please?

Seeker: Why is Your picture sitting on the table next to You?

Shri Mataji: What he...?

Sahaja yogi repeats: Why is Your picture sitting on the table next to You?

Shri Mataji: Why, you don't like it? (Laughter, Shri Mataji laughs) It's something, it's a question really something I can't understand. You see, if I am something, if this picture is My true picture, then why not have it? All the pictures you have of Christ are not His own.

Very few people have seen Him and also there are no-one who has taken His picture.

Actually, when I see the pictures of Christ I get a shock. I said, "How can this be Christ?" I mean, this miserable creature cannot be Christ at all, but you don't mind having all these things around.

Even the cross that you have can be horrible, made of plastic, made of this, made of that. Might give horrible vibrations to you. You don't know anything about it.

With this picture, you'll be surprised, the person who first got realization got through this picture.

In this picture there are vibrations.

When you will get realized, you will know that only this picture has such vibrations because the real thing it is – thank God the

science has given us the real thing.

If there were cameras before, we would have had pictures of all those great people.

Because there were no photographs they said, "Better not have any pictures."

Because all the pictures were imaginary, done by people who wanted to have some money. With this picture, many people have been cured.

All right? Especially in Australia, a miracle happened. That's how the media took Me over.

There was a lady, a friend of a very big journalist and a businessman there who was in a coma and doctors said she has got a brain trouble and she cannot come back to her normal conditions. There's a damage in her brain and she is dying. Then everybody had given up hopes, but there was one Sahaja Yogini, she said, "All right, you just allow me to put this photograph under her pillow."

And you'll be surprised: she came to consciousness next day. By the time I reached there, she was very conscious. So all the media was there to receive Me in Australia. I was surprised, because media is the last which attends anything that is real. I was Myself aghast to see them there all (Shri Mataji laughs). But this one thing worked out. And it is really true, it has happened, now that woman is walking about. You can write to her and find out. So this is what it is.

It's a very good thing that has happened that we can take pictures now because I think, I cannot meet everyone in this world, but they can at least see My picture.

People get cured by this picture.

But what's wrong? Supposing your picture is like that, I would like to put it there.

But is it like that? That's the point is.

You see some people say, "Why You are doing it?" I said, "Better you do it. I would like to retire."

Actually, today My husband was very angry with Me. He said, "Why are you there on Saturdays? And why don't you come?" I said, "Now it's been advertised too much. I just can't come." He is not, he wants Me there for some purpose and he was not very happy about it.

So I would be very happy if you could sit down here and do the job. You see, I'll be very happy. I'll retire.

But you can't do it. And why to feel bad if I can do it? Because you can do many more things that I cannot do. For example, I can't drive, I don't know how to write a check, I don't know anything that you know.

So many things there are I do not know. You'll be amazed. I'm so simple that people can call me a rustic woman because I don't know many things that you know. But I know one thing: that is awakening of your Kundalini. And then another thing, this photograph also knows you somehow.

Yes please?

Seeker: How You came to discover this form of Self-realization, which is quite quick compared to the previous ... (unclear).

Shri Mataji: Yes – what he is saying?

Sahaja yogi repeats: How did You discover such a quick form of Self-realization?

Shri Mataji: Must be something about Me, sir. You better find out. It's true. It's true. But something about Me, definitely.

You see, whatever our education is, you know has come to us - Buddhism and all that - has come to us through other English writers or western writers. But if you really go into the literature, you will know that it is already prophesized. Even William Blake has prophesized absolutely about Sahaja Yoga. He said that God of men [men of God] will become prophets and they will have powers to make others prophets. But who reads Blake? No-one; they read Freud. He described to such a detailed account of Sahaja Yoga that sometimes I'm amazed. No Indian seer has seen that, what William Blake has seen.

But our mentality is funny because once he had his exhibition; I went to see his exhibition and people were looking at nude women that he has painted.

He was innocent! He didn't paint any nudity; he just painted women without any dress, just the body. But they were looking at the nude women. So, this, look at our mentality.

Looking at William Blake also we praise him because he had painted women without dress. He was innocent!

It has to be done. The time has come. At the beginning of life, I know there were hardly one or two people. But today is the time, a time where many have to become.

As you know, on the tree of life there were few flowers. Now there have to be many flowers because the blossom time has come and it has to be simple. But supposing it is simple, must you not accept? It's like My grandmother saying, "I don't believe you can go to moon. How can it be possible?". It's like that. It's a jet age.

If there is speed outside, if the tree is growing outside too much, something must have grown inside: the roots. And this is the knowledge of the roots which you do not know, which you should know, how it has grown, what it is sucking. All right? If it is so, why not have it?

I mean, if I say there's a diamond, will you refuse it? You'll say, "All right, if it's diamond let's see." Keep it open.

It's more than all the diamonds put together. It's true. It is very simple to understand if you see God's point of view.

This creation has to have a meaning. And you are going to give him the meaning. If it doesn't work out, this creation is going to be destroyed, because human beings are going to be destroyed. You can see that. You can see around what is the situation is.

Lady seeker: [Unclear question]

Sahaja yogi repeats: She is saying that do You think that nowadays in all the philosophies and religions there's a big upheaval going on, which is making people seek more and more?

Shri Mataji: ... Confused... eh? Really. It's a little confused question because, you see... but I understand what you are trying to say, that people are seeing through now because they are intelligent. They are seeing through and it has reached a certain culminating point, you see? All these philosophies have reached certain culminating point and they are seeing that, what is the result.

Now the time has come for them to see the result of all these mental projections we have had about everything. So people are thinking that there must be an answer to all this.

Whatever we have done may have been little wrong or something has been more linear. It is not so expanding us and it is not giving us what was promised to us.

So they are thinking about it and they are going round to find out the answers.

That's why there is a seeking, no doubt. But it is also the plan that they should be here, that they should be on this earth at this time.

All, so many things have worked out. But the reason is that there is confusion today. In this confusion only, you are going to find it out. If you were not confused, if you were sure that you are doing the right thing and you have done whatever is right which was before this, then you would not have thought of it.

But just now people are seeing that we are relatively living: "This is also right. This is also right." How can that be? If right is one, then it should be one.

So people are thinking about it. They are seeking. In this seeking they might do mistakes. Some people might do many mistakes like going to wrong gurus, might spend money for it, may become bankrupts, might go to drugs, might do this punk rock, all kinds of things - are nothing but expression of that feeling within that there's something beyond.

This is true that this confusion has led to the seeking. No doubt about it. Because they are all challenged. These philosophies are challenged. Everything is challenged now. And people see that it has given no result. Our forefathers did the same; we are doing the same.

What's the use? We have to reach somewhere. For example, Jung has talked of universal unconscious much before I came. They have prepared the stage for Sahaja Yoga, I should say. All right?

Lady Seeker: Do You know anything about the guru Maharaji?

Shri Mataji: Ah! Now don't ask about them. What do you think about him? What have they done? What good have they done to you? In general, there's one principle you must apply to all of them. On the gross, anybody who is interested in your money is not your guru; he is a parasite, on the gross.

In the subtle, anybody who doesn't manifest your powers has no powers of his own.

These two you apply to every guru and don't ask Me individual questions. The one who is interested in Rolls-Royces, I mean if you think him to be a guru, I must say this is something surprising. Very surprising. It's a parasite activity (?).

Yes, My child?

Seeker: ... but You spoke tonight about Jesus Christ coming to the world and He left the world, but before He went, He had a supper with His apostles and there came a flame on their heads, as You talk about the cold, the cold air.

Shri Mataji: Who?

Seeker: Now I wonder whether You have anything in Your faith which corresponds to the apostles.

Sahaja yogi: He is saying... when Christ had dinner with His apostles, a hot flame came onto their heads... and he is wondering, do You have any apostles also? Do You have anything similar? I don't understand what he means by that.

Shri Mataji: It's again confused, My child, but doesn't matter. Let's see now - they had a hot air on their head? Is it - did you say so?

(Yogi: "Hot flame"). When did you - when was it, where was it written? You saw it in pictures?

Yogi: No, in a scripture he's seen it.

Seeker: In a scripture.

Shri Mataji: What is it?

Yogi: Pentecost.

Seeker: Before He left here, He sent about twelve men to do His work. As You have spoken about Christ going out of the world ... (?).

Shri Mataji: Yes, it's all right. Now, I'll tell you what. You see, hot air will come out of everybody's head now. Even you are sitting here. Because there's heat within you. First the hot air will come out. You see, Christ tried to give them realization but they didn't believe Him - believe Me that they never believed Him till he got His resurrection.

Seeker: The apostles did not believe Him?

Shri Mataji: No, till they got His resurrection, you see, till He got His resurrection, they were still like this you see, little half-way, not fully there. And that's why the hot air came up.

You will see now, gradually as you'll settle down in Sahaja Yoga, when you will be fully equipped, when your vibrations will flow well, it will be cool breeze. Otherwise, hot air comes out.

You see, with people who have... most of you will first have hot air, no doubt about it, because there's heat accumulated.

Now, I'll tell you very scientifically about it - that when it is hot, say for example take Helium, Helium is a gas - you know that.

When it is hot, all the molecules in it fight within, revolt against each other. They are absolutely volatile. But when it cools down, they become collective and they move in a collective way.

Is - even in science it's shown. And it's the cool breeze of the Holy Ghost has been described in the Bible also.

So it should be a cool breeze.

Because even apostles who Christ had, were not - didn't get their realization fully because they were doubting Him. Still not doubting, but I would say they didn't have that faith till they saw He was resurrected. And after resurrection to have faith was rather wrong, isn't it? Untimely, I should say (laughter).

I can understand them. That time, you see, this was not there.

I mean, to talk of realization itself in that country was something so out of the blue. They were fishermen, not Cambridge students (She laughs), and you could not explain to them.

But still they were simple people and they were honest, no doubt about it. But to their honesty, they could not understand how, what this man is saying about Self-realization or of second birth, you see.

And so they doubted - was all right at that time. But today it is not all right because once you get realization, you see for yourself.

All right?

Same seeker: ... that they had this experience after He - after He was resurrected.

Shri Mataji: What's that?

Sahaja yogi repeats: He said that they also had this experience after His resurrection.

Shri Mataji: You see, they had faith in Him. But I wouldn't say they got realization, except for John, I would say; but others, I'm not very sure.

Because the way they write about His works, it's something an outsider writes, you see. It's just ... not a person who is in it. You see, when they write, that's not there, I find. But the worst of all I feel about St. Paul who should not be there at all. He had nothing to do with Christ. I can't understand why he is there, because according to Sahaja Yoga standard, he was a supra-conscious personality.

I don't know why he put them there because he saw a cross or he did all this. He was the one who was killing all the Christians to begin with and then suddenly, I don't know how – it was a Roman trick perhaps to put him there – I don't know why, but somehow - I cannot explain it.

Seeker: It was not the Romans... I'm sorry, he had an experience.

Shri Mataji: What is?

Sahaja yogi repeats: He said that he had an experience on the road to Damasco.

Shri Mataji: No, that was not - that's not the experience. Experience is different.

The experience you can get it.

You see, the other day only, one lady saw a cross on Me. She saw auras.

Another one saw something else; that's not the thing. That's not reality.

Same seeker: So you are saying his experience did not exist but Yours is existing.

Shri Mataji: Yes, because that you can also get an experience. Supposing you are taking LSD; supposing, all right?

Anybody taking LSD, they come and see Me they'll just see lights coming out of Me. They don't see Me at all.

[Seeker says something else about what happened on the road to Damasco.]

Shri Mataji: What is it?

Yogi: No, you see...

Shri Mataji: You see, you also are taking too much time of others. (Seeker: OK) All right? Now leave it. You come and see Me, we'll talk about it. (Seeker: Thank You very much). Alright.

It is - you see, we should see what have you got out of it. All these discussions and these dogmas – what have you got? You see, what are we going to achieve out of it? Just think of it. What is the use? We have to get the reality.

Why discuss all these things? We have so many clergies here who have been studying Bible and all that and they are now fed up. Their heads are off now. This dogma, that dogma, this, that – it's over now. Finish it.

Just get the reality first, then we'll talk about it. All right? You just get the reality, then.

What is it?

Lady seeker: I wonder if it helps to meditate for Self-realization.

Shri Mataji: Of course, that you will be in meditation. You cannot meditate; you get into meditation. That's the most meditative state. Now, so I'll tell you what happens to you, all right? Let me talk on that. That's a better question, very good question.

First when the Kundalini rises – all right? – you won't feel anything, most of you won't feel anything, but some of you may feel.

You may feel heat in the body. You may feel kind of a, some people might feel the throbbing in the back in the spinal cord, might feel – little bit, not much.

It's not very painful or anything.

Don't be frightened of anything. Then it will rise. Some of you might feel the rising, because if there are obstructions you can feel the rising.

If there isn't any obstruction, if you are not misidentified, if you are not extremist, if you are in the center, normally it shoots off in the split of a second.

When it shoots off, what do you feel is, you feel a cool breeze coming out of your head. But normally, as I have seen, people are

complicated. There are complications in the physical, mental or emotional being. People are not so balanced. Mostly they have liver problems or things like that. You might get a heat coming out of you.

First the heat comes; quite a lot of heat might come. When the heat disappears, then you start feeling the cool coming and you'll feel very nice inside. Then the bliss starts coming in.

You start feeling absolutely relaxed and you feel in your hands the cool breeze is coming.

But first of all you feel on the head.

You should feel yourself. Nobody is going to certify it for you. There's no falsehood about it. It's a thing that you have to feel.

And once it happens to you then you can develop it. Because though the Kundalini at the first shot comes out, but then She tries to look after your different organs if they are sick, your mind if it is overloaded, or anything that is wrong, it creates a balance and it again comes up.

So you have to just know how to re-establish it yourself because it is your own. Everything is your own. It's – you can think like this, that this light is your own. It's your own lamp.

I just have come because I have got the flame in Me, perhaps. Then I put the lamp. Your light is enlightened. Now you look after your light. It's your light, it's everything yours.

The power is yours. It's your Mother. It's your own Spirit. And then you work it out.

Unless and until you work it out, you will not know whether it is true or not. You have to work it out. Now you should not be identified with anything, that's one thing is true; because you have not seen the reality so far.

Say, for example, Mr. X says, "This one says so." All right, must have said it, but he is not here. Today he is not here; it is I who am sitting here. All right?

So it is better that what I am saying you better receive it, because it's nice to live in the past. Like, people want to believe in the past because it is easy to handle the past, or live with the future because it is easy, or live with somebody who has written a book, or something he has done to us. But why not believe in yourself, that so far you have not got anything of your own, and I am saying that you have to get it of your own.

That's the main point I am trying to say, that you must not believe into anything till you have found it yourself within yourself.

That's what it is. And if you are identified with other things which you have been doing – most of the people who have paid to some guru or something, get very much identified with them. But what have they given you? Have they given you any powers? Nothing. Can you feel another person? In collective consciousness, you should be able to feel another person.

After realization, immediately you can start feeling another person and yourself.

Immediately you can know, but you need sensitivity which we lack quite a lot in the Western world because the life is very strong. But in India I have seen people get realization, immediately they start feeling it like that.

It's very easy to cure Indians, I'm just saying, but difficult to cure Western people. They are very complicated, ego-oriented, over-read, all that is there.

But once the Western get it, they settle down much faster, much better, much deeply than Indians do.

It's like if you have the teeth, you don't have the food; if you have the food, you don't have the teeth (laughter). It's a funny combination, this world is (laughter, She laughs).

All right, let's have it.

Now see what sort of a thing we work out in Cambridge. All right? So all of us should forget all about these things. Be honest to yourself and fair to yourself. So far, by doing all these things you haven't found yourself.

Accept this fact.

I have nothing to gain out of you. I haven't even written a single line, a book, nothing. So you must know that it is your own. I'm just like a banker who is cashing your checks. Better have them cashed, for which you don't have to pay anything.

You don't have to put in any efforts, nothing.

But once you are realized then you will know what is to be done. But first get your lights on.

All right, now just co-operate with Me as I tell you, without much questioning. I am not going to tell you anything horrid (Shri Mataji laughs) nor am I going to trouble you by anything. It is your own blessing just waiting at your door step.

Can you believe Me now? If you can believe only this much that I am genuine, it will work out.

May God bless you.

All right, now put your hands towards Me and if it's not very inconvenient, please take out your shoes, because this Mother Earth also helps us. It's better to take out your shoes; it helps you. If you are sitting on the ground, it's all right.

You have to touch your Mother Earth with your feet so if you can take out your shoes easily, it will work out faster.

Moreover, it is a very tight thing on the feet.

Now this is the question of language of hands, you see, which is an international language always, but this is the language where the hands get enlightened and the hands have to speak.

As Mohammad Sahib has said clearly, "At the time of resurrection, your hands will speak".

So, our hands have to speak and that's how we have to see how our hands will be speaking.

So these centers which are shown here are represented in your fingers. So, these are five, six and seven, and - this side, left and right.

Once these centers are enlightened, then you can feel yourself and feel others. To begin with, we do not understand what it is because it is too great a thing.

But once we start using it, we are amazed how we start transforming, how things start happening to us.

All right, now just put your hands straight like this. Sit comfortably. Be comfortable. If you have anything tight, please make it little loose. It's better. Not that it makes any difference, because very subtle. But why am I asking you, because attention goes there if it is something tight.

On the waist also, if there's something tight, you see, the attention is drawn. Make yourself comfortable. That's the main point is, be comfortable, so that for a while you could be with yourself comfortably.

If you are wearing any big malas and all that, please take it out. It's better to - this heavy thing, anything like that, please take it out. It will help us. Just first get yourself realized and then you'll start understanding.

Now, after this I have to tell you one more thing that you have to keep your eyes shut.

The reason is that when the Kundalini rises above this which it wants to pierce through, at that time it presses this point and the pupils go into dilatation first, before it is piercing through. And that's why, if the eyes are open and the Kundalini is passing through, She may stop. So please keep your eyes shut, that's all.

Just keep your eyes shut till I tell you to open them. And if you have spectacles and all that, you can also keep them safe, because you don't have to see Me anymore till I ask you to open your eyes. So it's better to keep, so that you don't have problems of your spectacles.

Now close your eyes. Now don't open your eyes as I requested you. Please don't open your eyes, that's all. Because this is just the opposite of hypnosis. In hypnosis, they make you open your eyes and put their eyes into your eyes and do all these things.

[A noise is heard] What's happening? Now, no gesticulations, nothing - nothing abnormal has to be done. Whatever has to happen will happen within. Nothing abnormal things have to be done. Nobody has to jump, shout or scream - that's all nonsense. You are not to do anything like that, not to turn your necks or anything.

Just keep quiet. If you cannot keep quiet, it's better that you go out for the time being. But just keep quiet. That's very important not to disturb others.

1982-1013, Conversation with Rustom on cold liver and horoscope

View [online](#).

13 October 1982

Conversation

London (England)

Talk Language: English | Transcript (English) – Draft

Conversation with Rustom on Shri Mataji's horoscope, cold liver, London, 1982-10-13

Shri Mataji [reading her horoscope]: I must say, the things they have written, if anybody reads. I mean, just, one sentence I must read it [Laughter; inaudible].

He will be happy to know. I don't know, so many complications of course, this and that, and that house in that and this one.

Indians life of course ... [incomprehensible]

[Laughter]

Dr. Rustom I hope he saw that humour about You.

Shri Mataji: He has proved little be of a [inaudible], it's all right, but – Yes, something like Jupiter, you see. The trouble is, everything seems to be in his house you see. This, I can't understand how it is happening. It's like Lord is in the house, sort of thing is going on. The aspect of strong Jupiter lord of ten. From an Area sign on the intellectual planet Mercury. What does that mean? I don't know.

Lord and sub-lord of 'lagna' [moment of the sun's entrance into a zodiacal sign]. 'lagna' is quite as ascendant.

Dr. Rustom Ah. 'lagna' up to the Cancer. [Indian language]

Shri Mataji: But Lord and sub-lord of 'lagna'.

Dr. Rustom He has a curious system. I know this charting called Krihsnamurti's system. You divide each house into seven or nine parts. And each part is ruled by certain planet. So, if your 'lagna' – so, according to him your 'lagna' is in Methon I think according to him.

Shri Mataji: Jupiter.

Dr Rustom: And that part of Methon is ruled by Mercury. So, it's the Lord and sub-lord of the 'lagna'.

Shri Mataji: I don't know whatever it is.

Dr. Rustom It's very complicated.

Shri Mataji: So, I can't understand this language, you see, 'lagna'. And also, on 'lagna' as you see.

[Shri Mataji is reading] "On the intellectual planet Mercury, Lord and sub-lord of 'lagna' and also 'lagna' in the Moon clearly indicates true wisdom beyond near human intellect and intuition of a very high order." Intuition I don't have at all!

I mean whatever I have I have, it's no intuition, you see it's different I see there. What is there to have intuition? I don't know whatever they call it. May not be the word for that in our language, you see. In human language whatever I have what will you call that, intuition? I mean I know clearly everything [inaudible], you see.

Dr. Rustom: It's not intuition, it's perception.

Shri Mataji: You see, it's the perception we can say.

Sahaja Yogi: Inside.

Shri Mataji: Hum?

Dr. Rustom: More than inside, perception.

Shri Mataji: More than inside, more than intuition, it's perception. Because then, you are a third person to do that. But if you are that, then what is it?

Sahaja Yogi: Awareness, chitta.

Shri Mataji: Ha?

Dr. Rustom: Chitta.

Shri Mataji: Chitta is there. Atcha [good]

[Shri Mataji is reading] "The holy Mother means [inaudible]. The holy Mother is indeed knowledge beyond human comprehension. Knowledge of the infinite, of divine incarnations then of the kingdom".

[Hindi]

This is the part. You see, but I don't know how I should say that. You see, because I mean to Me it's such a common sense that logically you should arrive at that point, to Me it is I can't understand how you don't arrive at logically with all your intellect. But to Me it's not intelligence I must say. Because intelligence you have to use to find it out. But it's already there, over Me it's flowing. Like this is red colour, in the same way everything is for Me that way.

Dr. Rustom: But it all come for You?

Shri Mataji: That's it.

Dr. Rustom: Like a wave starting and the wave You are seen from the centre.

Shri Mataji: Because I'm the source.

Dr. Rustom: You are the source.

Shri Mataji: That's why.

All sorts of things are like this you, see. Now let's see Gemini.

"The ascendant falls in Gemini own by Mercury. That is to say in the star of Rahu [north lunar node] and in the sub of Saturn. The sub-lord Saturn as Lord of nine is posited in a friendly sign Virgo in the star of Mars. Lord of eleven is expecting 'lagna' come full [unsure]"

Dr. Rustom: Actually, Shri Mataji-

Shri Mataji: What is Gemini? Here, let's see, very similar.

Dr. Rustom: Gemini is 'lagna' according to him. But according to English system, Your 'lagna' is Cancer.

Shri Mataji: Ascendant falls in Gemini.

Dr. Rustom: Ascendant is 'lagna'. So, he is saying Your 'lagna' is in Gemini. But that is not true, Shri Mataji.

Shri Mataji: Ascendant falls in Gemini own by Mercury.

Dr. Rustom: The Ruler of Gemini is Mercury.

Shri Mataji: Now, it could be, why not? Ascendancy Gemini, it could be.

Dr. Rustom: But it isn't Shri Mataji. We have calculated it here.

Shri Mataji: Acha.

Dr. Rustom: Your ascendant is Cancer, very clearly.

Shri Mataji: You see, from Me, when if I am Gemini or anything, it makes no difference. Because, you see, if Gemini means the double thing, you see, I can. I am in a double, Mahamaya is from Gemini only. You see, Mahamaya's opening comes from Gemini only.

Dr. Rustom: That is true. You see, there are two systems they have made, Shri Mataji. One is the English system and one is the Indian system.

Shri Mataji: Even with this Gemini, it means I am a Mahamaya, nothing else.

Dr. Rustom: But that means Your 'lagnesh' is Buddha.

Shri Mataji: I was born in Buddha.

Dr. Rustom: So, that means You are ruled by, 'lagnesh' is Brahmadeva.

Shri Mataji: Brahmadeva. Lagnesh is Buddha, Mercury.

Dr. Rustom: But, according to the English system Your 'lagnesh' is the Moon.

Shri Mataji: Ha?

Dr. Rustom: By English system, Shri Mataji, 'lagnesh' is the Moon, [Hindi: Chandra he].

Shri Mataji: Acha.

Mercury that is to say in the star of Rahu and in the sub of Saturn. [Hindi] Mercury, Rahu or Saturn? Rahu is Kundalini.

Dr. Rustom: Rahu is Kundalini. And Ketu [south lunar node]?

Shri Mataji: Ketu. Mercury [Hindi]. Rahu is Kundalini, no doubt. Rahu is Energy – Ra-hu.

Dr. Rustom: And Ketu then will be Sahasrara in the end. They are opposite.

Shri Mataji: You can put it that Sahasrara.

Dr. Rustom: Ketu could be Atma or something like that.

Shri Mataji: Ketu. [Hindi: Atma to, Agnya...]. here first. You see, the thing is Sadashiva [Hindi] the spirit here, Agnya.

Dr. Rustom: Because they said that Ketu, Rahu and Ketu, according to some traditions, Rahu is an aspect of Shri Krishna and Ketu of Shri Ganesha they say. But I don't know how correct that is.

Shri Mataji: Rahu should be the Kundalini, I think. Rahu.

Dr. Rustom: Ra-hu.

Shri Mataji: Ra-hu.

Dr. Rustom: And Ketu...

Shri Mataji: Ketu could be ... [Hindi].

Dr. Rustom: Yes, so they're opposite. Always they are opposites. And the two, the combination of the two are very important.

Shri Mataji: It's the whole 'rashi' [the Moon Sign], but you go through this. [Unsure]

Dr. Rustom: One thing is the story about how Rahu and Ketu was formed.

Shri Mataji: No, the Lord of the 'lagna' is Rahu in My case. Rahu the star-lord of 'lagna'.

Dr. Rustom: Star-lord, that is different Shri Mataji. He has two systems, you see. I know, I spoke to Charjey at great length, I know his style.

First, you have the 'lagnesh' and then within the 'lagna', within the 'rashi' of the 'lagna', you have star, star [Kya? Hindi] How is it? Talahesh, Tahesh you can say. So [Hindi: Akna Lagnesh he Buddha. Tahesh he Rahu]

Shri Mataji: Rahu he or sun he.

Dr. Rustom: The system is very complicated, I can't follow, because they are many-

Shri Mataji: Sun, [Hindi]. Sun is Atma karaka. Atma karaka. [Hindi].

Dr. Rustom: Because 'bhanti' [unsure] is very clear in your house that the sun is in the mid heaven in the house and everything comes from there. You remember, beautifully...

Shri Mataji: Atma karaka. Sun gives you the atma. Atma karaka. You can find out [Hindi]. I think Rahu should be that. Ha! "Rahu represents the Kundalini".

Dr. Rustom: He said it.

Shri Mataji: Ha! "Or the serpent power in the human body".

Dr. Rustom: And Ketu, he has not spoken.

Shri Mataji: Ketu must be somewhere, let's see Ketu.

You see, according to Tat Pragrati [unsure], whatever it is, I must say it is a very deep thing, no doubt. Because according to that thing, it's written: "It is the storehouse of absolute divine knowledge and arises and manifests to perform its functions at the wind of Bhagavati. But only at the appropriate time according to the karma of the individual. This has been verified through our cases". It means its only through the Bhagvati's krupat [?] is done, but otherwise not.

All right, let's go. [Hindi] I was saying it that also the sicknesses has come from this astrological problem, you see. Sicknesses has come from astrological problem.

So, let us divide people into three Gunas, first of all. So, we have got left, right and the centre. So, the left are the people who are – they're called tamasik. But actually, they are people who desire more, act less and those who have got 'kaphala' as their [Hindi].

Dr. Rustom: Phlegm, phlegmatic.

Shri Mataji: They are phlegmatic.

So, the right-side people [rajasik] are the people who are overactive, mentally alert, futuristic and also have got this – what you call? – bile, bilious nature.

The central ones [sattvik] are the people who have got a balanced attitude towards life, not competitive by nature, seeking, deeper, not lethargic either, but seeking you can say.

And these people are, suffer from gas.

Dr. Rustom: Wind.

Shri Mataji: Wind, wind, I mean 'gas trouble'. For this channa is the best. Channa is the best. [Hindi]. So, let us [Hindi].

Then from three gunas, you can divide them into, according to the chakras. So, we have 21 types of people, you can say. But two more I'll add is the Sun and the Moon, OK? So, we have 27 types of people. Seven –

Dr. Rustom: 21 plus 2 is 23.

Shri Mataji: [Hindi] Three. Sun, Moon and- [Hindi].

Dr. Rustom: So, six –21 plus six, twenty-seven so.

Shri Mataji: So, Sun, Moon and the aspect of [inaudible]. It's another aspect we get with sun. There are people who have more Moon, they are inactive in the order [?]. When we say, a liver patient is there, take an example, liver patient. So, there is one cold liver and there is a hot liver. See the combination. So, the liver, even if it is showing a liver in you, it could be a cold liver or could be a hot liver. So, if it is a cold liver then maybe it might show on the Left Swadishthana.

Dr. Rustom: Cold liver.

Shri Mataji: Cold liver. Left Swadishthana and Left Nabhi could be cold liver.

Dr. Rustom: That is the classic?

Shri Mataji: Left Swadishthana and left Nabhi could create cold liver. So, most of the allergies come to us, within us, from there. That from Swadishthana and Nabhi combination, left combination it comes, means Swadishthana is all unauthorized. So, we can say from viruses or some sort of a thing like that, most of the cold livers are due to that. Psychologist are more exposed. Now, you shouldn't smell this, it's a horrible fish sadhna, they are making for sadhna, just close bumbing [unsure].

Dr. Rustom: Ah, I know it.

Shri Mataji: Just close this door.

Dr. Rustom: It's a great specialty among Parsis.

Shri Mataji: Parsi. And also, you see, Ksadha wanted meat, because dad is not there. Dady don't like this smell in the house, that's all. I'm sorry.

It's horrible smell, it is [inaudible]. Ksadha is going away, so she said.

So cold liver – is it too much? Otherwise for some people it is an appetizer.

Dr. Rustom: Yes, for us it is.

[Laughter]

Shri Mataji: So, but for others, they are making 'pulao'. You can have.

What we have cold liver or hot liver depending on the position of the Moon and the Sun. So, the whole activity and inactivity actually is done by these two.

Dr. Rustom: By Sun and Moon.

Shri Mataji: By Sun or Moon. If it is inactive also there is disease, if it is active there is also disease.

Dr. Rustom: And you can have both, activity and inactivity mixed in the same time?

Shri Mataji: No, you can't. Normally you can't.

Dr. Rustom: One minute very active and then...

Shri Mataji: "Ne, ne"... But maybe as a result of over-activity it can go out of order completely and then it will become absolutely inactive. [Hindi] At a later state. See, a person who is very active running up and down. Then suddenly he becomes lethargic, you see, and he is so tired. That can happen to a person. So, a person who has a very active liver can develop a very inactive liver or who has an inactive liver can always become an active liver. So, there can be a change from one to another but both cannot be simultaneous.

But why didn't they send some tea? Because tea will be good.

Dr. Rustom: Now, You say Sun and Moon Shri Mataji. Does it mean whether they are placed in the Kundalini, whether they are placed on the 'lagna', they say normally the Sun and the Moon is on the 'lagna' and that is a very powerful position.

Shri Mataji: I'm not dealing with astrology as such.

Dr. Rustom: Acha [well], You are just dealing with tattva.

Shri Mataji: Tattvas. Let us go to the tattvas, you see, main thing is the tattvas and you can see in the body of a person, you see. A person who is very thin, say, who doesn't put on weight and all that, is definitely on the right side. The person who is fat, puts on weight, is on the left side, it's a general way you can say. In the centre, you will be more on the fatter side, no doubt, because gas. [Hindi]. But such a person will be light, you see.

Dr. Rustom: Not heavy.

Shri Mataji: Not heavy, light, though he may be quite fat to look at. He could be quite fat, because of the gas, you see. And he

could suddenly thin down also. He may look thin or may look – ‘medura’ [Hindi] go to that. Sometimes in one day I may look very much thin down. It happens really actually, I mean, my blouses, you see, certainly becomes so tight. If there is a puja, then I can't take out the blouse. I can thin down absolutely, you see. The same day if you take my photograph, you'll find two dimensions in my body because of the ‘vayu’ [air], see the ‘prana vayu’ – this thing.

Now this is one point that we have to study the combinations in a person. So now in our vibrately awareness you should find out what is his side. Left or right? So, we scan it first of all, all right? That's very simple, to find out whether left or right. If he is in the centre the vibrations will be flowing nicely and he will be not so sick. Maybe he might appear to be bloated or fat, but that's not the point. Because according to doctors a man who is fat is sick and a man who is thin is perfectly all right. It is not true. All the gods and goddesses are all fat people. Even if they want, I mean even if I lose weight anything, I can't go down very much. Because, you see, the water and the air always controls the- surrounds the chakras and so the person – the more you will expand – even if you are thin, gradually you'll find there will be expansion only. And they will become heavier all these chakras, because they have to be protected. Because the more they start working it out, you will see them. But you can reduce it because gas can be taken out of your body.

So, for people now we have decided now there are three types. So, for the first type of people who are say, left sided, the thing is that they should be asked to put their – raise their right and put down their left.

So – but the hand that is to be towards the photograph should be left. With the right hand you first take it up, like that. The hand that has to raise it is your own hand, raising your own power you see, and taking it out the grace down below towards the photograph.

Now, when you are going to take vibrations from the photograph for the left sided person, put the left hand towards the photograph, left hand, and right hand upward. All right? Is clear cut now?

Sahaja Yogi: Yes, Mother.

Shri Mataji: Even bandhan should be given that way. 108 times it should be.

Sahaja Yogi: Just one way?

Shri Mataji: Yea. Now, let's see the left side problems, left-sided. First is the inactivity of the organs.

Inactivity of the organs, you see, that causes allergies, lethargy.

Dr. Rustom: Virus infection?

Shri Mataji: Virus infection. [Hindi]. But now, this we can say basically. But when it is triggered, these left-sided people went [treacly? Inaudible]. Then the- what happens actually, the left [cut in the audio] is controlled with the whole. That's a different situation. Once it is inactive, all right?

Say your liver is inactive. Till then if it is inactive, we'll have these troubles like that. Then when it is triggered, it has been lethargic for so much time, it's triggered by some spirit. Then the same liver will become cirrhosis of liver or cancer of liver. Then certainly from their sluggishness you see, or you are taken charge of everything, that's the main thing you can say. A spirit comes in and takes charge.

Dr. Rustom: So, such left-sided people can get liver disease very easily?

Shri Mataji: Any disease.

Dr. Rustom: Hepatitis, cirrhosis, cancer?

Shri Mataji: Cancer, myelitis.

Dr. Rustom: Because of wanting that it is true Shri Mataji is that although in this country we drink so much, but yet cirrhosis of the liver is common in India and they don't drink and we not know the cause of it. And they put many theories, but probably the Indians are more left-sided so.

Shri Mataji: Indians are left-sided.

Dr. Rustom: So, when they get triggered, they all get cirrhosis.

Shri Mataji: Left-sided, Indians are very left-sided. They are left-sided by nature. You see, drinking is an artificial left-sidedness because they are so egoistical that they cannot face their ego, so that they drink, you know. So that they go onto the left side. It's an artificial left-sidedness. Drinking is an artificial left-sidedness.

Dr. Rustom: That is true.

Shri Mataji: But Indians, on the whole, are fate, believe in fate, forgetting it. [Hindi]. But I would say Indians are more in the centre, because they don't sit down and cry only. They always say: ‘Doesn't matter, it's your fate.’ So, I would say they are more in the

centre, not so much left-sided. But cirrhosis of liver is caused, I tell you why. They have lethargic liver. Among people who take things like – you can say to make it lethargic is vegetarian food. Vegetarian food can cause.

Dr. Rustom: Vegetables are all on the left

Shri Mataji: They are left-sided.

Dr. Rustom: Yes, they are all on left side.

Shri Mataji: Vegetables are left-sided, you see. And that can cause constipation, I mean too much of grow-off, I mean they have diarrhea and things like that. They can be very left-sided, these vegetarians are.

Dr. Rustom: They also have bloated stomachs.

Shri Mataji: Bloated stomachs and they eat too much rice. It's a very, very [Hindi] you see. So that, but rice also if it is - just carbohydrates is all right, starch and vegetables. They eat lot of starch. Potatoes, starch and vegetables, all these things cause lethargy to the left side. Proteins [Hindi].

Dr. Rustom: Protein digestion starts up in the stomach and then it carries on in the smaller intestines.

Shri Mataji: And liver [Hindi] carbohydrates.

Dr. Rustom: Liver has no part in the protein digestion.

Shri Mataji: [Ne, ne, Hindi] – that's the food for liver, no doubt. You see, though it doesn't pay part in the digestion, but it uses the carbohydrates in the body.

Dr. Rustom: Yes. The liver, you see, Shri Mataji. Liver is the only organ in the body that can burn fat.

Shri Mataji: It burns fat.

Dr. Rustom: Yes, it's the only organ in the body that can burn fat. It is the only organ in the body that can produce carbohydrates.

Shri Mataji: It produces.

Dr. Rustom: It produces from fat, you see. And it also stores carbohydrates. And the way burns fat it reduces the carbohydrates in the citric acid cycle.

Shri Mataji: It transforms it. Also, it removes the poison. Now, if you take the cirrhosis case in India it is because of the eating habits, you can say. Always you will find the vegetarians are frail from any [unsure] because carbohydrates [Hindi]. If they eat nothing than starch, 'chawal' or these things-

Dr. Rustom: Potatoes.

Shri Mataji: Potatoes, these things, that thing and liver is sustained too much, I mean it's given too much food, sort of thing.

Dr. Rustom: The rest of the body is starved.

Shri Mataji: Starved. But liver is also starved. If you eat too much of these things, liver then will be starved. If you give sugar to the liver then also liver will become lethargic. I mean if you want to reduce the activity of the liver then you take sugar or carbohydrates. Did you follow My point?

Dr. Rustom: Yes.

Shri Mataji: But if you take too many carbohydrates already all the time then your liver will not function.

Dr. Rustom: And the other thing the liver needs, Shri Mataji, is protein, cause the liver is pure protein and the structure of liver is based on protein.

Shri Mataji: And if you don't have protein in your food, the liver will become lethargic.

Dr. Rustom: Weak, yes.

Shri Mataji: Weak and lethargic. When it becomes weak then you get cirrhosis. You understand My point?

Dr. Rustom: Yes, I understand perfectly.

Shri Mataji: Vegetables, carbohydrates [Hindi... 'chawal'] they'll have 'rooties', but they'll not have proteins.

That is why the liver is not sustained. Do you follow My point?

Dr. Rustom: And the same thing now is happening to the ashram diet. Because they are eating that sort of diet, so they may become lethargic.

Shri Mataji: No, because they were overactive, their liver was overactive. That's why I said. But now they should not. They can have now introduced some chicken and things. Chicken is all right.

Dr. Rustom: They have introduced somehow.

Shri Mataji: Chicken and lamb, you can introduce.

All right.

So now we have this one side, this say, liver or anything on the left side. Now, cancer. Which one should we come to now? Liver [Hindi] Swadishthan Chakra.

Mooladhara?

Dr. Rustom: Mooladhara.

Shri Mataji: Let us start with Mooladhara. Now left-sided Mooladhara, impotency?

Dr. Rustom: Hum, hum.

Shri Mataji: Are [Hindi word] – it is inactive.

Dr. Rustom: Impotency. Lack of interest?

Shri Mataji: Lack of interest.

And too much activity on the right-hand side can also become impotency, you see. If a person is overactive in early age, he can become impotent. It's a result of that, as a result of over-activity.

Sahaja Yogi: Is it like burned out Sun, Mother.

Shri Mataji: It's like that.

Sahaja Yogi: And the liver burns out and becomes cold [inaudible].

Shri Mataji: Yes, that's it, that's it.

Dr. Rustom: And usually the non-realized person, he cannot increase the energy in the sympathetic. Whatever energy he has, that he has.

Shri Mataji: That he will increase and he'll exhausted it. Naturally, because he'll exhaust his sympathetic energy, so this thing. Now for that, left side, all of them, we can use fire and we can use candle, though it emits heat. Even the bhoots emits heat, tremendous heat they can emit.

Dr. Rustom: What about copper, Shri Mataji, for left-sided people? Copper?

Shri Mataji: Copper should be good for them.

Dr. Rustom: To drink, heat one copper and drink it.

Shri Mataji: Copper or gold. You see, if you rub gold, say – it is on the stone as we heat, it's good for them. If they take also for them 'raksharakh' on the body or 'geru'. All red colour things, like geru. You know what is a geru? It's calcium. Ne, ne, it's for the children calcium. For the children calcium. Left-sided people give you. Children calcium, 'geru'. Then 'bhasma'. Again, you see, if you, say have my photograph or you take it from my 'yagnya' [offering], you see. That is for the persons who you have got these.

Dr. Rustom: What I use to use in Derby was, when I use to burn the Agarbattis like Bhasma [black incense].

Shri Mataji: In my photograph.

Dr. Rustom: It comes to your photograph, yes.

Shri Mataji: That could be used, yes, that could be used for the energy condition.

Dr. Rustom: I used to find 'geru'.

Shri Mataji: 'Geru' you can drink. What is 'geru' in English language?

Dr. Rustom: It's mud, is type of earth which you get.

Shri Mataji: Its one of the mud's from...

Dr. Rustom: You remember the Mahashivaratri Puja in Delhi? You were given...

Shri Mataji: I had a flag, reddish colour. So that is good, for the left side.

Now, Left Mooladhara. Is best they can have, Left Mooladhara, is by putting some fire, charcoal and put some adjwain on top. And have a seat which have got a ... [inaudible]

Dr. Rustom: Ah, and sit on that.

Shri Mataji: And sit on that. Take it from [inaudible]. And in India, you see, people can't sit like this. Then I said, " Leave it to Ganapati". I say, this one, they put a 'tawa'. In the 'tawa' you put charcoal, on that you put adjwain and just sit on that and take it. That's the best for Left Mooladhara. For Left Mooladhara, all right? Did you get that one?

Then, the combinations of Left Mooladhara.

Now, [Hindi] what are the causes? Let's see the causes of Left Mooladhara. And I said first the over-activity people, secondly, maybe, lack of interest from the very beginning. Third, could be too much conditionings, forth could be –

Dr. Rustom: Black magic and all that?

Shri Mataji: Absolutely. Black magic, spirits – or some sort of a thing like Buddhism, some people from they might get it. Because then, you see, they take them to asceticism. Asceticism takes you away as lack of interest, you can have it. So many gurus can do it, Rajneesh does that. He does, what is it that, he puts the Mooladhara absolutely into activity and talks of sex.

Dr. Rustom: He excites it?

Shri Mataji: No, he doesn't excite. He cannot excite. What he does, he talks of sex when people cannot have any sex. So, it's a frustration, he creates a frustration and a kind of an inferiority complex.

Dr. Rustom: Also, I suppose, if you are blasphemers the Mooladhara would catch.

Shri Mataji: Ha?

Dr. Rustom: If you speak blasphemy the Mooladhara chakra feels caught up.

Shri Mataji: It catches very much if you, I mean.

Dr. Rustom: You may [?] it anyway.

Shri Mataji: No, I mean if you say something about the chastity of mother. At that point one should be very careful. Or suspect the chastity of mother. That displeases Ganesha very much.

Dr. Rustom: Of course. That is the 'maha-pa' [biggest sin].

Shri Mataji: 'Maha-pa'

Dr. Rustom: 'Param-pa'.

Shri Mataji: 'Param-pa'.

That's worse than killing your own mother. The 'maha-pa'. [Hindi]

And also, you see, saying words of [Hindi], vulgar words in the presence of mother.

Dr. Rustom: In the presence, yes, better [inaudible].

Shri Mataji: Inauspicious. Even describing something, before saying, you must warn mother many times that this is a very vulgar word which we'll have to tell you, because we'll have to tell you. But ten times it should be that you ask for forgiveness and all that and then it is all right. But otherwise just to come out with the vulgar word that, "He said like this or that" is not good. See, in the protocol of the mother, it's very good, it is very sensitive.

Then it could come if you are with a woman who is possessed.

Dr. Rustom: Or mad.

Shri Mataji: Or mad, or a woman who is over-aggressive.

Dr. Rustom: Can it come from a possessed mother also?

Shri Mataji: No, mother has nothing to do with that [... some words incomprehensible] Mother is higher. At this position is a woman. And the perversions you see, in life, perversions in life here. Because perversions is nothing but overactivity and then it results in the inactivity.

Dr. Rustom: Perversions is - I have seen, Shri Mataji, it can't be right-sided sexual activity.

Shri Mataji: No, when it is active, perversion activity can result, results definitely into this. You see, perverted activity is right sided all right. But from there, it results in the Left Mooladhara and then it becomes a habit.

Dr. Rustom: What I have seen is...

Shri Mataji: Then it just becomes just a habit. There is no sexual activity as such but it's a matter of habit.

Dr. Rustom: That is true. [inaudible]. But it starts in the Right Swadishthana.

Shri Mataji: It starts on the right but ends up there on that-

Dr. Rustom: But then, I have seen the curve. It makes a curve from the Right Swadishthana and then curves into the Left Mooladhara. You see, it's very – you see, what have weakened them [unsure], I don't know how it works, but it goes like that. That curve...

Shri Mataji: It can be weakened if you put too much pressure on it. See, they do all kind of things which are not sensitive, you see. And then naturally it will be weakened, isn't it?

Dr. Rustom: That's right.

Shri Mataji: Naturally. I mean anything, abuse, it's an abuse, you see. Perversion is nothing but an abuse nonsense, you see. Then it becomes weakened. And a weak Mooladhara is very dangerous because with a weak Mooladhara you can get so many diseases of muscles, this is multiple [sclerosis].

Dr. Rustom: Acha. Polymyositis.

Shri Mataji: All this.

Dr. Rustom: This polymyositis no one can understand, Shri Mataji.

Shri Mataji: Muscles [Hindi] In English I don't know what you call. That it goes back to its own position and [Hindi]. Flexibility.

Dr. Rustom: Elasticity.

Shri Mataji: Elasticity of the muscles by which it stands up, you see, the direction of the hand and all that. All these positions are done through the power of Shri Ganesha. That is His power. So, then that happens, that is lost.

Dr. Rustom: Muscles become flabby.

Shri Mataji: Muscles become— what do you call that?

Dr. Rustom: It loses its tonic. Flabby.

Shri Mataji: Flabby. It cannot raise your legs, you see. It loses its elasticity.

Dr. Rustom: And heaviness then come.

Shri Mataji: In Sanskrit whatever this 'Stithi stapaka' [position; fix, establish] 'Stithi stapaka' it makes your state, establishes your state, whichever state you want to have.

Dr. Rustom: That's right. 'Sthiti stapaka'.

Shri Mataji: 'Stithi stapaka'. 'Stithi stapaka'. So, that is lost and that's why Shri Ganesha – then you develop all these troubles of the muscles. Whatever you call them, I don't know. Whatever you call that in your language.

Dr. Rustom: There so many myositis, [inaudible] What are the other muscle diseases? There is polymyositis.

Sahaja Yogi: They are even changing the names...

Shri Mataji: That's very true. That's why I'm at a loss myself after names.

Dr. Rustom: There are lot of them, Shri Mataji.

Sahaja Yogi: Lots of them.

Shri Mataji: Lots of them. So, the basis is that one of the chakras has to be Mooladhara. So, in anyone of these diseases, first give a bandhan with the candle to the Mooladhara.

Dr. Rustom: Something that is-

Shri Mataji: First! And Mahaganesh- Ganesha 's names. You'll be amazed, immediately they'll start raising their feet.

Sahaja Yogi: Can you work from this area Mother, with the candle? That Ganesha-

Shri Mataji: That's second time. Because, you see, it can work out anywhere. So, the main point is there. Then it could be at the point where we can say the Swadishthana point, could be at Vishuddhi point or could be at Agnya point. But first is that.

First is Shri Ganesha. Then you must back at Shri Ganesh with other combinations. You can feel it on your hands also. But some people don't feel Ganesha at all.

You see, for example, to feel Ganesha you have to be sensitive for Ganesha. Like those who have been hurt more, on Ganesha in any way, can feel Ganesha fast. Indians don't feel Ganeshas so much. Ganesha's chakra, they don't feel so much. It's in the west [inaudible].

Dr. Rustom: I suppose that their Ganesha is so strong that they can-

Shri Mataji: Is a sore point here [unsure].

Dr. Rustom: Sensitive.

Shri Mataji: It's a sore point. It is hurt already, so you feel it more.

There is up to Left Swadishthana. You have a Left Swadishthana. First thing you will feel is the Left Swadishthan.

Dr. Rustom: Always.

Shri Mataji: Anybody will have Left Swadishthana, Rustom will come out with left Swadishthana first. Though that person may

not be having Left Swadishthana so strong; but even the slightest – because it's a hurt Left Swadishthana, you'll feel it more. So, in judging a person, you must always keep your chakras which are permanently there, in you.

All right, so these all muscular troubles come from them.

Dr. Rustom: Shri Mataji, one thing about the "polymyositis muscular troubles" is that they happen in children. They start in children. Is that some "purvas janmas" [from previous life]?

Shri Mataji: "Purva janmas" of course is there in children also. You see, the "samskaras" [conditionings] of parents are very important. Parents are very important at the time when a child is to be born. What sort of parents they have, what kind of life they live. Supposing a father, he goes to a prostitute.

Dr. Rustom: Then the whole marriage is destroyed.

Shri Mataji: That's it. You see, the mother is, say, flirts with another man when she is pregnant. That time, it's a question of complete purity, otherwise child is affected. These are naturally aborted, naturally. Atmosphere, you see, supposing if the mother is pregnant and - here it is so common. They are at least bothered about the auspiciousness. The pregnant mother will-

Dr. Rustom: Smoke?

Shri Mataji: Smoke. Not only smoke. Will go to parties, flirt with other man, do every sort of a dirty thing and all that. See, that can affect Mooladhara.

Also, there are some others who don't understand how to live with the children as far as the sex is concerned and they are very, sometimes, very aggressive also with the children: how to handle the sex carefully, you see, when they're washing, bathing and all that. They can be quite... –

Dr. Rustom: Acha, ah.

Shri Mataji: Sort of very rough handling of the child. They've got rough handling to the child.

Dr. Rustom: That happens and You see, that happens especially in this country, Shri Mataji, where they are producing a type of adult's disease, phimosis, You see, where the skin gets all constricted. And it is very common in England, very common in England, where in India it is very rare to find it.

Shri Mataji: Well, in India you see, even if you are poor, as far as children are concerned, we are trained very well how to handle the child and it is very auspiciousness, this is the main point! Ne? There's nothing- it is deeper but it affects more the chakra of Mooladhara. Because it is auspiciousness. It's the chakra of auspiciousness. So, it affects you see. Even if your mind is dirty, if you are pregnant and if you have dirty thoughts, it affects. It's a question of auspiciousness with it, which people don't understand in the West at all, auspiciousness is lost.

Sahaja Yogi: We need to go to India, Mother, to start to understand it.

Shri Mataji: India, for the Mooladhara, is first. You see, you sit on the ground of Mother India. She sucks in. She is very pure for that. For that, that it is the best. India is the best for Mooladhara, no doubt. There is nothing better than that. Because the Kundalini itself is that, so She clears you out at Mooladhara. Especially in Maharashtra, I think.

The Maharashtra [inaudible] is really beautiful. And you people take their bath in that mud. In India, on the river they'll go, get some mud, put it to their body and jump in the water. Have their bath's finished. They are clean, "nirmals". How many Indians, you see – this smelling business is only special of Western people.

Dr. Rustom: I use to notice that, Shri Mataji. In India sometimes, you see, I'm for one week or ten days if you are travelling you don't bathe. But I never smell like here. Here even bathing twice a day you sometimes smell.

Shri Mataji: That's true. This place is a – I don't know what is the reason, but it comes from Mother Earth and the fragrance comes from Mother Earth. So, one of the things comes from the lethargy, this of thing could be also. Right side Swadishthana – Mooladhara catching, you always get bad smell from it.

Dr. Rustom: Hmm, Right Mooladhara.

Shri Mataji: Right, Left Mooladhara. You see there is a funny smell in both the cases.

Dr. Rustom: I know the sort of smell, it's like a sick smell. Burning smell. I used to notice it a lot here.

Shri Mataji: And from the left-sided things here, I think Mooladhara you can get children which are not regular or something, you see, because if the left side is caught up you might get children with mental problems also. Left side is caught up, Left Mooladhara is caught up. You see, is a question of mind, it's the base of mind.

Dr. Rustom: "Manas".

Shri Mataji: "Manas". The whole manas starts from there.

Dr. Rustom: Epilepsy in children.

Shri Mataji: Yes, epilepsy in children you can get if your Mooladhara is not clean, if you are having-

[End of the recording]

1982-1013, Visiting Indian Family

View [online](#).

13 October 1982

Visit

London (England)

Talk Language: English | Transcript (English) – Draft

[SHRI MATAJI]: What experience!

It's [UNCLEAR], so they had just [UNCLEAR] and started putting out something [UNCLEAR] and from somewhere three very hefty people came in, absolutely black in color, very hefty and tall [UNCLEAR] and they caught hold of them and they beat them but they never got hurt as such and brought them on the street and [UNCLEAR] and, "Go back to [UNCLEAR] and never come to this man," so they kept [UNCLEAR] said, "Alright [UNCLEAR]," and said, "What kind of a kadak Devta you have?" Kadak means, a very strong. "Who is this Kadak devta you worship that they beat us like this." So, what has happened you're so...?

[YOGI]: In my own case even, I would say

[SHRI MATAJI]: Hmm?

[YOGI]: I'll tell You my own case

[SHRI MATAJI]: Hmm

[YOGI]: when I'll say

[SHRI MATAJI]: Hmm!

[YOGI]: [UNCLEAR]

[SHRI MATAJI]: Hmm!

[YOGI]: I was being attacked by a group of tribesmen and they had wanted to kill me and they came with a sword to cut my head in two but instead of getting my head or my arteries here, they just got my ear. Twice he tried. Each time it's really hard to get, then at that point I prayed.

I said, "If this is the time to go, then I'm prepared but, You know, I give my Spirit into Your hands," and at that moment everything became very bright, I don't know how and although they were 15 or 16 people, they could not hold my hands, they didn't have the strength and all alone, I just - walked away from them. They could not

[SHRI MATAJI]: And then 200 little boys came from - some school there

[YOGI]: That's right, 200 children

[SHRI MATAJI]: And they caught hold of him and took him to the hospital and in the hospital he had somebody surgeon, whom he knew - what just was passing that way.

[YOGI]: Haan. You see, what happened is that, 200 children came, they took me to the dispensary and then, everyone was asleep in the afternoon so they knocked in the door and all people came out and they said, "Shall we get an ambulance?" At that

moment, another doctor, whom I knew, was passing by. He saw the crowd, came, he saw me, took me into his car, took me to the hospital. Now that was lunchtime, so all the surgeons should have been at home but by chance, every surgeon in the hospital was there.

[SHRI MATAJI]: And he carried his ear like this and put it diagonal. He's a doctor he knows how to - [UNCLEAR] and he sensed it.

[YOGI]: It was completely cut off, with no - blood vessels not, it was just.

[YOGINI]: In India you were where?

[SHRI MATAJI]: In Calcutta.

[YOGI]: Yes, in Jamshedpur. You know, I met Shri Mataji here.

[YOGINI]: And then when you were

[YOGI]: [UNCLEAR]

[SHRI MATAJI]: You are Gujarati's - are you?

[YOGINI]: Hmm

[SHRI MATAJI]: And he's also Gujarati?

[YOGINI]: Hmm. We both are Brahma Kshatriya.

[SHRI MATAJI]: Annh? Kshatriyas?

[YOGINI]: Brahma Kshatriya

[SHRI MATAJI]: So what is your name?

[YOGINI]: Thakur, Thakur.

[SHRI MATAJI]: Thakur, haan. Kshatriyas are very good for Sahaja yog - people who are realized, hmm. So you came from West Africa also?

[YOGINI]: Nai, I'm from Ahmedabad. Ahmedabad is Baroda.

[SHRI MATAJI]: Achcha! [UNCLEAR]

[YOGINI]: Can speak Maharashtra.

[SHRI MATAJI]: Achcha! Hmm

[YOGINI]: It is Jogian and boys they calling me they say, "Shrivastava, Shrivastava," and we were talking in we say, " Shrivastav"

[SHRI MATAJI]: Shrivastav is correct.

Shrivastav is correct [UNCLEAR]. Shrivastav

[YOGINI]: [UNCLEAR] has left his Hanuman Chalisa and asked me to type in English. Translate Sanskrit.

[SHRI MATAJI]: But My husband is from U.P.

[YOGINI]: I see.

[SHRI MATAJI]: But Baroda we had very good center there. You see, they could not continue with it because the gentleman, who was Veeranjali - you must have heard his name?

[2nd YOGI]: I left Baroda on [UNCLEAR]

[SHRI MATAJI]: Oh, I see.

[2nd YOGI]: I'm not friend of anyone

[SHRI MATAJI]: He started, you see, that thing and then he's now very sick - sick in the sense he's very old - wife is also very old, so somehow it's not so working out but now, Raolbai has gone there - another Sahaja yogini, who's very powerful, she's gone there, so it'll start again, I think, in Baroda. Ahmedabad also we had this Shodhan

[YOGINI]: Shodhan, haan

[SHRI MATAJI]: Shodhan bhai, who did a lot for us but Ahmedabad, you see, people are very materialistic, I think.

[YOGINI]: Very much

[SHRI MATAJI]: Extremely materialistic and they were just bothered about sickness or money problems - this, that

[YOGINI]: Money minded

[SHRI MATAJI]: Extremely money minded and very much worried about money, this thing. Everybody came to say, "Sarabhai, this, that," because all had these problems. I got fed up, I said, "I'll not go to Ahmadabad," you see, because you must have spiritual hankering, isn't it? Otherwise it is such a waste sometimes to speak. They'll come later on. Let us first settle down with Sahaja yogis, who are good and who are spiritually endowed, who are spiritually strong, then gradually, these people will come. Now, we had a television program and what I hear is that thousands of people have [UNCLEAR] . If I didn't have Sahaja yogis, it's impossible. You know, every program I had 400, 500 people and curing them, doing this but even sitting down on the pulpit, people were getting cured - just sitting down there. That's one way you cure but still, you have to attend to them, you'll have to tell them.

You need Sahaja yogis first, then you can attend to the masses - isn't it?

[YOGINI]: But, I think, with money-mindedness in Ahmadabad, they follow others. If one start and he's strong enough Sahaja yogi, then they will follow but one has to be strongly through.

[SHRI MATAJI]: No, we, we had Shodhan bhai but Shodhan bhai got lost because he got very sick. He also became very old, you see, but his wife and all that are committed quite a lot and the problem is, when people are money minded, you see, they get enamored by other gurus who take money, they sort of survive to see things, which, as if it solves their money problem. Like, they will go and ask anyone the number of the horse, you see, sort of thing. They like such horrible gurus [UNCLEAR] and such people prosper. Ahmadabad has got lots of gurus, horrible gurus.

[YOGINI]: We were that until boys came.

[SHRI MATAJI]: Really?

So many horrible gurus!

[YOGINI]: Till that night in my house we had first, first group and that night they went to [UNCLEAR] and threw away everything in the sea - everything, so that's how we are saved or we are here today in one piece.

[2nd YOGI]: He was Mahishasur.

[SHRI MATAJI]: Who?

[2nd YOGI]: Mahishasur

[SHRI MATAJI]: Mahishasura? Baap re, he's the worst of all. The worst is, he gives heart attack.

[YOGINI]: Troubles.

[SHRI MATAJI]: So [UNCLEAR]

[YOGINI]: He suffered so much

[SHRI MATAJI]: Heart

[YOGINI]: except for his hands and

[SHRI MATAJI]: the husband always gets it. I've seen if the wife is that, husband always gets the [UNCLEAR].

My own brother, my own brother from the day I told him, he threw away everything.

[YOGINI]: That night, that day, I don't know it just came over. This little fellow and Cole and Shailesh and Allan everything black dustbin bag and threw everything that night.

[2nd YOGI]: We went to the sea.

[YOGINI]: Sea.

[SHRI MATAJI]: You see, we must think we don't want diamonds, we don't want to wrong Gods, you see, so this fellow is giving diamonds, this, that, wrong...

[YOGINI]: Yeah, if you are sort of near, you get this, if you are, you get saris, if you are, - then get diamond ring.

[SHRI MATAJI]: Only to the rich

[YOGINI]: Yes

[SHRI MATAJI]: Only to the rich. For example, My brother they gave him a ring. So, I told him, "How many you have diamond

rings?" He said, "I don't know how many I have. I never wear them."

So I said, "Why did you take these?" He said, "Because he said it is my blessing." I said, "But why does he give you a diamond? If he has to give it, give it to somebody who doesn't have. For example your driver, if he gives him this diamond ring, it has some value." But then you know, we discovered that My sister-in-law was giving unconsciously all her diamonds to him.

[YOGINI]: I don't know, I accidentally believe it, property, money

[SHRI MATAJI]: She was just passing on to him without knowing that she's doing it, you see, because they were having, they just found out that they have lost lot of diamonds from the household and then she said, "Yes, I gave him, I gave him this time that thing." So, I asked her, "Why did you give?" - she's a doctor. I said, "Why did you give him?" He said, she said, "You see, somebody tells me all the time, 'These are stones, why do you want to have?

Give it to baba.'" I said, "If he is a sanyasi, then if these are stones to you, it should be dust to him. Why should he take it? Why should he take all these? It's alright, as you are married to him and my brother is respectable man, whatever it is, he has money and all that, as his wife as Grihalaxmi, you have to wear this, you have to have them but why for this sanyasi baba? And to take somebody else's diamonds, what is this I...?" And they have amassed money, amassed. If you read about this Mahesh Yogi, recently I read, he has collected 4000 crores of rupees. Crores, 4000 crores.

[YOGINI]: I have seen in front of my eyes that if you give this much, then you get into you will see them like that.

The lady, the poor lady had a epileptic fit there. Really, she was sick in heat sitting down and those women volunteer, whatever they were, they give sit to her, "You sit properly, sit properly," and then baba walked like that and that lady got sudden fit and fell, You know, so, "Why all this, why do you allow these people to come in here? Get out, take them out. Get out of my ashram," like that. Anyway, I think, inhuman like the

[SHRI MATAJI]: Because sometimes even you see these people give them to stress, if they want to get rid of somebody, they can just be like this stupid, if they want. [UNCLEAR] but many times. There's no meditation, nothing, you see, they don't talk of God or anything - nothing. Just nothing, I mean, it is - I don't know.

[YOGINI]: We had to bring, my husband himself they raided that night and tell him and I don't know what came after [UNCLEAR - 6000?] Mondays on the telephone, he threw away everything.

On the telephone they wiped - out yogi,

[SHRI MATAJI]: He's a Thakur, na

[YOGINI]: so they telephoned and

[SHRI MATAJI]: [IN HINDI - It's said that once something goes wrong in a Thakur's head]

[YOGINI]: Thakur can take talwar

[SHRI MATAJI]: You see Thakur, Thakur is a caste, I mean, it's a caste of great brave men, so once a, they say, that once a rich man in Lucknow employed one Thakur, you see, protect him, very healthy man and they were passing through some jungles and some dacoits invaded him, sort of, attacked and so he had about ten people, who were carrying everything; You know that caught all the ten people and they whipped them and did all kinds of things, beat them and all that and after the ten were absolutely thrown on the grounds then, this fellow, you see, Thakur raised his moustaches and hit all of them and threw them off, so when they came back, the gentleman, who was his master gave him lots of property and even things and thanked him, "You saved my life and did all of this," and all that but now I cannot give him more employment, so they asked him, "Why not?" He said,

"Where will I get again ten people to excite him?" [LAUGHTER] So, ten people first have to die to excite him or to fall down on the ground then the only he will hit otherwise he's very quiet. [SHRI MATAJI LAUGHS] Even in Maharashtra, these Marathas are [UNCLEAR - STRONG?] but really active; Dhumaal is a Marathi. Most of them are Marathas. [UNCLEAR] is a Maratha

[YOGI]: Many Kshatriyas do Sahaja yog,

[SHRI MATAJI]: Hmm.

[YOGI]: The Brahmins

[SHRI MATAJI]: Kshatriyas are the best, you see.

[YOGINI]: We had this, one Mr.[UNCLEAR] in Sahaja yoga. Very, very premature he is

[SHRI MATAJI]: But jaise [UNCLEAR - BAANIYE?]

log hote hain [UNCLEAR] and others are Brahmins also because, you see, they have so many ritualism with them. Marathas because they are brave and courageous, they come in Sahaja yoga.

[YOGI]: [UNCLEAR], I think that mostly Kshatriyas worshiped the Devi

[SHRI MATAJI]: Hmm. Haan of course, Shakti pujari, yes.

[YOGI]: Yes, that is the main thing.

[SHRI MATAJI]: I mean, now see, I.P. Singh is a Kshatriya and Nagendra Singh is a Kshatriya - see all of them are like that.

[YOGI]: So they understand the value of

[SHRI MATAJI]: Shakti

[YOGI]: the Devi or Shakti [UNCLEAR]

[SHRI MATAJI]: People of values. Devi ko bahut maante hain. Put her out. Anyone has that [UNCLEAR]

[YOGI]: Chai aa gayi

[SHRI MATAJI]: She's a combination of two different traits.

[YOGI]: This Mrs. Gibbs is coming, I gather, here.

[2nd YOGI]:

[UNCLEAR CONVERSATION] And she finds very difficult because of the [UNCLEAR]

[SHRI MATAJI]: So you all put your left hand towards Me, right hand outside. Right hand outside and watch Me. Put both the feet on the ground, straight. Have you worked out anything about the diseases you want to tackle [UNCLEAR] this one? Gavin

[YOGI]: Lots of them, Shri Mataji

[SHRI MATAJI]: Annh?

[YOGI]: They are quite a few

[SHRI MATAJI]: Quite a few. You need the whole day?

[YOGI]: [UNCLEAR]

[ANOTHER YOGI]: We'll tell You the ones that have been requested.

[SHRI MATAJI]: So, tomorrow I'll be absolutely free the whole day.

[YOGI]: Nice, Shri Mataji!

[SHRI MATAJI]:

Do you think tomorrow the whole day I should give it to you? I'm absolutely free because C.P's out.

[YOGI]: [UNCLEAR]

[SHRI MATAJI]: Annh?

[YOGI]: Thank You!

[SHRI MATAJI]: Yes But we have to do something about it, you see, because now we have to face so many. Better? How is it? Come here. Come here. Just come. Take out your coat.

[YOGI]: One big such disease is, Shri Mataji, is all these mental illnesses.

[SHRI MATAJI]: No, no left side attack. Now turn around

[YOGI]: They are big problem

[SHRI MATAJI]: Haan, left side. You see now, put it, go further For that, all the left sided problem should be solved with a candle or light or fire. Anything that is light, see, is against that - fire - all the left side. Now this one also has a left side problem. So, what do you have to do, is to raise his right.

[YOGI]: Left

[SHRI MATAJI]: Now see. It does this in light. Be careful about them.

Also watch the flame; Flame will indicate to you. Now put it to the left. Left Swadhishtana; It's coming.

[YOGI]: Really, it is coming out - you feel it. All the pressure on the void is released. It's trying to show

[SHRI MATAJI]: Unnh!

[YOGI]: and the heart has to be released.

[SHRI MATAJI]: That's the Jagdamba's seat because He's 'Neh Chaturya,' you see. Now, for him, now what is the first problem, is the void. Void problem is there because he had a wrong guru, you see. Because he's on the left hand side, he should put his right hand towards the left hand side.

Put his right hand towards the left hand side.

[YOGI]: I saw some photographs, Shri Mataji, of this Mahishasur, where he puts his photograph - inside the Lingam of Lord Shiva

[SHRI MATAJI]: Hmm, so?

[YOGI]: Mahishasur

[SHRI MATAJI]: Oh!

[YOGI]: There's a photograph where there's a Lingam, Shiva's Lingam and he put his photograph inside it.

[SHRI MATAJI]: That's it. That's how he hits the heart. Now put his, no, I'm saying, put your - this is your left hand this side, that's your right hand - alright?

[YOGINI]: This Lingam is given by Mahishasur to his father and he worships it everyday

[SHRI MATAJI]: Baap re!

[YOGINI]: from 3 O'clock in the morning till 10 at night.

[SHRI MATAJI]: Now!

[YOGINI]: in the house.

[SHRI MATAJI]: [IN HINDI - Now see Rustom? Now it has started.] Behavior, very aggressive.

[YOGI]: Joy comes up to Vishuddhi's petals, Vishuddhi

[ANOTHER YOGI]: His Vishuddhi is blocked very much.

[SHRI MATAJI]: Right?

[YOGI]: Central, Mother.

[ANOTHER YOGI]: Right

[YOGI]: Central some blood cells - Sushumna has blood cells just below the Vishuddhi.

[SHRI MATAJI]: He never said Vishudhi. So he has said mantras?

[ANOTHER YOGI]: Hmm. Already, it's clearing

[YOGI]: Hmm. The whole thing has gone to heart now - right heart.

[SHRI MATAJI]: But basically - you see this one - now where did you put your - haan, now you say - "Mother, I am my own guru."

[2nd YOGI]: Mother, I am my own guru.

[SHRI MATAJI]: Again

[2nd YOGI]: Mother, I am my own guru.

[SHRI MATAJI]: Again

[2nd YOGI]: Mother, I am my own guru.

[SHRI MATAJI]: Again

[2nd YOGI]: Mother, I am my own guru.

[SHRI MATAJI]: Again - ten times.

[2nd YOGI]: Mother, I am my own guru.

[SHRI MATAJI]: Again

[2nd YOGI]: Mother I am my own guru.

[SHRI MATAJI]: Again

[2nd YOGI]: Mother, I am my own guru.

[SHRI MATAJI]: Again

[2nd YOGI]: Mother, I am my own guru.

[SHRI MATAJI]: Unnh!

[YOGI]: Hmm, not sure.

[SHRI MATAJI]: What! Cleared out

[YOGI]: Even Vishuddhi gets [UNCLEAR]

[SHRI MATAJI]: Now see. [IN HINDI - No, now come in front and clear his properly].... he's with Mahishasura, so [UNCLEAR], the heart is catching, center heart. Now, hold your breath and you should say, 'Jagdamba, Jagdamba, Jagdamba' Aham saakshaat Jagdamba, Aham saakshaat Jagdamba, saakshaat Jagdamba, Aham saakshaat Jagdamba, Aham saakshaat Jagdamba, Aham saakshaat Jagdamba, Aham saakshaat Jagdamba, Aham saakshaat Jagdamba, Aham saakshaat Jagdamba

[YOGI]: Much better, yeah.

[SHRI MATAJI]: Now, go to the Vishuddhi. Now, it will be more left Vishuddhi because of his mantra, so, Aham saakshaat sarva mantra siddhi, Aham saakshaat sarva mantra siddhi, Aham saakshaat sarva mantra siddhi, Aham saakshaat sarva mantra

siddhi. Aham saakshaat Vishnumaya, Aham saakshaat Vishnumaya, Aham saakshaat Vishnumaya, saakshaat Vishnumaya, Aham saakshaat Vishnumaya, Aham saakshaat Vishnumaya, saakshaat Vishnumaya, Aham saakshaat Vishnumaya. [IN HINDI - Yes, it's done]. Now what is it? Eight times Vishnumaya and eight times Mantra siddhi - it will work out.

Alright?

[YOGI]: Much better

[SHRI MATAJI]: Better now? Much better. Now agnya - left agnya

[YOGI]: That's it

[SHRI MATAJI]: Would be always there. Aham saakshaat Maha Ganesha Maha Bhairava, Aham saakshaat Maha Ganesha Maha Bhairava, Aham saakshaat Maha Ganesha Maha Bhairava, saakshaat Maha Ganesha - here you'll find people getting blind, you see. When they are blind, just ask them to put one light in front and one light at the back; Just give it a bandhan. Saakshaat Maha Ganesha Maha Bhairava, Aham saakshaat - haan. At this point even you can say, 'Aham saakshat Mahishasur Mardini, Aham saakshat Mahishasur - at the Sahasrara, you can say. Saakshat Mahishasur Mardini, Aham saakshat Mahishasur Mardini, saakshat Mahishasur Mardini, Aham saakshat Mahishasur Mardini, Aham saakshat Mahishasur Mardini, Aham saakshat Mahishasur Mardini, Aham saakshat Mahishasur Mardini, Aham saakshat - Annh! it's there. Aham saakshat Mokshdayini, Aham saakshat Mokshdayini, Aham saakshat Mokshdayini, saakshat Mokshdayini, saakshat Mokshdayini - Aham Saakshat Mokshdayini, Aham Saakshat.... Alright? [LAUGHTER] There it is [UNCLEAR]

[ANOTHER YOGI]: Very easy kundalini to [UNCLEAR] Mother.

[SHRI MATAJI]: Very easy. Because you are realized souls now, all the mantras are jagrut in you. Everything is jagrut. Whatever you say, is the Truth, it has a meaning. See, it's cleared out. Put yourself into bandhan, that's all. Now don't feel guilty - that's one thing you people don't do, is to feel guilty; You are facing Me - what is there to feel guilty? Now let's see his

[2nd YOGI]: He's a very....

[SHRI MATAJI]: Forward. Sit down now.

[YOGINI]: He suffered, he had suffered from asthma and very bad chest trouble.

[SHRI MATAJI]: That's because of his father.

[YOGI]: [UNCLEAR] problem.

[SHRI MATAJI]: Now, hold your breath.

Now, asthma - hold your breath. Saakshat Jagdamba, Aham saakshat Jagdamba, Aham saakshat Jagdamba, Aham saakshat Jagdamba, Aham saakshat Jagdamba, Aham saakshat Jagdamba, saakshat Jagdamba, Aham saakshat Jagdamba, Aham saakshat Jagdamba. Haan done. Now, hold your, now, for asthma best thing is to put bracket Jagdamba and Shri Rama. Aham saakshat Shri Ram Jagdamba, Aham saakshat Shri Ram Jagdamba, Shri Ram Jagdamba, Aham saakshat or you can just say, Nirmal, Nirmal Shri. Aham saakshat Nirmal Ram, Aham saakshat Nirmal Ram, Aham saakshat Nirmal Ram, Aham saakshaat... cleaned out. Are you alright? Breathing is alright now?

[ANOTHER YOGI]: Yes, Mother

[SHRI MATAJI]: Just a, just a weak..... I'll stay, sit down.

Sit down that facing that side. It's gone out na? - Little bit. He's not feeling but it's here, haan.

[YOGI]: Haan, that's it.

[SHRI MATAJI]: Now, Aham saakshat Nirmal Mahaganesha, Aham saakshat Nirmal Mahaganesha, Aham saakshat Nirmal Mahaganesha, saakshat Nirmal Mahaganesha Aham saakshat Nirmal Mahaganesha, Aham saakshat Nirmal Mahaganesha, saakshat Nirmal Mahaganesha, Aham saakshat Nirmal Mahaganesha, Aham saakshat - done. Now you can say, Aham saakshat Mokshdayini, Aham saakshat Mokshdayini, Aham saakshat Mokshdayini, saakshat Mokshdayini, Aham saakshat Mokshdayini, Aham saakshat Mokshdayini, Aham saakshat Mokshdayini. For Me, even once it's alright to say but you all should say seven times - understand?

[YOGI] This is that, actually, where the both void are catching

[SHRI MATAJI]:Annh?

[YOGI]: It's this region, yeah

[SHRI MATAJI]: What's it?

[YOGI]: both of them they, it's all gets matching

[SHRI MATAJI] - Coming from there? Unnh, so put it down. That's the way to Mahakali.

This is Mahakali's mantra - Aham saakshat Mahakali Aham saakshat Mahakali, Aham saakshat Mahakali but you've got. [IN HINDI- Mahakali should come here also. [UNCLEAR] in the left, in the left] - sorry Aham saakshat Mahakali. [IN HINDI -[UNCLEAR] He has liver also]. He has both the sides.

[YOGI]: Haan, that is true.

[SHRI MATAJI]: That's why..

[YOGINI]: He's a staunch religious person from the childhood and he has picked up all wrong gurus.

[YOGI]: Who? But now he has got the right one.

[YOGINI]: So - yeah - it needs

[YOGI]: I'll do it [UNCLEAR]

[YOGINI]: It needs a clearing.

[SHRI MATAJI]: [UNCLEAR]

[YOGI]: It breaks this candle

[SHRI MATAJI]: Yes, it's alright, it's [UNCLEAR] in Sahaja treatment.

[YOGI]: Achcha. My nephew has just gone to Dublin, to school, Mother.

[SHRI MATAJI]: Who?

[YOGI]: My nephew

[YOGINI]: Where?

[YOGI]: At [UNCLEAR] school

[YOGINI]: Oh! Columbas, Saint Columbas. Is a boarder?

[YOGI]: Boarder

[SHRI MATAJI]: He has two sons?

[YOGI]: My cousin sister. The one who is a dentist, who came and shown his steel.

[SHRI MATAJI]: oH, now let's give him his thing down - alright, so what we'll do is to - Aham saakshat Mahakali, Aham saaksha.. you see, because of My, I don't have to worry so much right, left, center - that's how My! [IN HINDI - Now it has stopped on Swadhishtan]

[YOGI]: Left Swadhishtan, I think, get it all the heat

[SHRI MATAJI]: Actually, he's catching from his father because his father has a heart, you see, so he's indicating it. If father has a heart, the child gets this because the father's side, na, father's side. Haan!

[YOGI]: Much better

[SHRI MATAJI]: Hmm

[YOGI]: Actually, it's his [UNCLEAR - MENU?] as the Left Swadhishtan is sucking it all up

[SHRI MATAJI]: Unnh?

[YOGI]: The left Swadhishtan is sucking it all out

[SHRI MATAJI]: Hmm

[YOGI]: all over

[SHRI MATAJI]: [IN HINDI - That's why we must keep on Left Swadhishtan] Give it a bandhan but keep for a while - light. Keep it in such a way, even if you don't have, you can keep the photograph. It's coming out

[YOGI]: [UNCLEAR]

[SHRI MATAJI]: It's better to have it there than to have it. [IN HINDI - The candle is small]

[YOGI]: [IN HINDI - We should ground it, Shri Mataji]

[SHRI MATAJI]: Annh?

[YOGI]: [IN HINDI - I have grounded it]

[SHRI MATAJI] [UNCLEAR] So all the permutations and combinations of left side, it was tied up. [IN HINDI - Achcha, Left side is simple.] First of all, any left side - right to the left. Then, you have to see, if it is Swadhishtana; Work out for it but Mooladhara combination is the worst of all - like Multiple Sclerosis in Mooladhara.

The lady was sitting, I just lit the candle and there was a little gap in her shin, but she couldn't lift her legs, you see and I gave a bandhan thrice to her Mooladhara and she lifted her both the legs. Can you imagine? She lifted her both the legs. Multiple Sclerosis.

[YOGI]: Left is very subtle because it will shift around the body

[SHRI MATAJI]: No, but easier. Because of this, fire is the best for it. [IN HINDI - Let them use the fire.] Fire is the best. [IN HINDI - It comes out so easily in the fire] Haan! - Clearing out

[YOGI]: [UNCLEAR] Where I was working in this mental hospital, he used to be very upset because I used to burn a diva in front of the photograph.

Three or four times they tried to stop me but they didn't [UNCLEAR]

[SHRI MATAJI]: That's the problem. [UNCLEAR] is really a child, Terrence's child, had some sort of a big [UNCLEAR] because Terrence went there - naturally. If Terrence moves [UNCLEAR] and you see, she went with her all things and said, "You have to put Mother's photograph and everything," they refused. The doctors refused to put it there. [UNCLEAR] I mean. They said, "You see, it might be contaminated or this and that and all that and see, I think, you better [UNCLEAR].

[YOGI]: Which hospital? Breach Candy?

[SHRI MATAJI]: Breach Candy

[YOGI]: Then naturally

[SHRI MATAJI]: Stupid

[YOGI]: [UNCLEAR] some problem

[SHRI MATAJI]: But one nurse in that Breach Candy knows about this and she sent so many patients to Me. Are you alright now?

How are you feeling? Light? Just see, is the cool breeze coming out of your head? In front

[YOGINI]: No, I'm cleared out.

[2nd YOGINI]: Not good

[SHRI MATAJI]: Is it?

[2nd YOGINI]: I cannot tell it, it's not yet specific.

[YOGI]: Haan, coming surely. Coming but this he had a tall lesion of blood like that [UNCLEAR]

[SHRI MATAJI]: Ekadasha

[YOGI]: hmm

[SHRI MATAJI]: Annh, annh, it's opening out.

[YOGI]: It's opened

[SHRI MATAJI]: Turn around this side.

[YOGI]: Better. But in his case the right side is weak.

[SHRI MATAJI]: He has liver also, his liver also [IN HINDI - Gujarati people have a lot of liver problem because they eat farsand etc too much] [IN HINDI - They should reduce that]

[YOGINI]: [IN HINDI - Even Oil]

[SHRI MATAJI]: [IN HINDI - Yes, their food is very oily and secondly the other thing is that], apart from oily, they think too much. Even the women, I've seen, they think and plan, [IN HINDI - "Today we'll make this food, today we'll do this."] Everyday, see they are busy with thinking too much. [IN HINDI - Their liver gets spoilt soon like this] and thirdly, I think, this [IN HINDI - [UNCLEAR] oil] . That's the worst of all

[YOGI]: Which?

[SHRI MATAJI]: [UNCLEAR]

[YOGINI]: [UNCLEAR]

[YOGI]: What's that?

[YOGINI]: Peanut oil.

[YOGI]: Achcha.

[SHRI MATAJI]: That's the worst thing because that gives you Leucoderma also.

[IN HINDI - That's why, you see, Gujaratis have a lot of Leucoderma.] You know that disease of leucoderma - that is because of this [IN HINDI - [UNCLEAR] oil]. Absolutely, it is the worst, is peanut seed oil. We never had peanuts in India, you see. There's no word for peanuts in Sanskrit language.

[YOGI]: [IN HINDI - No]

[SHRI MATAJI]: It came from, I think, from the [UNCLEAR]

[YOGI]: Arabs, probably

[SHRI MATAJI]: Annh?

[YOGI]: The Arabs

[SHRI MATAJI]: Maybe Arabs.

[YOGINI]: This son was born in Dublin.

[SHRI MATAJI]: Where?

[YOGINI]: In Dublin, Ireland

[SHRI MATAJI]: Achcha!

[YOGINI]: This in India

[SHRI MATAJI]: India. There's no difference.

[YOGINI]: Nice

[SHRI MATAJI]: But [IN HINDI - there is some], still, what is the month he was born?

[YOGINI]: February

[SHRI MATAJI]: What date?

[YOGINI]: 28th February, Pisces

[SHRI MATAJI]: Pisces

[YOGI & YOGINI]: Pisces

[SHRI MATAJI]: Pisces [IN HINDI - is the new beginning][UNCLEAR] It's like more the cusp

[YOGI]: Cusp, first [UNCLEAR]

[SHRI MATAJI]: Aquarius and Pisces, very good for him. When was he born?

[YOGI]: 31st of March

[YOGINI]: Aries

[SHRI MATAJI]: Hmm, Aries

[YOGI]: Aries, Pisces

[SHRI MATAJI]: [UNCLEAR]

[YOGINI]: You are Aries, Mother?

[SHRI MATAJI]: I don't know. They say, I've born at zero point because 21st March and at 12 O'clock in the daytime I was born.

[YOGI]: I have done Your horoscope, Shri Mataji

[SHRI MATAJI]: Achcha!

[YOGI]: as calendar. It is

[ANOTHER YOGI]: most interesting, just takes lovely shape

[YOGI]: I cannot describe it to You

[ANOTHER YOGI]: Very regular

[YOGI]: Everything is so balanced

[ANOTHER YOGI]: Very powerful, very solid!

[YOGI]: You cannot describe it [UNCLEAR]

[SHRI MATAJI]: That's what he said also. Choudhary, who did it in India, said,

[ANOTHER YOGI]: Yes, very interesting!

[SHRI MATAJI]: "It is most balanced thing because the center of India, center of this and all that." Has to be, I've to be balanced also. When I have to balance the whole world, I have to be balanced Myself. But the way it is been assumed, you see, because, you see others were born, all of them, at a point where there was some sort of an imbalance and they came to balance it for a thing but Mine is at a balance point to balance the whole world.

[YOGI]: But it is not in the horoscope. It is impossible to analyze it because everything is so interrelated, that if you try and analyze it, you will be going, I mean, [UNCLEAR] just something that is negative - is that [UNCLEAR]

[SHRI MATAJI]: Good. Are they alright now?

[YOGI]: Good!

[SHRI MATAJI]: Let's see doctor saab. [IN HINDI - Come]

[YOGINI]: [UNCLEAR]

[SHRI MATAJI]: [IN HINDI - Here] Gujaratis are doing nothing for Sahaja yog. You see, Flash - there's the one who have Flash magazine. They published so much thing about Sahaja yog and all that - nobody. This Gujaratis don't want it.

[YOGINI]: I wish Mother, I could come and live in London. I was just telling him in the planes. This year we're going to combine me and this one and I said to him, "We haven't bought the house in Dublin let's buy or live in London. At least I'll see people, our people and do something." Dublin is very isolated, very gloomy [UNCLEAR].

[SHRI MATAJI]: Nai, but now you've done a job in Dublin, that's good.

You establish it well when you come out.

[YOGINI]: Jogian is the one You should give full credit to, I am not.

[SHRI MATAJI]: The way he met them but I really - remarkable. The way you met these boys. Where did you meet them? In the...

[YOGINI]: Arre! This side is [UNCLEAR]

[2nd YOGI]: No, the funniest part is that [UNCLEAR - DOUG?] funny one man, brought me to the meeting.

[SHRI MATAJI]: And how did he bring?

[2nd YOGI]: You know, he isn't admitting, even in this

[YOGINI]: Any guru comes, that good guru

[2nd YOGI]: So he said, "Why don't you now he's [UNCLEAR]?"

I said, "No, I don't want to." "Go, Go," so I said, "Okay, I'll go," and I said and [UNCLEAR] grandson called, "We'll be there." So I said, "I'd like to meet Paul." So, I started talking to Paul and Paul said

[SHRI MATAJI]: Who spoke there?

[2nd YOGI]: John but I didn't even hear the talk, Mother. I know, I heard, all I heard was the [UNCLEAR] said, "Sit down, put your hands towards Me. Did you feel anything?"

[SHRI MATAJI]: Really!

[2nd YOGI]: The first my, I must think but when I went home, that night I got up at 3 in the morning and I was up because my hands, my feet and my head were just hot. I mean, I was sweating there and then and I couldn't sleep, I was just sweating and that was on the next day, I went to the meeting and I said, "Can I see Paul on his own on Fridays?"

So he said, "Yes, come along," and I spent the whole day with him and still I was, I didn't want to give up the false one and I said, "No, but this not, " so Paul just said, "Listen, listen but this is at least Mahishasur, he's very bad, give him up."

[YOGINI]: Then he came to the center.

[2nd YOGI]: Then, that Saturday he came and I was going to decide, it was too much. I mean, then I suddenly, end began to dawn, I began to realize what's happening. In my realization I got materially vibration in a way - let's see.

[YOGINI]: And one day the whole house became

[2nd YOGI]: And one day the whole house was clean.

[YOGINI]: In our own house they came and that's it.

[2nd YOGI]: But it was [UNCLEAR]

[SHRI MATAJI]: But he must be a great seeker, you see. Normally it's difficult to dissuade [UNCLEAR] from this horrible fellow.

[YOGINI]: [UNCLEAR] the law is very good. They won't let me to sleep in our room.

Coles put kumkum, swastika, almost everything. I said, "I'll be okay, " so they gave me Your Parvati's, na, haan, Parvati's photograph of Mataji [UNCLEAR] and I then telephoned to them to stay where [UNCLEAR] but then they spent a couple of more days and the whole house was different, totally different.

[2nd YOGI]: There was no dirt in my house, there was no dust

[YOGINI]: Mother, you feel that

[2nd YOGI]: Every time we had Mahishasur's photograph, there used to be dust, dust,

[YOGINI]: Like somebody has put vacuum all over. You know, you

[2nd YOGI]: Like marks. I said, we took a lot out but some

[SHRI MATAJI]: Your Mother's job is that, na. Her name is that [LAUGHTER] I'm a vacuum cleaner, a very big one, you know na? That's true but, you see this, you must have been influenced also by them, you see. You see, because they are English people, they know so much about your culture. Also it's not possible, if you're not realized, you can't talk to them anything about anything. If there are Indians, you can't talk to them about Christ, if they are English, you can't talk to them about Ganesha - it's like that. It's such a barrier but after realization, you see, how homogenous these all thing works out, how they understand this and very sweet children, you know.

You can see from their life how [UNCLEAR] sweet and balanced they are. This [NAME UNCLEAR] he must have told you, he was a punkrop.

[YOGINI]: He himself told us.

[2nd YOGI]: He told us every [UNCLEAR]

[YOGINI]: You see, everyone had different time chat with me. We cooked, I cooked, we ate and we go out. At 12 O'clock after the episode with [UNCLEAR] we went to the mountains - moon and mountains and we sat.

[2nd YOGI]: We saw [UNCLEAR] from Dublin Sun rising out [UNCLEAR]

[YOGINI]: You know we did everything and I talked each boy different time and they all told us. - Allan was great he told [UNCLEAR]

[2nd YOGI]: Because Allan [UNCLEAR] told, on certain terms that who You are and he told who Mahishasur, that baba is Mahishasur and and Doug couldn't of course commit this, so Carl just - Like that He only, he's this, you don't do this, I want this, he [UNCLEAR] do this and all that and Douglas couldn't take it, he couldn't take it.

[YOGINI]: Allan and [UNCLEAR]

[SHRI MATAJI]: What do you mean? He was shaking, you know. She never saw

[2nd YOGI]:[UNCLEAR] he couldn't, he just couldn't talk, he just, "But, but, but, but," that's like a - but, but, but, but, but, but almost he, he can't, he came inside the house this Sunday but [UNCLEAR] and he, "We Bible, I Bible, " he asked me, "Can I?"

but he put such a void back into the house but I didn't know what to answer [UNCLEAR] away. I put water, I explained to her water yesterday but still her void is bad. Everyday I come home from college and I watch the [UNCLEAR - TICKS?] in the air, so everyday I [UNCLEAR], I pat my hands, I start [UNCLEAR] just a little [UNCLEAR] and slept away but didn't go [UNCLEAR]

[YOGINI]: But he doesn't know our agent [LAUGHTER] that's it! That's the way to speak for that.

[2nd YOGI]: It's disgusting

[YOGINI]: Age 61, when you are that age, then you are doctor, then you are psychologist and you believe in God but you believe in this Mahishasur, that doesn't mean everyone has to follow and question answer you did with this another doctor, who is not his age but he should - acted his age

[SHRI MATAJI]: Then, you should tell him really - best thing would be that it is that is how we see everybody, that everybody is an angel but this is something new. You see, it's like guru shopping going on, you see. You go to this shop and that shop but this is a temple where you enter. This is a temple, you tell him. You see, now they have started another type of a propaganda.

Sometimes they say, "She doesn't need any money," but why do you need money? What do these people need money - parasites. Money is not the point, it's not a point. Actually it's much deeper than that. Money, of course they are naturally because they are so base and gross that they are interested in your money in all these nonsensical things. That is obvious but the worst thing that they do, is to make you so much debased that you are possessed, you see. You are possessed - I mean then, what is your situation?

[YOGINI]: They took our 500 at the moment and

[SHRI MATAJI]: Really!

[YOGINI]: took lots of money.

[2nd YOGI]: We put that money to buy this house, which I so much regret ever, having been suggested. I only said to him but we didn't said, we said to him, "Listen, you want to give yoga, we don't want to have.

If we buy the house, we'll make into Sahaja yoga center and we'll trouble you." So no he said that, so he said, "We'll send some," and nothing happened and lawyer said, "O, if we give you five hundred pounds back [UNCLEAR]," so I said, I told Douglas that, "I want all of our money back. None of that should belong to anybody, we lost, we got working, we deserve that money," so the lawyer said, "Coming back in an hour," and he said, "We'll give you back 1500," so I said, "Still not up to the point but I want back." So, next day, "Okay 2500," and I said, "Okay, I'll settle it up, okay." Then he comes to the house and he says, "Oh, it goes off to me, I give you a check of all the money," but the lawyer said that, "We can't give you it all back because it is not customary." My father said

[SHRI MATAJI]: It is not what - custom?

[2nd YOGI]: It's not customary. The lawyer said, "It's in your interest to keep it," so Douglas and I had to keep it and I had to, kind of, say no, so my father said, "But if that would be the case John." He said, "Yes," to the lawyer but, "You give me 3000 pounds in May or come to the house and give it." So he just said, "Oh, but this and that,"

[SHRI MATAJI]: But, why, why did you give this money to him?

[YOGINI]:

You see, as I said, Mataji, that, that man working in psychiatric or with this Mahishasur, with whom we visit every year, he has this power to hypnotize or mesmerism - something. But when he says, you can't deny it. He says, "If this is debt, good for you." When he wants it, otherwise he'll say, "It's not, it's not good for you," because "It's sweet, it's bad for you." He has taken over complete me and him.

[2nd YOGI]: That's what, he's very certain - he's is, he's is mind control. You come inside the room and he will pick up all the tension that we belong to him and you're not coming back with it, so he's always at the center of everything and you're little break then

[SHRI MATAJI]: So he asked for the money?

[YOGINI]: Yeah, he said to buy the house and the way things are Jogian and my husband in, saw at the moment say, "Yes, that's the best idea, we'll buy your house," which was the whole house. Now he has divided half his he's going to build his surgeries that doesn't belong to us. Half remain here, I'll work there, I'll live there as a ready made secretary, who's smart, take the phone messages because phone is in their name, put Dr. Thakur's name out because he's doctor and his practice he will loose although he lives somewhere else.

[SHRI MATAJI]: Annh! [UNCLEAR]

[YOGINI]: He has worked out planned out from last Christmas and then he put us all in like that, so I paid in July before going to Saudi. From London, I went back to Dublin to sign the contract. Then from Saudi master rang to say, "We don't want house, please discuss." "Oh, yes, yes." When I came back, he said, "No, no, no keep the house." He told Jogian, "Don't move out of the house. Stay with your mother. She needs you and she'll save the money that way."

[2nd YOGI]: One day, "Move out," next day, "Don't move out."

One day, "Do this, don't do that." You see, I want some [UNCLEAR]

[YOGINI]: Then he's so low Mataji that influence on Jogian, he said, "Dhatt!" Those things started to happen and then Sahaja yoga came to Dublin. He said in front of Jogin, "Well, buy the house." I said, "We can't afford, we don't want to." He said, "Give me your car." "I can't, I don't want to." "Okay, you have insurance, haven't you?" and I said, "What?" He said, "If anything happens to him, you can get the insurance money and you'll be okay."

See, the mentality of the man!

[2nd YOGI]: It's disgusting!

[SHRI MATAJI]: [UNCLEAR]

[YOGINI]: A Gujarati woman that I am born, to tell me that, I mean, I said, "No way, please leave. I don't want to talk about it." But I couldn't say okay leave, when Jogin said to get out. I couldn't bring out but I have nothing to do with the man, who goes that down, "Okay, if anything happens, you have insurance."

[2nd YOGI]: It's just, he's an embodiment of evil, he's an evil disciple, just evil

[SHRI MATAJI]: [UNCLEAR] I mean, just imagine, how could he suggest such a thing!

[2nd YOGI]: What's worse, he's a psychiatrist and a doctor.

[YOGINI]: He's doing to people, weak people, who lean upon him.

[SHRI MATAJI]: I mean, he doesn't understand even, really the, he's not an Indian at all to talk like this. You'll be alright.

[YOGI]: Left, Vishuddhi is [UNCLEAR]

[SHRI MATAJI]: Left. So just now you'll be in the same house or what are you doing?

[YOGINI]: No, we have rented the house. From 16th of September we have moved in that rented house. Rented house but we don't know Mataji. Yes, we will be. This fellow is in medicine, third year.

[SHRI MATAJI]: Where was he in medicine?

[YOGINI]: Yes, Trinity College and this...

1982-1017, 1st Day of Navaratri: Innocence and Virginity

View [online](#).

17 October 1982

Innocence And Virginity

Navaratri Puja

Temple of All Faiths, Hampstead (England)

Talk Language: English | Transcript (English) – Draft

Navaratri Puja, "Innocence and Virginity". Temple of All Faiths, Hampstead, London (England), 17 October 1982.

It's a great thing today that we are celebrating the Virgin's worship in England. As you know, according to Sahaja Yoga, England is the heart where resides the Spirit of Shiva. And that Virgin should be respected and revered and worshipped in England is a great honour, I think, for all the Sahaja Yogis.

Now one has to think why such an importance is paid to a Virgin. Why a Virgin is respected to that extent. What are the powers of a Virgin?

That She can bear a child of that magnitude that was Christ, that She could create Shri Ganesha out of Her own body, that She could protect innocent, dynamic force of Her children who are egoless, who have not known what is ego. So this great power and force resides in a person who has lots of "guru punyas" [guru virtues] who has done lots of good things in previous lives, who has always understood that Virginity is a power higher than any other power and would save the Virginity and Chastity with all her effort and care. As you know that within our body She is placed as Kundalini, means She is the Virgin. She is untouched, the desire to become Spirit is without any blemish "nirmal". There is no blemish, its waiting is pure. There is no other desire but to be one with the Divine. All other desires are finished.

It's a very difficult subject for Me to talk about in the Western country. It's embarrassing. I do not want any one of you, whether men or women, to develop any guilt in your mind. Because that is one thing is the greatest blemish as you know, at a later stage this guilt works in the opposite direction. It is of no help. But when we understand that we have these problems, we have to be humble about it. Not guilty but humble.

If you are not humble about it, and aggressive about demanding what have you got out of Sahaja Yoga and complaining about it all the time, while not seeing what are your own punyas, what do you deserve? Your Kundalini, despite every blemish, has been raised. You know that. You are blessed. So instead of complaining or being aggressive, you must know that it is a great 'favour' to you. The greatest favour; that you are forgiven completely, that this great blessing has been bestowed upon you. And to come up to it you have to work hard. Not to feel guilty about it but to be humble, to be thankful. That despite what we have done.-played with ourselves completely- still we are today sitting as God's Devas. The "Somarasa" [Drink of gods] which is the "charna amruta" [Lotus feet ambrosia] is the water that washes the Mother, only you are allowed to drink it, only the Devas. You are sitting in that category, and how can you be demanding?

You have to humble yourself. By seeing your past, whatever mistakes we have committed, I am with you in this, not to feel guilty. It's very embarrassing as I said to you, but please try to face yourself. We have to face ourselves as we are.

The advantage of the Indians is that the Kundalini exists there. So whatever Indians may do, they are always aware it is wrong. For them virtue is virtue, whether they are not virtuous. Righteousness is righteousness, whether they are not. They know, all the time they are aware of it that they are doing wrong. They do not say: "What's wrong?" Nor do they propound things which are obviously wrong and against the virginity, against the sublimity, against the divinity. Satanic things, they never proclaim that this is God. They are hypocritical, alright; but they are aware all the time that these things are wrong. The whole society is like that. Because Kundalini stays there.

When we lose our innocence and our virginity, first thing happens to us is that we become ego-oriented, and we start thinking "What's wrong?" Your Shakti is your Kundalini and She is Virginity. She is your power. She is your strength. Your innocence is your strength, the day you lost it that is the day we have committed the original sin. So for us it is important that we have to be

very humble about it, and that we have to achieve something. What? Not the kingdoms and some sort of a luxurious life, but a seat in this holy land of Shiva.

Shiva is forgiveness, He forgives everyone, even the Rakshasas [satanic people of the right side] can be forgiven, but can they be given Realisation? Even the Pishachas [satanic people of the left side] can be forgiven, but can they be given Realisation? Forgiven is a different point. One aspect is forgiveness, so that they can remain for a longer period, they may live longer, because of Shiva's forgiveness. So what? But what a wretched life! And the people who are not innocent can never be joy-giving. They are themselves miserable creatures and make everyone miserable.

The arrogance is not a child-like quality. We have to be like children. And even when you were not, you were given Realisation alright. But now you are sitting with the Deva, even higher than them.

So what is our decoration? It is humility. It is simplicity. Not cleverness, arrogance, putting others down, showing-off, but a complete surrender, surrendering all your egoistical qualities.

Let the virginity be reborn within you. From today you all have to take a vow, it's the New Year's day for us- that we all will surrender our horrible tempers, dominating natures, asserting behaviours, ego-oriented harshness, domination. I don't know what use it has. Unless and until you surrender that, the Lord of virginity, Shri Ganesha, will not be able to crown your Agnya Chakra. Whatever we have done so far should just give us this: if our past could give us the idea as to how humble we have to be with each other, with all the Sahaja Yogis, how kind we have to be, how loving, how universal.

Virgin cannot accept ideas which are not universal, she cannot! That's a sign of a Virgin because she is universal by nature. All fanaticism, all racialism, caste system, all these things which artificially separates man from man, woman from woman, nation from nation, will all finish off, as soon as you become innocent. But you can't become by brain-washing, you cannot. By Kundalini awakening, of course, you can. But to maintain it, your progress should be inward and not outward to seek your roots. She is the "moola". She is the roots of your being. She manifests all your roots. So your attention should be towards your roots and not towards your shoots, you have been that. Face yourself, and develop your roots now. All the Western society is without the roots, you can see that. We have lost our roots; let's face it as Western people, as I am also with you today. We have to find our roots.

You see, in a tree which does not have roots, it dries out, it doesn't give any shade, afterwards it becomes a dry horrible dying tree. When it dies, it falls upon someone. It grows thorns, all dried things grow thorns. It's like a desert, where only thorns can grow. When the whole society becomes so stupid as to hate each other, materialistic, then roses are not going to grow there, lotuses are not going to grow there, while you are the lotuses of this country. You are born in the mud all right, but now come back to yourself. You were beautiful. You are like lotuses, fell into this mud, became the mud, out of which you came out because of your true nature. Then you have become now lotuses, but there is no fragrance. Lotus without a fragrance, one can't understand. Lotus has to have a fragrance. The fragrance that will overcome the filth of this mud.

You have to grow much more than Indians can grow. On the contrary the arrogance of people, I am amazed. They start complaining about this, complaining about that, complaining about another thing. What do they think of themselves? Who are you?

Because the roots are not developed. Once you'll develop your roots, immediately the humility will start coming into your temperament. There is artificial humility, not from the heart. It will only come when you become virgins, you become innocent.

Innocence only doesn't mean morality, doesn't mean only that. Many people think that if you are a moral person-No. It also means a non-materialistic attitude.

For people, carpet is more important than their own children. Morning till evening they will be saying harsh things just to save few nonsensical things which are going to be left here permanently. Materialism is the hit, it's the one that hits you, your Innocence. If materialism means to make things to give others happiness, to present others, as a cup that carries the nectar, if materialism is that cup which gives the nectar of love, then it's all right. But you don't eat the cup, do you? To Me materialism sounds like people eating the cup, and not the nectar! Is cup more important or the nectar? Supposing there is a golden cup and

a poison is placed inside that, will you take it because it is in golden cup? If you take it, of course, I will have more value for gold. Will anybody knowingly take a poison in a golden cup because it is in gold? No common sense! There is no common sense at all! That material things cannot give you happiness is the basic factor of economics.

In my own lifetime, I have seen that anything material gives you greatest happiness when you can give it to someone. I have seen that way, always. I enjoy the giving more than taking. I mean you try, sometimes, to give away something, and see how happy you feel. Of course, it should not be done because you want to get rid of it! [Laughter]

Actually, it is done for that only, perhaps. Because whatever you possess is a headache in anyway- even the subtlest form. Any possession is like getting possessed. It's slavery. It hinders your freedom to grow. But it goes hand in hand. You know, people ask Me: "How it is these people who are so affluent are so miserly? Why are they so miserly?" People can't understand, you know. For one 'p' if it is dearer, the whole England would be ablaze, you see. All the time what you hear is nothing - that so much percentage of rise in this thing and that, and they are going for a strike for this. I can't understand, now do you keep account of all that?

If somebody asks me what is the price of this sugar here and there, I wouldn't know, but I would just know that it is cheaper than the other place. Because I am innocent. I get things absolutely cheapest always, I have seen that I always get things cheapest. Because I am so innocent. My Innocence takes Me to places where it is the cheapest and I get the maximum joy because I can give it. I know how to give it.

That's how I would say, because of the real force of your Spirit which is virginity, you have lost the sense of joy also. You are joy killers, morning till evening you are killing each other's joy- to say harsh things, you see, from this tongue.

I was folding My hands before you because I knew it would little bit upset you, so I was just keeping it there, that your mind should not be disturbed so much. In My palms, you see, very carefully I was catching your heart to keep it there so that you should not feel hurt. Because it was not harsh, but it was truth which was harsh. But still, in my palms, I was holding it, carefully, so that you should not feel hurt about it.

So to hurt anyone, just open your tongue and hurt anyone, one doesn't understand how many ripples of hatred you are creating within yourself. Twenty-four hours are not sufficient for Me to love people. Now, I will be sixty years of age, I don't think I have done justification to these sixty years because I have not been able to love people as much as I wanted to. The flow is so great that My body suffers with that flow and sometimes I curse Myself that: "Why should I carry such load of love within myself?" And little excitement with the puja also. You know what happens to Me, I shudder. Sometimes, you are calling Me for puja, now what will happen? Then somebody can ask a question, sometimes: "Mother, did we not suck your vibrations?" It is obvious, but I don't want to say that. Because if I say that, your Vishuddhi will be caught up; again you will suck less. It's a very delicate work I have to do. You are already wounded people because you have wounded yourself. Nobody has done this harm to you, you people have nicely wounded yourself, very nicely. Every way possible you have tried to hurt yourself. Now because of the hurt, the guilt is built-in and you are hurting others. It is as simple as that. So don't hurt yourself, there is no need to hurt yourself. But remember that we have no business to be harsh to anyone. We have to be sweet people. We have to be kind people.

There are also psychologists who have come forward to give you explanation for your harshness, that: "Your will-power should be strong. If you don't talk like that others will take advantage." Who can take advantage of the Western people? It is absurd, absolutely absurd! The ones who have done injustice all over the world should say such a thing, it's absurd. I cannot understand how can they give an explanation like that!

But now the time has come. You are the people who are going to change the mind of God with your good behaviour. The wrathful God, you are going to please Him. You are going to represent that area which sucks in the compassion of God. Ask for His compassion! Do you deserve it? If you don't deserve it, who is going to deserve in this Western world - you tell Me- today? You are the ones chosen for this, specially prepared for this, to create an area so that the Deity of compassion should be awakened, for the rest of them.

The arrogance, you have seen in the spread of Sahaja Yoga, what happened: we had a programme where we had, say, a thousand people. For the next follow up there are only three. It's typical. I have spent most of My precious time in this country, and in the West. Despite that, the arrogance sometimes baffles Me. Arrogance among each other, even towards Me sometimes they are so arrogant, I cannot think of anyone being that arrogant to Me, as the way they are. The way they talk to Me, the way they behave towards Me, I just can't understand how can they be like that.

It can be anyway anywhere, anytime, especially women. I was amazed, I went to Belgium, and I found that Belgium housewives were even worse than British housewives. Ah! Terrific, terrific women! Ah! Just horrible! Absolutely. You just don't know how to deal with them, it's terrific! They control the whole household into their hands, I don't know how. Only, I don't know how they do it. So ego-oriented, I am amazed! But if you go to America, American women are baba, They are Amazonic! Horrible! You just can't understand, there's no love, no affection, nothing. Showing off, all the time talking about their material things, absolutely dry sticks, I tell you. And they want Realisation, and they want to be great and this and that. I don't know. What are they?

Today it is especially the day of virginity. I have really great hopes from the women of this country, especially. Here the men don't talk at all, you see the pattern was worst in Belgium, no man would talk a word! They cannot talk, just poor things are just shut. They don't talk, strangled, completely strangled by women, believe Me. Horrible! What is going to happen to that country, you see? Where men cannot talk and women talk. It's horrifying, let's face it up. What have they achieved, the women there? At least, in India, our Prime Minister is a woman. What are they? Good for nothing, useless, just washing utensils in the house and showing off. I just don't understand. What sacrifices they can go up to? The woman is known by the amount of sacrifices she makes. It's a challenge, I tell you, for all of you woman who are Realised souls to see to it, that you humble down yourself. Your quality cannot improve unless and until you humble down. On everything you assert. For what? It's impossible to worship Virgin when we are so arrogant and so strangling type.

The Virgin is a simple woman. She is extremely simple. She does not understand what are your plans and what is so important, everything. Her importance is her virginity, that she knows, and she will not allow anybody to touch it. That's her property, that's her wealth, that's her greatness. And she's humble because she is not afraid of anyone. She is not aggressive. But she doesn't allow anybody to aggress; nobody dares aggress a real Virgin.

A new page has been turned now, in Sahaja Yoga. I must warn you all about it. Don't take liberties too much with Sahaja Yoga. You are not obliging anyone else but yourself, be careful. Take up my warnings always seriously. You 'all' have to come up very well now. It is not only doing my puja is going to help you, I can tell you this much. Now you better worship your Self. You have to worship all your Gods within you. Cleanse them.

First is the God and the Goddess of humility, of innocence, of simplicity.

Worship that. Unless and until you can worship that, you cannot go further, you will not be protected. Again I say that a new page has been turned. Don't take liberties with Sahaja Yoga. It has bestowed all the blessings upon you. You have seen the light of the day. But be prepared for the night. Nobody should try to take liberties. Try to improve yourself.

No more complaints. If you can't live in an Ashram like that, you better get out of it. It's not for your convenience. Nobody is in need of you. Take it from Me. Nobody is in need of you, you have to be in need of your Self. If you are seekers, if you want to find your roots, everything is available for you. But you have to be humble to go down to the roots, not with arrogance.

We must understand why we are not progressing. Actually arrogance comes to people who lack self-confidence. Self-confidence is shattered to people whose Self is not manifesting. Let your Self manifest. When the Self is not manifesting, you get all kinds of problems, and then you complain. Actually, the problem resides within you.

It is God who has to complain. Think of it. The One who has created this universe, the One who has created you all with such love

and affection, the One who has given you everything under the sun, also the One who has given you Realisation, given you light, everything that is possible and you are complaining against Him? You should not. Complain about 'yourself that: "I am not alright, I should be alright." Complain about yourself, face yourself.

Like children when they face the mirror, they say: "This is somebody else? How we believe?" They never identify themselves with their own images that they see. They are identified with the image that they 'are'. They don't create artificial images or don't dwell with the images which are making them feel ego-oriented. They live with reality as it is. We are made like that.

You see a camera, if it takes some photograph under a light which is not, maybe, some other colour, the photograph could be different. Supposing I am wearing a red thing and supposing you put a light that is blue, this might start looking green. But human eyes will see always the same thing. It won't see something unreal. Camera can do all that. Camera can remove somebody's head and put somebody's head there. All these tricks are possible with camera but not with human eyes. Whatever you see is the thing that is. Of course, you are drunk, then it's different. I mean I am saying of normal conditions, you see.- In normal conditions, you see what exactly exists. But if you are ego-oriented, you would never see yourself what exists. You will see some sort of a bloated, you see, you will think yourself to be the King of God's heavens, you see. We can see, if we want to, it is imagination. If you put here imagination like that, you can see yourself as anything ! – Which is false, is absolute false.

You are your Self and you must see yourself as your Self, as your Spirit. And Spirit is the universal being, is the innocence, is the Virgin within you. Respect it, respect that part of yours which is the Virgin - still exists, because if it was not there, I could never have given you Realisation. Despite every attack it existed there, be sure on that point. If it had not existed, you could not have got your Realization.

So many of them, they are very proud: "Oh! I don't feel anything, Mother, you know, it's nothing." Then there is to be more to be ashamed. [Shri Mataji laugh]

Or at least you feel that you are missing something, isn't it? At least, you should feel that you are missing, if something is not alright and you should be alright. At least think like that: "I should be alright, I am not alright." On the contrary: "No, no, I didn't feel. Oh! What? I didn't feel I should feel?"

So the wisdom. Wisdom is the part that is innocence, complete wisdom. You find this among the villagers or very simple people. They are not cunning in any way. You try to befool them, and you will be amazed, at the end of it you'll find: "I'm such a big baffled fat fool myself." Try that with some rustic people, who are very simple, matter-of-fact, who live with mother soil. You will find that all those so-called intellectuals, if they try to befool a simple man like that, after half-an-hour this educated and very M.A.-Ph. D. style will find that he is the 'biggest fool ever born.'

There is a saying in Sanskrit, it is very common: "Vidya vinaye na shobhata" That is, "Vidya," even the knowledge, is decorated-shobhate, means gets decorations or

Shri Mataji, aside: What is shoba?

Sahaja Yogi: Glory, beauty.

Shri Mataji: Beautify.

Sahaja Yogi: Yes.

Shri Mataji: It's beautified only through humility.

If there is an educated man he has to be a humble person. If he is not a humble person, then he is not educated at all in any way.

I don't know if I have told you a story about one saint who was meditating and was blind. And a king came there and asked him: "Did you see some people around?" He said: "Yes. Yes King, my King. Sit down. I saw your servant coming, and then your minister came in, and then the Prime minister came in, and then now you have come." He said: "You are blind, how did you know? Through your meditation?" He said: "No. Common sense". He said: "What is the common-sense?" He said, the first, the servant came in.

He said, "What, you are bogus fellow sitting down here, wasting your time?" He gave me two-three abuses, used bad language, and said: "Have you seen any person here?" So I said : "No."

Then the minister came in. He didn't abuse me, but he just asked me. Then the Prime minister came. He said: "Sir" to me.-Must have been from England! And might have said also Thank you perhaps [Shri Mataji laugh].

And then came the king. And he said that: "You were extremely humble. You first touched my feet, you sat down on the mother earth, waited for me, to ask you: "what do you want?" And in a very humble way, you said: 'If you have heard of people around you'. Because I am blind, so you didn't say something that would hurt me, in such a humble way, if I could tell you. But at least hundred and eight names of the Guru you took before you asked me this. So I know you are the learned, you are the humblest, and so you must be the king." Otherwise in those days we at least never had kings or Prime ministers who were box-office actors. [Laughter]

Even the public was so innocent that they would not accept such a nonsense, you see. So this was the difference. From this story, we have to derive that the more we are learned into Vidya, into the technique of Sahaja Yoga, we have to be humble. That is our decoration, that is our certificate, that is the path into the entrance of every human being, that is the way we are going to be very close to the other seekers. To be humble, to find out ways and methods of being humble. This is the key of Nirmala Vidya: "How to be humble ?" By humility, you will not ever say: "This is my bathroom, or this is my fruit, or this is my food, or this is my table, and this is my glass".

Innocence gives you strength to enjoy everything that is there.

I mean for Me, sometimes I have to eat with bhoots, and sometimes I have to eat bhoots. Not only eat with them, but also eat them- it's the worst part.

[Laughter]

So, you also should not mind if there are people with bhoots. If they are arrogant, try to give them bandhans, try to control them through all these methods. But if you think by arguing with them you will be able to manage them, it's an impossibility. So try Nirmala Vidya, and that is humility, which is the myelin sheath of vibrations. Like every nerve has a myelin sheath covering it, in the same way is the humility, is the myelin sheath. If you are humble you will win the battle, if you are not, we'll be lost. Then the whole thing will become a joke for you, absolute joke. If you are humble you can see the stupid, the bhoots and all the arrogant as clowns of this drama.

Try to be humble with your Self, and with Me. With Me is very important. You must understand that it is one of the conditions that Christ has put on 'you', so be 'careful'. Dealing with Me, I don't want you to be in any way rude to me, because I can't help it there. Till you are humble with Me, everything is in my charge. But as soon as you are rude to Me, somebody else-and so many of them, thousands of them take charge, and then don't blame Me for that. Because you are My proteges here, under My protection.

Supposing you try to make holes in your roof, and then say that the rain is coming in, what can you do about it? I mean you have already made holes in your roof. The roof that was to protect you, you've made holes, now the rain has to come in. Then if you want that the roof still should protect you from the rain, then I must say you lack intelligence. That's what it is.

So this is the- another warning. It's very embarrassing, but again today is the day of embarrassment as it is. Because the Virgin is in embarrassed condition always, she is a bashful personality. She has to be bashful. She is embarrassed to say things which she does not want to say, of course, that's a very sweet thing, even there she is bashful, to say harsh things is a horrible stuff.

So let us worship our virginity within ourselves. Let us rise up to that point to mount that diamond of brilliance of our virginity, in the setting of our humility. You can be angry with others, not with Sahaja Yogis, not with Me. Even with others, when it is absolutely required. But if you fight among yourselves, and tell people about Sahaja Yoga, nobody is going to believe you.

And that is why today is the day when the Virgin Gauri sat down to worship Shiva. She made a Shiva Lingua and was sitting and putting Her "sindur" on that: "That you look after this, which is the mark of my union with you. I leave it to you, to look after." - to Shiva. "You look after this. I surrender to you for this."

That's how the Gauri, your Kundalini, surrenders to the Spirit: "Now, You look after this connection. I forget everything else. I leave it into your hands. Lift me up. You raise me up. I forget all that was me before. Everything I have dropped out. No other desire. But just lift me higher and higher. Make me yourself. The rest of it is not important. All other manifestations of these desires are over. Now, I am absolutely surrendered to you my Spirit. Lift me higher and higher. Higher and higher, away from all the things that were not the Spirit. Make me complete Spirit, full Spirit."

Forget all that was there. That elevation, that ascent becomes a fast, quick trip, a 'very' fast ascent. Just you can do it if you try at this moment and every moment to give up all that was not the Spirit. Anything that goes against the Spirit must be given up. And that is what is the pure desire, that's what it is the Kundalini, is the Virgin. Is to be absolutely one with the Spirit. All the rest has 'no' meaning, has no value.

This ascent- whatever may be your position, to whomsoever you may be married, wherever you are working, whatever is your situation, whatever may be your country, you 'are' the Spirit. And if you are raised aloft, you will dwell in the beautiful kingdom of God, where all ugliness drops out. Like when the lotus opens out, all the mud drops out, completely. In the same way, let my children become the fragrant, beautiful offerings of Sadashiva.

May God bless you.

All right, so. [Hindi]

Kartikeya is sitting there.

Sahaja Yogi: That's Shri Vishnu's names.

Shri Mataji: I think you all should take copies of this and should know what are we doing here. You see, if you don't understand it, it's not proper. Of course, Sanskrit language is closer, it gives better mantras, but even if you say it in English, I've known, because now I understand English also. But if you can understand what he is saying, then it would be much better.

Sahaja Yogi: We have printed this.

Shri Mataji: Oh! Good! May God bless you.

Ah, that's good. Now try to follow this.

[Hindi]

"Vishnu nama" [Vishnu's names]. Vishnu nama, it is for what? Vishnu nama, why do we say it? You know that? We say Vishnu

nama because He is the One who gives you the seeking. He is the One who gives you evolution. He is the One who gives you your dharma. He is the One who gives sustenance to all the matter, the quality to everyone. All the Ten Commandments come from him. That's the aspect of God we should worship first because that is so important for us. For human beings, that is the greatest thing, is to look after their sustenance, to give balance to themselves, the religion.

So the first part of it is very important to see it, that you take his twenty-one names because these twenty-one names are giving you the description about Him. And every name is one of his powers. And very symbolic you see, symbol only is the one which creates the ripple of vibrations. So the symbols are there, it's very symbolic. One should not question it because it has been now found out and sorted out and everyone knows that this is how it works.

All right, let us have it now.

[Sahaja Yogis say mantras]

Shri Mataji: Aim, Rim, Klim.

Aim is the Virgin, Aim is the Mahakali.

[Puja goes on.]

[Not on audio track]

Question: Is truth beyond sense-perception?

Shri Mataji: It is Absolutely. Because if what we perceive through our senses-whatever we perceive through our senses-is the truth, then we don't have to seek anymore! Whatever we perceive through our senses is what is very apparent, gross-not the subtle. What is 'behind' the gross, we cannot perceive. For example, we cannot say how to make an atom. We cannot say how an amoeba is made into a human being. We cannot make one monkey into a human being- Can we?-through our perception of the senses. Through our perception of the senses, we cannot do the subtle thing that is behind the gross. So we cannot perceive through the senses. But once you have perceived it you can feel it, through your senses. This is the second point.

1982-1020, Why we were made human beings?

View [online](#).

20 October 1982

Why We Were Made Human Beings?

Public Program

The Friends Meeting House in Bristol, Bristol (England)

Talk Language: English | Transcript (English) – Draft

1982-10-20 Bristol Public Program Part 1, The Friends Meeting House in Bristol, Bristol (UK), 20 October 1982

Why not come in front? It's better.

Today again, I'm back. Here in Bristol, we had other programs also before. I feel people are not yet aware as to why they are on this earth and why there are so many problems with them, why this world is on the brink of destruction and what is their role as human beings to save it. There are seekers, I know; in Bristol also we have lots of seekers. Lots of them are seekers. If they were not, you would not have had so many false gurus, who made lot of money out of you, had Rolls-Royces and big things, and give you stories; it would not have been possible. And they must be genuine seekers, [UNCLEAR]. I think there are seekers who are very genuine, who are seeking something beyond that will give them the joy, the bliss, the Kingdom of Heaven as promised.

But the problem is, we do not know what we have to seek, first of all. Secondly, why, why do we have to seek? Why do we feel that we have to seek something? We should pay attention to these two questions. And then you'll be amazed that the time today is such — the modern times are such — that at this time anything can happen. The whole Creation can be destroyed.

Now, why are we on this earth, or why did we become human beings? Let's find out this. All the scientists must ask themselves this question, that why we were made human beings. It would have been good idea to live as amoeba. What did we achieve by being human beings? Did we achieve anything better? By that, did we have any better understanding of life? Or, are we happier than those whom we called as animals and amoeba? This question people seldom ask, why are we here; because, in the science, there is no answer for it, there's no answer. There's no answer of why in science.

Now, if I put any proposition before you or if I say that "This is the reason you are on this earth," you need not take it for granted, at all. There's no need to be blind about it, because blindness is a crime, I think, if you have to achieve light. If a blind man has to open his eyes to light, he may get blind again. So it is better to keep yourself open and see for yourself that what I'm saying if it has any substance, then see for yourself; if it could be proved, then it becomes a law.

We are here on this earth to be the carriers of God's power of love. He has created us as human beings to be the instrument of His work. Not to be ourselves, some individuals, suddenly flying in the air or suddenly becoming a strange personality who is doing all kinds of funny miracles; but we are human beings, and we have to become the Spirit, which is the reflection of God within ourselves. We have to become the Spirit. Everyone says that. Everyone says that you are to be born again. And this is the reason why we have that seeking within us — because that is the subtler seeking that lies within us.

We have so many other seekings. For example, politics. We want to have power, so we go into politics. But look at these politics that we have. Logically, let us see is there any sense in the politics that we follow.

Supposing you are a democrat, you believe in freedom. What have we done out of freedom? Look at the freedom we are enjoying, that you can't walk in the night alone! The country which spoke of freedom first and the foremost, Americans, if you go there, they'll warn you, "Don't go in the garden in the night. Lock your rooms properly. Don't walk out on the road." If not, at least you'll have some eggs on your face or something like that in that country. Supposed to be a very free country.

So, you think, "All right, let's have communism." Better go to Russia to see that, because I've been there many a times. That's another disaster. Absolute disaster. Because these are all artificial things. This artificiality has come in our thinking — also from the Spirit only, I should say — that you have to share what you have. But what do you have, to share, what? What do we have, to share, the stones? What do we do? What can we create? Dead out of dead! This tree was dead, so you created a beautiful thing — all right, so, dead from dead. What else? What do you have, to share? You don't have anything to share, so how can you have communism? And you have nothing, so how can you be capitalists? Whatever we have is perishable. We can't take it with us; we'll have to leave everything here.

This materialism, about which we are so much worried, and we think that materialism will solve our problem — we are sadly mistaken. It cannot! The basic principle of economics is that, in general, wants are not satiable. They are not satiable! That means you'll go mad, but they will be never satisfied. Today you would like to have a house, all right; then you'll have a car; then you would like to have a helicopter, I believe; then an aeroplane; go on mad like that. There's no end to it! That means these things do not give you joy.

Logically we must reach right conclusions first of all. Following anything up here, we must have logical basis for that; logical, I said, not rational but logical.

So, going to politics doesn't solve your problem at all. Those who have been to politics, go and see them. At a very young age, they have wrinkles all over their heads, they are twitching their nose or their eyes, they are fidgety all the time, they can't sit for five minutes with peace — I mean, I meet them every day. They are not happy people. They do not give happiness to anyone either. So what's the use of making them your ideals? They know how to talk, talk, talk, talk, talk, argue, create a mental projection, and fight with those horns developed out of the mental projection. What good have they done? Whether they are communists, socialists, or democrats, what good have they done to the people on the whole? They cannot do it. Because they haven't got the power to do it. They haven't got power! They are politics without the power. Without the power, what's the use of having the politics? So first have the power and then do the politics.

The power I'm talking about is the power of love of God. But love of God that we understand is not "sophisticated". The way we understand is that "there cannot be a dogma about it". It is not very much sorted out, sort of thing, according to human mind.

It's very simple. Extremely simple. We take it for granted, all these things that we have. We breathe in such a simple way. We don't think about it, is it "sophisticated" or is there any dogma about how to breathe. Whether you breathe here or in India or anywhere in the whole world, you breathe the same way. You smile the same way, laugh the same way. How in a simple way you do it! It's so simple, it's so innate, it is sahaja. Is spontaneous within you, all these things built in.

And for people who are intellectuals, who are used to, you see, going on building up rational big, huge aura around them, it may look very naive, look very simple. Too simple for their appreciation. Like, if you are to eat your food, you can eat it like this (Shri Mataji makes a movement as if eating something by hand). But you can also eat it like that, from the other way (Shri Mataji brings Her hand to Her mouth from behind the head). If you want to, eat. But that, if that is called as sophistication, then go ahead with it. This may be... (again showing the normal way of eating) not so "sophisticated" maybe, very simple thing this is. So, all these things are not appealing to a mind which is used to discussions, arguments, and coming to some sort of a conclusion. I don't know if they ever reach any conclusion; if they had reached any conclusion, there would have been no problem at all. These are all eternal arguments going on eternally, (laughing) will go on eternally; there'll be never result — because they have no basis, there are no roots.

We have lost our roots. We live in a relative world; everything is relative. Some people believe, of course, that communism is the ideal thing; some believe that capitalism; some believe in socialism; some believe in Christianity, some in Hinduism, some in that, some in that — it's all relative. It has no meaning at all because it's all based on our own mental acceptance. Supposing you are born in England — you are English; but if you were born in India, you would have been Indian. So, everything is relative to something which is itself relative. So, relative to relative. We live in a relative world and not in an absolute world.

So, no truth is absolute, no understanding absolute; and the result is complete confusion of mind. The confusion has reached such a stage that people don't know the end of it and they think destruction is the only way. Unless and until we are destroyed, we cannot get out of this chaos. If you go to Paris, you'll be surprised: there are people sitting down along the road, and they are talking about eight stars meeting and the calamity coming on the earth; I mean, waiting for it, absolutely waiting, drinking and waiting for that day to come when the Doom will come and we'll be all finished once for all, finished with this mad head which is thinking all the time and confusing us.

But after all, the One who has created this universe, the One who has created you, created everyone has to do something about it, isn't it? After all, He must have thought of something for us; we need not think for everything for ourselves. He has thought for us so many things, and He must have thought for our future also, what is going to happen to us.

And that's how we are; He has built us up like this (Shri Mataji indicates the subtle system scheme). As shown in the figure you can see, that we have seven centres which are subtle centres within us. And down below there, in between these two centres, you can see in the triangular bone a power called Kundalini.

Now, why is it that these are words from Sanskrit language? Actually, you'll be surprised, Sanskrit was really made... "sankrut" means "holy" in Norway. It is a sister language of Latin language. So there's nothing to feel that "Because it's not English, so we have nothing to do with it." After all, Christ was not born in England either. So it doesn't matter that if it is a Sanskrit word; it is meant for universal use. And this "kundalini" is the word used for this power because it is in coils and "kundalini" means "coils".

Now, what is this power? This power within us is the power of our primal desire, of our primal desire to be one with the Divine Power. That's the primal desire, that's the only desire with which we are born. And unless and until that is manifested, it is sleeping. That's why it is called as residual — because it is not yet come into its manifestation. This resides in all of us. Everyone has got this in the triangular bone, which is called as sacrum. Now, see, the Greeks knew this word, that it is a sacred thing; they called it sacrum. I asked people in Greece, "How is it you use this words, as 'sacrum'?" They said, "We had an Indo-Aryan rapport with people when they came here, much before Alexander went to India, and they told us that this is the bone which has got this power called as Kundalini." So many words that they have are mostly Sanskrit. Like, Athena, Athens, comes from the word "atha", means "primordial". Athena is the one who is the Primordial Kundalini. She has in her hand a serpent-like thing, which shows the power — you see, is the energy, is the sign of the energy in the serpent — and also she has these chakras in her hand. It's clearly shown in the Greek mythology. But whatever it is, we have to see whatever is mythological, is it true or not within ourselves.

So now, when the awakening, or manifestation, of this energy takes place within us, with your naked eyes you can see the pulsation. Not in all, but in many. If there is an obstruction in one of these lower chakras, you can see clearly a big pulsation going on, as if the bone has become like a heart and is pulsating. You can see with your naked eyes. And then, with the stethoscope — if you are a doctor, or otherwise also — you can see the pulsation rising; comes up to the top of the head; and when it stops, you feel a cool breeze coming out of your head. Sometimes hot comes out, and then the cool breeze. Comes out of your head! Then you start feeling the cool breeze flowing in your hand. Now what is that? It is said that, in the Bible: "The cool breeze of the Holy Ghost." In Koran it's called as ruh. In Sanskrit it's called as chaitanya lahari.

Now, this world that we see is not complete. There's something beyond it. For example, we see the flowers. The flowers become the fruits. Who does that job? The root of a tree gives rise to the shoot. And the root comes out of a seed. And who does all this job, who works it out? Who is... what is the power that works out this miracle of living works that we take for granted? What is that power that works it out? That is the same power that is within us, sleeping. The power of the Holy Ghost is the Kundalini that lies within us. And unless and until you raise this power, you cannot feel that all-pervading Power that resides. This is the reflection of that Power, while the Spirit is the reflection of God Almighty. They have to meet, they have to unite. When they unite, then only you call it as a yogi or yoga; that union is called as yogi. But a Sahaja Yogi means a person who knows each and everything about this working, who knows how to raise the Kundalini, who can give you Realization and empower you with the powers of your own Spirit.

So what do we have to expect? When we get realized, what do we have to get within ourselves? Like, some people just have certified themselves that they are self-realized, they are twice-born. I've met many like that. I mean, anybody can say that you are sane even if you are mad, isn't it? And these people, when they told me, I said, "What is the difference between you and the other person? What is so special about you? If you are a realized soul, what is so special? What is your quality? Where do you express that Self-realization?" They said, "We are! Because we have a Bible in the hand, or we have Koran in our hand, or we have some other book in our hand, so we are realized souls." It is not so. If you are a realized soul, then the power of your Spirit must manifest, and the nature of your Spirit is that you are a collective being. That the Spirit is a collective being, that you become a collective being. It is not just talking of communism, but you become. You get all your powers of your Spirit manifested, and this power gives you the capacity to be collectively conscious. You have to become; it's becoming that is important, it is not just talking. It's not just brainwash, it's not just self-opiniated idea that you are a realized soul, but something that has to happen within you. And if it has not happened within you, you are not a realized soul. It is a living process of evolution; this is the last breakthrough about which Jung has talked. Many people have talked about it. And we have to expect that to happen within us and not to just believe into some stories and tales.

The other day we had some people who came and told us that they are God-realized. "How? How are you God-realized?" — "Because we see fantastic things, we see ghosts passing around, we see this thing passing around." I said, "What is in seeing? You have not become. If you see something, if you see the light, that means you have not become the light." Becoming is where your power starts manifesting. You become powerful with that power of God's love, that starts manifesting through you; and when it manifests, it shows its results. This is the thing which is real. Unless and until you achieve that reality, all the rest of it whatever you have is imaginary or absolutely unreal — and that's why there is confusion.

This is the absolute within you, which resides, all the time it is there; which is watching you; which is looking at you. But once you become that, you start looking through that towards everything; your awareness becomes enlightened. Always, in every evolutionary jump, the awareness has been enlightened. Like, a fish became a reptile. So what? The awareness of a reptile improved: it started feeling the ground. In the nervous system itself, the evolution works out. Whatever we have achieved in our evolution, has been in our nervous system. That we can feel the dirt, filth, and animal cannot; we can see the colours the animal cannot feel it. We can do it because we are higher than the animals in our awareness. So, whatever has to happen to us further, logically, we should feel in our awareness, in our central nervous system we should feel it, in our nerves we should feel it.

So, once you get your Realization, what happens — that your fingers, your fingertips become enlightened. Because these are the centres: five, six and seven on the left, and seven on the right. They get enlightened, and you start feeling on them. Mohammed Sahib has said that when the resurrection time will come, your hands will speak. Because the language of hands is a universal language. But "hands will speak" means these fingertips will be enlightened; and once they are enlightened, you will be able to understand.

If you want to live in mythical world, you can go ahead with it. Nobody can stop you. But must understand that gradually we are going towards disaster. And you are to be lifted up out of this movement that's going downward. Otherwise the Hell is awaiting human beings, the way they have ruined themselves, destroyed themselves, and asked for this kind of a complete disaster of their lives. You are to be lifted out of it. It's a maya [illusion], which is flowing downward.

People read about books which talk of the shocks we are awaiting. But they don't know the tremendous shock that is going to come to us when we will discover that we ourselves, within ourselves destroying every bit of us. What is cancer? It's nothing compared to the destruction we have set in within ourselves, the way we are disintegrated. There's so much of disintegration in our being, of which we are not aware. The reason is, we are not inside, we are outside. I would say that our knowledge is that of the shoot, not of the roots. We know about the shoot we are flowering; but without the roots, how are we going to sustain ourselves? A day has come when the whole shoot might come out of its roots, and we'll be nowhere, there's no sustenance. We have to go back to our roots to find out why and how.

What are all these centres? What are these subtle centres? What are they based on, how they nourish us, how they look after us? We have to go to this knowledge. And to understand this knowledge, you have to have a higher awareness; with the human awareness you cannot understand it. You may call it enlightenment. For example, if you have to enlighten this room, you have to just switch on one light, and you come in. It looks very naive to a simple man. It may not be; but to a complicated person, he'll think, "What's this? Just put on a switch and it comes up? How can that be?" But it is so. It is so, it happens like that. But behind all this is a big organization, is a big history. Without that, they could not have achieved it.

Now people who get enlightenment also, the people who are realized souls, who get Realization, are still not steady. They are not steady people. I have seen it's a big problem. That even if you give them Realization, they touch it — they are not steady. Because their habits drag them down. They are lethargic to get out of it. It's very simple, with some people it just works like that (Shri Mataji snaps Her fingers). I've seen people who came to Me... there was a boy who was alcoholic, was shouting at Me at the top of his voice. But he got his Realization, he gave up alcoholism completely. I never tell anybody, don't... give up this or give up that. Just gave up next day. And he's a beautiful person now! He is a beautiful person.

But there are habits, there are diseases, there are problems within us which require attention. That's how the Kundalini that comes up and breaks through goes back to these problems, tries to solve them — because she is your mother. That's the only mother you have! That is the mother who has followed you all your lives, and she is with you again, just waiting for this opportunity to give you Realization.

But we have so many destructive forces, so many people who are interested in this destruction. Like fake gurus, we can say. I don't know, today only they asked Me questions about these fake gurus. And I told them that "If you have brains, how can you pay for all these things? Just tell Me how much did you pay to become a human being from a monkey, what did you do about it? Did you pay any amount? How can you pay for it?" If these people are taking money from you for your day-to-day living... for their day-to-day living, they are parasites of the worst type. They are parasites! This is a simple conclusion people should reach, that those who take money for evolutionary work are definitely parasites, no doubt about it. If not parasites, they must be monsters who are sucking our blood.

You cannot organize it. You cannot organize living process. We cannot have members of Sahaja Yoga: all right, you are member X, you are Y, you pay so much money and you become — no! Because this is... this is artificial. You have to become within yourself. You have to become a realized soul within yourself, you cannot pay for it. You cannot say that you are a member of Sahaja Yoga party, or you cannot organize Sahaja Yogis together, like a president, and a vice-president, and somebody is higher, somebody lower — you can't do it! Do you do that with flowers? Do you say this flower is higher, this flower is lower? On the tree of life, all of them grow with the same beauty. At different times; some people have it earlier, some have it later on. Doesn't matter. Some of the new Sahaja Yogis who came to Me are wonderful people, are tremendous people — than many who came to Me about ten years back, I should say.

But one has to realize that if you have got this human life, it is not to be wasted. It is not to be frittered away, it's a very important thing you have got. You are at the epitome of your Realization. Just... you have to just reach there. It's the... it's the epitome that you have to just achieve; Realization is the way you are going to achieve it.

The whole of this creation has led to your creation: the human beings, the greatest of all, the loftiest of all. And they have to get this crown of becoming realized. But we have no value of our life, I think. We do not consider that we are valuable people. Though the Creator thinks that we are very valuable. But we don't value our lives, the way we waste it. We are not bothered as to what we should do about ourselves.

A lamp is made with great care. It is not able to understand, it's not aware of itself how it was made. But it knows that it is made; in centuries it has been created. And now it has come to a point when you have to just put it to the mains, that's all. At that point, when it is just to be put to the mains, it shatters, it refuses to be the light. What a frustration it is for the Creator to see the people at this stage are becoming lethargic, are not willing to accept the enlightenment of their own being!

You are all just ready, you are just ready to have it. Like, one candle you see here is enlightened, it can enlighten many lights. Maybe I am an enlightened light, I can enlighten your light. But nothing to be obliged about. Because you have the candle in you. Just I enlighten you, and then you enlighten another light, that's all. That's all is to be done, nothing more than that. So what is the obligation? Why ego should stand up and say that "Why you? Why you have to do it?" Many a times I've been asked this question: "Why, Mother, of all the things, You have to do it?" I said, "You better do it. I would like to retire. If you could do it, nothing like it." The day it will start that way that people can do it on their own, I'll be the happiest person to retire. Because I have nothing to gain in it. I have to just give; I do it because I enjoy giving it.

Then you will realize, when you have it, that the only enjoyment of this capitalism is to distribute, to give. Before that, when you have nothing but stones, whatever you are distributing is nothing but stones. But when you have the Spirit, whatever you are distributing is joy. All these things are for your joy, everything is for your joy. Comfort or any position supposed to be giving you joy — does not give you, of course, it's mythical — but actually, the seeking is for joy. But the real joy, the source is within yourselves, is the Spirit, and when you become the Spirit, you manifest it in such a way that you give this joy to others. It's as simple as that: because you get it free, you give it free. You just distribute it. Must understand that you cannot sell it in the market. It's so invaluable that you cannot put value to it. It's the most valuable thing that you could think of. So you cannot make economics out of it. But the only economics is that that is the only thing that is satiable. That's the only thing that gives you joy, that's the only thing where you change faces, where you become the giver, where you become the light. You don't ask for anything more, but you just give. And the giving is enhanced because, when you start giving, all your stagnation vanishes, and it starts flowing through you, and it flows. This is the situation you are in; I said you are the epitome.

So, at this stage, what do we find — that people are lost in various ways and various things. It's a very dangerous time we are playing with it. It's extremely dangerous! And we do not know where we are. First of all, we'll be held responsible for all our disasters ourselves. You see, intellectual feats and intellectual thinking is never going to give you any satisfaction, take it from Me. Because it is so limited. I am talking of the unlimited; and if you have to go to the unlimited, you have to become. Unless and until you become that, you cannot enjoy that unlimited love of God. Because rationality is limited.

Coming to this room, I had to leave the car downstairs. In the same way, when this has to happen to you, it should happen to you beyond your mind. But then everything becomes logical because you start seeing that you know so much about the divine laws. You know how the divine laws operate, how they work out, and you become the instrument, the master of those divine laws, which you start operating yourself. But for that, you have to give some time to yourself. It cannot be just today you come and you become that. But people have no time for themselves; I don't know where they spend their time with the watches in their hands. They have no time for themselves at all! All the advancement of the science has been for giving you time to meditate. Not to meditate the way people are telling you to take some mantra and jump on to it, but to get your Realization and be in meditation, to grow in meditation.

When we think we have achieved something, we should know there is no transformation within us. And this transformation comes to you... the twice-born is the one that comes up like a bird out of an egg; that is twice-born. A bird also in Sanskrit called dvijaha, means "twice-born"; and a person who is a realized soul is also called dvijaha. So, when this egg is in a static state... is the human state, where we are. You can see on our head how the egg has been created by two balloons: one is the superego, by which we are conditioned, and another is the ego; on two sides. Now we are just closed up like this. Now, when the Kundalini rises, when she awakens this centre here, it sucks in these two sides, and the Kundalini pierces through your head, and you become the bird, the egg becomes the bird. A human being becomes the Spirit, the realized soul. It just happens. You get transformed completely; it's a complete transformation. As a by-product, of course, you get your physical, mental, emotional problems solved. I mean, cancer is cured only through Sahaja Yoga; it cannot be cured by anything else. We have cured cancer, you must have heard about it; you came here and all these diseases we had cured. And once you get Realization, it's hard to get cancer. Very few people can get cancer after Realization if they are established.

No guarantee can be given for people who come to Realization that they will be there all the time. Because, if they try to fall all

the time, how can you manage them? Supposing, in a boat, people are trying to salvage some people out of the water. And you are identified with the crocodiles which are pulling your legs. At least, you should not be identified, and put full force to come up on. If you cannot do it, if you do not want to do it, if you are lethargic about it, then, whatsoever one may try to pull you out, it cannot happen. But once you are pulled out and settle down in the boat, you can pull out many people. And things can happen to you so dramatically, so dynamically, that you are yourself amazed that how you can give Realization to people.

An example I'll give you. Once I was travelling by ship. And the captain of the ship got his Realization. And I told him that "Now you are really a realized soul." He said, "How can it be?" I said, "You are. You have got the power now flowing through you." – "Yes, it's true, there's something flowing. But how am I a realized soul, what can I do?" I said, "Very simple. You can try it somewhere. Unless and until you use this power, how will you know what it is?" And it so happened – fortunately or unfortunately – a purser of the ship felt sick. And he had pneumonia, so the captain wanted to send an SOS. So I said, "I can go down and cure that person. There's no need to have anybody coming on a helicopter to this distance to cure the fellow; we can do something about it." He said, "No, no, how can you go down, you are a lady," and this and that. I said, "All right, you can do it. You just ask that fellow to stop his breathing thrice and you put your hand on such-and-such centre that is here." (Shri Mataji indicates Her Anahata) He said, "How can I?" – "[UNCLEAR], why not try before sending the SOS?" And he did it, and the fellow was all right. Then he was amazed. He said, "Is it?" I said, "Now do you believe you are a realized soul?" He said, "I have started beginning to believe."

We don't believe ourselves, we have no faith in ourselves that we can be that! "How can that be so easy?" – many people ask Me such a question. Why not? It has to be. We see so many things in this world so miraculously done. Look at our eyes, how God has made them. With so many cones in it. It's the best camera that you could think of in the whole world. Out of your all cameras, you cannot make one eye out of it. And how easily we have got it! All such miracles we have seen in the world, but we don't want to believe in ourselves that we could be something one day. So must have faith in yourself.

And don't believe in stories that are told to you. There are people who believe... there's one... another fellow who is telling that "You have to become a high personality." You have to be very normal. The change is within, not without. You see, all these false and mythical ideas if you carry on, you go ahead with it. Nobody can help you and convince you. You go ahead with it till you break your neck or till you break something that is within you. How can you stop it? There's no way of stopping it. Only logically you must come to a conclusion, to understand that if something has to happen, it must happen in your awareness that you should feel the collective consciousness that is manifesting. But some people can be... sitting down here, you see, they might feel that suddenly this starts moving like that (Shri Mataji takes a glass and moves it through the air), what they call materialism [Shri Mataji could mean "materialization"]. This is not your awareness. This is moving from here to here. Then logically understand that why God should move this from here to here, what is the interest of God to move this one from here to this place? What is so great? Or somebody gives you a diamond. There is a guru in India who gives diamonds to very rich people; not to poor, only to reach. They must understand: what is the interest of God in diamonds? What is so great in diamonds? They are just stones. Why should God give you diamonds? Have you come here to seek diamonds? Better go to shops.

So this kind of understanding should come to us that these things that are happening are some sort of a black magic business. This materialization. Then there's somebody who says that you can fly in the air. First of all, logically, do you want to fly in the air? Already you are flying quite a lot. I mean, after some time, you'll have to queue up your aeroplanes. It is so much already doing! Now, what more do you want? Why do you want to fly in the air? Now, you want to fly in the air. Why not ask your guru to fly? Just put him on the leaning tower of Pisa, ask him to fly. Good idea. See for yourself if he can fly. If you want to even fly, at least try him for flying. Instead of that, you don't mind paying money for higher courses and higher courses and wasting all your money, draining it out. You must have brains! What happens to your brains to understand that this is not the way you are going to gain anything? This is not in your awareness that you are just start flying. There are people who believe that if you leave your body and go across somewhere, that's something great. I mean, there's no control, you are not master of yourself; maybe some spirits taking you away. They are mesmerizing you and putting some sort of a spirit within you by which you feel that you are getting out and your body is roaming all about – is a sign of absolutely black magic. I mean, I would say, India, which is not so sophisticated as you people are, knows these things. They know. They know this is black magic. They know what is real, what is unreal. Because they are working at the roots, not at the shoot. They have worked it out. They are not naive at that; they know

what is real and what is not real. But because we have not known these things, for us this is magical; because, you see, according to science, flying in the air itself it was great. So if human beings start flying like this, that would be even greater.

Any abnormal behaviour, like people start seeing auras and things like that, that is also the same type of a problem. What we call, on the left-hand side is the subconscious and right-hand side is the supraconscious. If you move towards left side, you move further, further more, it is collective subconscious, where something that is dead from our creation. All that is there, and anything can capsize you. You'll be amazed, whatever cancer patients I have seen, they are all, all of them have been triggered by somebody influencing them from the left side. They might be very right-sided people, very arrogant, maybe egoistical, whatever they may be, but they are triggered by some sort of an entry of... doctors call it protein-58, protein-52. They don't know what it is. But they do say, they do say that these things exist within our being since our creation. I call it collective subconscious. On the right-hand side, also we have collective supraconscious, where there are lots of ambitious people sitting down there. Many people who have failed in their spiritual ascent are there. They try to give you some sort of a magical show. And people start believing in those magical shows. But you are not master of the show, you just see it!

So, how we should understand it? Is this way. Say, we have a car, and in the car we have got two sides: brake and accelerator. Brake on the left-hand side and accelerator on the right-hand side. First we try to balance it, so the balancing has to come. The balancing is done by the centre... this round thing that you see; in that, the balancing, the Guru principle works it out. The Masters principle works out, first of all, the balancing. First we try the left, then the right, then the right, then the left. We try to balance it all the time. Once you have balanced it, then you take the steering wheel, and you start driving. Still you make mistakes all the time with that. You start making mistakes and learning and learning and learning, till you reach a stage where you become the driver, or the chauffeur, of the car. But the master is sitting behind. The master is sitting behind, who is guiding you. But once you get Realization, then you become the master. You are master of the show. So this is another very subtle point one should see — that you are not the master of the show, you don't know anything about it. Just you are playing to the tune of something else which is unknown, which cannot be verified, which cannot be understood. If you realize this — that "awareness" means "on the central nervous system" — and put down that as the criteria, I'm sure you will be able to understand Sahaja Yoga.

"Sahaja" means: "saha" means "with", "ja" means "born". It's spontaneous, living process. "Yoga" means the "union". All yogas lead to Sahaja Yoga. Without Sahaja Yoga you cannot get Realization. All yogas. Say, for example, these days people are doing Hatha Yoga. Now, Hatha Yoga, the way they do, is absolutely a minute part of the whole. For example, Patanjali Yoga Shashtra [the original scripture about Hatha Yoga] has got ashtangas [eight components], out of which one is yama-niyamas [dos and don'ts]; out of that one third is this what you call the exercises. Now, these exercises are also meant when you have got your Kundalini moving. Otherwise, before that, if you do any exercise, you may spoil the chakras. It would be something like moving your wheels of your car without starting it, or planning your whole route when you have not started. Once you go through that route, then you realize what is the obstruction in between, how are you obstructed, and you try to remove that. If your Kundalini has not started, how will you know where is the problem, where is it stopped, what... what vyayama, or what exercise, you have to take? Without understanding that, if you start doing all the exercises, it is like taking all the medicines indiscriminately, spoiling all your health. You must know where is the problem, what is the disease, and how it has to be cured. All this science can be exposed and can be understood only after Realization. Before Realization it is all darkness. And in darkness, we all just get confused, we do not know what is what. So, first of all, the light must come within us. Which looks so simple but is not. It is not so simple, it has got a very complicated organization behind it and a very complicated mechanism that has to work it out.

I hope today you will have patience with yourself and take your Realization and work it out. Because we have some very good Sahaja Yogis in Bristol. So we are very few, but we have very deep ones here. Surprisingly, Bristol has a speciality for this, that we have very deep ones. And they can tell you how to go further with it, they can guide you for the time being; then you start guiding others once you have reached that. This is something so surprising that Bristol has very few Sahaja Yogis, but they are so deep and so good that I'm sure one day on those strong foundations a great building can be raised. I asked them — they said the people in Bristol are very lethargic. I'm surprised: this is an industrial town and that people should be so lethargic about anything. Maybe drinking; I don't know what is the reason for that is, but Bristol is one of the places where we have really a very poor number. We have very deep Sahaja Yogis, but very poor number. It is really amazing that it should be such, because I know it is a place of great seekers. It is a place of great seekers; from the vibrations I know that God has chosen this place specially for a

very deep type of work. But if only three or four have to be there, I'm quite contented; I can't help it. You cannot force it, you see. You can at the most take the horse to the lake to drink the water, but the horse has to enjoy it. The quenching of the thirst, isn't it, you can't enjoy that. He has to be thirsty, then he has to enjoy.

So may God bless you!

I'm sure today we'll have some more Sahaja Yogis, some more people realized who'll work it out. You see, Sahaja Yoga is not a thing that you just get your Realization and settle down with it and enjoy yourself. You get blissful feeling for months together sometimes after Realization. But that can go away, because it must be settled down, it has to be practised. You are given the light to give lights to others; you don't — as Christ has said — you don't put lights under the table. In the same way, if you get your Realization and if you do not work it out for others... it is not for individual enjoyment, but it is for the enlightenment of the collective. And people must have the idea that today we have to work out everything collectively. If it is not collective, if it is individualistic, it is not going to last, it will drop out, it will finish off. Because we are part and parcel of a collective being. A cell in the body, if it is not aware of the collective, it is useless, it is dead, it is finished. And that's why, when you understand that you become a collective being, you don't do any obligations on others, because there's no other left. They are all part and parcel of your being. So, when they are, whatever you do for them — supposed to be others are not others actually, they are part and parcel of your own being.

Sahaja Yoga is to be understood seriously and to be taken only by serious people who are brave. It's not meant for frivolous people who want to have frivolous things to be done. I'm sorry to say that it is a fact. And if people are little serious about it, they can do it. They can do it, and they can all become masters, gurus themselves, they don't have to have any gurus who proclaim they are gods, ishwaras [gods, superior beings] and all that nonsense. There is no need to have anyone, you yourself become your own guru.

May God bless you all!

Now today, I'm sorry I came only for one day because of the response we have had. I've been coming here quite often, and what we've found — that people were very frivolous, and they're just feeling doubt; they didn't take it up seriously. So this time they decided that I should spend only one night here because they thought it was all a waste of energy, going down to Bristol. I'm sorry for that. But today I find there are some very nice serious people sitting down here. In any case, I'm going to Exeter tomorrow for another program. But if we have some more Sahaja Yogis and if you work it out, I'll come definitely for two-three days and explain to you all about it. Because its knowledge is so great that you cannot cover it up. I must have given at least thousand lectures so far, and they are all on the tape, but still people say that "Every time, Mother, you say something new." So you can understand how it is deep and how it is wide.

But if you have any questions, please ask Me. Relevant to Sahaja Yoga, relevant. If you are coming from any guru, then please, I have nothing to help you. If you are going to represent any guru, I would request you, you better go away. Because you better go to your guru, why should you be here? And why should you ask any question about any guru? Because that's not proper. You see, if you want, you can have hired another hall and get people and talk about your own guru. All right, can I have a question?

(First question)

MAN: Yes, I would like to [UNCLEAR] of the audience, just to ask what connection this organization has to the Divine Light organization, [UNCLEAR] organization in India called [UNCLEAR].

SHRI MATAJI: What he... I can't hear him.

MAN: I would like [UNCLEAR] audience [UNCLEAR] Rawat Ji [UNCLEAR] Shri Hans Maharaj Ji, and through him she got four children.

SHRI MATAJI: What is he saying?

MAN: ... Maharaj Ji who was announced as Perfect Master [UNCLEAR].

SHRI MATAJI: I can't hear. You see, just now I've said, you hire another hall if you are belong to some other organization.

MAN: [UNCLEAR] informing the audience that one of Mataji's sons [UNCLEAR] ...

YOGI: No, no, this is different Mataji.

SHRI MATAJI: No, no, no, we are not interested in anything like that. You see, what I would say, why don't you hire a hall? It is parasitic, you see. We have paid for this hall, and you have no business to talk here. You hire another time and do it. This is the hall we have paid for. You please don't use our audience for that. This is, just see, this is the thing with these people.

MAN: ... [UNCLEAR]. And if people wish to have their Kundalini raised, they could come to the [UNCLEAR] ...

SHRI MATAJI: Now just see, he's taking advantage of us.

MAN: You raise this Kundalini, you give these disciples [UNCLEAR] powers. And if you have the revelation of the thousand-petal lotus, it's the beginning of the spiritual journey.

SHRI MATAJI: Oh, I see, you have already been realized. What have you got yourself? Sir, what have you got? What have you got within yourself? Now I'll ask you a question, listen now. Let Me see, let Me see this gentleman. Come here! You come forward, now you come forward! You come here now [UNCLEAR].

MAN: ... very welcome to come along to find out [UNCLEAR] ...

SHRI MATAJI: Oh, I see. Oh, thank you very much! Thank you! They can't afford to have a hall for themselves. This is the nonsense about it, you see? See now. What to do?

(Another question)

WOMAN: And I would like to ask you about [UNCLEAR] before I have to go to work.

SHRI MATAJI: Yes, yes, madam.

WOMAN: (Talking very rudely all the time, often shouting) Can you tell me — I know them good enough — how many gods is there? Does it matter what religion you are?

SHRI MATAJI: What religion you are? Nothing matters.

WOMAN: They don't like me!

SHRI MATAJI: You don't like Me?

WOMAN: They don't like me!

SHRI MATAJI: Fine.

WOMAN: Because... well... I am one religion, (shouting) but to me, there is one God!

SHRI MATAJI: Yes, true. Absolutely.

WOMAN: And one God only!

SHRI MATAJI: Yes, true.

WOMAN: And we're all heading for the same place!

SHRI MATAJI: Yes. True. Very true. Muslims say the same, you say the same.

WOMAN: Yes.

SHRI MATAJI: Nothing new about it, is absolutely true.

WOMAN: Now, people laugh at me! I see things.

SHRI MATAJI: See? You should not.

WOMAN: I do.

SHRI MATAJI: That's not good.

WOMAN: I've seen a black hand last night!

SHRI MATAJI: Black hand?

WOMAN: A black hand. And they all laughed at me and restrained me. But let me tell you: I [UNCLEAR] little black [UNCLEAR hole/owl] today.

SHRI MATAJI: Black what?

WOMAN: A little black [UNCLEAR hole/owl] [UNCLEAR].

SHRI MATAJI: What is it?

WOMAN: I have to tell you something else.

SHRI MATAJI: Yes, what is it?

WOMAN: The Lord is coming again.

SHRI MATAJI: All right. Are you prepared?

WOMAN: God bless you!

SHRI MATAJI: Are you prepared for that?

WOMAN: Yes.

SHRI MATAJI: How?

WOMAN: (Shouting) And why—

SHRI MATAJI: How will you make Him out? Let Me—

WOMAN: I know He's coming.

SHRI MATAJI: How will you make Him out?

WOMAN: I know.

SHRI MATAJI: No, no. But how will you make Him out that He's Lord? There are so many already walking on the [UNCLEAR]. How will you make it out?

WOMAN: Tell me why are people so nasty against one another.

SHRI MATAJI: Because they are not realized souls.

WOMAN: (Shouting) What is the greatest thing in the world?

SHRI MATAJI: To be realized.

WOMAN: (Shouting) Love! Love is the greatest thing in the world!

SHRI MATAJI: All right. [UNCLEAR].

WOMAN: Love one another! But it will never be.

SHRI MATAJI: Why?

WOMAN: Because I can tell Him... You are an Indian lady, aren't you? Yes. And if I told you — maybe you'd laugh at me — I have an Indian guide that helps me. Madam, I'm proud to say — and I don't care who knows it — I am a spiritualist, I am a medium.

SHRI MATAJI: Now, why—

WOMAN: [UNCLEAR].

SHRI MATAJI: Now, why—

WOMAN: Because they say I'm doing a devil's work.

SHRI MATAJI: I would request you not to be a spiritualist. You become the Spirit, all right? I would say, as a Mother, why are you just a spiritualist? You are playing into the hands of spirits. Why don't you become the Spirit, that is your own power? That's what I'm telling you. All right? And the love that you are talking about is relative love. I'm talking about the love of the Spirit, you have to become the Spirit. You have to understand this, you see? Unless and until you become the Spirit, your powers come from spirits — which are no good. These powers are no good. You should have your own powers, I'm telling you that. All right?

WOMAN: I'm telling you one thing before I go, God bless you [UNCLEAR]. (Shouting) Until we learn to love one another there's always going to be war!

SHRI MATAJI: But how do you learn, madam? How do you learn? You have tried everything, have you not?

WOMAN: I live next to people like you, and little kids come up to me, and they put their arms around me ...

SHRI MATAJI: All right.

WOMAN: ... and I don't [UNCLEAR].

SHRI MATAJI: All right, but what—

WOMAN: And I asked, "Why do you do that?" They said, "We... we... we love you!"

SHRI MATAJI: But why?

WOMAN: I said, "Why?" They said, "Because other people say, ooh, nasty things to us." — "[UNCLEAR] doesn't matter they say nasty things about me." — "You always say [UNCLEAR] to us." — "Well," I said, "why shouldn't I? You're my sister," I said, "and he is my brother."

SHRI MATAJI: No, no, but by saying it doesn't work out, I tell you. You see—

WOMAN: Well, now excuse me, I've enjoyed your service, and God bless you all. God bless you one and all!

SHRI MATAJI: All right, thank you very much. Thank you.

WOMAN: (Leaving and speaking to herself) I have to go to work, although people say, "Go on strike." Not me. I would not go on strike in a million years. [UNCLEAR]. Not me.

SHRI MATAJI: All the strange people come in Bristol, is it? (Shri Mataji laughs) Well, tell Me what is it? You see, isn't it strange to be like this? Isn't it strange? Why don't they listen?

(Another question)

SHRI MATAJI: (To a seeker) Yes please. Yes, sir. Please, make yourself comfortable.

SEEKER: I'm okay. Why do so called enlightened people ...

SHRI MATAJI: Gurus?

SEEKER: ... fight each other?

SHRI MATAJI: Hate what?

SEEKER: Fight.

SHRI MATAJI: Each other?

SEEKER: Fight each other.

SHRI MATAJI: Who, these gurus?

SEEKER: Yes, yeah.

SHRI MATAJI: You see, they have to fight because they have one... they have to share the same money (Shri Mataji laughs, laughter and applause). That's a market, that's a market place; you see, it's a "guru shopping" going on. Like the shops [UNCLEAR].

SEEKER: Suppose there's no... nobody involved [UNCLEAR] ...

SHRI MATAJI: Beg your pardon?

SEEKER: ... worthwhile fighting for it?

SHRI MATAJI: Beg your pardon?

SEEKER: Suppose there's nobody involved, why do they still fight?

SHRI MATAJI: You see, I have not met anyone who is in the market, who doesn't... is involved. Most of them are involved in some way or other. Some people who are fighting, they say that they are not involved, but they are, in a way. You see, the only way one can understand is that once you get your Realization, then what happens — that you cannot fight, because you... who is the other to fight, you see? Now like this lady talking — I can see her, it's a drama. You see, the... you could see her also very clearly: it's a drama. But I feel that she's strange, you know, she's strange. She has to come normal, to become normal. They are abnormal people, that's why they fight. They are abnormal because this is abnormal to take somebody's money like this, to deceive someone, to tell lies; it's an abnormality.

You see, if you see children, normally they don't tell lies, they don't grab things, they don't bother; they just play a game, that's all. But, you see, as we grow... I would say that Indians, specially, have this capacity to be attached so much to money and all that. But even the Western people have another style of attachment to materialism. You see, theirs is a subtler one. And Indians' maybe the gross one — but both are just the same to My mind — is that the way they are materially attached. And because the matter — according to them, so mythical — gives them something special, so they fight. The fighting comes because they believe in a mythical thing. Why not fight for the spiritual life? That's why they fight; and if you have to reduce this fighting, you have to make them collectively conscious. Only by raising banners "No atomic bomb!" and this, you cannot do it. You see, just... cannot do it. Because, in the nature of human being, he doesn't know that you are a part and parcel of another person! You see, if you destroy, say, the Chinese or the Chinese destroy you, they are destroying themselves — that they don't understand. But logically also you can see, logically. See, supposing a war starts. Say, supposing tomorrow war starts. If Americans fight the Russians, and Russians fight the Americans — I wish they finish out themselves, the way they are all the time torturing the whole world, you see — but everybody's harmed, isn't it? Is it not, that you start the war, and the one who starts or whether who aggress or aggresses, everybody is harmed? So, on the whole, it's a problem everywhere. A problem that is with you becomes a problem of everyone. And that's how they don't realize because they have lost the power of logic in them. Because the wisdom, which comes from the Spirit, is lacking. Is the Spirit that is wise, which gives you this wisdom, innate wisdom to understand.

I saw this gentleman now — I mean, there was no need for him to get up and say something — what has he achieved? Let's see. See, we should ask him, "Why are you talking? What is your authority? What have you achieved?"

SEEKER: Oh, he claims to be an enlightened.

SHRI MATAJI: Oh, enlightenment. But enlightenment must show some results. Now, I can say that I have cured even President of India of cancer. All right, has he done something like that? There are at least ten people sitting here who were suffering from epilepsy, who went to some false gurus. I have cured them. What can he claim, what good has he done to anyone? Without taking any money from anyone, I've done it. They are sitting down here before you. You see, when you talk about something, when you claim something, you should be able to prove it. Supposing I say I am the Prime Minister of India. Will you believe it? Now, supposing I say I am, why should you believe it? If I say something, I have some powers, isn't it, as Prime Minister? Do I manifest those powers? As realized souls, you have certain powers, and if you cannot manifest them, you are not. Simple as that. So they want to keep themselves in delusion and take others into delusion. We should really openly think about it and understand. All these organizations which are working out for peace must understand: the peace must come from within. In without you cannot have peace. And the within peace is to be achieved through Self-realization because that is the one, is the source of peace, joy, and bliss. So we should achieve that. Is simple thing I'm saying, isn't it? Am I saying something very difficult?

SEEKER: No, I'm still saying, why do all these people fight all the time here?

SHRI MATAJI: Because they are not the Spirits. They are not their Spirits, it's simple as that.

SEEKER: You see, they all, everyone, claim [UNCLEAR]. They all claim it.

SHRI MATAJI: They claim, but whatever one may claim, you must try to feel it. You must try to feel it. Whatever they claim, you must try to feel it. If somebody claims something, you should find out. If somebody... like, somebody said he is Christ; I said, "All right, put him on the water, does he walk?" If I am saying such and such thing, you should say, "All right, let's see." You must keep yourself open for that. You see, the problem is, the one who claims, at least you should say, "What is the interest? Is there a money interest? Is there a position interest? Is there a power interest? What is the interest of the person?" Even if you [UNCLEAR] the person. Then if such a thing doesn't exist, then what is it? There must be something higher. Because we, also, if we live on the same level, we cannot think of somebody who could be higher. Somebody who'll do it for love's sake. We cannot think of such a personality. That's true, but still, let us have an ideal before us, maybe someone who does it for love, just for love.

(Another question)

SEEKER: [UNCLEAR]?

SHRI MATAJI: Who?

SEEKER: Well, I'm only... I mean, I thought [UNCLEAR] this might lead on to some sort of meditation course or something.

SHRI MATAJI: (To a yogi) What is it?

YOGI: She is expecting this to lead to some form of meditation.

SHRI MATAJI: Yes, yes, we'll do that now. First of all, let Me pacify your minds, you see, because at that time immediately it will start off like a jack-in-the-box, you see, it comes up.

(Another question)

SHRI MATAJI: (To a seeker) Yes, please.

SEEKER: And if I may, I would like to ask a question.

SHRI MATAJI: Yes, please.

SEEKER: I have come here tonight for a real reason. I've been very, very ill, I'm still suffering. I have tried to find the right path, I've read many of the books. [UNCLEAR] in Switzerland. I have been [UNCLEAR]. [UNCLEAR] his birthday, whether he is good or bad I don't know. But I would like You to advise me [UNCLEAR] before you [UNCLEAR], if You will.

SHRI MATAJI: (To a yogi) What is it? He wants to...?

YOGI: He wants some advice, Mother, as to what course of action to take. He is a little confused with many possibilities. [UNCLEAR] before he goes home tonight.

SHRI MATAJI: Yes, good idea. All right.

SEEKER: Before You go tonight, I would like to speak with You.

SHRI MATAJI: All right, very good idea, yes. That's like a seeker. That's like a seeker, it's true. That's great. (To a yogi) Fine, tomorrow morning when am I going?

YOGI: Well, we have to be coming next to the ferry early, I think, [UNCLEAR] it's open.

SHRI MATAJI: All right, in any case I'll see him. Or we can take him with us (laughter, Shri Mataji laughs). You see, this is something rare, isn't it, to find such people, who are seeking really. He's truthfully seeking. Find such people... they are adored, I mean, they should be. It's something great. We had one in Bristol, Marsha and her husband, Daniel. Just the day they got Realization, just Daniel was [UNCLEAR] absolutely. He said, "Mother, I'm coming with You." — "All right, come along." He came to London, he stayed with us and... wonderful person, now has gone to America. Great, Marsha and Daniel. We found them here. I'm only sorry that he left Bristol, I wish he had stayed here. But he went to America to do Sahaja Yoga there.

All right. So, let's have the meditation, as you said, it's good idea. All right? Let's see how many of you get it. Even if you don't get it, you'll get it. Those who have come to Me, all of them have got it. So, why not you all get it, understand it, master it, and enjoy it?

Should we take out our shoes? I have to request you to take out your shoes — though it's rather cold down below — because, you see, the Mother Earth helps us a little bit on this point. But I find it's rather cold for you. All right, doesn't matter. It will take away the heat from the body.

Now, it's a very simple process, as I told you — that these are seven centres within us: five, six, and seven centres (Shri Mataji shows the centres on Her hand). As shown here. Now, what you have to do is just to put your hands towards Me like this. Just like this. Please, all of you have to do it. Those who don't want to do it should go away. Because they disturb others. Please. There is no show going on here, nothing of the kind, so those who are not going to do it, please go away and oblige us. Don't trouble us for nothing at all, you have no business to trouble us. Did you hear that? Please, those who don't want to have Realization should go away. And don't disturb others, like a dog in the manger. You don't want to do it? All right, don't do it. But don't disturb others.

Put your hands straight like this, just straight forward, like that. All right, put both the feet directly in touch with the Mother Earth. Just simple as that. All right. And now you have to close your eyes. Before closing the eyes, you should see that there's nothing tight... tight on your waist. If there is anything tight here or here (Shri Mataji indicates Her throat). So just try to loosen it a little bit.

Now put both the hands straight, close your eyes. And whatever has to happen, will happen within. Some of you might feel the

ascent, some of you may not feel. If it's a very good instrument, you just don't feel it, it just shoots up. You don't have to do anything. Don't say any mantras, nothing of the kind. Just keep your neck straight and sit comfortably in a very normal way. In a ve-e-ery normal way. Putting no attention, fixing it up anywhere, just sit in a very normal way. Absolutely in a relax way. Please close your eyes. Until I tell you, don't open your eyes, for one reason. The reason is this: that the Kundalini doesn't rise above the Agnya Chakra if your eyes are open. It's no mesmerism, so you have to keep your eyes close. The happening takes place within. Just keep your eyes shut. Please take out your shoes, all of you take out your shoes. And then sit down comfortably with both the hands.

The first thing that will happen to you is that you will find that there is no thought coming to you. There's not thought coming to you. You reach a state which is called as Nirvichara Samadhi, where you just don't think. You can hear Me, you are absolutely alert, but you are thoughtlessly aware. That's the first stage that comes to you. In the second stage you find the cool breeze coming out of your head. That, of course, the Sahaja Yogis can see for themselves, and they will tell you that it is working or not. Then you will find this is coming into your hands.

Don't fix your attention in any position or any point. Just keep it loose. The attention will be driven to its destination by Kundalini. You don't have to bother about where to fix the attention, what to do, what not to do.

Now put your right hand — closing your eyes, don't open your eyes — on your heart, because that is the place of your Spirit. So put your right hand on your heart. Please don't open your eyes. Just put your right hand on your heart, straightforward. And say in the heart: "Am I the Spirit? Mother, am I the Spirit?" Ask a question like that.

Now put the same right hand down below on the stomach, on the left-hand side. On the left-hand side. Put here, press it. And ask a question: "Mother, am I my own guru?" Ask a question ten times: "Mother, am I my own guru?" Put the left hand towards Me. Keep the left hand towards Me, that's important. And then ask the question: "Mother, am I my own guru?" Ten times. You people are a special category who are seekers, you see? A special category. As Blake has called you, "men of God". And you have to become prophets, you have to become gurus.

Now put this right hand again on your heart. And please say, "Mother, I am the Spirit." Just assert it: "I am the Spirit." Say it twelve times please. With confidence, please say it with confidence. Don't feel guilty. You see, many people have a very bad habit of feeling guilty for nothing at all. Just don't feel guilty. With full confidence say, "Mother, I am the Spirit." You are the Spirit. And what is there to feel guilty about? What guilt can you have, what mistakes can you make before the God Almighty, who is compassion, ocean of love, ocean of forgiveness? So just don't have any guilt, just say, "Mother, I am the Spirit." With full confidence, without feeling guilty at all.

Now you take it upward to the left side of the neck. Left side of the neck. And put your hand down there, left side of the neck. And just say, "Mother, I am not guilty." Please. Because all of you have this problem, I believe. For nothing at all, why to feel guilty, I just don't understand. For what? Say it sixteen times. As I said, He is the ocean of love, He is the ocean of forgiveness, He is the ocean of compassion. Ocean, I'm saying! What do you do so much that you should feel guilty about? These human laws have no place [in] the eyes of God. Please say it genuinely that you are not guilty, please say it.

Now put this right hand on top of your head. Just here. And in the centre, where it was a soft bone in your childhood — you can feel the softness there. Just press it with your fingers, you can feel the softness, just see. Little further. It is just find out in the centre. Top of the head, in the centre of it. It is not so far at back, it's little further, towards the forehead more. Little... just move it. In that area you'll find the soft bone. Now just say, "Mother, I want my Realization." Because I can't go against your wish, against your desire, against your freedom. So you have to say, "Mother, I want my Realization. Please give me Realization." Just say that. Say it seven times please. You should ask for it, otherwise I cannot force it on you, as I said. Put it with your fingers, in the centre of your head. Try to press it there.

Now raise your hand and see if you feel the cool breeze coming out or a hot breeze coming out. May be some hot breeze coming out. You can change your hand now and see with your left hand — but put your right hand towards Me — if there is a cool breeze

coming out. You can feel it with the left hand. If there's heat coming out. It's a very subtle thing. Little higher. Just see. Put another hand again and see if it is there.

(Shri Mataji rubs Her hands and blows on them) Lot of heat coming out, I feel. Rub your hands a little bit and see. The hands have to be sensitive to, you see, feel it. Still heat is coming out. Sahaja Yogis can help them see. But you people keep both the hands towards Me, or one hand on top and one hand... but... Sahaja Yogis can see.

This gentleman has got it. It's very subtle. Let's get there, let's get there. Some are feeling it, isn't it? Now, keep it on. Don't think about it. Don't think about it, it's beyond thinking. You watch Me without thinking. (To a seeker) Did you feel, My child? (About another seeker) She's felt it too. All right. One by one, everybody is going to feel it, one by one. So don't worry. (To another seeker) Now don't think about it. Put it your hands like this. Are you feeling in the hands also? Good! (To another seeker) What about you? Not in the hands so far? All right, it will work out, it's work out. (To another seeker) What about you, son? Are you feeling? (To Douglas) Now, just see him. Douglas, just work on him.

DOUGLAS: Just like that?

SHRI MATAJI: All right... just... (About another seeker) This gentleman? Are you feeling? Nothing? All right. Just... (About another seeker) That gentleman there? (About another seeker) He has a liver. Ask him to put his left hand on his liver. Little bit on the left-hand side. Yes, this side, this... (About another seeker) He's all right. You are all right, it's coming up, I could see that. (About another seeker) What about him?

Now, you see, the Sahaja Yogis have got this power flowing through them. And they see that it is flowing, so they can make it act. (About another seeker) [UNCLEAR]? (To the seeker) Now, you've got? On the hands, are you feeling? Feeling now? All right, let it flow, let it flow. Enjoy, enjoy it, enjoy. (To another seeker) What about you? He's good! (To another seeker) What about you? [UNCLEAR]. Been to some guru? Now, which one?

SEEKER: I've never been to any.

SHRI MATAJI: No one? No one? [UNCLEAR] your neck. [UNCLEAR]. I'm sorry, your neck [UNCLEAR]. [UNCLEAR]. (Shri Mataji turns the seeker's head sharply) Sorry. Better now? (To a yogini) Is he better?

YOGINI: I feel Vishuddhi.

SHRI MATAJI: Vishuddhi I've cleared just now. (To the seeker) Is it better now? Do you smoke, do you?

SEEKER: No.

SHRI MATAJI: No?

SEEKER: No, I don't smoke.

SHRI MATAJI: Surprisingly, Vishuddhi is blocked. You must be careful about your [UNCLEAR], you see? See, this one is such a big lump here, you see yourself. Just see. See? This is the one [UNCLEAR]. But it's there. (To the yogini) See on the head. It's up there. (To the seeker) Now feel? Huh? [UNCLEAR]. Now forgive. Forgive everyone. Forgive everyone. Just forgive everyone. Forgive. You can forgive everyone. All right. Everyone. Just say, "Mother, I forgive everyone." [UNCLEAR].

SEEKER: Mother, I forgive everyone.

SHRI MATAJI: Again.

SEEKER: Mother, I forgive everyone.

SHRI MATAJI: Again.

SEEKER: Mother, I forgive everyone.

SHRI MATAJI: All right? [UNCLEAR]. What work you do?

SEEKER: [UNCLEAR].

SHRI MATAJI: What?

SEEKER: [UNCLEAR].

SHRI MATAJI: Ah, that's why. See, you should know how to protect yourself. They are all [UNCLEAR] problematic. And you catch their problems. (To somebody) [UNCLEAR]. (To the seeker) Now, now see. Is better now? Now? (To somebody) [UNCLEAR]. (To the seeker) Now better? All right, all right. [UNCLEAR]? Started? Are you feeling now? (To a yogi about another seeker) Is it all right, [UNCLEAR], is it?

YOGI: Ah, well, he's... he's done sort of a mantra meditation ...

SHRI MATAJI: Huh?

YOGI: ... or he's attended a sort of a mantra meditation. [UNCLEAR] something in the Void, and that—

SHRI MATAJI: In the Void?

YOGI: Yeah.

SHRI MATAJI: In the Void. All right. For that, if he says, with his right hand there, that "I am my own guru," it will work out. (To the seeker) Just put your right hand and put left hand just like that, and just say, "Mother, I am my own guru." (Back to the previous seeker) Now, is better? Are you better now? Aren't you feeling relax?

SEEKER: Yes, [UNCLEAR].

SHRI MATAJI: It's there. [UNCLEAR]. (To a yogi) [UNCLEAR], huh? (To another seeker) Please, open your hand. (To another seeker) What about you? Got it? Good! Great! (To another seeker) What about you? Got it? What are you feeling? Are you feeling something? You don't feel it, [UNCLEAR]? [UNCLEAR]. (To the seeker with Void problem) Put your hand down there and say, "Mother, I am my own guru." (To another seeker) Now, keep your head little bit loose. [UNCLEAR] (Shri Mataji turns the seeker's head sharply) [UNCLEAR], then you get pain. What do you do? (To a yogi) He's better now, much better. Now what about this gentleman?

YOGI: He said he's not feeling.

SHRI MATAJI: Huh?

YOGI: He said he's not feeling, Shri Mataji.

SHRI MATAJI: (To the seeker) You're not feeling? There's something wrong. Why there's something wrong? I know why. Can you

forgive? You have to forgive everyone. Forgive. Forgive everyone. You just forgive and don't feel guilty, all right? Now, are you feeling?

YOGI: (Making an announcement) [UNCLEAR] your attention [UNCLEAR]. The next meeting is here, [UNCLEAR] meetings every Wednesday here, in the next... next door, I think, in this building. And you must try and come, especially in the beginning because, you know, you forget a way and things about it, and all sorts of thoughts come [UNCLEAR].

(Shri Mataji continues working on the seekers)

1982-1021, TV Interview

View [online](#).

21 October 1982

Interview

BBC South West, Plymouth (England)

Talk Language: English | Transcript (English) – Draft

TV Interview

October 21st, 1982

Plymouth, UK

Reporter: Her followers see Her as a great spiritual leader, capable of curing all ills, even cancer. Well, these are the sort of claims you've probably heard before from many so-called gurus, but for Her fast expanding group of disciples Mataji Nirmala Devi is different. Tonight She brings Her message to a public meeting in Exeter. Mataji, the world of healing and gurus is full of frauds and charlatans. Do you accept that many people might be skeptical about Your claims?

Shri Mataji: Of course they should be. Why they are not I don't understand, you see. You must use your brains and reach right conclusions. Why are you seeking, what are you seeking and whom are you going to. Those people who charge you money and live like parasites on you cannot be your gurus, you see, they are people without any self-respect.

Reporter: You don't charge any money at all?

Shri Mataji: Not at all. I mean, how can I charge money for this, is Love, Love of God. How can I charge money for that?

Reporter: It's claimed that even viewers of an interview such as this just by looking at Your picture on the television screen can receive some sort of physical manifestation of Your power. Now, how does that work?

Shri Mataji: Yes. By, just if they put their hands towards Me like this even now, they can feel a cool breeze flowing into their hands. So many might feel, as they felt it in Hong Kong, but if you are complicated people, it's... takes some time. But normally people are simple and they get it, the cool breeze just starts blowing into their hands. And that is the breeze of the Holy Ghost.

Reporter: Just by holding their hands to the screen at the moment?

Shri Mataji: Just like this. Just like that, yes.

Reporter: Well, Your message is self-awareness, self-realism, I mean, what exactly does that mean?

Shri Mataji: Self is the reflection of God Almighty in our... in the heart. But it resides on top of your head. And what is self-realization in ordinary words you can say, the real baptism. Is the real baptism. Means what happens, that your Spirit enters into your awareness, into your conscious mind, into your central nervous system, so that you start feeling the awareness of the Spirit, which is flowing through you as energy. This is the energy of the all-pervading Power of God.

Reporter: But I'm sure many people must feel that they know themselves perfectly well already, without any extra power required.

Shri Mataji: This is a self-opinionated thing. But there is a way to find out if you know yourself, then you must know what are the centres catching in you, what are the centres are catching in another person. It is the becoming that is important, it's not a mental projection that "I'm such and such." Supposing I say I'm the governor of some place. Do I become? No. I must have the powers.

Reporter: And You can actually look at another person and say what is wrong with that person, or feel what is wrong with that person?

Shri Mataji: Yes, I can, I can look at the person and say, but others, those who are Sahaja Yogis, can just feel it on their fingertips.

But we talk another language, we don't say "You have cancer," because that's not good to say. But what we say, "You are catching on this centre or that centre." Supposing somebody is very egoistical. Then we don't say "You are egoistical," we say "You are catching on Agnya," so he doesn't feel hurt, you know.

Reporter: But having identified the problems you can also cure them as well.

Shri Mataji: Yes. If we identify the problems, we also know how to cure them.

Reporter: What happened twenty years ago, before gurus even were heard of in the Western world? We seemed to survive perfectly well without them.

Shri Mataji: You see, this is the time of resurrection, this is the time of Last Judgment. It's been pointed out by your great poet William Blake, who said that a new category of human beings, he called them Men of God, will be born on this earth, and they will become prophets, and they will have powers to make others prophets. Of course there has been prophecy also in India thousands of years back, that in... this work will start in 1970 and that many people will get their realization. Is already announced.

Reporter: And now we are in that time.

Shri Mataji: Yes, that the time has come, that's why these people have taken birth. And there are many children who are born realized, and you do not know what they are, because they have these vibrations and they are different people.

Reporter: Mataji, thank you very much indeed.

Shri Mataji: Thank you.

1982-1021, The Miracle Of Your Second Birth

View [online](#).

21 October 1982

The Miracle Of Your Second Birth

Public Program

Exeter (England)

Talk Language: English | Transcript (English) - Reviewed

Public Program, Exeter, England, 21. October, 1982.

They are transformed. Exeter has a speciality I don't know why with this kind and I'm really amazed that I've been here three times and people have not taken up life seriously. They are not taken up the purpose for which they are born.

It is a sad thing I feel, but again I wanted to try that maybe you people will be able to realize how important it is to get your self-realization. Already they must have told you about your Kundalini, the power that works out this miracle of your second birth It is already being done by God.

He is put everything down there it is all there. You are just ready for it. But you must have the desire. You must have an ardent desire.

There can not be any realization for a person or any development for a person if the person doesn't desire it. Your desire is the most important thing. And you will be amazed that even the Kundalini about which we are talking is nothing but your primal desire the power of your primal desire because all other desires are transitory - are absolutely temporary - and they fizzle out.

You want to have a house? Alright, you can have a house, then you want to have something else and then something else.

Economic wants are never sessiable, So you go on asking for this and that, then you go to politics for power, you try to have some emotional experiences, all these are transitory and they all vanish into thin air while the joy of the Spirit is the permanent but people who are not desiring it are asking for frivolous things and things that are of no value at all I tell you it is of no value to have all these things because you are so affluent already still there is no joy there is no happiness, there is no peace in the family there is no bliss.

So we have to achieve that which is permanent, which is eternal, which is promised to us. You have been very carefully made into this being The human being is the epitome of the creation but how far do we value ourselves, our human existence?

Do we realize that thousands of years the nature has worked to make us human beings and that at this time when you have to just become the spirit we are hesitating we still are dominated by desires which are not the primary desires.

Normally when the Kundalini awakens a person definitely gets transformed and he gets the power to get over all the nonsensical ideas about life all this misidentifications drop out

I have known so many cases we had a boy who came from some pub I think and he was shouting at me but screaming at me and he was very very funny but he got his realization lucky he got his realization from next day he gave up everything there was no alcoholism the problem which doctors cannot solve nobody can treat him.

There are so many who were suffering from diseases which were absolutely incurable just got all right that is physical side, so many emotional problems like people who were mad lunatic got cured but the spiritual problem is the main problem where people go to fake gurus and fake people pay them lots of money run like mad and then they come back and find that they that was a fake guru and they give up. But why? Why do like the fake guru so much and not Sahaja Yoga?

We should find out why. Why is it that the fake gurus in this Exeter we had a fake guru who had thousands of disciples and why for Sahaja Yoga we can't get people? The reason is say plain and simple.

I was told that this gentleman who was supposed to be the Guru used to drink, used to have women, do all kinds of things and every disciple was allowed to have any kind of unrighteous life that they wanted. Because no power was given to the disciples. Only they had one power is to pay to this horrible man. That is all the power they had and they thought that we can purchase this guru, we can buy this man and by buying this man we are something.

Oh, there is another one who talks that you will become great, you have to be very great, Christ was nothing, you are going to

become very great. All such talks sometimes really pamper our ego and we get driven to that. One should know that one has to be real and honest.

If you are not honest to yourself, how can anybody else make it?

You have to be honest yourself first of all, that you must know that you want the reality. And if you want the reality was no you cannot pay for it. You cannot pay for it. You have to become - you have to become that. That becoming is not so difficult.

I tell you it is not at all difficult because so many people who have got realization in England they are are in thousands and they are doing very well they are beautiful people, they are all realized Souls and they know how to handle the Kundalini.

They also cure people. Not only that but their lives are changed that patterns are changed they are very happy joyous people. This has to happen the time has come of your resurrection. The whole of humanity has to rise to it. This is the only solution that you can think of for all the turmoils, all the destruction that is facing us today.

But do we realize that we are playing a part in their destruction, if you do not take to this lift. This lift is very important in our lives and we have to do it. I do not know why but it is really surprising why people do not want to become themselves.

To be the Self is the master.

You are the master of yourself. You have to be the master of yourself and not of some sort of silly ideas and stupid things. If you become the master naturally nothing can dominate you. You become the free bird, you become absolutely on top of everything and you can see everything as just a drama and a witness. All this is within you. All these powers are within you because the Spirit is within.

The Kundalini is within.

You have to adjust. First of all get your realization, enlightenment and maintain it for a while and you don't need much effort because after realization you are really empowered. You get over your frivolities. You get over your stupidities and you get over all these nagging habits that put you down your self-respect and everything.

Now it is easy for people to go to any you know whatsoever because you don't have to do anything. You just have to go pay some money and you become the disciple. The guru who doesn't do anything he doesn't even travel. He doesn't do anything. He sits nicely. You go and give you money and he enjoys your money and he is a parasite. But here you are the guru, you have to become the guru. Here you have to become the self, you have to be the guru, which is the principle already in you it is to be enlightened. You cannot depend on anyone. You have to depend on yourself and you are already entitle and empower to be that.

Sahaja. Sahaja means: born with you.

Saha is with - born with you.

This power to be united with the divine is with you. It is within you. And the time has come. This is the Blossom time. And this time you have to get it. If you lack behind you have to face the problems. You have to face the problems later on.

So those who call themselves as seekers, those who say that we are seeking God, we are seeking the truth, must know that to see the truth is to see the truth within themselves and not without. If somebody says that, "You are going to fly in the air. You have to see the stars and the moons." That is not way. It is within yourself. You have to see what you are and when you start feeling your spirit you start feeling others also. Because your spirit is the collective being.

You have to become that. Again I say: "You have to become that spirit."

So far your spirit is just watching you. It doesn't come into the play. It doesn't come into the play. It is still there in a state we can call as a witness. He is witnessing all that you are doing.

But once the Kundalini rises from its base, there as you see in the triangular bone, it comes up, breaks through and you start felling the existence of spirit on your nervous system. You can feel it in your hands. It is so simple that even children can feel it.

Say for example, in this room you have to put a light. Just you have to press one button and you get the light. But it is not so simple. To look at it look simple, it looks absolutely life.

If you tell a villager, the one who has never seen how electricity works, he won't believe it. He won't believe that this is possible. It is so naive for his mind also that how can it be? Just you press the button and you get the light. But you do with the light and how

because there is a mechanism here. There is an organization behind it. Then it is a history behind and there is an evolution behind it. Now we are standing at the last part of our evolution.

The human awareness that it is today is still not complete.

If it was we would not have been so much confused. We are confused because our awareness has not reached that stage where we become the spirit. Christ has said you are to be born again. Now there are people I have heard the other day the one gentleman came and started talking just like a tape recorder that Christ was just a Kundalini yogi and all that thing. Who are they to judge Christ? What do they know about him? What is their power to judge him. You see, any big Tom and Harry stands up and start talking about anyone. First of all let us know: "What is your power?" Let us see what do you know about it. Have you found yourself? Please be honest about it. Please be honest.

That is all is needed. Because the whole nature, the whole creation, all the pervading power of God's love is trying to do this for you. Everyone is trying to. I sometimes feel people are pampered because the way I see these days miracles happening to thousands of people getting realization.

I am myself amazed how the Divine itself has taken upon itself to give this realization to you, to give this experience to you, to do this for you. It is something so remarkable.

The whole compassion is working out this great work, this great drama of giving realizations to you. Of course if you are not a seeker you will take time. I mean you can teach people to see. You have to be hungry.

If you are not seeking it is not easy. I know it is very difficult. And if you are not seeking you will take I think some time to do it. Some people who are not seeking also when they see so many coming to Sahaja Yoga getting cured, having a better life, enjoying themselves becoming such good people also follow them but those who are seekers do not wait for any such things. They just jump into it, get it and become that. Are we going to waste our human life? Are we not going to be what we are meant for?

For example see this instrument is made with such difficulties and with such care but if you do not put this to the mains, what is the use? What is the use of this instrument? Is it a waste? It is just a waste. And that is what one should know that you should put it to the mains and put into the mains itself means getting realization.

Yoga means union with the Divine.

The divine power that is all-pervading. This divine power is there, we can see its effects. All the living work is done by that power. A flower becomes a fruit through that power, we exist because of that power. If you see these eyes how beautifully God made, how beautifully he has made us.

All that is done by this God's loving power which is all-pervading. It is very subtle.

You cannot feel it because with this awareness we are not yet that subtle. Only after realization you can feel that power and you start feeling it as the cool breeze of the Holy Ghost. That should happen to all of you.

Even if it happens you must keep the connection all right. If you are loosely connected, if you do not put in effort to keep the connection on sometimes it drops out. And that is what I find people become extremely critical and extremely high-handed.

They think that why should I do this why should I do this?

Because that is how you keep the connection. You will be amazed that in India thousands of people have got realization in the village Thousands and in this Exeter how many people are fine today? Three!

You are lagging behind. I am telling you're lagging behind. Once I go to America, I know, Americans will take to it very fast because they are fed up of guru shopping, they are absolutely tired of it. They don't want to talk about it and they want to have self-realization.

But here what are we doing?

You can imagine that thousands of people have already got realization.

They are transformed, while people otherwise who are too much critical, think too much about it, do not get it. But we must come

to logical conclusions. Without coming to logical conclusion you should not jump on to anything blindly. That is absolutely wrong. Use your brains I say.

Like today the gentleman at the BBC asked me that: "How is it many people are going to these fake gurus and paying them such a lot of money?" I said they should use their brains! What has happened to their brains? Why don't they use their brains?

First of all you cannot pay for God's love. That is simple, very simple as that. You cannot pay for His love. You have never paid. You never paid for becoming human beings. You never paid for getting a flower into a fruit. You cannot pay for all these things. Secondly you cannot put in any effort for a spontaneous thing. Whatever is living happens spontaneously, this is a living process of the Living God.

So, come to right conclusion, that if anything has to happen to us it has to happen within, it has to happen in a way where we do not put in any effort, where we do not pay. Minimum of minimum this much we should understand that this cannot be. Then the person who talks of God of divine love and things, if he is interested in your purse, if he is interested in your women, who leads an unrighteous life he has no business to be a guru, he has no business to be there.

Then we have to come to another conclusion - very positively: We are seekers. We are seekers of truth. We are seeking God. We are seeking the divine and unless until we find it we are not going to rest. We have to find it at any cost.

You might have done lots of mistakes, I know. In seeking people have done lots of mistake. They have gone to wrong places, they have been hit, people had epilepsy, they had all kinds of things. I know that. Doesn't matter! All these things can be corrected and improved because as I told you the divine power itself, the divinity itself, God himself wants to save his creation because you are the epitome of his creation. He wants to give you this, but it is not because you live in a particular place and if you are arrogant or egoistical or if you are afraid that he is going to bother about you. For him the whole race of human beings is just the same. If you are a human being you can get your realization. That is all which is wanted that you have to be a human being.

And the second is the people who are really seeking get it very fast. Some people get it very fast and also lose it very fast, because they do not understand the value of that. The idea that we have to suffer for spirituality is absolutely out of take and absolutely out of any context.

Because if you know Christ has suffered for us, he has suffered for us, and people said that once he has suffered for us he sucks in our sins, he sucks in our Karmas, then why are you suffering? Why do you want to suffer? Has he not suffered sufficiently? He is to be awakened within you. That is what it is. Once he is awakened within you he sucks in.

As you can see clearly there at the point here, where it is between the optic chiasma near the pituitary and the pineal body is placed this subtle Center which when awakened sucks in the ego and superego under the sides.

So everything will be forgiven. There is nothing to worry about the past, nothing to feel guilty. Everything can be worked out so easily. If the Kundalini is allowed to rise it can suck in. Once the center is awakened there is no problem at all and you get your realization quite all right.

Today I was surprised that at BBC this thing the gentlemen both of them the producer and the director both of them got realization. It is such a good thing to see that those people who are not so much concerned with spirit and not concerned with spiritual ascent got the realization.

I was really enamored, I was so very happy about it.

I mean there are people and people who get realised no doubt like in India, I would say that people understand who is a real guru and who is not. Because they are not lying about it. This is the knowledge about the roots. While you know about the shoot, you don't know what the roots, while they know about the roots.

They know what it is, how to find it, what happens and how you achieve it. Everyone knows about Kundalini. You won't find any Indian who doesn't know about Kundalini. Maybe they are westernized. Westernized I can't say.

But everyone knows it is the Kundalini awakening by which you get your realization. So now I have to request again to all of you living in Exeter.

I have a feeling that Exeter has lots of seekers but they're somehow lost somewhere. I don't know what is happening to them and I'm very much concerned because maybe next time I may not be able to come here.

I come all the way from London just to see them and what I find that they just take realization and finish off. It is a very sad thing and it should be so peculiar of this place that I can't understand what is the reason, why it happens.

I went to Vienna where sixty people got realization in first shot and they are increasing. Every country is like that. Switzerland, if you go, there are at least thousand people who have got realization.

Of course London because I have been there for eight years, so you can imagine there are lots of people who have got realization. But one has to know that after getting realization you should not just sit back and say no nothing doing. You have to see that your connection is established for which all the knowledge will be given to you and you see that you retain the position. It is a very small thing that is to be done.

If you really respect yourself, your life as such as a human being as much as I respect it as much as I love.

I am sure even one thousandth of that, if you understood what you are, you would do it because you are nothing but the spirit, the spirit which is the joy the spirit which is the attention and the spirit that is the complete beauty this is what you have to be you don't call yourself ugly or don't feel at all unhappy that you haven't got this or that no inadequacy and no guilt.

Nothing is going to stop you from getting realization.

This is a day when I feel something should happen here also again and that people should really rise about petty things and get to themselves and develop their realization.

Rome, imagine Rome a place like Rome we have so many Sahaja Yogis and here is somebody who has come now we are importing people from outside to come to Exeter because so many people in London got really fed up they just don't know what to do with the people in Exeter. Why, why are they not serious about their lives? So I would request you today please, for heaven's sake try to get your realization and establish yourself.

Thank you very much!

May God bless you!

Will you please ask me questions. If there are any, I would like to answer them, but ask questions which are relevant and not somebody gurus as this and that. You see if you have got to say something you should find your own halls and say but not to represent here some guru. If he has given you something why here? Is a simple thing as that.

I would like you to ask me questions which are relevant and sensible.

No questions?

Yes please!

Seeker: Isn't the Kundalini a natural evolutionary process (inaudible) when a person reaches a certain point (inaudible) evolution (inaudible).

Shri Mataji: Yes it is true. I agree, agreed with you that evolution happens up to the human stage, up to the human stage spontaneously is true, but at the stage of human beings, you see, we are specially made because we have lifted our head and this I-ness has come in to us, you see? The animals don't have that I-ness we have that I-ness. And because of that happening, what happens? That it the ego and superego meet here and get calcified and you become mister X, you become mister Y. So your awareness is very different from that of an animal. And in this awareness you must get that you have got your realization. If you don't get it you cannot use it. It cannot be like an animal to human being. It has to be of a of a nature that you know about it, you are aware of it. If you are not aware that you have got your realization, then you won't be able to use it further. That is why this is important that you should get it in your awareness. Very good question, I must say!

Seeker: Too many books advising to do special breathing exercises.

Shri Mataji: But breathing exercise...

Seeker: yet other books say...

Shri Mataji: Yes, I agree with you. It is very confusing. You are all right. It is very confusing I agree with you, you see. Whatever people say you shouldn't believe it. Now, you must see for you... Even what I say, you should not believe but keep yourself open. All right? Now, some say, you should do breathing exercise. Now, you should think about it! You see by breathing, it is a living process. What I said, you come to right conclusion that evolutionary process is a living process, all right?

So for living process, supposing you have to sow a seed, all right? What do you do? You take a seed and put it in the mother earth When you put it in the mother earth, she has the capacity to sprout it, all right? But supposing you... breathing exercises you do or

do what ever you like, it won't, it won't come up. It will only come up if the person who has authority to enlighten you can enlighten you and then once you're enlightened you can enlighten another person.

So that you can verify whether you are enlightened or not. You can see with your naked eyes the pulsation of the Kundalini, the rising of the Kundalini. You can. You can feel it with the stethoscope. It comes up on your head here and it breaks. When it breaks there the sound stops.

You can hear (lab da) just like the heart beat going up and it breaks up here and you start feeling the cool breeze coming out of your head. But the transformation starts working out gradually within you, which you start seeing and you can verify it.

So, you see - if you say that it is spontaneous, it should happen but at this stage it cannot, because you have to enter into the kingdom of God.

You are special people, so you have to be aware of it. You should know that now I'm here everyone. We never knew till Darwin put up this theory that we have evolved, isn't it? We never knew that we have evolved from amoeba to this stage. That was all right but today you have to know, because that is the blessing of God which you should know.

And you should know everything, not only that, but you should know what are these centers. How they work out, how you can handle them, how can arrange them, how can you give realization, how can you raise other's Kundalini. Everything you have to know. Absolutely without paying anything.

All this knowledge you have to have.

Now for breathing. Somebody says you do breathing exercise. Now, that is also one has to do sometimes in Sahaja Yoga. But in Sahaja Yoga the first thing is the awakening of the Kundalini.

Because supposing you have a problem of the center heart, as they call it. Now here you see the green one and the yellow one there is another center there. The green, you see, this green and that green there is another bluish center, if you see that center one. If that is out of order, then you have to do a kind of a breathing exercise. If that is out of order. Not otherwise.

You see, it is the way we are doing everything is indiscriminate. We try to do something which is not necessary or which is which has no relationship to our troubles for our weaknesses.

It is like supposing, now I have to go to London. Now, I don't know how the traffic is going to be on the way, all right? So I, I before hand, if I started pushing for the traffic is absurd because I am not yet facing it.

When the Kundalini moves then only you will know where the problem is and then you should try to solve it.

If it is at a lower, lower centers or at the higher centers you have to do something else.

All the exercises that are told in the path Anjali Yoga Shastra are just a wee bit of the whole thing.

There are Astangas there are eight Angas of the yoga. Out of that one one of them has got Yama-Niyama, out of which one-third are the exercises.

These exercises only correct the backbone the physical side of it, not the subtler side of it.

So, when you just start looking after your health or say your physical side you neglect your emotional side.

A person who looks after his health too much can be a very dry person - absolutely feelingless.

He can become absolutely feelingless. If somebody dies you won't feel anything, anything. "I become a great saint." But he will be a hot-tempered fellow, extremely hot-tempered. You can't go near him. If you go near and very much he may bark or may bite you. So that sort of a thing might happen.

So you have to understand, in complete integration, where is the problem, what is the problem and what is the treatment needed? But once it happens to you, then only you will know. You can verify it, one after another. So this is what it is. You have to know about it.

Everything you must know, why you are doing what. This, why you have to do it, what is the need to do this, what is to need to do that.

But if somebody tells you: "Just do this! Stand on your heads!" You start doing that. Why? Why should we stand on our heads? What is the need to stand on our heads?

Everything should be logical, as I said, but once you get your realization the whole thing becomes so logical, because you start understanding the laws of the Divine. Once you understand those laws, then you know, by doing what, you get what.

For example leukemia. A disease like leukemia, we have cured and we can cure leucemia a very easily. Cancer can be cured also. Now how leucemia is caused? Perhaps people do not know.

Is caused because a person is very hasty very speedy. Very is () sort of (). In the morning he takes his breakfast in his hand, sits on his car and all the time is, you seen, in a haste, going for his work and there is a jam on the way and he is absolutely upset. This spleen which is on the left-hand side, you see, has to produce red blood corpuscles for your emergencies and it becomes

crazy, it becomes absolutely crazy.

It doesn't know what to do with the person who is doing three, four simultaneously (inaudible). When it becomes crazy the situation is created. The situation for leukemia is created.

And if it is triggered as a doctor they call it - they call it as protein 58, protein 52. Because doctors are honest they don't want to say more than what they know. But when we know, we can tell you, that what it is. They say that these proteins entered into us and they triggered the cancer. Now what are these proteins? They say that they come from an area which is built with us since our creation. We call it as collective subconscious.

All those things you will know, how they trigger, how they come in and what happens to you. It is very simple to understand because here we are dealing with the principles which created. Once it gets out of principles then it gets on, you see, complicated. But if you know how to handle the principle, you can correct it and can manage it. It is a fact. You can verify it yourself. And you have to verify it, keep your mind open and see for yourself.

All right, thank you.

Should we have the experience now?

Alright!

But you all have to promise me that I will work it out but you must continue with it. You should not just give it that way, because that is not good that is very, very sad.

As Christ has said a parable that some seeds fell on the rocks. I saw a beautiful red rocks near Exeter. I hope also there is very beautiful soil, which is red and nice. I saw very good barley fields and other fields. I hope there are people who will receive realization as sprout into beautiful trees of Sahaja Yoga.

May God bless you.

You have to just, now again I will tell you, you have to do few things which are simple. You have to take out your shoes. For one reason that the mother earth helps us to suck in the problem, you see?

So just take out your shoes. Nothing extraordinary has to be done.

Those people can come forward.

How are you today? Are you feeling all right?

This gentleman.

Are you all right?

How are you feeling?

You came!

Seeker: Yeah

Shri Mataji: How are you?

Seeker: I try again.

Shri Mataji: All right.

Just put your hands like this.

It is your own. I mean you should be cheerful about, absolutely cheerful.

It is just there. You've to find it. That is all.

This is your property which you are going to have. There is no obligation, nothing. It is just your own. Be cheerful about it!

There is nothing to be frightened, nothing is going to happen.

It is very simple.

Just put your hands like this.

Close your eyes! Please close your eyes.

Now don't open your eyes still I tell you, because the Kundalini doesn't rise above a certain center of Agnya if your eyes are open out, so please keep them closed. This just see, this is against hypnotism where they put some spirits through eyes.

So keep your eyes shut.

Because there is dilatation of the pupil when the Kundalini rises and if the Kundalini is the eyes are not closed it stops at a point. So just help yourself.

Little bit cooperate with me and it will work out. I am sure it will work out. Just cooperate with me a little bit.

Put both the hands towards me. Just like this, put both the hands.

If you have anything tight on your body you can loosen it a little bit and be comfortable. You have to be comfortable. If anything tight on your body just loosen it, if possible.

Put both the hands towards me. Just like that. Keep your eyes shut please.

Now the first thing I have to request you, that you have to say: "Mother, I am not guilty."

This you say it, at least three times. With complete confidence, with complete belief in yourself that you are not guilty. Because whatever guilt you think of, it is just a speck. I'm talking about God, who is the ocean of love, the ocean of compassion, ocean of forgiveness.

Whatever you have done just forget it and say: "Mother, I am not guilty." First of all you must respect yourself. If you don't respect yourself it is not going to work out. Just say: "Mother, I am not guilty." Three times to say: "Mother, I am not guilty." Already some people must have started feeling the cool breeze.

Today vibrations are too much.

Now you put your right hand on your heart. Now ask me a question "Mother, am I the spirit?" Ask me a question thrice please. Just ask me a question with confidence: "Mother, am I the spirit?"

Now bring that hand down. You have already started feeling the cool breeze? Down below - you bring that hand down below on the left hand side on your stomach. Now here at this point you have to say, ask a question again: "Mother, am I my own master? Am I my own guru?" Because you are! But just ask the question. By asking the question the center starts working. In a humble way, please ask in a humble way: "Mother, am I my own guru?"

Now raise it again, the hand, to your heart and say: "Mother, I am the spirit." Now say it 12 times. With full confidence. With full confidence say it: "Mother, I am the spirit."

Now put this right hand on the left-hand side of your neck. Now say: "Mother, I am not guilty." Say it sixteen times because this is the punishment for feeling guilty. It is the worst center all of you have got. I don't know why you sit down and start feeling guilty for nothing at all.

Now put your right hand again across your forehead, across your forehead. And just say one thing twice: "Mother," - genuinely honestly - "I forgive everyone." You have to be honest. If you are dishonest it won't work out. "Mother, I forgive everyone." Genuinely, please say that.

This is how I'm teaching you also how to raise your own Kundalini.

"I forgive everyone." Say it twice. Absolutely genuinely you say it. "I forgive everyone." Now put this hand on your head. Resting on your head in the center. Try to press it and see if it is hot or cold. Just see.

At this point I have to request you because I cannot get over your freedom. I cannot! You have to ask for your realization. I cannot just force you down into it, so you have to say: "Mother, please give me my realization."

Just say that at that point. Unless and until you ask for it I cannot do it. I just can't do it. I cannot force you into it.

Press the hand hard, hard you press it. You can press it with fingers if you want.

Now raise your hand and see if there is a cool breeze coming out. If not put your right hand and with the left hand you can feel it. See if there is a cool breeze coming out.

Normally people should feel it but if you are complicated is rather difficult.

But normally you should. Whole left is catching. Put your another hand and see.

Will the Sahaja Yogis see some of the people? Because I'm in a hurry to go today, so just - let us see if you can finish.

See this gentleman maybe. Yes, I don't know. This one has asked right questions, no doubt. Yes, they did feel, he did feel. Yes.

What about...?

I forgive everyone Genuinely please say that This is how I'm teaching you also how to raise your own Kundalini I Forgive everyone Say twice Absolutely genuinely you said I forgive everyone Now put this hand on your head Resting on your head in the center To try to press it and see if it is hot or cold Jessie at this point I Have to request you because I cannot get over your freedom I cannot You have to ask for your realization. I cannot just force you down into it, so you have to say Mother please give me my realization just say that at that point unless and until you ask for it. I cannot do it I just can't do it I Cannot force you into it pressed a hard Hard hard you press it You can press it with fingers if you want Now raise your hand and see if there's a cool breeze coming out If not put your right hand and fill the left hand you can feel see if there's a cool breeze coming on Normally people should feel it, but if you are complicated is rather difficult, but normally you should Whole left is that you Put your another on and see Will the sahaja Yogi's see some of the people Because I'm in a hurry to go today, so just let's see if you can see this gentleman Maybe yes, I don't know this one so I question stand out Where's editfield he did feel yes, what about

1982-1025, Letter to Jeremy, from Nirmala Yoga, Issue 12 (Nov.-Dec. 1982), Pages 23 to 24, 1982

View [online](#).

25 October 1982

Letter / Poem

(Location Unknown)

Talk Language: English | Transcript (English) – Draft

Letter to Jeremy

My Dearest Son Jeremy, Tomorrow morning I am going to New York for four days [October 26 to October 30]. I hasten to write this letter because I would like to inform you in the right time what is happening to you.

I think you are confused between left side experiences and the spiritual experience. Those who are on the left side can sometimes even see my past and show much more awesome respect and love but I know the reason behind it and thus I never encourage them. If you take cannabis you are definitely dragged into Ida nadi and the ego recedes for the time being. So you feel this emotional carnal love. But when you take more you start feeling a universal carnal love. Thus the fall of man starts because he gets out of the void towards the left side.

For your information I am quite aware of other Sahaja Yogis and their condition. You must know that after realization there is nothing like rituals but it becomes actual living process. May be it is not done with perfection but still it is done by a realized soul. It definitely evokes my vibrations to flow more and has helped all of them to awaken their deities. Of course I do not know all the filth and dirt people have accepted in the past, also the amount of illusory life they have taken to but it is not necessary to know. Do you know all the dirt and filth of your household which you sweep ? Do you count them or find out about their nature and history ? If you are a master cleaner you can do a lot in one sweep. Western life has been attacked from 1919 by many devils who introduced ideas even in architecture and music. These destructive ideas have removed the western people from their roots, from the Dharma that is the basic for the ascent. You must admit that Sahaja Yoga has definitely created Dharmic people if not perfect ones.

All drugs take you away from your awareness. So how can you have a balanced attention to make your spirit shine ? Reality should be achieved in complete awareness otherwise whatever you feel is illusion because you are in a dream. It appears that Sahaja Yoga is spreading slowly, it does not matter; but if it is truth, how can you achieve in a dreamy state ? I want all my children to be awakened to walk into the Kingdom of God, not into the left sided hell of illusion.

My experience about the druggist and chemist has been a painful one. Those who come were very slow. Actually very few come, so your theory that the seeking of God starts with drugs is not true at all. They have been very weak and vulnerable to left-sided attacks. The example is shown the way you all fell for a fake person like Ichel. They are mostly facing very dangerous diseases like cancer and many other incurable diseases. If you want to marry Karen, it is alright; but do not do it under the effect of drugs because it heightens left side so much that there is no balance of the will left to guide you to right decision by vibrations.

Actually drugs were condemned by all the Prophets and thus our laws do it because the basis of laws come from our void, our Dharma. I would like you all to see the sanity of law and not its fault. Gandhiji was opposed to slaves, but he was much more against drugs. He would not allow any druggist to enter his Ashram campus even if he had given up. "It's difficult to spread Sahaja Yoga in the west"; I also felt it, but the roots can not be sacrificed. There can be no compromise with the principles that nourish Sahaja Yoga. But now I think the media has taken over and we will be reaching stronger and righteous people for Sahaja Yoga. Already it has taken its flight and I can feel it. I am sorry for the druggist. They have to use their will to accept the challenge and give up their slavery to drugs. The sick druggist and lunatics have taken so much time. They do not impress any one because mostly they are so much in the air and in personality, shabby and depressive. They are very lazy and always oppose anyone who tries to wake them for Sahaja Yoga.

Jeremy, I knew you were a left-sided person and you need more activity. The bus driving was a good idea but if you take to drugs God save the passengers.

You did not write a word about vibrations. They are your guide. Not your ego which judges others or your super ego which is self indulgent. This is not joy this is illusion.

Slow and steady achieve your reality in collectivity. May God bless you.

Your loving Mother, —Nirmala

1982-1025, Radio Falmer Interview

View [online](#).

25 October 1982

Interview

University of Sussex, Falmer (England)

Talk Language: English | Transcript (English) – Draft

Radio Falmer Interview. University of Sussex, Falmer, near Brighton (UK), 25 October 1982.

Phil Ward: Sahaja Yoga Program for Radio Falmer to be broadcast on the 25th of October 1982.

Five, four, three, two, one...

And this is Phil Ward presenting a look at Sahaja Yoga, a new method of natural meditation through awakening a spiritual energy laid into within each of us called Kundalini. Some quite astonishing claims have been made for this yoga and the effects it has on people's lives. People have eligibly been cured of various illnesses and addictions and some pretty miraculous seeming transformations have been wrought. The University Sahaja Yoga Society will be holding its inaugural meeting tomorrow, Tuesday, 26th of October, at seven o'clock, in Refactory, level one. And there you can find out for yourself whether its claims are true.

Apparently they'll be giving realization at that meeting and it's all free. I went to London to interview the leader of Sahaja Yoga, Mataji Nirmala Devi, and we'll be presenting that interview later in the program. Meanwhile, I talked to the organizer of Sahaja Yoga on campus, Jason Copeland, to find out how Sahaja Yoga had affected him and to get an idea of what it's all about.

Jason, you are a mature student, studying international relations in [?] in, during your...?

Jason Copeland: ...first year...

Phil Ward: ...your first year. Tell me, did you have any religious inclinations before you came to Sahaja Yoga?

Jason Copeland: None whatsoever. I was brought up a Catholic when I was a child which put me off for religion for good I think. And I spent most of my life organizing revolutionary activities of various sorts, mostly latterly housing co-ops. And I don't think really I had any attitude about God, except that a scientific training in school gave me the attitude that if I didn't know for definite, it didn't exist. I ought to keep an open mind just to the possibilities. I did have some idea that there was something in Eastern mysticism to be discovered and a few years ago I looked at one of the gurus that was going around then and spent six months trying his alleged meditation. And I found it was such a load of pernicious rubbish that now put me off trying further for another ten years. So really after I had done that I had absolutely no inclination to look at anything religious or mystical at all and I was just concerned with constructing some sort of revolutionary way of making conditions for people on the planet a bit better than they were.

Phil Ward: So, after all that, what brought you back to seeking God?

Jason Copeland: Failure. I found that in trying to organize people that there was a built-in problem that people however much they strove for collective action and collective sharing a vision, it just didn't work. The disintegration of the left in the 1970s depressed me enormously and when the conservative government came to power the newspapers were full of nuclear weapons every day. I just got really freaked out at the object mess the left that got itself into. And it seemed that no efforts at organizing among people was having any success at all. I got into a very big state of despair and I found myself out one night, although ostensibly I didn't really believe in God, I just found myself yelling out, "God, if you exist, help!"

Phil Ward: And did God help?

Jason Copeland: Well. Yes, it seems like that's what happened because a couple of weeks after that I met a friend who have been ringing me wanted me to meet her new spiritual teacher. And I went round her place and I was sat down in a chair in front of this photograph of Mataji Nirmala Devi and I was taught to put my hands out, palms upwards and not to think of anything. And what I felt was absolutely astounding. The, what I know now to be the Kundalini came rushing up. I felt a great cool breeze in my hands and suddenly all the appalling anxieties that I've been carrying around for years just sort of evaporated and my mind was, in the old [?] phrase, completely blown.

Phil Ward: And you felt, "This was God", did you?

Jason Copeland: I was absolutely certain of it. The tremendously powerful feeling I've got when the Kundalini came up, left me in no doubt at all that this was a physical experience of the spirit. I mean there's just... It wasn't anything imaginary. It wasn't a mental trick that went on it. It was a very physical thunderclap. And you could feel this immense breeze and this sensation of energy coming out of the top of your head. And it just seemed to me that there's only one way that that sort of thing could happen. And it's not by any form of trickery. I mean it's only... if there is a God that you could get that sort of tangible internal process happening. It wasn't only that. It's that when, when I did feel the spirit coming up, it was accompanied by an absolute mind shattering certainty that this was God, that after all God did exist and that God's energy does pervade the whole of creation and is in fact manifested in everybody as the form of life within us. And that the theories of all the Eastern mystics in fact were absolutely true. You can get in direct touch with this and have a sort of realization as the Buddha had. It just blew my mind completely that here I was and this thing happening to me. It still blows my mind because it's happening every day [laughing].

It's just amazing, I can't describe it. The only thing I can say is that "Just don't believe what I'm telling you. Don't believe anything I say. Try it for yourself." And it's extremely likely that if you have sufficient desire to want to try it, then the same thing will happen to you. And if it feels good to you and you feel this strong spirit and you feel at least the possibility that there is energy behind all the creation in the universe and that you can actually feel it and integrate with it and weave its vibrations and its laws of operation into the very stuff of your life... You know, if you get that feeling, then, "Great, you've got it." It's not an effort. It's not something that you do by learning a lot of theory and then striving to put into practice, striving to implement. It's just, it's a totally natural fountain within you that comes up and literally quite magically if you let it, if you become aware of its subtle gentle functioning, then all you have to do is refrain from putting obstacles in its way. And in its own gentle fashion it'll sort of push you in the right direction and reveal to you the ways that life becomes so gentle and loving and easy when you don't actually try.

Phil Ward: Does everybody have such a dramatic experience as you had?

Jason Copeland: It seems to vary immensely with what sort of state the individual is in when you approach the experience. It's..., if you've been poisoning your liver, for example, with a lot of alcohol, or dope, or whatever, then your attention is actually going to be somewhat impaired. Liver, being the seat of the attention and the source of putting your concentration on anything at all to that extent if your liver is damaged, than your awareness, your attention will be less. And that chances are you have a slightly less dramatic experience. Also with smoking, smoking damages another spiritual centre, a chakra, called the Vishuddhi at the throat. And that's the place of which the nerves from the hands join the spinal column. And if you've been a very heavy smoker of tobacco or anything else, then that centre will be numbed and a bit desensitized and you gonna get some impaired functioning there. So it really depends on the overall condition of your physical body and your spiritual body that you bring to the experience. That said, I think most people get a pretty definite experience during their first acquaintance with Sahaja Yoga. It can be very gentle. It's not always as dramatic as that. And often it's only perhaps a few days afterwards when people have walked away from the experience and then they look back on it and they realize that during that time they felt a peace and a mental quietness and a very blissful feeling of being at one with the whole universe, of sharing the same spirit with everybody else and again I do reiterate this isn't a mental trip. It's a definite feeling, it's a gut emotion.

Phil Ward: I've heard that experimenting with Kundalini can be dangerous?

Jason Copeland: Absolutely, can be extremely dangerous. And if you manage to raise the Kundalini at all, it could put paid to your chances of getting proper realization at any point in your lifetime. Various spiritual charlatans of various times have evolved alleged techniques of messing about with people's Kundalinis. I mean this jumping up and down and sitting in peculiar positions and all sort of tricks that people put about. But in fact what most people, what sensation most people get that tried these things is they get a very hot feeling, a very burning feeling at the base of their spine and they then think this is the experience they're after. But in fact that's not the case. If you get a hot burning feeling at the base of your spine, it means that the Divine is angry because you're messing about with it, when you are not authorized to and you're doing wrong things with it. In fact the only way that Kundalini can be raised is if you do know what you're doing and if you're connected to the source of the knowledge of how to raise the Kundalini. And then, when it comes up, you don't get a hot feeling at all. You get a very cool, very nice feeling.

Phil Ward: Could you tell us about how much it costs to become fully trained in Sahaja Yoga?

Jason Copeland: Nothing, absolutely nothing. Every aspect of Sahaja Yoga, every stage of the training – well there isn't really stages of the training, it's just an organic process – but every bit of it is given away completely free. I mean, look, this is a – the basic test of what's real and what isn't in spirituality. How can a human being make a profit out of God? I mean the very idea is completely blasphemous, it's obscene. The one thing you can be sure of in seeking is that if any alleged spiritual teacher is charging money for it. Then it's not real, it's bound to be fake. I mean it's... It's as absurd as trying to pay a tree money to produce apples out of its flowers for you. If it is the spirit, it's nature. It must be natural. It must be something that's within your body, that you were born with if it has anything to do with God. I mean... What does God know about money? Is God interested in money? God existed long before humans did [?] money. So what's God gonna be interested in money for? Now the whole idea is completely absurd. We give it away completely free, anybody who wants realization, anybody who wants to learn how to meditate, learn how to keep themselves clean, learn how to become one with God, it's totally free.

Phil Ward: In your posters you say "Become your own guru" – what does this mean?

Jason Copeland: It means the most staggering thing about Sahaja Yoga and the other index by which you can tell whether or not it's true spirituality and that is quite simply. That once you have your own Kundalini raised, once you've been given realization, in the very next minute you can give it to somebody else, you can pass it on. Once you've had your spirit awakened, you become a guru and you become able to pass on the enlightenment to the next person, to anybody who wants it. So you become exactly as spiritually powerful as our teacher is. Straight away you feel where your chakras, your spiritual centers are on your own body and you also feel correspondences in your hands. Each fingertip and one or two other parts of the hands represents, corresponds to a chakra on the body and you can feel from tingles and various other sensations what is the spiritual condition of your chakra system and indeed what your physical condition is. You can diagnose physical illnesses just by reading the tingles and various other sensations in your hands. And you can also do exactly the same with that mechanism of the sympathetic nervous system for other people by turning your hands towards other people. You can read what their physical condition is, what their spiritual condition is, what illnesses they've got, what they're thinking, what their emotions are. It's absolutely astonishing. You can read people like a book.

Phil Ward: That's a very astonishing claim.

Jason Copeland: Well, all I can say is, "Don't believe a word of it. Try it out for yourself. Come along tomorrow night. Test what I've said.

And if you feel those sensations and if the suggestions we make can help you make sense of it then you know that I've been telling the truth. That's all there is to it. Just try it."

Phil Ward: Jason Copeland, thank you very much.

=====

Phil Ward: The founder of Sahaja Yoga is Mataji Nirmala Devi, wife of the distinguished United Nations diplomat based in London. And last week I talked to Her at Her home for Radio Falmer: "Mataji, what is Sahaja Yoga. Could You describe it?"

Shri Mataji: The "sahaj", the meaning of the word "sahaja" is, "saha" means "with", "ja" means "born". It is born with you, "sahaja", means it is spontaneous. It is a living process. As whatever is born with us is also very easy. In the same way, it also means it's easy, it's simple, spontaneous. For example the breathing mechanism within us is born with us. So it is spontaneous. We don't have to read books about it or put any effort. In the same way it's effortless. You cannot do it through your mental projection. And "yoga" means the union with the Divine. And union with the Divine is to be understood through the technique of yoga. So it also means "technique". It means the union and then the technique of the laws of the Divine.

Phil Ward: Would it be possible, Mataji, to describe Sahaja Yoga or yoga generally as related to man's evolution?

Shri Mataji: This is the only way now human beings can evolve into their higher realm of collective consciousness or what you call Self-Realization where they become the self, the spirit. It is said in all the scriptures that you are a spirit but you have to be born again. So there is something that is lacking in this human life, in this human awareness. And this human awareness has to be enlightened by the light of the spirit. But how to do it? We think that by reading, by talking about it, by thinking about it, or by crying for God, or worshipping God we can get it. It's wrong. It's a living process. Just like a seed sprouting. Just like a primula coming out of the seed in a living way. In the same way there is a Kundalini within us, a power, a residual power which is actually our primal desire, the power of primal desire which manifests this happening. She's sleeping there till somebody who is the authority or has a capacity to awaken it. Like the Mother Earth has got the capacity to awaken the primula in a seed. Nobody can do it. Even if you try to read the whole of Bible, the whole of Koran before a seed, it will not sprout.

Phil Ward: Could you tell us, Mataji, if there are any links or comparisons between Your teachings and scientific discoveries?

Shri Mataji: It's absolutely related between each other, science and Sahaja Yoga, as a shoot is related to the root. You see, you just see the shoot which is there, you see a flower. You say, "All right, this is a flower. Now it has got a corona, it has got a chalice, it has got petals." But from where does it come? How does it come? Science doesn't answer certain questions. It says, "It is so. It is here. This is it." But it cannot say how, why? These questions can be only answered if you go to the root of it. And Sahaja Yoga is the one which takes you towards the roots, while science takes you towards the shoot. And now you have done quite a lot of research and understanding on the shoot's side. But if you have to go to absolute, then you have to go to the roots to find out why these things are there. For example you say "There is gravity." But how? Why? How gravity has come in there? How will you know there is gravity? So all these questions can be answered once you become the spirit. Otherwise in this human awareness you can only know what you see and what is there. To this your organs which are very grossly sensitive I should say. They have to become subtler.

Phil Ward: Could you tell us a little about Sahaja Yoga benefits on ordinary persons in everyday life.

Shri Mataji: Now you can imagine that if all that what you see is the shoot and if Sahaja Yoga gives you the roots, then all the benefits that are possible can manifest through this. First of all, you become collectively conscious. Means that you start feeling you are collective. Not mentally, emotionally but you really feel on your fingertips that this is the problem with you and this is the problem with others. The centers that are within you, the subtle centers you start feeling of other people within you. So other person doesn't remain. He becomes you, part and parcel of you. This is the biggest advantage, I think, when we talk of all these things that "You are my brother, you are my sister" – it's all artificial. This is a very big thing that happens to a human being. I think personally that is the greatest enlightenment that we need. But the others are, personally you get your physical, emotional and mental problems solved, absolutely solved. You get your peace. You get your blissful existence. Then what remains is nothing but love. Because this is the power of love of God which manifests through you and you start feeling this vibrations

flowing through you which is the power of God. So what you feel is real love which doesn't take anything, which just gives.

And I cannot in this short interview give you all the A, B, C, D's of the advantages, but they are so innumerable you become a transformed person. If you ask a bird "What is the gain of becoming a bird rather than an egg?" So the bird will say "It's easy to answer this question in one sentence that egg has no existence at all while I have an existence". Or in any way you cannot explain this in such a short thing.

Phil Ward: There are nowadays many cults and sects and groups that claim to give enlightenment in some form or another and often they seem to charge very large amounts of money for it...

Shri Mataji: Hmm.

Phil Ward: ...or demand a lot of strange practices. Could You briefly tell us Your views on some of these cults?

Shri Mataji: You see, by God's grace you have lots of brains which you use for scientific purposes and also you must use your brains even for spiritual purpose in the way that you must first of all reach right conclusions, must reach right conclusions. With your brains you must reach right conclusions what you are seeking, what are you to achieve, what should happen to you? You must reach right conclusions. Once you have reached the right conclusions, then you will be surprised to find out that there is some sort of a living thing that has to happen within you which Christ has said "To be born again", or we can say in Sanskrit is called as "Atma Sakshatkar", or say in the Koran it is said "You have to become the Pir". There are so many people who have talked about it, tried. Especially Mohammed Saab has talked about the resurrection time, resurrection time. And in the resurrection time He has talked that "When you'll be resurrected, then your hands will speak". I mean He has given a right indication as to what should happen to you. Then we have got great psychologists like Jung who have talked of collective unconscious and all those things.

We have to find out from there that we have to reach a certain type of an awareness. It is something that should happen to our awareness. As human beings, we have an awareness which is higher than the animal awareness. So we have to reach an awareness which is higher, definitely higher than what it is today, minimum of minimum that should happen to you. If it is not going to happen, then all these nonsensical ideas that you can jump, or you can swim, or you can fly and all these ideas – that you can do otherwise also. And if these things appeal to you and you think by that you are going to improve, then it is not the mistake of your fate but is the mistake of your not understanding.

I feel in the West people are extremely naive and they don't understand that a guru whose life itself is a parasitic life is not at all a life which can be called righteous. A guru who has interest in your money and interest in your women, this kind of a base personality, how can he be guru? 'Guru' means a deeper personality. 'Guru' means 'depth'. And if a person calls himself a guru, he should have some depth. How can he take your money? He's a parasite out and out, no doubt. But we are used to this kind of a thing because we have seen in all so called religions also, people take money. They live on the earnings of God's name. You cannot. You cannot take even a single pie in the name of God whether it is a church, or a mosque, or a temple, or any place. Alright, if you have to pay for the church building it's alright, but you must have your own work. You shouldn't work in the name of God and make money out of it. This is a simple thing, absolutely simple. But human beings cannot see simple things. That's the trouble. They are not so simple to see simple things, I think.

Phil Ward: Might I finally ask You, Mataji... Many people are seeking happiness in many different ways in the world. Is it true that, well, would You say that Sahaja Yoga really satisfies all these different sorts of seeking by different people? Does it really give people what they are seeking?

Shri Mataji: You see, under illusion man thinks that. Sometimes he thinks that he wants money, sometimes he think he wants power, sometimes he thinks he wants emotional help and all that. But actually that is what human beings think that "Perhaps this will give us happiness, that will give us happiness". But you know the economical laws are such that wants in general cannot give you happiness or satisfaction. It's written. They are not satiable. It's accepted by economics. So these things that we think

of do not give us real joy. Happiness is a thing that is perishable. Unhappiness follows happiness, again happiness comes, unhappiness comes. So a man is dwindling between these two stages of so-called mythical enjoyment or a mythical unhappiness.

But there is something like absolute joy and that emits through your spirit. But if you do not go for your primal desire, the only desire for which you are made, to be one with the Divine, all other things cannot give you the joy. Because that's the primal in you existing and if you do not pay heed to that, you cannot be happy.

But I must say that everybody doesn't have the seeking. They do not have. There are some people who are really of a very deep nature only who have seeking. Most of the people are seeking something else, nonsensical. And those who are also seeking God are so much misled. But doesn't matter. They are born with the seeking because this they had for years and ages. And those people who have no seeking at all I don't know what's going to happen to them because time is very short and they must do something about it, to find out why they don't have any seeking. How are they satisfied with these mundane things and useless transitory things of life? If they can see around, they can find out that all the people who are supposed to be very successful are extremely dominating, or extremely unhappy, or funny type of people. So why do all those things which are of no use to us? Instead of that if we become the spirit, we solve all the problems on every level, on social, economic, on political, on spiritual level, all problems are solved and thus the whole human race will be saved because it is on the brink of destruction now by its stupidity.

Phil Ward: Your Holiness Mataji. Thank You very much.

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

Phil Ward: Well, we've heard the claims made for Sahaja Yoga and I must say that during both of the interviews I did feel a calm and the sense of coolness playing about the fingertips. It made me wonder. But you can find out for yourselves tomorrow evening at seven in Refectory, level one. And if you want any more information, you can find Jason Copeland who's organizing Sahaja Yoga on campus via [?] Pigeon Holes or at 62 Park Village. Or if you're off campus, you can ring the Sahaja Yoga Centre in Brighton on 561 847, again that's Brighton 561 847.

1982-1026, What is to be expected as a seeking and as the goal of the seeking?

View [online](#).

26 October 1982

What Is To Be Expected As A Seeking And As The Goal Of The Seeking?

Public Program

Institute of New Age, New York (United States)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mataji: (unclear)

Yogi: I said that if you are a scientist, you know that ...

Shri Mataji: Scientific?

Yogi: Yes, a scientific introduction. If you are a scientist, you know that there is something that precedes the creation of the universe. What is this thing we must seek?

Shri Mataji: America is a country which has attracted many people to come down to talk about Spirit, about God, about new consciousness, new awareness, and all those things that you have heard about. I'm sure you must be fed up with that.

Everybody has been talking so much that you have been targeted, somehow I feel, since long of the speech-making of all these great people who try to bring you to something very dynamic, something great. And I felt that I should give you some pause before I start telling you about it. That you cannot talk about it. You cannot brainwash people. It's not a mental projection by which you can achieve God.

This is a very simple thing we have to understand. That if anything has to happen to us, as all of them have been talking and me too, it should be something that is living. It has to be a living process. Evolution has been a living process. It's not a dead process of thinking. This is very difficult for human beings to understand that we became human beings from a monkey stage or from an amoeba stage without thinking about it or planning about it. We just became. And that becoming was spontaneous; was the living thing. Once we understand this simple thing, then the whole thing becomes very simple because all the living things that happened are extremely simple to look at they may not be. But to look at that extremely simple this. This understanding has to come to us.

For example, if you want to sprout a seed, what do you do? You just put it in the Mother Earth and it sprouts. The scientists only know this: that if you take a seed and put it in Mother Earth, then it sprouts. That's the knowledge they have, but it's much more. Can we do it? Is the Mother Earth can do it. Do we have the capacity of the Mother Earth? How does she do it? And how is it that a little, small little seed has all the maps of all the trees it is going to be? Thus scientists cannot answer any one of these questions because this is not the knowledge. This is what is apparent. Is there. There's nothing that is not there that they can tell you. So, these great gurus have come on this earth to tell you about something great and unknown you know, something from the heavens, and you people, who are so scientific-minded, got very much impressed. Supposing they were naive, uneducated, and couldn't speak your language, then they were the best because you thought it was an antidote to your mad thinking.

Then there's some who came and give you some sort of a brainwashing you thought this was the path. But there must be something about you, the Americans, the way these people came to you there must be some reason. The reason is that they knew there were real seekers in this country who are just waiting to get to reality. They were aware of it and that's how they came over to this country. From India, America is the furthest end I tell you. If you travel by ship it takes a month, it takes at least 30 days or 28 days something like that. Minimum of minimum. And sometimes it can be months.

So, why is it of all the things they came to America was the reason that they knew there are seekers and they may be able to sell their knowledge in this rich country. This was the great attraction that they had. And still, Americans never realized why these people were coming to us and telling us about these things, emptying our pockets, filling up their own bank balances. Because you are scientific minded and here it is that you feel that if it is spiritual, science fades. And you never used your brains to reach any logical conclusion what is to be expected as a seeking and as the goal of the seeking.

Logically we must reach the point where you should know what you have to seek and who can guide you. Without that, headlong you went into it. I know the frustrations and the disappointments. Now logically let us come to the point. First and foremost thing, as I told you, that if it is an evolutionary process we are awaiting then it has to be spontaneous, it has to be a living process, by some living force. This is the first conclusion we all should reach before giving up all scientific attitude. Second conclusion we should come to, that the living process cannot be achieved through human effort. Which is difficult to accept but it's a fact. So there has to be some supreme power, you may call it a Divine power, God's power to do it. This is the second conclusion you must reach if you are honest about it, you must accept it that yes, living processes are done by living power. We cannot transform one flower into fruit, let's accept that. Billions and billions of them are every moment transformed. Who does that? Is there any power beyond that does it? That's the power we have to seek. Third conclusion should be, we should seek that power which is doing the living work. Fourth conclusion should be that evolutionary process if it is to happen to us you cannot pay for it either. You cannot pay for it. That's one thing one must know that you cannot pay for your evolution. Try to pay any amount to a monkey. Can he become a human being? Money-oriented people cannot understand this. They cannot.

But simple Indians will know. They will reject an idea that they have to pay for their Self-Realization. Impossible how can you pay for it? These must be parasites who have come here to take your money and live on that. This is a sign of a parasite who earns money and lives on other people's money. I call it opium. They are dealing in opium these days. You cannot pay for it. And you cannot take money for it. It's insulting. Actually I came in 1973, in this country that time you were much more affluent I think and much more money orientated and the head was swollen like this with your money, you wouldn't listen to me, that time you wouldn't listen to me. I can tell you this much. Of course I had halls full and all that but they gave me a very wise advice, that mother unless and until you charge Americans they are not going to look at you. I said thank you very much. Those who can pay for it cannot get it.

And this they could not understand. I had such funny experiences that I was amazed that people are so naive.

They do not know and what are they going to go in for. They are so naive about the knowledge, the real knowledge, the knowledge of the roots. So this is the conclusion one has to reach.

Now there are people who must have already paid to so many. I mean, mostly I get people who are bankrupt out of these people. Doesn't matter. Forget it. Don't condemn yourself for that. Or don't reject me for that. Is all right nobody likes to feel that we have been befooled. No, you are naive and they are too cunning.

If somebody says something, must you believe that person. Like somebody told me that he claims to be Christ. I said all right ask him to walk on the water, finished. Hardly two minutes will take to find out whether he is Christ or not. Then there's another one who says that you can fly. He's taking 6000 rupees to make you fly. Now think of it. And it is you who have been paying this man for flying. Ask him to fly himself once. Why not put him on the leaning tower of Pisa, what is [UNCLEAR] better use it. Put him down there and let's see how far he can go. At least that will end another nonsense. It's a serious matter also to understand that you are helping satanic people with your money. Is this money earned by bad means that it should go to such horrible things? Money itself has some auspiciousness about it.

You have made all these satanic people prosper to this extent that some of them have got so much money that (it is), it can be used for the development of the whole third world. I understand that you people are very sensitive but what about sensitivity to reality? So the last and the top most logical conclusion should be that we have to be honest to ourselves till we have found out the reality, we are not going to believe into anyone. If it is there it should be evident. Some of them (have going through) are

going through a phenomena called as punishment of sharpish [UNCLEAR text]. I don't know if you know that but the punishment of Sharpish says that of this fellow Sharpish tried to cheat people and he went and cheated also the king. And he said I'm a big architect and I will build a big and very big palace for you. And the king poor thing that time he believed in him and gave him a lot of money he said all right you please go and build the palace for me.

After a year or so when he went to the site, Sharpish said yes see I made the great palace for you. See here is your court and here you are going to sit.

There was nothing. It was all wilderness. You are going to sit on this throne and here people are going to come and bow to it so you should see how I have done the whole job. And the king started thinking am I mad or this fellow is mad. Immediately he realized this was the trick. He said very good, you have done a very good job, that's the best job that anybody can do but I must give you a present. Very instant present because I can't wait any longer, I must give you a present. He said I would request you to come and sit on this throne. So very nicely Mr. Sharpish walked up to the throne and so-called throne and sat down.

He said now keep sitting there. He took the pose as if he was sitting. And imagine a person made to sit like that. This is called as the punishment of Sharpish. And that is the punishment people are going into, they are hanging in the air, they don't know what to do.

Once you have paid for even the worst film, you want to go through it because you have paid for it. And that's what they are doing, we have paid for it better go through it. This is done under a cover and people very little know they are going towards hell. Towards diseases which are incurable. Towards horrible experiences that they are going to have. They are going to lose all their personality, their families, anything that is normal, they are not going to have. They are going to become abnormal people ending into lunatic asylum, maybe if not in the hell.

It is sad, it's very sad that great saints should be born in this country and should be lured by people that are telling them all falsehood. That they should not have sensitivity to reality, it's a very sad thing. This attack started long time back and has been again and again, waves after waves have been coming to this country. This country plays a very important role in the spiritual evolution of man as a whole. Nobody has told you what you are, where you stand in the whole cosmos and what is your position in this cosmos and what role you have to play because they never knew about it perhaps or perhaps they never wanted you to know about it. So when I come now, what I find.

The people who are to be adorned as saints, to be invited in the kingdom of God are in the wretchedest conditions. They are so conditioned some of them are that you cannot talk to them, if they are not conditioned they are in such a miserable state that you cannot do anything about them.

And even if they want to listen to you it's difficult to give them Realization. This is actually is the situation believe me.

But I have a duty a duty towards the seekers and the duty is first of all to tell you that Spirit is within you.

Whatever you might have done whatever mistakes you might have committed, the Spirit exists unharmed. The only thing that has been harmed is your central path of ascent. That has to be corrected. That must be treated with great care and if somehow or another you can put it in a condition that is sufficient to raise the Kundalini you can manage the show.

So if it is a living process what should happen to you? Also, that should be clear-cut before us. What should happen to us when we are seeking and what should we achieve? What has happened to us in evolution? What is the difference between us and animals? In general, it is one that is our awareness is very different from theirs, of a higher awareness, we have a subtler awareness. Like we have awareness of the filth, the dirt, the color, animals don't have, there are many other things but for example, I am saying. So something has to happen in your awareness. Your awareness has to become something else and what should it be?

Should it be that you suddenly start jumping? In my program we had some people once. Very embarrassing. But they suddenly started jumping towards me. I said, "What's the problem?" They had been to some guru who taught them how to jump

and one of them would not sit on the ground. I said why don't you sit down.

It would be a nice idea to sit on the ground.

He said no because then I start jumping like a frog. I said jumping like a frog. Why?

My guru told me that my Kundalini is awakened. I said Really? What makes you think that your Kundalini is awakened? Because I jump like a frog. I said now after evolution are you going to become a frog or an earthworm? What are you going to become? Can you imagine this is very prevalent and absolutely accepted that you become an abnormal person if you have to get Realization. You have to be absolutely normal to be a realized soul. Such people lead absolutely normal lives if you see them. Take great people like Kabira, take great people like Nanaka, Christ, Rama, Krishna, any one of them they were absolutely normal people. There's one guru who worships his wife like a mother. It's absurd, it's untraditional. It's never done in the whole history of humankind, leave alone in India. All sorts of funny things they are doing, standing on their heads. Are we now going to walk on our heads? We must know that we have to be first normal people. And the ascent if it has to be, it has to be in our awareness, within ourselves not outside we are not going to grow now horns. This is a simple thing which people cannot understand and they start doing all kinds of abnormal things. This is not reasoning. This is not logic. So we come to a point where we think of our awareness. What should happen to our awareness?

That you become the master. You become the master of your awareness. I'll give an example how you will know what is a master is. Say there's a car it has got an accelerator and a break so when you are trying to learn driving, first you try the accelerator and then the break and then this and make all mistakes, I don't know how many people you kill and hurt yourself after breaking ten cars or maybe twenty cars, you ultimately become a driver. All right doesn't matter. Makes no difference but you are a driver now. So, you start driving. You are a driver you get a certificate as a driver with all the errors you have committed, doesn't matter. But still, you are not the master. The master is sitting behind. He's still watching you. He's still looking at you. When you become the Spirit you become the master. That means you start watching yourself and the break and the accelerator and the car. You are no more involved into it. You are a witness. But you know everything that you are doing. Suddenly you start jumping, and you say I have no control over it. You have complete control, to begin with as a driver only you should have. But as a master, you should even control the driver within. So in your awareness, you must have complete control over yourself. Whatever is uncontrolled is funny. Could be that you are playing into the hands of something else. To understand this on Kundalini, I would like to tell you about the awareness of human beings. Now as far as I'm concerned, I would request you that you should not accept Me blindfolded. Blind people are no good for something that we are going to do. But you should not also be a closed people or should not have barriers against me. Like scientists, they put up a hypothesis. Take it as a hypothesis with an open mind and once it is proved then you must accept it. With that understanding let us move now to see what I have to say about our awareness.

This is the picture of the tree of life within us. On the left-hand side the blue line you see is the line that's in the Sanskrit language is called as Ida nadi, is the subtle channel of our desire. The power of desire flows through it. On the right-hand side we have another channel, is the channel of action, the power of action flows through it.

These two left and right side channels within us the subtle channels manifest outside in the gross as the left and right sympathetic nervous system. In the center that you see are the seven subtle centers which give rise or manifest in the gross. These are the subtle centers in the gross to the plexuses of which we know of in the medical science. Now the central path as you can see has a gap in between and the development of our parasympathetic nervous system is the achievement of our evolution. Actually whatever is in the central nervous system is reflecting whatever we have achieved in our ascent. Whatever is not in the central nervous system is not there. But could be there are subtler sensitivities which are not yet manifested so we should keep ourselves open to it. Now the psychological side of it, or the deeper side of it, on the left-hand side, the left-hand side

one is the psyche which Mr. Freud talked of, he was another half-baked attacker because he just saw you as a sex point. Imagine he didn't have eyes even to see human beings as they are. He could not think they were sublime people, they were not just sex points, even animals are not, how can human beings be. So he reduced you to sex points and people accepted him. When it's surprising how you can accept a person like Freud blindfolded he himself was a horrible person. He had bad relations with his own mother the most abnormal thing to do. I mean in India nobody can think of such a thing. Where there are normal people I think, they are not so much mentally equipped, [UNCLEAR] such unusual things like having bad relations with the mother (laughs). This is only a special quality, of mentally very clever people to do such smart things. Poor simple Indians can't think of such nonsense as that. And this is what this person talked of because he had that. Generalized. Most of the psychologists with all due respect to our person who introduced you, you see he is a psychiatrist I'm sorry, but most of them deal with abnormal cases and pathological cases and generalize it. Can you imagine? How can you generalize a pathological case? That's not a general thing. Moreover,, they are attacked by the patients who come to them and they become like that. This fellows suffered with cancer, died with cancer but he is the leader of so many people. He has sophisticated ways. I don't know what sophisticated ways of bathrooms he has got. This is the level we came to, to such ridiculous (method) ways by the guidance of this great man who came on this earth. Thank God I went to Austria and when I talked against him and they were all very happy about it because they thought it was a blot on their name that he worked in Austria. So this is what it is the psyche, which of course his knowledge I've told you already, he only knew about one center down below there. So this psyche of yours actually works out all your conditioning and all your past. All your subconscious. Beyond this is the collective subconscious.

First the present subconscious, then the subconscious, and then the collective subconscious which means all that is dead resides in that part. On the right-hand side, is the power of action which we use for physical and mental efforts. Caters for our future you see for the people who are futuristic you see, they are never in the present they are futuristic to such an extent I met somebody who was sick. He had forgotten his name. He had forgotten his father's name. But when he said he had forgotten his wife's name his wife started crying. She couldn't believe it. She said I don't know even that. So the futuristic people who die are in the collective supra-conscious beyond that ambitious, the futuristic the planning type. For example, Hitler must be somewhere there. So this is the other side we have. Then down below we can say is hell and on top of our head here, is the super consciousness which we have to achieve where you become the master. With LSD people see colors, they can see auras. I mean so many people who take LSD have never seen me they always see light. Imagine they can never see my body they only see the light. They can't see in the present. They see something that is in the future. All such experiences take place when you cross this limit and go to the supra-conscious area. Like seeing the light, seeing the cross, like seeing some sort of a aura or other things means these are the causal of the elements. To see the causal of the elements is the supra-conscious entry. Then the other side is as I told you, caters for your past, is your emotional side, and these people see ghosts, the dead, they are the ones who do parapsychology, ESP, ESD, all kinds of things which we accept as scientific. These are all done through the possession of dead spirits. Cancer is caused by the left side activity of people in the sense that the left side triggers it. Recently I saw a very wonderful programme of BBC. I being a normal person though I'm supposed to be a saint, I see all BBC programmes (laughs), and [UNCLEAR text] such which are interesting. In that they showed some doctors that the cancer, though the situation for cancer is created by over activity of a person maybe, but it is triggered by the attack by some proteins which they call as protein 58, protein 52. Of course, poor doctors don't know what it is so they call it protein 58, protein 52. Whatever you may call them they are nothing but spirits, dead spirits, and they trigger the happening of cancer. Myelitis and all such diseases which cannot be cured by doctors because they just deal with the right side with the physical side of man, they cannot cure it. They may have to cut your nose or cut this part and cut that part. That's how they think they are curing cancer by cutting you part by part. But the problem is that your attention has gone onto the left side left-hand side too much and it has been triggered by these attacks. Be careful about this parapsychology I tell you. It's most surprising that these parapsychologists four of them, not parapsychologists I should say but must have something to do with them, came to India to see me and asked me to help them how to fly. Just imagine. I said who told you that I teach all this nonsense to people to fly. You're not going to become birds now. No, they said we want to remove our body from this and go to the moon and go everywhere. But I said why do you want to do it? He said because Russians are doing it. In competition with them, you see. They are going into the dead why not we go. I said Russians are doing it. Are you sure? He said yes. I said but I warn you that if you do all this you will be possessed and you will lose all your so-called freedom. They said it doesn't matter but we want to do it, despite that. And they were scientists and something big in the government, I don't that time it was something like 1970 I'm telling you about. But I said why? What is the need? You want to be enslaved? Yes, we want to do it. But then I asked one question who told you to come to me for this? He

said there's one fellow called Patanjali who is a journalist who told me. I said this Patanjali has told you I'm surprised because he is the one of whom I have cured of this trouble and he is telling you to take this trouble onto you. I can cure you, I cannot put the disease into you. This is the situation of the people who are so ego orientated that they do not want to go to hell even if they want to satisfy their ego. Now what is happening to Russians? Parapsychology will finish them but what about Americans? That may also effect you. First thing you'll get is cancer, multiple sclerosis all such diseases you'll get which are caused by the triggering, by the proteins which are named as protein 58 and 52 and 56. That's all they've found out but I know at least 1000's of them. As it is, at least Russians don't have these horrible satanic gurus there. Thank God for that, at least they will be saved. As it is you are attacked. On top of that you have got scientists dealing with parapsychology. They don't know why it happens how it happens, if you don't know how it happens better not do it. That's a simple way of doing it. Whatever is unknown is not Divine. We can't hear with this ear every frequency of the sound do we? You know that. Whatever is needed we know we hear it. Whatever is not needed we don't hear it. So whatever is unknown if that happens to you, why must you accept it blindfolded without finding it what it is.

Even in medical science, they use this for curing people. And curing has become sort of a big problem with human beings perhaps, what do you do by curing you just cure the physical body, that's all. But you are not only the physical body, you are also the mental body and the emotional body, and the spiritual being. I get wrestlers coming to me saying Mother give me peace. They have such healthy bodies that I mean if they slap someone the person will never get up. But they have no peace. They have no joy. They have no Spirit.

So the physical being if it is alright that's not the end of it if you're emotionally also sort of "Oh I'm in love with somebody" all sort of these romantic ideas that people have, of course, within one month they go for a divorce case. All these great romantic ideas that we work out, also Friedan [UNCLEAR text] sophisticated methods of emotionally indulgences, all they end up into another type of calamities, which we call as lunasee. There also what happens is when we start doing too much of it, we enter into that area which is called as the collective subconscious. There are so many ways by which you can go to that area called as collective subconscious. In the collective subconscious, there's lots of busybodies just waiting to take over from you. Like a person praying "Oh god, when will I see you? What should I do?" They weep and cry and this and that. There's no connection. For example, there is no connection on the telephone, and you go on shouting "Oh god, when will I meet you". You will never meet, no question. The telephone will go out of order no doubt. Better get connected, is a practical thing to understand that are you connected with yourself.

Like many politicians stand up and say "I believe" I say which part of you is believing? You believe into something, means what? What are you doing to believe? Is that your ego? Or your superego? Which you can see as a byproduct of these two: one the superego on the left, and the the ego on the right moves crosses itself and forms these two balloons which cover our head and once it is classified, we develop this "I"-ness. You become Mr. X, Mr. Y. This "I"-ness is specially given to us. Like an egg, we become. And this egg has to become the bird. In Sanskrit language, a realized soul is called as "Bejaha" twice-born. And also a bird is called as "Dweeja". Like a bird which is like an egg and it becomes like a bird in the same way a realized soul is like an egg and becomes a bird, a free person. When this happens then you're transformed into this new awareness of your Spirit. And the Spirit within you, what does it do? What is it?

It is the collective being that is residing in your heart. You become the collective being. It's no brainwashing, you become. That means you start feeling others within yourself. Mohammad Saheb has clearly said "at the time of resurrection, your hands will speak" but Muslims never talk of resurrection time, they talk of Doom. He's talked more of resurrection, they'll talk only of Doom. Your hand will speak. Everybody has indicated to this, this happening. Thousands of years back, a very, I should say the Apostles [UNCLEAR text] we can say the really the man who started astrology Dhruv wrote a book called Nadigranth which is been translated and now being sort of revised, about three hundred years back, clearly said what will happen to people when they will come to this time, even this three hundred-year-old book, which has depicted in modern terminology said that 1970 this work will start where people will start getting their transformation through Kundalini awakening. And that is what we have to expect to happen to us that we become again I say, become the collective being. Yung has said it, not before he was realized, he got his Realization, he talked of it. That people have to become, have to become collective beings. Now, becoming is very different from the rest of it. Like, you cannot pay for it, as I said it, you cannot be a member I am a collective being. Or I have also known people

who certify themselves, "I'm twice born". I said how? I face them, you know? Five of them attacked Me once in Australia. We are all twice-born. I said all rightsit down, sit down. What is the meaning of twice-born? What should happen?

First of all you become, you become the collective being. You should be able to tell what's wrong with you. First of all, if there is no light, there is no light outside. What centers are catching? You should be able to tell what centers are catching in another person just on the hand. Even small children who are born realized there are many in America who are born realized. In the house where I'm living, there are four children. All of them are one better than the other. Great people are born, great saints are taking birth. They all know about kundalini and they talk in such a manner that people should listen to them before going to these false gurus. They said how can you have a course in Kundalini Awakening. They said how can you pay for it? These little children hardly of any age they know better, they have better wisdom about it.

So you become the collective being. That means your awareness, that means your conscious mind, that means your central nervous system starts feeling the existence of the spirit within you as you can feel this you can feel the all-pervading power of God which is called as the breeze of the holy ghost, as the Chaitanya Lahari is called as Ruh. It has many names in all the scriptures which we have forgotten. And this is what should happen to you, that you should become a collective being. Once this happens, as the ships are fourth hand or fifth hand my husband has to deal with ships very much, and when the French I gave them the Realization they used to appear every week he asked them what's the matter she has given you already Realization what are you doing here? They said sir, if you know of fifth hand ships what do you do? He said we scrap them [laugh] he said we don't want to be scrapped by Mother so we have to come for repairs again and again. That's what it is, that it doesn't stay there it falls off. I have seen the Kundalini has suffered so much by your ego probing some of the people have the Kundalini which is so wounded, which is full of condition that one can only pity it. I mean you can't just imagine what kind of Kundalini people have, it just tosses its head on all the sights. Can't come up and even by force you raise it just falls down, helplessly. She is your Mother, not the mother that the Freud talked of but the Mother who is a virgin, who is chastity is the most important part of you have got and the center down below is the center where the deity resides of innocence of your innocence whatever is remaining there is there. Which is looking after the chastity of this Kundalini your Mother.

Anybody who tells you that through sex you can go to God, believe him not. Sex doesn't play a part in evolution anywhere any scientist can tell you that. Is the seeking. The seeking starts in the stomach first, you seek food then when you become human beings you start seeking power, money, love ultimately God. It's through seeking that you raise and not through sex. Because the centre which is very important of course in the human beings is the center of innocence is placed below the Kundalini who guards the chastity of the Mother that resides there. How can you believe such a thing when you have known a person like Christ? Who said that it is said that thou shall not commit adultery, I say thou shall not have adulterous eyes.

Purity of that level because He himself resides higher there at this point. He's the one who resided that at that point first of all and now when he comes on this earth He resides at that point, where the optic chiasma is. He controls the pituitary and the pineal which ultimately controls the ego and superego. When the Kundalini rises and she awakens this centre which is the most important centre would say, then it sucks in the ego and the superego and breaks the shell here and you start feeling the cool breeze coming out of your head. This you can't do this is the living process that you can't do. And you get your Realization. Realization which is a true Realization, a true baptism it is not like somebody coming and all right! baptized you putting some water over your head and you believe oh I'm baptized. It's a true happening, it's a living happening that takes place within you and that once happens, then only you are just realized. But we don't call such a person a Sahaja Yogi, because you must know all about it.

Of course free of cost. You can't pay for it. Everything you must know about it fully. All the technique yoga also means kaushalyam [UNCLEAR text] the technique of the divine laws. You must know all about the divine laws and you should be able to raise the Kundalini. You should be able to give Realization, it is you whose powers are important, it makes no difference to Me.

If I say "I'm a guru, I'm such and such", so what? Unless and until you get your powers what's the use of all this? You have to get your powers and that is what is the criteria of Sahaja Yoga.

This should happen to all of you today. It can happen because I know you are seekers of very great quality. But one thing which is a barrier in the West, which might have come from these great psychologists I think the barrier is, that you feel guilty. Please don't feel guilty. They will feel guilty for anything in the West. While Indians even if they've looted you, they will not feel. They're like hippopotamus. They'll take away all your money, make a fool out of you, and they are least ashamed of themselves. It takes nothing for an Indian to tell lies. Take it from me. I'm also an Indian, so be careful [laughter]. Unless and until our politicians tell one thousand lies, they are not qualified to be politicians. Every day. So we are experts in all that, as we have great saints and great people, we have the other extremes also. All the great devils were born in that country and the greatest saints and the greatest pir's [UNCLEAR text]. The greatest people of the world were born in that country. It always happens in a country where there are great saints, the devils also get their birth. But they all had to escape to come here. And the tragedy is that they are bringing all inauspiciousness to your country and you are in for trouble. I must say you are in for trouble. Nature is going to take the respite.

Be careful about these people, your government should understand something about these people, how inauspicious they are, what kind of devils they were, and what they're capable of. Because if the attention of God recedes from this country, God save you. You are more dangerously placed than Russia is. I'm not afraid of atomic bombs. That may never function. But these things will work out horrible things for you here. So be careful that too subtle for your understanding because you do not have the knowledge of the roots actually, you're broken from your roots by various things like psychologists, like unholy trinities who came in your music, in your architecture, in everything. They somehow or other attacked you they removed you from the roots which sustain you. And now once you are removed from there, they are going to destroy you. So be careful about it. You have to know about your roots with full acidity[UNCLEAR text] you must learn about. This knowledge is not possible before Realization, I'm sorry to say. This whatever I have talked to you is just talk. Unless and until you are realized, you cannot enter into your roots to find out what you are. So all this talk will remain talk of very superficial talk, you must all get Realization, that's a very important thing. First the connection must be established. I wish I could do it without any lectures, because I've been lecturing and lecturing, but you are so much used to it, that you won't take to Realization unless and until I talk. That's why I have to talk out of compulsion of your habits. But that as of no use, you have to get your Realization, you have to become that, and you have to feel yourself, and you have to know that you are the Spirit. You are sat chit ananda. You are the truth. You are the attention that is enlightened. You are the joy. This you have to get within you. It has to happen in your awareness.

May God bless you all.

I would like to have questions from you but relevant now, don't ask me about gurus. Because you see I don't mind, I'm not afraid of them at all. I can tell you about all of them, who they were in their previous lives. I told them in 1970s, see and everyone got a fright, they said they will come with a pistol to kill me. And I said, let them try. They never filed any suit against me. I openly told them what kind of devils they have been. Nobody. So, that's not the point. But, why waste energy on them? Better ask something about Self-Realization, about something that is concrete. It is a waste of time to talk about these nonsensical things.

Yes.

Seeker: Last time I came to see you at the other Church, you gave a demonstration of guess Sahaja Yoga, in which I felt a coolness.

Shri Mataji: You felt?

Seeker: On my hands

Shri Mataji: Yes

Seeker: Thought you'd do the same thing this evening.

Shri Mataji: You want it. All right, I'll do it for all of them. That's good. Yes, he felt it. It's good, it is a certificate. It's a good thing. Yes.

Seeker: How does one take Realization if it comes, You said it comes spontaneously, and without any effort.

Shri Mataji: Without any effort. It's true. But there is no word, you see so we say give. But actually, it is not given, it just happens. Or you can say that, it is like. You have to just put your hand towards me like this and it happens, it's absolutely effortless. Only thing you have to little bit unwind yourself with your effort. Little bit not much. Little bit. And then it works out. It's very simple. They say in India, in the villages, thousands of people get like that. I assure you it should happen in this country also. If we have some number of people Realized, then it will happen in this country also, it will click with thousands. That's

Seeker: I mean I still don't understand how?

Shri Mataji: NO, I will tell you what's to be done. All right? We will keep it, for the procedure, I'll tell you it's very simple. Nothing has to be done. I'll never ask you to stand on your heads.

[laughter]

Shri Mataji: So, you didn't go? [to some seeker]

Seeker: No

Shri Mataji: Good, I'm happy. Thank you, how are you now? All right?

May God bless you.

Any other questions, please? Is there any question? No? Good.

Seeker: Do you have any publications of your own?

Shri Mataji: Yes, we have my child. We have!

Seeker: You have with you?

Shri Mataji: Yes, but you see. We don't give it to people who haven't got Realization. I'm sorry. Because once you give them, they again start reading [Unclear text] it. You see that's why it is for you to know about the divine laws. But unless and until you are Realized you cannot understand. So no use telling people about it. You see, we don't give it to people who are not Realized. We have publications, no doubt.

Seeker: I meant your own, your own writings. We have books published with your own writings.

Shri Mataji: Is it? Which one is that? It's a news.

Seeker: We have a book your own book, which is published in your, in your writings

Shri Mataji: Is there?

[Audience Laughter].

Seeker: I am asking

[Audience Laughter]

Shri Mataji: What is it?

Yogi: She wants to know Mother, if You have published a book that you...

Shri Mataji: No, no, no, not me, not me. That's true. Oh I see, I am sorry.

Seeker: It is easier for me to read and listen.

Shri Mataji: Yes, but even easier to get a Realization.

LAUGHTER

Shri Mataji: For you, especially, I say. It would be easier to get Realization. All right. The book is, I've never written a book so far, I will write, I hope so. I tried to write something, and they said it's all going over our heads. You see, I'm so naive, I don't really know how to write very well, very flower English. I mean this is the first time in my lives I've learnt an English language little bit. Still they say it goes over our heads. So I said now wait till their heads grow a little more.

Yes.

Seeker: I have been struggling expressing myself in painting. And I am taking a course at a painting school.

Shri Mataji: Course of?

Seeker: A drawing and painting.

Shri Mataji: Yeah

Seeker: In school. Ok. And I said]in class, everybody is trying to do something that they teach and there are two kinds of students, one that will try to go up by themselves and almost fight the other group. You know, I'm one of them. That I'm tempting[UNCLEAR text] to get the power that I feel that I can't, doesn't seem to go through and in the actualization.

Shri Mataji: See, before Realization, we live in the world of relativity, whether we try to express it's individually or collectively or in any way we live in the world of relativity. Say the paintings are for example, you won't be able to say who is the person who is a realized soul, who has done this particular painting. You cannot say. And when we have abstract and also in realistic or say impressionistic, in any forms we have people who have been realized souls, and who have painted. Not only that, but we also have in music and in all kinds of arts. We have two types of people: one who were realized souls and one who were not. Of course, the fake you forget. For example, I'll say that Michelangelo, was a realized soul. Now if I say that, what should happen? If you place your hands towards his paintings you will get the vibrations. That's what this is keeping the Vatican aloft. Otherwise, there's every reason for the Vatican to fall down.

[laughter]

Is the blessings of Michelangelo, like Mozart, He was a realized soul. So there are realized souls, and there are unrealized souls. Now about this, how will you decide unless until you have got Realization? The realized soul, if you put the hand towards a person, whether he was realized or not, you start feeling the cool breeze. Even if the person is dead, even if the person is not

there, you can feel it. Once we felt the vibrations of Nixon, long time back, and one of the Sahaja Yogis said he's in trouble. I said really. See the vibrations. And he was. Later on. So the diagnosis of a person comes to you, even when he's living or not living, makes no difference. So first you must get your Realization. Then, you go to the absolute, then there is no relative world. Even in politics, you'll be amazed. Like, we can say all the politics that has come like communism, or democracy, or anything, all these have come as different things, we see they're opposites, but they're not. See now, I will say I'm the greatest capitalist ever born. Because I have all the powers within myself. All right? But I'm the greatest communist also because I can't live with them. I have to share. Whole politics takes a new turn after Realization. You have to share it. If you don't share it, you can't enjoy your Realization. It's not individualistic. So the accent is individualistic. But giving is collective. So that's how your politics, which you look so absurd, becomes reality. Because there is no life in it, there's no Spirit in all this politics, there's no Spirit. Once the Spirit comes in, everything looks the same. There's no difference at all. For all practical purposes, I must be an insane woman, because I have a very good family, and a very good husband, and grandchildren, and we live very luxuriously. And, I mean, for all practical purposes, I should not be here. Doing this work, traveling like mad. But I can't enjoy any luxuries, anything, I have to give.

Yes.

Seeker: I have a question[Unclear]

Shri Mataji: I can't follow her

Seeker: Can you hear me?

Shri Mataji: No, Can you speak loudly? Can you come here? And just tell me. Uh

Yogi: Just speak loudly.

Seeker: All right, I thought I spoke too loud.

Shri Mataji: You speak loudly, it's good

Seeker: My question is, in Realization, or in various levels of Realizations if there are such could be, could one be so or does one become so sensitive to the consciousness of others, other beings of all kinds that become so sensitive that it could become a problem? Understand?

Shri Mataji: Yes, I understand. It can become a problem if you are in it, but you are out of it. You see if you are out of the crowd you can see the crowd. Any amount of crowd any amount of or anything you can see if you are a witness. Isn't it? So the state you achieve is that of a witness it can't touch you. But you see it.

Seeker: For instance, you would know all the murders that are being planned, you know

Shri Mataji: No, no that may not. But what you would know is not these things. What you would know that how far is the other seeker is and how to give him Realization. Murders and all these problems are to be solved from within not without. All these problems are there because of the problems within. If the within is cleared out, then the without problems get solved. Now another thing as your question is that supposing I can feel this gentleman, and this lady, and it can become a problem? No, I become like a witness. I see the problem of this gentleman and also I know how to cure that problem or to solve that problem, I can do it without getting involved into it at all. So there is no problem. For a person who is just a witness, what is the problem? All right? May God bless you.

Seeker: Would you claim that all the gurus that come to the United States are felons?

Shri Mataji: I wouldn't say all because I have sent one fellow, who is the real one, he ran away within three days. So I must give do

respect to him isn't, he was one of them. He stayed in New York for three days and he ran away and said Mother, whatever you may do for twelve years, I'm not going to get out of my place. He just refused to come in. So I wouldn't say all but most of them. And now don't ask again names.

Seeker: There are gurus that from let's say organizations or institutes and really they do not the money that come in don't have the money but they give it to you know the betterment of the institute or the

Shri Mataji: You see the thing is in spiritual life there is no interest in money. Like taking money from someone and giving to someone and agencies like this is not the work of a spiritual person. Even the so-called missionary work is not the work of a spiritual person. For example, for Me, if you are part and parcel of Me, if I'm curing you I'm curing Myself. There's not the other. If there is no feeling of the other, then what is the social work you are doing. It's really social work. It's nothing to do with God. Those who combined social work with God are very wrong. Like missionaries you see, they thought we are doing missionary work. This is what they are just doctor's or there are doing social works. These are ills that they are brought in by human beings. These are your problems. You solve them. God has never done these, why bring God in between you see God's work is different. God's work is living work by which you get your Realization. By which you of course cure others no doubt automatically. You just don't give any medicines or anything, you just touch a person, the person can be cured. Yes.

Seeker: I confirm from what you are saying that any person such as yourself or

Shri Mataji: As such as yourself too [uh]

Seeker: Ok, such as yourself and any honest guru's that are maybe, would be able to give freely of their knowledge?

Shri Mataji: Of course! Did you know [unclear]

Seeker: Because they, because they have the awareness with all, to go around the world, as you are doing.

Shri Mataji: Yeah.

Seeker: And without it they could not do that

Shri Mataji: Who couldn't do that?

Yogi: He means the money. He is saying you have to have the money, then to be a proper guru..

Shri Mataji: That's all right, I mean you pay supposing, supposing you say, you want to pay for My traveling, My husband is a generous person. But that doesn't matter. Supposing if he could not able to pay for Me and I have to travel alright you pay to the travel agency, not to Me do you? That's for traveling. Not for Realization, not for any course. Now make a difference between the two. That's a difference, if you have to pay at all to a person who is that much handicapped about money all right, you pay to that person is good because after all you must pay for your a person who is coming to give Realization is all right. But you don't pay for the maintenance of that person. But here no question of maintenance. They have got huge big aeroplanes and runaways and they have got what you call one gentleman has got already 59 Rolls Royce, Royce's, one 58 he had and he wrote that if you give him the 59, then only I come to UK and poor people starved themselves to give him the 59 and so he was there. He is still 14 yrs I think. So this is not. You can't maintain that person. Also if there is a guru who is old and who is your father, you can give him food at the most. At the most he will take food from you when he lives there. But he can't thrive on you. That's not the style and pattern. That's not the tradition at all. Of Course, I mean you would not like, supposing My husband gives Me up, then you look after Me isn't it? That's different. That's after love not that you pay for My diamonds and for Rolls Royces. Yeah.

Seeker: I mean to be important is your Husband realized?

Shri Mataji: That's a different personal question. All right!

He is better, he is not in the way. Because you will say We have floated an enterprise. Better keep him out and all My family.

Seeker: Would you say something overcoming hidden costs in past lives

Shri Mataji: What life? Last life?

Seeker: In past lives. How to overcome the obstacles created by past lives?

Shri Mataji: You see once Kundalini rises, you go above that, you see so all these individual problems get solved. It's like you are in the water first, you are afraid of all the waves, all kinds of waves that come on you. But if you can somehow or other get into the boat, you enjoy the waves. It's like that. That's how you get out of it. Yes! Please.

Seeker: Once you experience Realization, how does one maintain it or does maintain it?

Shri Mataji: That's the question. It's true, it's important. And for that luckily we have people here. We have sent somebody from London. Imagine now you are importing people from London again. But now I would like to import some Americans to help the English there. We have sent some people, they have started a center here. We have a center. And you will be amazed that one person who came here cured a leukemia patient in one of your hospitals who was just declared to be died within eight days time. Certified. And this person has gone back to India. So we have a center here and we have some people who are very great Sahaja Yogis luckily. They will help you and you can become very great Sahaja Yogis yourself. No problem. All right.

Seeker: But can you do it on your own?

Shri Mataji: Yourself?

Seeker: Yes.

Shri Mataji: It is a collective happening. You have to come together. It's a collective happening. You just. It's not individualistic again I said it. You have to come together, you have to meet. If you don't meet, then it doesn't grow so much. You see it is not for individual gain, you see God has commonsense one must understand. He is not devoid of common sense. The lights which are not going to work out, to give lights why should he repair? Will you do that? Will you waste your energy on a light which is not going to give the light? Will you do that? And He is the source of all the commonsense, why will he do it? So it's not for the individual. So it's not for individuals again. It is the game of the collective. Because the time has come, the collective time. The blossom time. The whole world has to get it. If you have to save this creation, it will get it. If you have to save this creation it has to happen to all of you in a collective way. All right.

Seeker: I have a question again, a very basic question again from ignorance. What prevents us from being from being realized?

Shri Mataji: Again ignorance. No, this is what prevents you, is ignorance. [Laughter]. All right, you answered yourself. Nothing can prevent you. Actually I have not seen it can prevent anyone, if you ask for it. It's your own.

Now, we are wasting time. But all right, let's have it. One more question and one more. That's all. Then three. Now you said you have no questions, so now let's have it then.

Seeker: That is before

Shri Mataji: Auh

Seeker: That is before.

Shri Mataji: Now, even now because we will be wasting time like this. And this is very important and I have been here for a short time. All right. We must have civil ways of dealing with certain things like there are other people, who are just asking for Realization. If there is something important you have to say, all right. Is there something important?

Seeker: Just my experiences and I just like to..

Shri Mataji: That you don't worry. Because what I'm saying whatever are your experiences are of no value because the thing is, we have to see the experiences of everyone. All right? It's all right, we will talk about it later or I will meet you privately for that. All right, or you can write to Me, we can individually meet. It's a very, Sahaja Yoga is a very intimate, intimate thing. I know each and every Sahaja Yogi. You will be amazed, there are thousands. There are ways and methods of knowing them and keeping contact with them. It's love. It's attention. It's surprising. All right, so we will discuss it later on, whatever are your personal problems, we discuss. All right. Could we now go further or you want to ask some very important question, my child? All right. What is it?

Seeker: Could Realization be consistently dreamed that someone is going to do before he gets it?

Shri Mataji: What is it?

Yogi: She wants to know if Realization, if it's a sign of Realization that you dream about something is going to happen before it happens, you dream for the person is going to give before they do it on a consistent basis. Over and over.

Shri Mataji: So what does she want to know?

Yogi: She wants to know that it is related to Realization.

Shri Mataji: I still don't understand.

Yogi: She wants to know if when she has dreams about a person doing something and then it happens, right? She dreams it and it happens. She wants to know that it is related to Realization.

Shri Mataji: It is, it means that you are a deep person in a way, where you dream what is going to happen, but you are futuristic. That's a sign that you are temperamentally futuristic and that if you dream about what is going to happen is of course shows that you are a deep personality, but doesn't mean you are Realized.

All right. So let us have. Let's go with it. Now what do we do simple things? First of all we have to take out our shoes because Mother Earth will help us. No, no socks are all right. I mean..

Seeker: [UNCLEAR] microphone turned on..I don't think it's on[UNCLEAR].

Shri Mataji: You think it is not good. It is not working all right?

Seeker: I don't think it is working at all

Shri Mataji: It is for recording, now we stopped it.

Seeker: Oh I see.

Shri Mataji: Oh I see. I'm sorry. There is no, no, oh I see, without any connection again I said. [Laugh].

Now, if you have anything tight around your waist or neck sometimes, make it a little bit loosen it better physically also and if you are feeling very warm or uncomfortable, get out of your jackets, please. It's all right, whatever you want. Spectacles also if you want to take out, is all right.

As long as you are human beings you will get Realization. Don't need anything more than that. Now you have to put your hands straight, just like this towards me and you have to close your eyes. Just close your eyes

Seeker: They have to be open here or could just be on your lap?

Shri Mataji: Beg your pardon

Yogi: Yeah, they can rest on your knees, that's fine.

Shri Mataji: All right. Because when the Kundalini rises I ask you to close your eyes. See it is against hypnosis. Hypnosis is done through the eyes. Because Agnya Chakra is turned out. Now you have to keep your eye's shut because when Kundalini touches the Agnya there is dilatation of the pupil and if the eyes are open, it won't come up. So please keep your eyes shut. Keep your both hands stretched towards Me as I told you. Stretch. Now both the feet should touch the Mother Earth properly and be comfortable.

You should not be tense about it, just be comfortable. Be comfortable. Put both the hands towards Me, stretch them and please keep your eyes shut. Now at the very outset as I said, you tell yourself very confidently in your heart can say a centres, "Mother, I'm not guilty" say it three times. Now the left hand as I told you the left side is the side of your desire. So you keep constantly left hand towards Me. Put your hands very comfortably on your lap if you want. Absolutely comfortably makes no difference, but should not face each other.

1982-1026, Interview with Lex Hixon

View [online](#).

26 October 1982

Interview

Lexington Hotel, New York (United States)

Talk Language: English | Transcript (English) – NEEDED

All right?

Felicity, you better sit on some chair, be careful. Are you all right? Yes, yes, it's all right, be careful. It's expels, eh? All right. So, should we start now? Is it all right? Are we focused, just? Yes, it's okay. Forgive Me now and then I'll turn away and look at the time.

I'll just be checking. I'll do that for some reason. It's all right. That's enough. Or an extension, if you have an extension cord, that would work too. Do you want to just hold a watch? That would be perfectly all right too, if I could borrow a watch from somebody. It's a digital one, I'm afraid. I'm not going to be on camera so I can look at the watch and do all sorts of things. You can do what you like.

I'm going to jingle it around. It takes too long. Not rolling yet. Are you rolling? Just the legs. Legs, okay. I'm setting up. Just resetting it. Is the telephone off the hook? Yes, it is.

When the little one may start crying. That would be nice. That would be a nice sound. Neck. You must look after the neck of the baby. That's the Vishuddhi. That's the little motherhood. So about fifty minutes. We'll make it about fifty minutes long. Alright.

I will answer in short, would be better. Whatever you feel like. Because how many questions you'll ask, it depends on. I don't know. Depends on how long your answers are. I can go on. It's all spontaneous. So ten twenty. If we started at ten twenty, what time? Fifty minutes later, please.

So if we start at ten twenty, then if we finish at eleven ten, that's fifty minutes? Fifty minutes will do. It could be long then. Okay. You can roll. Mataji, in order to understand the process of realization, which is very complicated and almost has a kind of scientific discipline to it, but first maybe you could say a word about the goal in order to anchor our discussion. So could you say something about the highest realization, what the goal of this entire process is? The goal of this process is, to begin with, we should say, is to become the Spirit. The Spirit is the reflection of our Creator, the God Almighty in our heart, which is the collective being within us. Now of course this is all a theory for you, and you can take as a hypothesis, but it's a fact and can be found out.

After you get your Self-realization, you feel the manifestation of the Spirit in your nervous system, in your conscious mind. This is the goal, to begin with. You see, if you talk of the very higher things, it could be confusing. So the first is Self-realization. That is the first goal. You said that the Spirit, you define the Spirit as the reflection of God Almighty in the heart. Yes, please. What is, what do you mean by God Almighty? God Almighty is the one who is everything. He is the one who is the Creator.

He is the one who has desire to create, the one who is, can destroy if he has no desires left, And He is the one who gives us sustenance, who gives us this evolution by which we have become human beings. He is the entire thing. It is all His play. I was under the impression that the Kundalini was Mother Kundalini and that, that this energy was feminine, and now you refer to the Divine as He. Yes, He is Divine and She is also Divine, both could be Divine. But He is the one who is the witness of the play of His desire, and His desire is the Primordial Kundalini, is the Primordial Mother, is the Holy Ghost, as they call it. And She is reflected within us as the Kundalini. When this reflection that is the Kundalini meets the reflection that is the Spirit, then the yoga takes place, then the union takes place. What was, what was the Divine doing before it created anything? It was sleeping.

It was complete silence and then it awoke. When it is awakened, a creation is created out of His power. But He is just the witness. Is, is the goal to participate in the Divine play or to return to the complete silence? First is to get into that play, to become one with the whole. That is the first goal, as I said. And you, you don't think it would be helpful to speak about anything beyond that? Just now it can be dangerous, you see. This is difficult for people in the West who don't understand the idea of, of a secret teaching that unfolds as, as a person develops. They, they overhear, we think that we can hear everything all at once.

You see, it is a living process. And in the West I don't know how many have studied living processes. Living process is never like that. First the seed, then the roots, then the tree, then the leaves and then the flowers and then the fruit. See, so the, it is a living process. Now we are human beings at the stage when we are flowers. Now we have to become the fruits. Then the fruit has to grow. Once we understand living process, we can understand why. We have to first get Self-realization.

That's why Buddha did not talk of God. Because if you talk of God, it's too far-fetched. So better to talk of Self-realization first he thought. Because if you talk of something abstract, then people get fizzled out. So as a spiritual mother you, you teach your children and show them how to become one with the entire cosmic play? Yes, first of all to become the, your microcosm should become one with the macrocosm. First feel that, first understand that and then grow into it. Now how do you, your disciples or your spiritual children do this? It's obviously not just a matter of philosophy, but thinking about it, how do they proceed along the path? As I said it's a living process and for living process you cannot do anything about it.

It's spontaneous. But as in the living process you have seen that if you have to sprout a seed, you have to put it to the Mother Earth. And the Mother Earth has the capacity to sprout it spontaneously. You don't have to do anything about it. In the same way if I am the Mother Earth, if you put your hands towards Me you can get your realization. It's very simple. But once you get realization, you can also give realization to others by raising their Kundalini because from your hand that Divine power starts flowing. For the first time after realization you start feeling the Divine power. Many things happen though I said it's slow, but it's very fast. It's so, so fantastic and so dynamic that even Self-realization is difficult to contain.

Many spiritual traditions they'll talk about spiritual cultivation. It's a, if you just put a seed in the Earth and just leave it to chance, many, many, many unfortunate things can happen. Are there any disciplines or protections that your students engage in? For instance, dietary restrictions or formal meditation or different practices? I don't think you need it anymore. You have done it in previous lives now. You have had enough of it. You don't need anymore now. What you need is your realization. The trouble is we must also understand that the creation of God is the epitome, is the human race and it is on the brink of its destruction.

So the Divine itself has taken steps to see that forgive everything. Now just get them realized, you see. It's like emergency, you can say, or the last judgment has started or the resurrection time as described by Mohammed Sahib has started. He has precisely once said that your hands will speak what Sahaja Yoga is doing. He's all described also by many saints thousands of years back, the seers who have described the coming of Sahaja Yoga in those days. So you feel that you have experienced or you have the vision that the human race is living in the last days in a time of unusual cosmic emergency and flowering? Of course, no doubt about it. Without that they would not take to God also. This is something with human beings. Unless and until they are put to that kind of a frantic condition, they just don't look at things.

But haven't human beings almost always felt that way? I mean, hasn't there always been a frantic condition? Haven't spiritual teachers, most of them always warned people that there is not much time left and that they're living in the last days? I don't think they did that way because most of them said that this will happen. They always talked of future. All the prophets have talked of the future of this time. Even William Blake who came hundred years back has talked about it. Everybody has talked about this time that this blossom time will come and that is the time many flowers will become fruits. And if these, why precarious? Because at that time it's a very delicate time.

At the time when you are flowers it's easy to destroy. It's beautiful that you call it a blossoming time. I mean, many, many people who predict the doom, doom, doomsday would call this time of great destruction but you're calling it a time of blossom. Yes, first

the blossom, then the doom. The blossom because you have to become the fruits. And once you have become the fruits, the rest is useless, is thrown away so that you can call as a doom day. But first God must give us, give you complete chance to be the flowers, to be the fruits. Isn't it? In His compassion. The students who gather around you, as you call them, your spiritual children, are they of different levels of capacity or can all of them receive this realization and transmit it to others?

All of them. All of them can receive. As long as you are a human being you can get realization. But there are sometimes very complicated people. They have had attacks, they have had physical problems, mental problems, emotional problems. There are special category, of course. There are some people who are a special category. Maybe you may not find that seeking in some people. But once you have established a quite a number of people who are realized souls, the others will follow them. So you feel that just being human itself, just having the human soul and the human body is enough for realization?

Enough, enough for realization. Is that somewhat different than traditional Indian teaching? It is not different. But I am different, I think. Perhaps I am endowed with something special that I can do it in a better way, perhaps. So the karmic process of reincarnation and gradual preparation is being speeded up? Very much. But it was long time back when Christ came in. Actually nobody told us that Christ has come in India. That's the confusion about.

The way they represented Christ, Christ was not like that. Christ came on this earth. His name is Mahavishnu in the Indian scriptures and He was to come to suck our sins and our karmas. And He's placed in a center called Agnya Chakra, the last center here, sixth, before entering into the, we can say, the Kingdom of God. This center was the most important one where Christ Himself established. And if He is awakened, He sucks in your karmas. This is already promised in all the Indian scriptures. They were waiting for this Mahavishnu to come. But the missionaries who went with the guns in the one hand and the Bible in the other, they never understood Christ. You see, I don't know what they were talking.

And the way they talked about Christ, nobody could believe that it was Mahavishnu. But now when I told them it was Mahavishnu, they are all changed. Of course, that was Christ and He was Mahavishnu. He's already come, so you don't have to suffer. There is nothing like karmas. In Sahaja Yoga, if you can raise your Kundalini up to that and if Christ is awakened, He'll suck it for you. He's done it already. He's died for us, for this purpose only. It's a special type of a very special incarnation of the Divine vibrations itself. I mean, He is an abstract God who came on this earth.

Tremendous personality it was created. He's all written down. Were you, what was your spiritual training as a young woman? What was your family background and when did you feel it? When did you experience that there may have been something special given to you spiritually? Oh, I am very ancient, you know, so I knew all about it since My birth. Since babyhood you had a feeling. Yes, I was quite, I mean, I knew all these things very well. Was there a particular time that it became active in you? Was there an experience of being called to your mission?

You see, I took birth in a Christian family and My father was a very learned man. He knew 14 languages in Sanskrit and all that he knew. My mother was another very learned lady. And they were very dharmic, you can call them, very religious and good people. And when I was born My father himself told Me that you have to find out an en masse media, a media by which you can give realization to masses. Because if you start talking about God or doing anything like that, you'll form another Bible or thing like that, people may crucify you or do something like that. So if it becomes a mass thing, which I knew I was to do, but he also realized it, then only the solution is there. So you work it out in such a way that you enter in a subtle way into the human beings and try to find out what are their problems and permutations and combinations of their problems and how one can overcome it and how the Kundalini can work out in a mass way. So I worked it out. I went to all these fake gurus and all these masters, so called, to find out what do they do and how they work it out.

I worked very hard. And then they came when I thought, now this is the time. So at what point in your life did you actually begin teaching, taking students or actually transmitting spiritual energy? Actually in 1970, on the 5th of May, this Sahasrara, the last, you can say, the opening took place. And after that I started. But I had only one disciple for some days. Like that, gradually it moved on. I could tell that You were speaking in Christian terms, in an unusual way. I could sense that You weren't speaking just as an ordinary Hindu. I mean, it's interesting that You were born in a Christian family.

Of course. The, the, the, the... I am Hindu, Christian, everything. And You, You, You, You referred to Mohammed Sahib, I think, too. Yes, I was with him also, what to do. I was with all of them. So in, in, in previous lifetimes You, You, You... You know, with all of them. Yes, yes, with all of them, you see. I've, I've witnessed all that. That's how I'm such an expert on human beings, I think.

The, the thing which, which I find remarkable about, about the way You're transmitting spiritual energy is that You, or the awakening of spiritual energy is that Your, Your students tell Me that, that they also become able to, to awaken the spiritual energy of another person. That should be the criteria for everyone, isn't it? If you do not get anything out of your, your guru, what's the use of having such a guru there, who just takes your money, does no work for you and gives you nothing? So what's the use of giving all the time? You must get some return. But, in the past great teachers have, have had only a few disciples who were strong enough to, to also awaken the spiritual energy of other people. It was enough, it was enough for them just to be able to, to transform themselves, where it takes great strength not only to transform yourself, but to, to be, become a, an ocean liner for other people to, to, to cross over the ocean. But that is always in nature also. If you see there's only one flower on a tree, then there are sometimes two, then there are ten, then there is a blossom time. You see the time is such, at this time I've come, and maybe something about Me also, which one should discover after Realization, isn't it?

Are Your Mother and Father still living? No, they are no more now. I myself sixty years of age. You look so young, I'm really... That's a camouflage. My daughter is thirty-four now, elder daughter, and I have grandchildren. I, when we were in India recently, we were fortunate enough to meet with Anandamayi Ma, and I just heard that she passed away a couple of months ago. Hmm. What good did she do? You see, what I'm saying you should see to these people. She actually got hold of all the bureaucrats of India.

I must tell you the facts as they are. And the bureaucrats, all those, recently I had one, her disciple who was a patient of angina, high blood pressure. I mean, one can't understand that with the spiritual life, how can you have high blood pressure? It cannot go hand in hand. A person who is a realized soul must have a low blood pressure, a peaceful personality, isn't it? This is how all her disciples come to Me, with some trouble, mostly with kidney troubles, with heart troubles. I can't understand, she couldn't even look after their health. What was she doing? At least the health of your children should be all right, isn't it? You call yourself Ma.

What do you do as Ma is a Mother. At least look after your health. If a Mother can't look after the health of children, I think she's good for nothing. Are there any spiritual masters in India today that you respect, that you feel are? Oh, there are many, many of them. Many of them they come and see Me, but they live in the hideings, I should call that. There are many. I asked one of them to come here. He ran away in three days from New York, believe Me. Really, it was too much for him.

He said, I don't know Mother, how are you there? He said, after twelve years you tell Me to go there, not now. He couldn't come, he couldn't stay here. He said, they don't understand spirituality, they only understand dollars. So it's impossible for him. They have no patience. One thing I've seen, they have no patience with human beings. They are cut off perhaps, too much. But they are true, they are true, it's no doubt. They are not in the market.

They have suffered, one of them suffered so much. His legs were paralysed, his hands were broken. And he does not know how to go about, so he has one tiger. On the tiger he writes, because he says, it's better to be on the tiger, so at least human beings are afraid of the tiger. We have many. Since you are a master of Kundalini, I would be interested to know what you are feeling about Shri Ramakrishna and Saharada Devi. He was a kind of a spontaneous master of Kundalini. Who Ramakrishna Parvansi? Not at all. Where was he?

He gave Realization to no one, did he? He never gave any Realization to anyone. How was he master of Kundalini? He just played about with everything. You just listen to him, what he says. I will say Ramana Maharshi was, because he talked of the Self. But when did he? Ramakrishna was never. He was always in separation. A person who is in separation is not a Realized soul.

It's a simple test. Anybody who thinks, Oh God, when will you meet Me? That means he is not a Realized soul. Supposing I'm in

New York, I'm not going to say, when are we, am I reaching New York? If I'm in New York, I'm in New York. You see, you must use your brains in judging all the gurus. Ramakrishna, I would not call him, he was a devotee of Devi, is all right. That was all right. But he was not Realized soul. If he was a Realized soul, why was he crying and weeping and shouting and dancing?

Mataji, thank you very much. I'm very honored to talk to you, but I think we should go. They are enamored by Ramakrishna now. What to do? What has Ramakrishna given to anyone? Just look at that. In all respect and love, this is the God. No, my child, you must understand, the people of Ramakrishna are suffering from cancer today. He suffered from cancer himself. This is the trouble with these people.

It's better you are on the tape. Just tell me. Now what has Ramakrishna, he himself suffered from cancer. Now I cannot tell them the truth. And Ramakrishna, master of Kundalini, whom did he give Realization? Why are they so false? They are not honest people. Now what have I to tell them? Should I tell them the truth or not? You tell them.

It has to be the truth. This is it! You see they don't want to face the truth. They are dishonest. I mean Ramakrishna has done no good, their people are suffering from cancer today. They are identified. You tell him, you tell him that I was there and why did you, you see they were all sick people. All left sided they have got cancers. What are they doing, why don't they understand these people? They are taking part, he's all right, he was a follower of God, he's all right.

I didn't say anything against but he was not a realized soul, definitely he was crying. It's a fact, I mean you read it, he looks like a sick man himself, he died of cancer. Let it be now what to do. I mean it's impossible with these people, they are dishonest, they are dishonest people. But you can publish it Mother. In this case he may walk out but you can publish it, a magazine will publish everything you said and be very glad to have the article because people will read what they cannot stand the minute they get the impact of it but they will read it. And it will sink in and prepare the way by the written word. This is a fact, what I told you is a fact. You can read him, he's just trying all the time, where is my Mother, where is my Mother. What is there to follow a man who is not in realization?

How can I support a wrong thing? What does it, it's nice to say good things about people to get them more into it but he cannot say this about Ram Krishna because people are suffering too much. They are sick, all of them are sick people, you go and see them because there are doctors, they want the doctors to prosper so they have to create sick people. If he had waited I would have told him, he should go and see what's happening to the Ram Krishna people. And first thing they get is cancer of the throat. He just walked off, see, he couldn't bear it. There are many who want to know the truth. All right, doesn't matter. So what is he, he was going to give it on the TV or something? Radio.

Oh, it's all right because he's frightening. He should see. He will not now, he doesn't want to have it. There is a very strong attachment and feeling for the people that were a part of that particular lineage and he's done, he's invested a great deal of devotion in the direction of that activity. In where? Shri Ram Krishna and other people have come after him. That's it, he must understand he was not a realized soul, you see. Give him a bad man, let him realize it. He was not a realized soul, you see, because people are sick. Actually Mother, I was... You should have told Me about it.

When I first met him, it was a couple of years ago, he looked like a fellow in his early twenties. He looked like a fellow in his early twenties when I met him just a couple of years ago and I was amazed to see him. He's looked at him? He looks sick? I couldn't believe that he changed so. I don't know how old he is but he looked... Imagine he said, I look so young. What about Ram Krishna himself? He used to look an haggard old dying man. This is the way they are identified. They are not honest, they should be honest.

That's the main thing. They are not honest people. You see, the strength is honesty. If you don't have that strength within you, of honesty, you cannot stand the truth. That's the point is. You may telephone and tell him this, that you see there's nothing to be so upset about it because what Mother says is true. We have patience from him. Mother is curing them, she has to cure. He's not coming down here to cure people. Himself is sick.

I didn't say anything. I mean if you can again say what is going on, just say. What did I say exactly about Ram Krishna? Let's re-see it. It's nothing bad. I didn't say he's a bad man or anything but he was not a realized soul, it was a fact. They have deified him. They have deified him in a way. They follow him. A person who is a realized soul must have a low blood pressure, a peaceful personality.

Isn't it? This is how all her disciples come to Me with some trouble, mostly with kidney troubles, with heart troubles. I can't understand. She couldn't even look after their health. What does she do? At least the health of your children should be all right, isn't it? You call yourself Ma. What you do as Ma is a Mother. At least look after your health. If your Mother can't look after the health of children, I think it's good for nothing.

Is it? Is it? Are there any, are there any spiritual masters in India today that you respect, that you feel are? Oh, there are many, many of them. Many of them they come and see Me but they live in the high books, I should call that. They have many. I asked one of them to come here, he ran away. He, it was so much fun. He said, I don't know Mother, how are you there? He said, after twelve years you tell Me to go there, not now.

He couldn't come, he couldn't stay here. He said, they don't understand. The spirituality they only understand dollars. It's impossible for him. They have no patience. One thing I've seen, they have no patience with human beings. They have got all their hands. But they are true, they are true, they are not in the market. They have suffered, one of them suffered so much. His legs were paralyzed, his hands were broken and he does not know how to go about so he has one tiger.

On the tiger he likes. Because he says, it's better to be on the tiger so at least human beings are afraid of the tiger. There are many. Since you are a master of Kundalini, I would be interested to know if you were feeling about Shri Ramakrishna and Saharada Devi. Shri Ramakrishna was a kind of a spontaneous master of Kundalini. Who Ramakrishna Paramahansa? Not at all, very much. He gave Realization to [?], did he? He never gave any Realization to anyone.

How was he master of Kundalini? He just played about with everything. You just listen to him, what he says. I will say Ramana Maharshi was because he talked of the Self. But when did he? Ramakrishna was never. He was always in separation. A person who is in separation is not Realized. So it's a simple test. Anybody who thinks, oh God, when will you meet Me?

That means he is not a Realized soul. Supposing I am in New York, I am not going to say, when are we, am I reaching New York? If I am in New York, I am in New York. You see you must use your brains in judging all the gurus. Ramakrishna, I would not call him, he was a devotee of Devi, he is alright. That was alright. But he was not Realized soul. If he was a Realized soul, why was he crying and weeping and shouting and all that? I said thank you very much. I am very honored to talk to you with you.

What did he say? I am honored to have spoke to you but we have to go. He is afraid. And he left at 10.47. 10.40 I think. Mother, when you have time, I have an interview all written. When you have time, I have an interview all written. We put it on a tape and we use it in the radio station in Boston. Is it? It's all done and if they can tape it for Me, then I have the answers on the tape.

Alright, you would like to send this one or you would like to have another one? Perhaps both. Can they can the radio? You ask Me other questions, I think. Yes, I have My own questions. Yes, questions would be better. When should we do? You don't want to take a tape out of that. I can do it now, if you want to do it now, if you want to rest, I can do it later. No, why not have a tape?

If you have to send it to Boston, then you have a tape ready. And they get them to come down and I said I would call them as soon as you came and we know how much time you had. Alright, we can do it now. It's good, you have more time to. I thought it was a wonderful interview. I don't understand if it is so fair. No, no, no, no, you see, he was trying to aiming at that, you see. But no, he came with that purpose. His void was horrid, his stomach was wobbling, completely wobbling, poor fellow was nervous, he couldn't look at Me. And left, left the machine and left to understand.

It's a fact, you know, whatever I am saying, you see, if the disciples are so very sick, he himself is sick, that woman is sick, when

he'll get troubles he'll come to Me, I know. You see, the problem of it is that there are these people that have the ear of the public are targets. You see, major targets and they are attacked regularly, you see, and what they think is spirituality is really something that is just invading them. Is what? It's allities? What they think is spirituality, what they think is real, is just something that's invading them in order to get the ear of the public, in order to get the attention of the public. He has a very large listening audience and so this, which is the mecca for the bhoots, you know, in this world but this country in particular, perhaps, his particular program is one voice that I would think the bhoots in the area would want to have silenced or at least under their control. There are He got upset when I said I was Christian, I tell you, because what Ramakrishna was, he was against Christians and specially Vivekananda was very much against Christianity and Christians and you know, just to outwit them he started this missionary work. You see, in the Hindu religion there is nothing like missionary work, is called as the worst of all, is the menial work. You see, he is not certain Brahmins, you see, this missionary work because the first concept is wrong that somebody is the other who to emancipate you are, you, if you are the Spirit then you don't have to help anybody, it is just you are part and parcel that you are helping, you see, so the whole idea is regarded as Shubra, is regarded as low, this is menial according to Indian philosophy, you see, and that's exactly started just like all the, if he had said here I would have told him all about it.

He started this idea, this, what's his name, Ramakrishna of the missionary work but the one who really gave it a shape was his disciple Vivekananda. He started missionary things and hospitals and this and that, all kinds of things, you know, horrible people. They are extremely money minded, extremely gregarious, all kinds of problems they have. There's no transformation, nothing. Whom did he transform? I mean you must face it. This is the point. Now if this person, he got upset because I said I was born in a Christian family, I can tell you. They couldn't take it. They are against Christ.

All of them are against Christ. They don't believe in Christianity as Christ, this thing, take it from Me. This is the reason. Is it a government radio he is operating? No, it's a listener sponsored radio. Is owned? A listener sponsored, he works on the station, it's called WBAI. Who owns them? The, it's owned by the people that's, that's supported. By the same people?

By the public. By the public? It's publicly maintained. Is the public? Yes, the public sends money in. The government gives a very, very small part if anything now. Oh, sorry, the public is doing it? The public, yes. Now the, means a private man must be doing somebody who must have put in the money, must have started? No, actually they depend almost entirely on public contributions.

But they have different managers. You see, then you can write to them that this man is a follower of Ram Krishna who was against Christianity, who was against Christ and that's why when Mother said it, he was upset. Why not write to them? You see, he must be having bosses also. He has free hand in what kind of program? Whatever it is but you can point it out that he's biased, he's not open minded. If he's doing public work. Not in that sense, not in that sense. He has a strong support for Christianity and mainline Christianity as far as that's concerned. He's had several purely Christian figures, Catholic figures as well as general Christians.

Then why was he only because of Ram Krishna being criticized? Yes. So that means he cannot be a biased person. You see, in a democratic country you should give chance to everyone. He should have discussed instead of giving. In his mind Ram Krishna is synonymous with a perfect incarnation of God. All right, whatever it is but you can't use your mind for a public work. You see, you must give chance to everyone under a democratic country. It must be pointed out to the public somehow. You cannot, I mean he cannot propagate Ram Krishna.

He cannot put his ideas into my head. I mean he is a public servant. You both have equal rights. In that situation you both have equal rights. Equal rights, he's a public man. If he's a public servant, he has no business. I think it should be pointed out to someone there, up there. He's above you. Who brought him here? You.

I did not, I'm sorry. I didn't realize. When did he meet you? I never did. I just knew that he ran a radio program for seekers so I called him up and asked him if he wanted to come interview you and he said yes. So you should go and see his, his superiors and you should see he's got, he's having a thing for seekers. He is a person who doesn't take any money, has done so much good and she's saying something same and this fellow just left. Is this the man who's doing good to, why not go see his superiors? He's acting as a censor. Huh?

He's censoring you. He's censoring a public. Was he? He's censoring you. He's acting as a censor. Cutting people off from part of the truth. Yes. His own president. He's not censoring. Yes, that's the point.

He's censoring. He can't just do it. You see, you should, you should all write. Yes. You are all citizens of this country. You can all write. We have a big group of them in Boston and they are all sick. They have kidney troubles, they have hypoglycemia, they have almost every disease. You should write. You see, why not say, why not write that I was present at the, thank God you were all here and Mother was, never said anything against him but she said she, he was not a realized soul and Mother has a right to say that and he just walked off.

How can he do it? It's better. To pursue the matter. To bring him down. You see, he may believe into anything. You may believe into ghosts. So what? Everybody has a right to say what they want. This is a free country or it's a, what sort of a country is this? If we had someone to introduce Mother, it would, it's the table.

All right. Which? I'll have some water. But. Well, that's for the other end of the year. Yes, because it's a free country. But someone to introduce Mother. But he would be sitting here? All right? No, you sit here, because he will have to go away, won't he?

After introducing. But he can sit there, just. What did you like about the way the introduction? He's looking rather worried now. He gets very angry, isn't he? You, because he's a journalist, that's why. You see why he's angry? Because his clan has mis-piailed. But they are all like that. I must tell you, horrible people.

I mean he's a journalist, he's a public man. He has no business to have his own opinion. You see, very bad journalism. You better get a letter from him. Very bad journalism. You cannot be biased, you have to be a witness. That means he's trying to attract every one of them to his clan. If you are upset, let us some say something. You better introduce. He's looking so upset of this place.

This journalist. I thought it was good to see, they're so afraid. They're so afraid when they hear the truth, because that's the reaction we've gotten in Boston. They're afraid when they hear the truth, especially about the false gurus. That's it. My, On the floor, on the right hand side, at the door. I'll give you the introduction and you can just add anything you like to it. It seems Mother this is not, this is typical in the sense that the usual outlets, the usual newspapers and so on, are really primarily interested in those areas of power and money. That is really what So that I can understand. That I can understand.

That is the area that I think we've got to move into. No, no, that I can understand, but I can't understand this. That's what I can say. This is the other, where You see, you cannot, you cannot have your own ideas and your own identifications so much that you cannot bear anything else. It seems that people are are placed, these sort of people who have an interest They are, they are biased. They are a placed and They are placed and then of course the bias What you call them? A vested interest. Yes, yes. Wested interest, you see. Wested interest is the word.

Mother, I don't want that. He left it by watch. I think he left it by watch. He left it, he took your watch. He was holding a hand. I hope he'll return it. He'll return, no doubt, but good, your watch has gone with him. It will do some good to him. He didn't even have a watch with himself. What sort of an interviewer he is?

Now so, would you introduce? No, no, I would say that is he going to come in the film or not? Just now he is very upset and angry. No, no, I don't think it's just sound. It's sound, is it? Because if they like this then they can come down tomorrow and do it themselves with their own television. No, no, no. Now, now, now, now, now, now, now, now, please, please, please avoid sound. I'll have some water please. Unless you are... Little warm.

...it is fine. It's all right, it's all right. It's the water here, thank you, thank you very much, thank you, thank you.

1982-1028, Chaitanya and Collectivity

View [online](#).

28 October 1982

Chaitanya And Collectivity

Public Program

Institute of New Age, New York (United States)

Talk Language: English | Transcript (English) – Draft

Introduction by Mr Patrick Radican:

We have with us a very distinguished member of Sahaja Yoga Dr Rustom Burjorjee. Dr Rustom, we call him and he's, he's going to introduce Mother tonight. Rustom is a psychiatrist, he's trained at Oxford and Cambridge; he's practised in England, Germany and in India. He's originally from India and now lives in England. And, he's one of many scientists, people with scientific knowledge and a scientific approach who have come to Sahaja with an open mind and discovered that it has the scientific truths in it. He is joined by people who are artists and who have come and found that Sahaja has artistic truths in it. And, by people who were politicians, politically interested and have found that Sahaja has political truths in it. So, Rustom is here now to talk about Sahaja from a scientific point of view and to introduce Shri Mataji Nirmala Devi. Rustom...

Dr Rustom: (Chaitanya & Collectivity):

Hello, I don't think there are many people actually who need me to introduce Shri Mataji to them this evening, so, in fact, there are only a very few who don't know much about it already. But for those, so, I don't know that I may not, in fact, address myself to those who may know something about it already.

You see, since time immemorial, I think Sahaj Yogis, because I think any Yogi who has the salt of Sahaj, meaning Spontaneous, have been seeking to find out their own meaning, isn't it? To find their own self and people have been doing all sorts of things to achieve this. Some become an artist and hope through their art they can achieve it. Some have tried to delve into the unconscious to find it there. Some have thought that they can achieve it by hanging from mountain tops, some have thought they could achieve it by doing various physical exercises like standing on their heads, some have gone to the desert to contemplate and some have sought to achieve it in life itself.

So is it that there have been people since time immemorial, who have been chasing around the world trying to achieve something and that something is to find their own end, their own meaning. Now, if one pauses to contemplate for a moment one must recognize that to find one's own meaning, one has to find one's own meaning in relation to the whole. Because if one pauses to contemplate and if one acknowledges the presence of something that is the Divine, then one must acknowledge that He did not create the whole without creating some meaningful relationship between the parts of the whole.

So, in a sense, you can only find your true meaning in the collective. You see, the essence of this whole universe is that it is parts of the same being. If one pauses to meditate or contemplate or question the notion even for a moment, one would see the impossibility of there being anything else but that Being or the impossibility of Him or Her making the parts of it, dissonant with each other.

So, you have to find your end in a collective way. Now, how are we going to do that? When you consider how huge the universe is, you take this room alone, which is a small fraction of the macrocosm, how many of you can form a meaningful relationship with every single member of this audience, which fulfils all the possibilities that are contained within the existences of each individual?

So, you can see what a great task it is to be a part integrated into the whole. So, how're you going to do this? Well, one thing that

you can exclude to begin with, that you can do this consciously or through any rational movement of your ego. The human mind does not contain the capacity to contain or manipulate the quantity of information necessary to achieve this. To do this, you have to transcend your ego and go to a state of awareness where all things are one and all things are possible.

Now, you see, so you have to become one at the level which is beyond the mental where you plunge into the depths of the Unconscious itself. Now, if you pause to consider what I've said, you will see what I've said, I've led you logically to this position, whether you're a Sahaj Yogi or not a Sahaj Yogi. You have to know that to find yourself you have to transcend the mental levels because only by doing that, you can transcend the individual level of your existence.

Now, how're you going to do this? Now, this is the beauty of the Divine Plan for the universe, it's all been prepared for us. You see, before we reached the collective phase when we're all in our own individual state of existence, there was placed in us a residual power called the Kundalini, which sits at the base of the spine and in this power was contained all the powers of the divine. It was a reflection of that Primordial Power which created the universe. You can see it there, the coil of red. (referring to the Subtle System chart behind him) Now, within the heart was placed the Spirit where this flame is and that Spirit was also waiting for the moment of awakening.

Now, you see, before human beings could, as it were, be plugged into the collective, they had to be evolved through stages so that their awareness, their experiences, their chakras themselves, the subtle structure of their body, could contain and experience the collective whole. So, this is the meaning of the individual evolution up to the point where one becomes collective.

Now, 2000 years ago, it was not that easy to become collective because most individuals were not yet evolved enough to achieve that state. Nowadays, it is much, much easier and that is why Shri Mataji and other great people have taken their incarnation to bring this about. Now, this becoming Collective has got to be a fact! You see, I'm standing here talking to you and you are sitting and you are listening to me and I hope that I'm preparing the ground for this to actually happen. The essence of it is 'happening', is 'becoming'.

So in Sahaja Yoga, we offer you the experience. We don't really offer you much in the way of lectures, as you will discover. Now, how do you become that? Well, the Kundalini, from what you have heard me say is a subtle thing, it's not something gross that you can ever dissect an individual and find it. It is the, it is subtle energy. I don't know how many of you know what I mean by subtle but beneath the whole physical structure of this universe lies subtle cosmic forces, which cause things to happen. Within your own body, is a subtle body, a subtle skeleton, which builds and causes the molecules of the gross body to so move as to reflect it. Now, the Kundalini is the governor of this whole subtle system. Governor, rather better not say governor, let us not say governor but the engineer of the whole subtle system. The governor is Spirit in the heart whose power the Kundalini is.

Now, those individuals who are Realized souls have their subtle body awakened. It is active you see, the engine which has been built with such care now starts working and so they throw out a form of energy which you can call Vibrations, which permeates the air all around them and which, activates the same engine in those, in other individuals who are ready for it.

Now, these Vibrations are something very great. Unfortunately, in English, I have to call them Vibrations because we don't have any word that is subtle enough to describe them. In Sanskrit, they are known as Chai-ta-nya, that means 'those things which are derived from awareness, consciousness' - Chitta in Sanskrit means 'awareness', chaitan, chai-ta, which is 'derived from awareness' and chai-ta-nya is 'that thing that moves which is derived from awareness'. So it is known as Chaitanya!

Now, if you are ready to receive awakening of the Kundalini, the Chaitanya, which my self or any other Realised soul, especially Shri Mataji emits, will hit the Kundalini in you and will inform Her, that right, She may now arise. Ok? Now She will decide if She wants to rise or not usually. She may not agree with us that the time right. If She doesn't, then She just carries on sleeping until you are ready to get your Realisation.

But when She decides to arise, which She does quite a lot of the time, She ascends with great force up the Central canal of your spine to eventually break here (indicating the Fontanelle on Subtle Chart) in Sahasrara Chakra and as She does that, the Spirit

leaves its place in the Heart to combine with Kundalini. And, the best way to describe it is, the Kundalini is like the gas, which is suddenly turned on in a gas cooker but the Spirit is that sparking flame, which brings it alive. So at that moment, the whole of your material existence is illuminated because it is combined with the Spirit. Now, those of you who understand the Spirit will understand that it is that Witnessing aspect of the Divine, which is beyond all qualities, beyond all actions, beyond all experiencing. It is the Atman and it is, I think it is indescribable. The great saints in India like Adi Shankaracharya so many times sought to describe it by saying: it is not this, not this; nor is it this, nor is it this, nor, is it this but what it is, is 'that'. You see, in Sanskrit, they say: tat-twam-asi, that-you-are; or, sat-chit-ananda, is that which is that bliss or rather to be one with it in that place of bliss, which is derived from the awareness of being 'that'. So you see, it is only described in those terms.

Now you can imagine when the, when this Spirit combines with your physical body and your unenlightened awareness, that it enlightens everything it touches. The whole of your existence becomes enlightened and not just your existence but all that is around you because you are illuminated. That means, if you are illuminated when you sit on a chair or carpet, that carpet, will pick up the, your illuminated vibrations, that Chaitanya and store it and radiate it to eternity. That is why, in the past, the bodies of great saints were always buried because they gave out Chaitanya if they were Realized, souls. The Mohammedans used to do this in India where people were always burned, the saints were always buried because their bodies gave off Chaitanya. Now, so, this is something very great if you can achieve it.

Now, how do you know whether you have achieved it? There are all sorts of experiences which accompany the awakening of the Kundalini but perhaps the most important thing is that you should feel a cool wind, preferably on your hands but you may not but you may feel it on your feet or you may feel it on the crown of your head. You see, why you may not feel it in your hands is that the hands are controlled by the fifth chakra, known as the Vishuddhi.

Now, Vishuddhi means, Vishud, in Sanskrit means 'that which is extremely pure'. Now, if your Vishuddhi Chakra is not extremely pure it will not fully open and you will not feel. Now, what are the things that will not allow you to feel: it is smoke for one thing, if you shout or abusive with the power, the gift of language, if you habitually take impure things into your throat you see, your Vishuddhi Chakra will suffer and you will not feel the Chaitanya but you will emit Chaitanya, and those who are around you will feel it.

So, you see it is not just a question of saying right, you are Realized, it has to be proved and it has to be proved that you emit Chaitanya and all the Realized souls around you agree, yes, this chap emits Chaitanya and secondly, that you should, if possible, feel it for yourself. Now, that's not so important but it's much more important what the others think because in the beginning, you see, you may not be that sensitive.

So now, once you've achieved Chaitanya, it is as if the key has been turned, the door has been opened and you may have taken one step into the room but you do not yet know the room. So the next stage is to develop your Realization. Now, how do you do that? Well, the force that underlies the whole of creation is Chaitanya and you go to those places which give off Chaitanya. That was why the great saints of the past who were Realized souls sat in places they knew, they could feel from the coolness of a place you see. Let us say I am a realized soul, right, if I go to places, you see I have travelled around India a lot. Every so often you receive this tremendous blast of cool wind you see and you say there's something around here and you go and investigate you see, and you usually find something that is sacred. Equally, you can go to places that are reputed to be sacred and you feel quite uncomfortable there. There's no Chaitanya around.

So you see, life's like that, you discover what's correct and what isn't. So you try and stay in those places, which are very much in the way of Vibrations are around. But there's nothing like giving you Vibrations like another Realised soul. So the more of you there are clubbed together the more in the way of Vibrations you're going to get. That is very clever of the Divine because the Divine, having created the Human Beings, knows they can be individualistic and egotistical and once you got Realization the ideal thing would be for you to rush off to a mountain top and keep it all to yourself you see, which is what they used to do in the past! But that's no good. The Divine is not interested in one or two people. The Divine is collective so has made sure that the best way for you to progress is by being with other people. So then, assuming that you can't go to the mountains or something, you have to stay in New York, how are you going to get it and improve? Well, you meditate daily.

Now, you see, the Chaitanya in a Realized soul is transmitted to every aspect of itself. So, if you were to take a photograph of me for instance, my photograph would give off Chaitanya and the more highly Realized I was, the more Chaitanya I would give off. Now you take Shri Mataji Herself, who is a being of a totally another level of existence then Her photograph also gives off Chaitanya. So the best thing to do is use that as a source of Chaitanya, so you take it and place it much as we have placed it here, put a candle in front of it, some flowers, some water, some fruit preferably, and you sit down to meditate. Now, what happens there is that the photograph gives off Chaitanya. This Chaitanya awakens your Kundalini System. As the Kundalini System vibrates, any impurities that are contained in it are shaken loose, very gently. These come out through the top of your head, through the Sahasrara and they get either burnt in the candle, that's why it's so important, or they get dissolved in the water, which should be changed regularly. Now, you see, it's a purifying process.

Now if you sit in front of Shri Mataji's photograph alone you will get some vibrations no doubt but not that much. If you sit in front of it with five or six others who are also Realized souls or who have been proved to be Realized, then you'll get much more in the way of Chaitanya because, see Her vibrations, let us say we are in this room now, the vibrations from that photograph are striking every individual and setting up chain reactions in them so they are giving off more Chaitanya. So the whole thing just escalates and it's a, it's quite a tremendous thing to be in meditation with many other Realized souls. So, the main thing to do is to try and stay with each other as much as possible.

But, now, let me talk to you about another aspect of collectivity you see and that is that you cannot be truly collective unless you are detached. Now, what does this mean? You see, if you are a collective Human Being, you have a job to do in the whole universe not only in one small bit. So you have to keep circulating around you see doing your job much as the sap in a tree circulates, much as the blood in your circulates. You see, wherever is your job, you have to go there. Now if you get attached to any one individual or any one place then you will stick there, much like the blood clinging to one organ to the detriment of the rest of the body. It does not work! So you see, true collectivity means not being attached to any individual even if you happen to be married or have children but being attached to the whole. So you see you have to gain detachment. You have to gain the capacity to witness. It does not mean that you neglect your duties like you cannot leave your wife and run off and things like that because she needs to survive. And that is what you need to do. Now Shri Mataji is here... you can get the experience yourself.

Shri Mataji arrives and settles in.

Shri Mataji (@22.39): (Known and Unknown Awareness)

Yesterday I told you about the Known and the Unknown Awareness that we have. Firstly, the awareness - (can you hear Me all of you or should I stand up? I'll stand up. It will be better because this is not adjusted, tapping the mic.) – left side or the right side, by going to the left side, you develop your attention, aware of the past, of the Subconscious and beyond the Subconscious is the Collective Subconscious. On the right-hand side as I told you is the Supraconscious and the Collective Supraconscious. If we do not know what is unknown, is not divine, we can be quite confused about it. Whatever is unknown to us suddenly can become divine to us. For example, now, somebody says that I'll get you from the air say a diamond. So immediately you will feel it is coming from God directly or he might even give you a Swiss made a watch.

Now you must know that God doesn't deal in all these things. You must use your common sense. You see if somebody thinks that these things are coming from God for sure you must understand that at least there's something wrong with you or something wrong with God to give you these worthless, useless things, which you can go and purchase in the market. What is the interest of God to give you diamonds and pearls, which are of no value to you, that you can always get it, and those who have got it also are not happy people? Those who have got it, if you go and see them are having headaches because of all these possessions. They don't know what to do with it.

Now under these circumstances now how do we know what do we have to have from the Divine? Some people think that if you get some powers then you become Divine. Now for them power is if you can mentally control somebody then it is powerful. If

you project your mind and try to control somebody then many people believe that it is power. It is not power. It is a kind of your mental projection, which has taken you to the right-hand side where you have developed a contact with the Supraconscious, which is rendering this helpfulness to you through spirits and you are arranging all these things through the help of a spirit. So it is not your power. All such people who use such mental power die a horrible death; lead a horrible life.

So the highest thing for any seeker should be, who's a real seeker, not an unreal one, for the real seeker should be that he should find himself, his own Spirit. He must know himself. That is the main thing. But normally for people it is more alluring, more attractive to go to things, which are of immediate relief and immediate help, like somebody told me that he went to one guru and he found that he suddenly became very peaceful and he thought that this guru must be a very great person to give him that experience. But actually, it is not so. Just to get suddenly blissful without understanding anything about it is a risky game. Somebody has switched off your mind and who is that person? How your mind is suddenly switched off? What has happened? You have no idea as to who has achieved it and such things can be extremely dangerous.

So, first of all, we must know that whatever we are doing, it should be knowledgeable. Everything can be done in a very dynamic way but you can lose all of them if you do not stick onto your Spirit because these are the blessings of the Spirit and, as soon as the Spirit goes out of your attention you become again, the same darkness prevails upon you and you become again the same blind person. So it is essential that the time till you are established, try to stick onto Sahaja Yoga.

It's been the work of ancient times that one has been able to achieve this mastery that people can get Realization. I would say that never en-masse Realization was a phenomena. Never people got en-masse Realisation. This is the first time that you can see people getting en-masse Realization, especially in India where the people are simple, their seeking is true, they are truthful, where they are very genuine, thousands of people get Realization and they never fall back. Of course in the villages! But, if you go to cities of India it's rather slow! But if you come to places like say London it's even worse. And then if you come to a place like New York I don't know what degree to be used.

So, I tell you, I warn you that you people are complicated, conditioned and attacked! America has been attacked as I told you since very, very long time by the Satanic forces because you are great saints, born in this country, no doubt, but that is not sufficient! If your seeking is not truthful, honest for the pure spiritual experience, all other nonsensical things are not going to help you.

For example, sitting down, dogmas to discuss, itself is against Me! It's something, another world we have to get into. The knowledge of Sahaja Yoga, is the Knowledge of your Roots, not of your shoots which you can do with your science! To go to your roots, you have to become subtler. You cannot go to your roots unless and until you become subtler and that's why you have to get your Realization to understand the knowledge of Divine Laws. Unless and until you become subtler you cannot understand. If I talk to you, this happens, that happens, it's just a story to you but it is so tremendous that you can't understand to what extent this Great Divine Power of Love of God is working. It's only when you enter into that you are amazed. Like one of my disciples says, now the miracle has lost its value in Sahaja Yoga. It's so tremendous, the blessings are so tremendous, and the happenings are so miraculous that it is only through entering into that realm one can enjoy it.

For example, recently a miracle happened in London, as they say, I don't know much, they published it in the newspaper, about Me, that a boy who was going by a motorbike and he fell down somewhere very badly and after some time he got up, and people went there and rescued him back, took him to the hospital. And, the doctor said he's perfectly all right. Nothing wrong with him except for the spine, end of the spine he had a little pain. So they said, how is it that, with such a fall, you were not hurt at all, what happened? He said, no, I was very badly hurt but an Indian lady came from Her car and She cured me. So they asked him, what time was the accident? It was at nine o'clock when I was giving a lecture like this. There must be at least 600 people whom I was talking to. And when he, he didn't know who the Indian lady was. After two days he saw My photograph in the newspaper and he went to the surgeon and told him that this is the lady who cured me. And then they published it in the newspaper. Before that, they telephoned to us, not to Me of course, to one of our disciples, and asked him, what is this phenomena? Is it true that this can happen? They said that this has happened many times in India and he gave two, three examples of this miraculous happening that Mother appears at a place where She is not. And She works out and people see Her working it out, it's a fact.

So, they are going to bring that boy and all that and there's a big drama going on. Whatever it is! This is nothing to Me. To Me, it is nothing a surprise or a miracle. It's nothing! Because, all this universe, everything is controlled by this Divine Power. As yesterday we saw that picture, Star Wars? (Yogi confirms: it's Star Wars) Star Wars. In that, they call it The Force you see. It is coming through the Unconscious to people that this Force is binding the whole world and this Force is within you! This Kundalini is that Force. You have to just raise it so that you get connected to the Spirit and this Force, which is All-Pervading, which may look very abstract now, very vague but once you become, it's very simple.

And, so many times it has happened, things like that. The other day only, before just coming, about four o'clock or five o'clock in the morning, a phone call came from Vienna. One of My disciple's wife was very sick because she has a little problem still with her. And, she was admitted in the hospital and the doctor said she's going to have a delivery of a very premature child, and the child must not be delivered now. And, they were saying, it's impossible we don't know how to control it. So, he telephoned to Me and then he went back to his wife. So it must have been about half an hour it'd taken him to go back. And, the doctors were surprised! They said the whole contractions have stopped! It's miraculous. We don't know how it has happened. It has happened in so many cases like this. Now, I am sitting down in London, he's in Vienna. In a second, in a split of a second, things work out. It's such a dynamic force. But, you must touch it. You must harness it because you are the carriers of that. You can handle it. It is there. Believe Me, it is there. You can work it out.

I'll give you another example of that is when I was in London, My husband knew the President of India, Sanjiva Reddy (Neelam Sanjiva Reddy, 6th President of India) who was very sick and had gone to America for an operation for cancer of the lungs and it was a failure and he was going back to his country to die. He could not sleep. They tried to give him injections and all that and he was suffering very much and he knew he was going to die. They had made all preparations for his death in India. Luckily I happened to go to see him with My husband. I didn't, I never tell them that I'm such and such, but I have another name also as Mrs and another name as Mataji Nirmala Devi. So the Ambassador, the High Commissioner, he's a very bureaucratic man, I don't know why but he told the President's wife that She's Mataji Nirmala Devi also. So the President's wife had heard My name, so She came to Me and she said, Mother please cure my husband. You will be surprised. I touched this man only for ten minutes but he was a very good person I must say. In ten minutes he felt so relaxed, and he said now I'm feeling sleepy. I said to him, go into Yoga Nidra and he slept off. The doctors who were travelling with him were amazed how could I make him sleep in ten minutes. In ten minutes how did I make him sleep? But when he got down from the plane, they had brought ambulances, this thing, that thing at the airport, so many people with handkerchiefs to cry and weep and this fellow walked down and, when he went for a tour just after that.

When I went there, he was, of course, you know in India, a saint is very respected, whether you are a President or anything, so, will you sit down, till I told him, you please sit down, I'm your citizen, he said, No, Mother, I can't sit down. But then he sat down and he told me that not that I'm cured but even the line of my operation you cannot see. In ten minutes he got it. It's a fact. I'm telling you the truth. You can write to him and find out.

So, all these miraculous things can happen because the All-Pervading Power starts flowing through you. But, not the way people talk of curing, that at five o'clock I will enter into the body and all that nonsense. It is the power that is within you is released and once that power is released, you get mental, emotional, physical and also spiritual ascent, and fulfilment and satisfaction. All these things can happen to you also. Like, we have a Sahaja Yogini, I told you yesterday, in New York, who came from London to establish Sahaja Yoga here though she is very disappointed with New York people, extremely disappointed and she's thinking of giving up. But she's the one who cured an Indian boy in a hospital, which is a record, who was dying of leukaemia and they had declared, of course, doctors normally declare that he is going to die within eight days time and, she cured this boy without any difficulty.

But still people who come to Me only for curing, all right, may get cured, all right, doesn't matter, but you must think that God also is not so much bothered about people who just want to have good health or just want to have something of a very material level or a gross level. He's only interested in people who are first class people with the diamond of their spirit to be shining. He's

willing to do everything that is possible to make that diamond shine. It's all there. It's all your own. Nobody is obliging you. It's your own, to get yourself. But people can't believe. They think you must pay for it, you must do something about it, they can't believe it that after all they are made Human Beings, not to be wasted like this.

Today I was walking in the streets in New York and I found 50% of people were alcoholics, mad, lunatics, all wasted people walking on the street. I was amazed! What's happening to this country? Or, some must be busy with racing or gambling or in the pubs and, then we saw very dirty women standing and misbehaving. Is this the way Human Beings are going to deal with that?

These are the centres we have got within ourselves. Now, as it is, I've come for a short time and just, I wanted to come just for a day but they said we would like to have a public program and you see the public that is here, is, surprisingly that it's a program which was arranged so much in a hurry. I hope all of you will get your realization and stick onto it, understand about these powers. These are the centres within you! All these centres have got the power to emit. Try to understand it this time. Try to work it out. All this education is for free, you don't have to pay for it; you have to just be a little patient with yourself, give little time to do this.

The other day a radio-man asked me a question, he said, Mother, how will you solve the problem of our unemployment? I said, think, why you are unemployed? Because your forefathers have done all the job! No more bridges to be done. We already have lots of bridges for New York and, and the overheads going, all these tubes are sufficiently done and all your trains have been done. So there's nothing left and that's why they're going amuck you know. Nothing to be done! Now, what to do? We've done this. We've done that. Now, what to do? Like, in Gulliver's Travels, till there was the man who came to Gulliver as a boon and he was supposed to do whatever Gulliver tells him. So Gulliver told him, all right, you make a palace for me. He made a palace. You furnish it. He furnished it. Then he said, all right, you make a garden, he made a garden; you make a conveyance for me, he made everything. They said what next? He said, he got frightened, he said, now what to do? I've told him everything, now nothing is left. Now, what to do? He said, all right, now you do one thing and is to climb over this tree and come down, till I tell you to stop, you go on doing it. He ran away from that place. That is what it is, this mind is. It has nothing to do now. You are unemployed because there's nothing to do.

In London now I've seen people, doctors, very qualified people, they are successfully unemployed. They cannot get employment because there's nothing to be done. It's all been done but then why? This time is saved for what? For what has God given you all scientific research and everything? One thing is very important, is to give you more time. We have the watches in our hands. Why get more time? And how do you get more time that you, your mundane problems are solved? Every day-to-day problems are solved. Life is much easier. It's not like when the Americans first came up, or when the Spanish people first came to America when they had to fight nature and fight everything. They had to even getting some fire, they had to go miles together to get some wood. It's not that condition today.

So, God has given you this time to be used for what? For your ascent! For your meditation! Not the meditation for which you pay but to be IN meditation. To be in meditation to grow in your roots and that is what is the time for! But instead, what are we doing? We are just wasting our time feeling extremely unhappy, that we have no work. We are unemployed. The problem of unemployment is not that we don't have enough money to support life but the problem is that they do not know what to do. And when they do not know what to do they become violent, or they become depressive or they become absolutely gone cases of alcoholism, drugs and all these things. They get so bored that they do not know what to do.

I've seen people running in the morning, running in the evening like mad! Ask them why are you running? They don't know what to do. It's a question of feeling the need of the divine. If you feel that need then you are employed by God. Sahaja Yogis never feel that way. They are never employed or unemployed because they are always employed. They have to give Realization to people, they have to cure people, they have to do, they have to talk about Sahaja Yoga, they have to tell them that the Resurrection Time has come, that the Golden Age has to come, that you better get your Realisation, you need to jump into that. You have to get your employment with God, which is paid for itself: the joy, the happiness of giving Realisation to people is the highest of all, take it from Me. The joy of giving is the highest, and then giving the Realisation, as you may call it, or, establishing the Realisation in another person who is your neighbour, who is your brother, who is another Human Being itself is such a great joy that without

that a Realised soul doesn't feel happy.

May God Bless you all. As it is I have said that it is not sufficient time for you, for Me to explain to you and I'm going to come back again for about a month, I am going to be in American, and I'm going to spend some time with you people. With, that's one country I should say, er, I came first, I really came first to America. But I saw the nature of seeking here, and I said let them learn, they won't come to the right conclusion. They have to learn. That time, they were busy guru shopping. They had money. In '73, people had lots of money, they were doing a lot of guru shopping and they were teaching Me also, that unless and until I charge money, nobody will look at Me. I said, I'm not going to look at anyone and I, Myself, went back. That's what it is!

Now, I feel the time has come, I'm going to spend some time here, working it out. But those who are thinking people, those who are bothered about it, must know that you are precariously placed. These are very dangerous times. Either this or that! Either you get the heavens or the hell. So, please be careful! Sahaja Yoga is not a thing, which is a circus or any kind of a false sort of propaganda that we want to do! But those who want to come should come. We cannot force anyone! The only thing we can persuade them: you can take the horse to the water, you can even force some water into the mouth but it is the horse, which has to take it in! Not only that but to enjoy also! In the same way, Sahaja Yoga is dependent on you, not on Me. As far as I'm concerned, I don't want anything except that I want that you should enjoy like Me! Thank you very much.

If you have any questions you can ask me. Thank you. ... Please ask Me, if you have any questions and then we'll have a little session of Self Realisation and see if it works out. (Shri Mataji sits down at this point of the lecture.)

Q&A; Session starts: 48'08"

Q: Shri Mataji, I have a question: When You have joy within yourself because of Your high knowledge and experience, do You also experience sadness or madness when you see so many other people, not knowing this?

A: I do not know 'experience' but I 'witness'. You see, it's like a drama is on, you see. But in the drama, if there's Napoleon, you think you are Napoleon. If he's fighting, you think it is that. But, once the drama is over, you know it's a drama. In the same way, the drama is over now. It's just a witness. You are a witness. You just see it but you do not experience it but you see it as a thing, as a drama. All right? Yesterday, I told and answered in a very big, better analogy. Supposing you are in the water, all right? You are in the water, you are afraid that you'll be drowned by the waves but if you get into the boat then you 'see' the water. All right?

Q: You said when the new age comes, but according to the biblical revelations (indistinct). Shri Mataji: What is he saying?

Patrick Radican: He says that the new age is coming but the bible says that there will be a lot of trouble before the new age comes.

Shri Mataji: You ask Me the troubles, I'll tell you! Troubles through which we are going, you have no idea, you see, these are satanic people who are born on this Earth and the way they are torturing them, you have no idea. You should go and see the way today, the way the seekers are! How people are playing with their lives! You have no idea as to what is happening to them. They are in a very big mess. They are in for terrible troubles. They'll have cancers and they'll have mellitus, all sorts of diseases and oh God, they are being butchered by these people.

These are called 'labour pains' for your Mother you see (Shri Mataji laughs) It's true, one has to do a lot. Work very hard. Very hard! I started with one disciple in India, and with seven of them in London, for four years I worked on seven of them. Can you imagine, I worked for four years; I spent my time on them, seven years. But today they are like seven pillars. One of them has come to New York. How much she troubled Me you better go and ask her. (Laughter) Is the best to ask her how much she troubled Me. (Shri Mataji laughs) Yes, my child?

Q: Indistinct.

Patrick: Speak loudly. She wants to know if she can ask a personal question. (Questioner: about myself)

Shri Mataji: Yes, yes. What is it?

Questioner continues: I'm in conflict. I was not going to...do you remember on Tuesday I told you I was born in Israel

Patrick: She says she was born in Israel ... and she's very unhappy here ...

Shri Mataji: You'll be unhappy everywhere my child. It's not a question of New York or anyplace. The happiness is within you. The source of joy is within you. First, you find that joy, you should be thankful that you are in New York and could meet me because, in Israel, I don't know when will I go? So it's nice in a way that you have met me and then you find your source of joy within yourself and all other solutions will come after that. First, find out your source. All right? Yes?

Q: You were talking about the sadness, the depression in the many people who are seeking from many other traditions. Assuming that they are sincere in their seeking, um, if there is a sort of being that sort of slips in there or if it's your own thought and if you are seeking for the Divine, um, why doesn't the Divine help us out a bit, we are helpless.

Shri Mataji: Now look at this – we have advertised, we have spent money, how many are here? You don't blame Me. See now, how many are here? Out of them, at least 70% are Sahaja Yogis. New people are hardly on the fingers. It's not My mistake. Now upstairs there's a program going on about somebody who just gives heart attacks to people, takes money, he's a well-known homosexual, he gives diamonds to people, to rich people, and all sorts of things he is doing, there are books and books against him, he has managed so many women with him, but go and see the hall, it's full. You can't blame Me for that. I'm telling you this because I have seen people do not want reality. They are identified with the wrong things! They want the wrong things. They do not want God. They do not want Spirit, 'til they hit back. What can Divine do? Divine cannot fall at somebody's feet, can you? See now, it is absolutely free! I've come all the way from London. We have advertised, we have done everything that is possible under the Sun. Just look at that. But how many are seeking? You see, the Divine cannot fall at your feet! What can you do?! Tell Me now, is it My fault? Is it the fault of the Divine? They are, they are sick, I know but why do they run after these things? Even if they run after, why don't they now seek reality!

I've told you, I came first. I was the first (meaning, in terms of for speaking about spirituality) to come to America in 1973. We advertised. I spent My own money, throughout, five, six people had come from India. I paid for them. Everything, I spent My own money, My husband gave Me money, My brothers gave Me money and I came here. But, where are they?! They all got lost! We gave realization to one man who is running a Sahaja Yoga centre, now he has nothing to do with us because we stopped him. He's making money out of it.

In New York, I was here for at least 20 days. Can you believe it? You've never even heard My Name. In '73 I was here and then I came back again last year (1981). I came back again last year – where are they, those who came?

It's not My mistake. It's the mistake of the people who are so gross, who are seeking something gross and hellish. If you go to a saint and ask for diamonds, then what's the thing? See My point? What can Divine do? Tell me. Whatever you say I'm willing to do for you. Tell Me now. It's better than you tell me the suggestion. What should I do? You see, in the dreams they see Me. So many come and tell Me, they saw Me in dreams. So many touched that part, they recognized Me. But what happens to them later?

It's a very difficult place, New York, for Me. It's all right for people who are fake but for Me, it's very difficult. I sent one saintly man, a Realized soul, a very dynamic person from India. He was only here for three days and then he ran away. He said do what you like, I will not have these New York people! He just ran away! You don't know how the situation is! People don't want reality at all! They want something unreal!

Q: I can be very conflicted, I was raised as a Catholic, well half of me is Catholic and the other half is Episcopalian/Anglican and

Catholicism and other religions that are closed, like the Episcopalian, Episcopalianism, always teach that you don't have to do too much with your mind, just sort of bring your body in and the rest will follow and, they don't condone any practice such as yours. (Another woman in the audience chimes in to correct the lady who is speaking: you are wrong...)

Shri Mataji: What is she saying?

Patrick: She's saying that Catholicism and religions like that say that you shouldn't have to do anything, you should just be there and you'll receive and there's, things like meditation, and that's a thing or not...

Shri Mataji: But My child, what Catholicism is saying, it is missing the point altogether. I'll tell you how. The first thing is against Catholicism I would say. Not against Christ! But, against Catholicism! What they have missed the point first is, Christ has said, you are to be born again. See My point is? Are they doing anything about it? Only artificial realization, um, artificial baptism they give you. Get some water, any Dick, Tom and Harry comes and puts some on your head and says, you are baptized! It's not true! It's not true. Accept it!

First of all, that's not the way. The Realisation takes place when the Kundalini rises and you really start feeling the Cool Breeze of the Holy Ghost. The All-Pervading Power! That's one thing they are missing. Secondly, Christ never said that you should have nunneries and all that, these are absolutely wrong! He could never have said that. Thirdly, third, where they went wrong, very wrong is, confession! (To) Whom do you confess? Is very bad because every Catholic I've met so far suffers from a very bad centre here (Shri Mataji indicating Her Left Vishuddhi Chakra and points to the Chart of the Subtle System), Left Vishuddhi here, guilt!

If you believe that God is Love, and if you believe that God is not only Love but an Ocean of Love, an Ocean of Compassion, an Ocean of Forgiveness, then how can you say that you go and confess to a priest? You make him mad and you become mad too. All heart attacks, anginas come from that guilt (Shri Mataji points to Her Left Vishuddhi.) So many problems like spondylitis come from this, on a physical level I'm telling you comes from that. Is a very dangerous thing, to have guilt! That's one thing they are doing. Now go ahead. I'm not against Catholics or anyone but I'm trying to point out what mistakes they have committed. If they rectify it, it's all right. They have done justice to Christ.

Now, another point you'll see is that to the Catholic if Christ comes in, how will he recognize (Him)? Do you recognize Me? Do you? Do you know who am I? Can you find out who I am? Christ has said that I will send you a Comforter. He has said I will send you a Holy Ghost. How can you make it out? You also do not know whether the Holy Ghost is a man or a woman, what She was, what is Holy Ghost is not explained! Nobody has tried!

Now, this is another thing! Another point is that Catholicism should not take to fanaticism. Should open themselves out and see for themselves what people have to say about Christ in other religions. It's not a contract of Christ! Nobody can have a contract of Christ. He was a universal personality! He was too great even for the Bible to contain within Himself.

Last, of all, My objection is, how did this St. Paul came in? Who was he? I never recognized him! When I heard about him, I said who is this man? I've never heard about this. St. Paul the great! Who was he? Why was he there? How was he connected to the Bible?

If you say, I agree, that Catholics have been sensible about many things but very much stagnated and the bureaucracy of Catholicism is going to ruin it completely! And, the results of that today you can see, Catholicism, all the Catholic countries are poor. There is no blessing of God! They suffer from all kinds of diseases and they are told, you must suffer. If you say that, as a person who is Christian, you don't believe in Christ.

Christ has suffered for us. We have to awaken Christ within us. And how do you do it?! By raising your Kundalini. So, do not support any such thing. If they can come forward, open themselves out, I tell you, they are the ones who can change the whole world! Even your Pope, I've given him Realization, for your information. I met him in Cracow and suddenly!! I met him and after all,

at that time it was different. And, er, I raised his Kundalini and it went up and even now sometimes it comes up but he doesn't know Me, he doesn't know anything about it, how to approach him? People wrote to him letters. He's cut off from people; he's cut off from reality. Is that God?! Is that Christ?! So, if you are a real Catholic, then you have to awaken Christ within you. All right? May God Bless you.

Q: Shri Mataji, when different cultures have different knowledge like when in India and people cremate the body and that is accepted and when over here for some people the idea of cremation is not accepted, and these people judge those people and maybe these people judge those people. You come from a different culture than ours and say how do we recognize you, and even for us in our culture, when we have Bibles and we have different religions and we have many people who show certain levels of concern, for themselves and for other people, and our mind is always chasing or are always chasing in our minds and how we have so little sureness... how are we to know?

Shri Mataji: How you did not know about God?

Questioner continues: How are we to know, when you say, do you know Me, when, when, so few people follow Christ, when Christ was supposedly very holy and very loving, and He was crucified. How are we to know if we have minds? You know, one church says, we're it, don't listen to them, the next one comes along and says, do this, don't do that.

Shri Mataji: What's she saying...

Patrick: She's simply asking how are we to recognize Christ when we see Him, how do we, to recognize the Holy Spirit when we see Her.

Shri Mataji: Now, first of all, I've to tell you, to say different cultures, this is the wrong thing. (Questioner: it's a wrong thing?) You are a Human Being, out and out, all right? (Q: yep). That way we are all Human Beings. The culture is outside. Spirit is within. If you open the body of anyone, whether it is an Englishman or an American or an Indian, it's just the same. All right? Now what I'm saying, the Spirit, which is the universal thing within you, has to be awakened. The Spirit is the universal thing within you.

Now, for example, you said now you follow Christ. I mean, all of you, lots of people follow Christ in here; was He born in America? Was He born in England? Where was He born? (Shri Mataji laughs) People sometimes really must be thinking He must be some New Yorker. (Everyone joins in the laughter) The way they have the 'contract' of Christ sometimes I feel, how are they there? Actually, Christ lived more in India than in His own place and never came to New York, take it from Me. (laughter) So how can you have such a thing, this culture plus Christ around, everywhere, you took Christianity, you never thought of cultures, did you?

Today you are talking of cultures, why, because you think your cultures are threatened. Actually, culture is universal! There is a universal culture within us and that universal culture is the culture you will know when you get your Realisation. How? For example, when you'll get your Realisation what happens is that this All-Pervading Power starts flowing through your hand and you get a new awareness called Vibratory Awareness.

Now, if you want to know if it is Christ, you put your hands towards Him and you'll see tremendous Vibrations will start flowing. You ask a question, are you Christ and the Vibrations will start flowing. But if he's not a Christ, put your hands, it won't. There's another way, I'll tell you, a trick. If it's Christ, ask him to jump in the water. This is another simple one. But the final one is that you become the Spirit, you will know what is Mohammed Sa'b (sahib) is, what Christ is, what all these people, they are all together, you won't believe! Christ has said, those who are not against Me are with Me. Who are those? Mohammed Sa'b also. It means all the people who are great prophets of the world, those who are incarnations of the world, are all one with Christ. He doesn't reside somewhere as a single. All right?

So we have to learn the universal language of Vibratory Awareness and Universal Culture of Auspiciousness. Auspiciousness is the thing we should do something that will give us more vibrations, which is appealing to our Spirit. It is not auspicious, say an Indian, a saint is sitting and you just go and show your feet to a saint. It's not auspicious. Now, after Realisation you try that, you'll

see immediately, your Vibrations will stop. We have lost the sense of auspiciousness. I would say it was so here before we started this 1920's nonsense, that we started. In the '20s we started really all our nonsenses. All kinds of unholy attacks came on us, in the western countries, we have driven away from our roots and we started all kinds of nonsensical ideas by which we are removed from it. But again, again when you go back to your roots you'll find the culture is the same! It's a culture of human love. All right? So you agree with Me there. But you are not yet Realised! After Realisation, I will tell you, all right? You just take your Realisation first, all right? That should be so.

Q: ... Christ, He was born in Jerusalem. (Shri Mataji: yes...) I believe so (Shri Mataji: yes...) See now, there's a problem, with what Christ consciousness stands for I agree but with all this thing has nothing to do with religions, (Shri Mataji agrees), OK, I know Christ was Jewish but there were such discrepancies afterwards you know when Christ at that time... you know I was brought up a Jew. Now, when I, you know in the orthodoxy of the Jewish religion there's this great... (Shri Mataji: you'll understand all...) OK, because, because He was made a god or something or man formed a religion or whatever it is...but if you say to Jews Jesus now, they go crazy you know, they're thinking of it in a different way you see

Shri Mataji: You see that's why you must come face to face with reality. If I say there was Christ, He was the Son of God, how can you believe it? I agree with you. But also we believe in Moses, we believe in Abraham, equally the same. They have a different, for Moses and Abraham are, they exist in our Void here, (Shri Mataji pointing to Subtle System Chart) there, what you see is as prophets but Christ is here (Shri Mataji puts Her Agnya finger on Her Agnya Chakra on the forehead). So, whether I say it's true or not, how will you verify? You have to verify it. To verify what are we to do? The point is, you must verify. And, to verify it, you, (turns to an audience member and says: come along, sit down) you must have Vibratory Awareness. And, how will you have Vibratory Awareness? By getting your Realisation! Then you, if you ask a question say, you ask a question, was Christ the Son of God? You'll get vibrations! (Shri Mataji indicates how vibrations would flow in the hands). Was Moses a true man? Yes! Everything you will know through this new awareness when you are connected with God, you'll know the truth.

Jews, everywhere it happens, you see, for example, I was born in an Indian Christian family. Not a single Indian Christian is my disciple and they are against Me. You'll be amazed. I have all Hindus, Muslims, Parsis (Farsi) disciples in India. I go and address in the Catholic Hindu, Sanathan Dharam, they call it, temples. Thousands of Hindus are there but the Indian Christians do not accept me. And somebody asked Me why Mother did you take birth in an Indian Christian family when you are the, according to them, I'm an incarnation, according to Hindus I'm an incarnation. I said why because they are the most fanatic. (laughter from the audience) While I have Christian disciples all over the world but not in India.

The same thing happened with Christ. When Christ came in He was opposed by Jews at that time. They can't bear it, you see. I tell you, it's true with everyone! It's not only Christ, but it has also happened with everyone. You come to India and you will see how every saint has been troubled by their own caste. We have Shirdi Sainath who was a Muslim; Kabir was tortured by Muslims. (Audience member: Buddha was a Hindu) Buddha (Audience member: ...was a Hindu) See? And, the Hindus rejected Him.

So it is human nature when the person is living, they don't want to worship him. They want the person to die and then build all the temples and churches. Now, but see the result: Jews deny Christ, so they had to deny that He has suffered for us, so they said we must suffer. Jews had this big philosophy you must remember: we all must suffer for God, we must suffer for God! So you had Mr Hitler back on your heads. You have asked for him! You incarnated him by you 'we want to suffer, we want to suffer', all right, suffer now. Now after Mr Hitler, you people have become Hitler now in Israel. Is a fact! One must accept, the way they are behaving. This Mr Sharon (11th Prime Minister of Israel) came to India just after they have been there (in Israel). That time he was not a minister or anything, now, but he was an influential man. They organised a program and I was there and again I was the chief guest of that organization. And I said one thing, he told how the Hitler people troubled him and what happened, all these things he told, I said, remember one (thing), whatever has happened to you, you should not become a fanatic and torture others and he promised. We have a tape! He promised that this can never happen and you see today what he's doing!

Even the Americans don't know. This is it. This is it! You see because they have money Americans may not say anything but what is wrong is wrong! In the eyes of God, it is wrong, it is sinful, whether it is, Hitler or Mr Sharon, it makes no difference. It's not a question of politics, its question of values, of right and wrong. So this is what it is.

So do not identify yourself with any dogmas or with any fanaticism. Open your eyes and see for the truth, what it is, all right? See for the truth, what it is and then accept it because you should see how fanaticism has ruined our world. Look at that, what are we going to give our children? Mr Khomeini is on one side. We call him a fanatic, but you ask him and he'll tell you it's about Sharon. And if you want to ask about Jews go and ask Christians and if you want to ask about Christians, go and ask Hindus in India. (Audience member: Well that isn't what happened though, there's a lot of Jews who were against what Sharon did.) They did, I tell you. (A/Member continues: They put up...) There are always good people in every place. What I'm saying is, not the whole lot. I'm saying, there are many Jews that have met Me and said, we are sorry for this. There are many Jews who felt like that, believe Me. Agreed. There are nice people in every place and they are the ones who are going to get Realisation. (laughter from audience) You are one of them, all right? There are so many nice people. Very few are fanatics. How many there are? Khomeini is in Iran, you'll be surprised, very few, they hate it.

Now in Iran, we have Sahaja Yogis, you'll be surprised. There are Sahaja Yogis all over the place. We have Sahaja Yogis everywhere, so it is not necessary, that if you belong to any community, you are condemned to anywhere. No, not at all! As long as you do not take to those ways! If you think these are wrong, then it is good. It's perfectly all right. Yes?

Q: ... (Indistinct) HHSM: what's this?

Patrick: Do you have to be sure in order to get your Realisation, do you have to believe in your Realisation?

Shri Mataji: No but you must believe that you are a human being and capable of having a Realisation and you must faith in yourself and that's the first thing. But if it does not happen, you should not condemn yourself. You'll get it! Most people have got it are 99.9% people who have come to Me have got it but there are 1% people who haven't got it also, I must say, who haven't got it for years, so there I don't know what the problem is with them. I just don't know. I'm trying still, on them, so I can't say that all of you will get it today but you will definitely get it, no doubt. You have to just ask for it, be steady about it. Your seeking should be truthful and honest.

Now you'll be amazed that we have so many Jews as My disciples they believe in Christ and they know that without calling for Christ they know that you cannot raise your Kundalini. They believe it much more than any Christian can believe it because it's an experience with them. And they believe, the Christians believe in Moses much more than the Jews than they ever believed in because they know He exists within us. And if you have to raise the Kundalini above this point (Shri Mataji indicating to S.S chart) to take the name of Moses and Mohammed Sa'b too. They are all one people, you'll be amazed! Now the Jews are fighting the Muslims. They don't know that there's no difference between Moses and Mohammed. They are the same personality born again and again. Just imagine! It's so amazing, the whole thing. (Audience Member: they're just two incarnations of the same...) Same personality, the Primordial Master; is the same personality. We can prove it on Sahaja Yoga. We can prove it that the Kundalini stops at a person who is fanatic. Then if he takes the name of another person, like say, if he's a Muslim, he takes the name of Moses, the Kundalini rises.

So universally, they are all one. Let us feel that unity, the joy of that unity, that blessing of that unity, of that oneness and give up all these fights. No religion can teach us to fight, can it? If that is so, doing it, it's no religion. Religion has to teach us to be one, to be collective. We are all human beings.

Q: How did it all start, all these separations ... and we believe in all this ...

Shri Mataji: Why do you believe in all these things? How can God make you like that? He cannot. You are His children. All of you are His children. Think Him to be your Father. How can He teach you to fight? It's all some sort of, I think, it's a western interest to stir some sort of ignorance, I don't know how to blame. I also don't want to condemn them, those who have done it because I am a Mother and I have to forgive them. I forgive all of them. But whatever it is, they should not go further with it. This is too much now. I can't see the way the world is divided into thousands and thousands and thousands of sects in the name of God. You can

do wars in the name of something nonsensical but in the name of God, how do you divide them? They are part and parcel of one personality, the cells of the body of One Living God, how can you divide those cells? They are so related, so connected but the only Realisation will tell you that it is so. Without that, you cannot feel it.

My concern is that people do not establish their Realisation! Then you will know that you are all one!! There is no difference at all except that, out, just to create beauty, God has created different varieties of faces. See the permutations and combinations. One leaf does not look like another leaf, but just to create art! But here we have people with noses like this, people with eyes like that, we club. We club for everything. Even if somebody eats with a spoon, they'll club together, spoon eaters. (laughter from audience) We have a habit to the club. Something we'll find out to club together. It is our trouble. We are such club minded people that you don't know and then I don't mind, club, doesn't matter but then why fight the other club? (audience laughs appreciatively) As you have a club, they too have a club, then why fight? (laughter) And then with the daggers and knives, imagine! That's the worst part of it.

Now the day has come that we should forget it and finished off once and for all. Let human beings rise to that state of a Spirit. You will see, it will happen. You are all thinking people. America is known for its sublime thinking, of higher thinking and the time has come now for you to think of the Democracy of God's way. Let it come down, where everybody has equal rights, may not be similar rights but equal rights because similarity will be boring. So, let it be different but equal rights to exist with happiness, joy and complete supreme freedom. That's the time I'm talking about. (silence in the audience can be felt) All right? Forget all the differences and forget all these things. Just think that you are thinking people and whatever knowledge you have you put forward for this. All right, let's have it. Now, what's it?

Q: When I've gone to different teachers, of different persuasions, different spiritual teachers, I have felt something, I've felt a breeze, pardon my ignorance, but is it my, coming from me or is it coming from them to a degree, or is it coming from inside myself? Is it some sort of realization that can be transferred?

Shri Mataji: What's he saying?

Patrick: He's asking You: he's been to different teachers and he says that he has experiences with them, he doesn't know whether they're coming from them or coming from inside himself and he wants to know how to tell the difference and whether a divine experience can be transmitted.

Shri Mataji: Of course, it can be, if it is divine. It has to be divine. Let's see, we'll see you also, all right? When you get your Realisation, you get it to form your own Spirit, not from anybody. You are your own guru, you are your own master, only your, that master (indicating to Chart) has to be awakened within you. I'm your Mother and Mother is the greatest Master, and the greatest headache for a Mother also because She cannot be strict like the Master, She has to be kind and nice and She's weak about Her children. She has a weakness for Her children! So the only thing She can do is to awaken the master (principle) within you, your own master and it's, then it's easy for you to correct yourself. You are your own master.

Q: I have a more mundane and practical question. I wonder whether you could tell us how to maybe the best way to deal with people who we meet in our daily lives, not important people to us, but just people who we meet, you know, and where we can, I have a tendency to look at that person who's giving me crap, you know, and I look at him or her and I see the light inside and I think how can you give me that crap, you know and instead I wonder whether, you know, it's best to smile and say thank you for the crap (Shri Mataji laughs) or do you say, or maybe do you give an example and you just ignore it, you know? Do you know what I mean? Or do you speak?

Shri Mataji: No, no, no, no. After Sahaja Yoga, I'll tell you about the technique. The technique of Sahaja Yoga you have to learn. Then, how to envelop them in your love, how to take out their thoughts, is all you'll be learning. Because, so far, we have never used the Power of Love, you see, what we have used is the Power of Hatred. All these nations are working on that Power of Hatred: how to hate each other but now this is Power of Love. And, this Power of Love, you must know the technique of how to use, is very wonderful of how you can make a flower out of a thorn. We have made so many people like that. We have made a

flower out of a thorn and you can do it also but you have to learn the technique, that's all. It's a technique of Love.

Q: Could another guru who is one with God could he give just by touching the Shakti? (paraphrased)

Shri Mataji: You see, so many say like that but I haven't seen one. Most of them are giving nothing but spirits. If the shakti is given then the Kundalini must rise and you must get a cool breeze on your head. That's the sign. Not the other way round. If the people say they are giving, so what? They are all telling lies, morning till evening, they are giving this and giving that but have you got any powers, can you feel another person, can you say that this person has this problem, can you say what problems you have within? It is like, there is no light, nothing, and I say I give you the light, now I start believing I've got the light, closed eyes and in the darkness, Oh, I've got the light, I've got the light, and we are banging our heads everywhere. But if there is the light then you must know what is within you, what is within other people. That's the sign. But don't believe in people who tell you lies! There are people who are very good at telling lies much better than you all western people can put together. That's the quality of Indians! Don't believe them. I hope there are no Indians (laughter) because if I, not all, as I said, there are many very honest Indians also but they can tell lies very well and cheat you and take your money.

Q: Mother I have got a friend who lives far away, she has so-called a terminal disease, she is dying, and I wonder if there is something I can do to help her or if I should try?

Shri Mataji: What happened to you?

Patrick: He has a friend who lives far away and she has a terminal disease. She's dying and he wants to know if there is any way that he can help her?

Shri Mataji: Of course you can. Why don't you come and see me tomorrow morning, I'll tell you what is to be done. What terminal disease does she have?

Questioner: She has something called Amyotrophic lateral sclerosis, so-called Lou Gehrig disease (also known as motor neuron disease) for which that has no known cause and no known cure.

Shri Mataji: What is the symptom? (A yogi: multiple sclerosis Mother, something like that Mother) Oh, it is curable through Sahaja Yoga. We cured people in Cambridge, just from the pulpit, yeah. Multiple Sclerosis? (Yogi: something like that.) All right, if you come along, I will tell you what is to be done. All right? Multiple sclerosis is curable. Don't you worry, what's her name? (the name is given) (Shri Mataji closes Her eyes and goes into meditation). Um. Done. Now, should we have...?

version 2

Come tomorrow to see me. I'll tell you. Leukoma. That is not difficult. This is not difficult. Don't you worry. You see they want to suffer. They are Jews. Ha, ha, ha, ha... Look at that now. See... This is non-sense. This is nonsense. You see. You can't create this body. Can you create this human body? Why do you want to suffer? You have no respect. Absolutely it has no meaning at all. I can't understand. You want to torture yourself. This is a wrong idea. Absolutely wrong idea. You better come see me tomorrow. I will tell you. Don't you worry. I will tell you. It is a wrong idea they want to suffer. What to do? Do one thing. Take two sticks and give them. Now hit each other and suffer. (people are laughing in the audience). To such stupid people what should we do? They want to suffer. There is one fellow, who told me, a radio man, that everybody has a right to suffer. I said, alright if you want to suffer, go to some place far away and kill yourself. Why bother everyone with your suffering? It is a sadism isn't it? I am suffering, I am suffering, I am suffering... Who has asked you to suffer? Shri Mataji is smiling and drinking some water. Have you met such wonderful people?... ha-ha... that you have to enter into the Kingdom of God, promised that, and you want to suffer? There must be something wrong with you / them? They must be possessed, otherwise I can't explain this. That you want to suffer, why? It is like a man who is rich, wants to say: I want to become poor and starve myself. In the name of GOD, again. Some people torture others in the name of God, some people torture themselves in the name of God. What do you say to that? What a wonderful understanding of life.

So now, it is very simple for you to get your realization, normally. Normally... You have to do one simple thing, first of all, is to take out your shoes. I am sorry, it is rather cold down. But you have to. Because it is Mother Earth will help us. And it is very good we are very happily on the Mother Earth. Seldom get such a chance. If it is not very cold you can put your feet on the Mother Earth. We take help from all the elements. To put the elements within us first of all, alright. Now you put your both the hands towards me, just like this. Now why we are doing it? Because as I told you, your hands are to be enlightened. The chakras are five, six and seven within you. (Shri Mataji is showing the chakras on Her right hand.) And these 7 chakras must be enlightened. And the message passes through your hands to the Kundalini and She rises spontaneously, as a seed sprouts, it just rises. And that has to happen to all of us. It is very simple. There are so many who are Realized Souls here. They have got it the experience, and you all should get it.

There is some noise from the outside. And Shri Mataji asks: "What is that?". Audience starts laughing.

A lady says: "They want realization." And laughter's continue.

A gentleman says: "It is a loud speaker for an election. There is a politician advertising himself, from loud speaker in the street.

Shri Mataji: "Why are they shouting?"

From the audience: "Everybody would vote for them."

Shri Mataji: Vote!...Vote.

A lady says: "Is it Indian politics?" ... Laughter in the audience. Shri Mataji is also laughing.

Shri Mataji: "Same style... They are one better than the other. Nothing to choose. Alright. Just put your hands towards me. And you have to close your eyes. Please keep your eyes shot. That is important, because when the Kundalini rises, She touches the Agnya and the dilatation of the pupil takes place. But if the eyes are open, it won't work out. Please keep your eyes shot till I tell you. Just... That much if you cooperate I will tell you later on what is to be done. Put both the hand towards me, stretched out. And keep your eyes shut. Now put your right hand on your heart. That is the place of your Spirit, and left hand towards me as it was. Throughout you have to keep the left hand the same way. Now after putting your hand there, you ask a question. With full confidence you have to ask a question not hesitatingly, but with full confidence: "Mother am I the Spirit?" Ask the question: "Mother am I the Spirit?"

The audience asks the question out loud: "Mother am I the Spirit?"

Shri Mataji: "Again ask the question: "Mother am I the Spirit?""

The audience asks the question out loud: "Mother am I the Spirit?"

Shri Mataji: "Again ask the question."

The audience asks the question out loud: "Mother am I the Spirit?"

Shri Mataji: "Now put this right hand up, on the neck again. On the, on the left hand side again, we are working on the left hand side. On the neck. And three times, just say... "Mother, I am not guilty.""

The audience repeats out loud: "Mother I am not guilty."

Shri Mataji: "Again..."

The audience repeats out loud: "Mother I am not guilty."

The audience repeats out loud: "Mother I am not guilty."

Shri Mataji: "Now put back this hand, right hand down below on the stomach, on the left hand side. Again we are working out our chakras ourselves. Pressing it. All the fingers pressing in the stomach on the left hand side. Now ask the questions again....: Mother am I my own Guru?"

(56:40)

Woman 1: I can be very conflicted having been raised the Catholic and well have [...] and Catholicism and other have this Episcopalian [...some words ambiguous] other religions which are close to it such as Episcopalian, Episcopalianism. Always teach that you don't have to do too much with your mind, you sort you bring your body in and the rest go power (?). And they don't at all condone any praxis such as yours.

Woman 2: [...]. You're mistaken. You read [...]

Woman 1: Pardon? Maybe, that's [...]

Shri Mataji: What is she saying?

Yogi: She is saying that Catholicism and religions like that say that you shouldn't have to do anything and you should be there and you receive and there is not things like meditation and that's...

Shri Mataji (57:32): But my child what Catholicism is saying it is missing the point all together. I'll tell you how. The first thing is against Catholicism I would say, not against Christ, but against Catholicism. What they have missed the point first is: Christ has said: 'You are to be born again.' See My point is. Are they doing anything about it? Only artificial baptism they give you. Get some water and any Dick, Tom and Harry comes and puts on your head and says: 'You are baptised'. It is not true, it is not true! Accept it first of all, that's not the way. The realization takes place when the Kundalini rises in you and you really start feeling the cool breeze of the Holy Ghost, the all pervading power. That's one thing they are missing. (58:19) Secondly Christ never said that you should have nunneries and all that. It's absolutely wrong. He could never have said that. Third thing with were they went very wrong is confession. Whom do you confess? Is very bad because every Catholic I have met so far suffers from a very bad centre here – left Vishuddhi, a guilt. If you believe that God is love and if you believe that God is not only love but an ocean of love and an ocean of compassion, an ocean of forgiveness, then how can you say that you go and confess to a priest? You make him mad and you become mad too. All heart attacks, anginas come from that guilt. So many other problems like spondylitis, on physical level I'm telling you, comes from there. It's a very dangerous thing to have guilt, that's one thing they are doing. Now go ahead. I'm not against Catholics or anyone, but I'm trying to point out what mistakes they have committed. If they rectified its all right, they have done justice to Christ. Now, the another point you have to see, that a Catholic - if Christ comes in how will you recognize? Do you recognize Me? Do you? Do you know who am I? Can you find out who am I? Christ has said that 'I will send you a comforter'. He has said: 'I'll send you a Holy Ghost'. How can you make it out? You also do not know whether the Holy Ghost was a man or a woman, what She was, what is Holy Ghost is not explained. Nobody has tried. Now this is another thing. Another point is that Catholicism should not take to fanaticism. Should open themselves out and see for themselves what people have to say about Christ in other religions. It's not a contract of Christ. Nobody can have a contract of Christ. He was an universal personality. He was too great even for bible to contain within self. Last of all My objection is that how this saint Paul came in? Who was he? I never recognized him. When I heard about him I said: Who is this man. I have never heard about this. Saint Paul the great. Who was he? Why was he there? How was he connected with bible? If you say I agree Catholics have been sensible about many things but very much stagnating. And the bureaucracy of Catholicism is going it to ruin it completely. And the results of that today you can see, Catholicism - all the catholic countries are poor. There is no blessing of God. They suffer

from all kinds of diseases and they are told: 'You must suffer!' If you say that as a person who is Christian, you don't believe in Christ. Christ has suffered for us. We have to awaken Christ within us. And how do you do it? By raising your Kundalini. So do not support any such thing. If they can come forward, open themselves out, I tell you they are the ones who can change the whole world. Even your pope I have given him realization for your information. I met him in Krakow suddenly. And I met him and after all that time it was different. And I raised his Kundalini, it went up. Even now sometimes it comes up but he doesn't know Me. He doesn't know anything about. How to approach him? People wrote to him letters, he doesn't go to him. He is cut off from people, cut off from reality, cut off from everything, is that God, is that Christ? So if you are a real Catholic then you are awaken Christ in you, all right? May God bless you.

(1:02:39)

Woman: Mataji, in different cultures have different knowledge like when in India people cremate bodies and that is accepted and when over here by some people the idea of cremation is not accepted and these people judge those people and maybe those people judge these people. And You come from a different culture than ours and say how do we recognize You and even for us in our culture where we have bibles and we have different religions and we have many people who shows levels of concern for themselves for other people and our minds are always chasing, we always chasing in our minds. How we have so little sureness and we haven't come. How are we do now?

Shri Mataji: Are you did not know what?

Woman: How do we know You say: Do you know Me? When so ... [word ambiguous] people follow Christ. When Christ was supposedly very holy and very loving and He was crucified. How are we do know if we have minds? You know? But one church says: We are it, don't listen to them. The next one comes along it says: Do this, don't do that!

Shri Mataji: What is she saying?

Yogi: She simply asking how do we recognize Christ when we see Him and how do we recognize Holy Spirit when we see Him?

Shri Mataji: Now, first of all I have to tell you that to say different cultures is a wrong thing. You see, you are a human being out and out, all right? That way, we are all human beings. The culture is outside, spirit is within. If you open the body of anyone, whether it is an English man or an American or an Indian it's just the same. All right? Now, what I'm saying the spirit which is the universal thing within you has to be awakened. The spirit is the universal thing within you. Now, for example you said now, you follow Christ. I mean all of you – lot's of people follow Christ here. Was He born in America? Was He born in England? Where was He born? People sometimes feel He must be a New Yorker. The way they have the contract of Christ sometimes I feel how are they there. Actually Christ lived more in India than in His own place and never came to New York, take it from Me. So, how can you have such a thing, this culture plus Christ around, everywhere you do Christianity you never thought of culture, did you? Today you are talking of cultures, why, because you think that your cultures are threatened. Actually culture is universal. There is a universal culture within us and that universal culture is the culture you will know when you get your realization. How? For example when you get your realization, what happens that this all pervading power starts flowing through your hand and you get a new awareness called vibratory awareness. Now, if you want to know if it is Christ you put your hands towards Him and you will see tremendous vibrations will start flowing. You ask a question: 'Are You Christ?', and the vibrations will start flowing. But if he is not a Christ, you put your hands – it won't. There is another way, I'll tell you a trick. If he is Christ ask him to jump in the water. This is another, simple one. But the final one is that you become the spirit. You will know what this Mohammed Sab is, what this Christ is. What all this people they are all together you won't believe. Christ has said: 'Those who are not against Me, are with Me.' Who are those? Mohammed Sab also. It means all the people who are great prophets of the world, those who are incarnations of the world are all one with Christ. He doesn't sign somewhere a single. All right? So, we have to learn the universal language of vibratory awareness and universal culture of auspiciousness. Auspiciousness is the thing, we should do something that will give us more vibrations. Which is appealing to our spirit. It is not auspicious say for in India, say a saint is sitting and you just go and show your feet to a saint. It is not auspicious. After realization you try that. You will see immediately your vibrations will stop. We have lost the sense of auspiciousness. I would say it was so here before ... [word incomprehensible]. We started

this nineteen twenties nonsense. That it started. In 20th really started all our nonsense. All kinds of unholy attacks came on us in the western countries. We were driven away from our roots and we started all kinds of nonsensical ideas by which we are removed. But again when you go back to your roots you will find the culture is the same. Is a culture of human love. All right? So, you agree with Me there.

But you are not yet realized. After realization I will tell you, all right? You just take your realization first, all right, that should be so.

1:08:45

Woman: [some words incomprehensible] to say something about Christ. He was born in Jerusalem. I mean I believe so. See, now there's a problem which what Christ's consciousness stands for I agree. Now, all this thing has nothing to do with religions. Ok. I know Christ was Jewish. But there was such discrepancies afterwards you know, when Christ at that time ... [words ambiguous] up a Jew. Now, when I – you know the ... [words ambiguous].

Shri Mataji: You will understand all...

Woman: Ok ... [some words ambiguous] a God of some thing or man form a religion or whatever it is. But if You say Jews for Jesus now, they go crazy [word ambiguous] now but they thinking of that in a different way.

Shri Mataji: You see, that's why you must come face to face to reality. If I say there was Christ, He was the son of God, how can you believe it? I agree with you. But also we believe in Moses, we believe in Abraham equally the same. They have a different – for Moses and Abraham are exist in our Void, here, there what you see as prophets, but Christ is here (Shri Mataji points at the Agnya Chakra). So, whether I say its true or not, how will you verify? You have to verify it. To verify it what have you to do? The point is, you must verify it. And to verify it you must have vibratory awareness. And how will you have vibratory awareness? By getting your realization. Then you – if you ask a question. Say you ask a question: 'Was Christ the son of God?' You will get vibrations. Was Moses a true man? Yes - everything you will know through this new awareness. When you are connected with God, you will know the truth. Jews. Everywhere it happened, you see. For example I was born in an Indian Christian family. Not a single Indian Christian is My disciple and they are against Me. You'll be amazed I have all Hindus, Muslims, Parsees disciples in India. I go and address in the Catholic Hindu – Sanatan Tharam they call it - temples, thousand Hindus are there. But the Indian Christians do not accept Me. And somebody ask Me: 'Why mother did You take birth in a Christian family when You are the –' according to them I am an incarnation. According to Hindus I am an incarnation. I said why, because they are the most fanatic. While I have Christian disciples all over the world, but not in India. Same thing happened with Christ. When Christ came in He was apposed by Jews at that time. They can't bear it, to say it's true with everyone, is not only Christ, it has happened with everyone. You came to India and you will see that every saint has been troubled by his own cast. We had Shirdi Sai Nath who was a Muslim, and Kabir, they was tortured by Muslims.

Woman: Buddha was a Hindu!

Shri Mataji: Buddha, the same. And the Hindus rejected Him. So, it is human nature. When the person is living they don't want to worship him. They want the person to die and then build all the temples and churches. Now - but see the result. Jews deny Christ, so they had to deny that He has suffered for us. So they say: 'We must suffer'. Jews had this big philosophy if you remember. We all must suffer for God, we must suffer for God. So, you had Mr. Hitler back on your heads. You have ask for him, you incarnated him by your: 'We want to suffer, we want to suffer!' All right, suffer now. Now after Hitler you people have become Hitler's now in Israel. It is a fact, one must accept the way they behaving. This Mr. Sharon came to India just after they have been there. That time he was not a minister or anything, but he was an influential man. They organized a program and I was there. Again I was a chief guest of that organization. And I said one thing. He told how the Hitler people troubled him and what happened, all this things he told. I said: 'Remember one. Whatever has happened to you, you should not become a fanatic and torture others.' And he promised – we have a tape. He promised that this can never happen. And you see today what he is doing. Even the Americans don't know. This is it. This is it! You see, because they have money, Americans may not say anything, but what is wrong is wrong. In the eyes of God it is wrong, it is sinful, whether it is Hitler or Mr [Ariel] Sharon it makes no difference.

Is no question of politics, is question of values, of right and wrong. So this is what it is. So, do not identify yourself with any dogmas or with any fanaticism. Open your eyes and see for the truth what it is. All right? See for the truth what it is and then accept it. Because you should see how fanaticism has ruined our world. Look at that: What are we going to give our children. Mr. Khomeini is on one side. We call him a fanatic but you ask him and he will tell you about [Ariel]Sharon. And if you want to ask about Jews go and ask Christians and if you want to ask about Christian go and ask Hindus in India.

Woman: Well, there are unhappy [ambiguous] people in Israel was very upset about what Sharon did.

Shri Mataji: They did, I tell you. There are always good people in every place. What I'm not saying, not the whole. I am saying there are many Jews they have met Me and said 'that we are sorry for this'. There are many Jews who are felt like that, believe Me. I agree, there are nice people in every place and they are the ones who are going to get realization. You'll be one of them, all right. There are so many nice people. Very few are fanatics. How many there are Khomeini's in Iran, you will be surprised. Very few, the hate it. Now in Iran we have Sahaja Yogis, you will be surprised. We have got Sahaja yogis are all over the places. We have Sahaja Yogis everywhere so it is not necessary that if you belong to any community you are condemned anywhere. No not at all as long as you do not take those ways. If you think this ways are wrong then it is good, it is perfectly all right.

1:16:23

Lady 1 : In order for realization to happen you have to be sure it's gonna happen. Shri Mataji : What did she say? Sahaja Yogi : She wants to know if you have to be sure, that in order to get your realization you have to believe in your realization? Shri Mataji : No. But you must believe that you are a human being and capable of having a realization. You must have faith in yourself, that's the first thing. But if it does not happen, you should not condemn yourself, you'll get it. Mostly, people have got it. 99.9% people who have come to me have got it. But there are 1% people who haven't got it also, I must say, who haven't got it for years. So there I don't know what's problem with them. I just don't know. I'm trying still on them. So I can't say that all of you will get it today, but you'll definitely get it, ultimately, no doubt. We have to just ask for it, be steady about it. Your seeking should be truthful and honest. Now, you'll be amazed, now we have so many Jews as my disciples, they believe in Christ because they know without calling for Christ you cannot raise your kundalini. They believe much more than any other Christian can believe in(it) because it's an experience with them. And they believe, and the Christians believe in Moses much more than they ever believed in, because they know he exists within us. And if you have to raise the Kundalini above this point you have to take the name of Moses. And Mohammed Sahab too. They are all one people. You'll be amazed. Now the Jews are fighting the Muslims, they don't know that there's no difference between Moses and Mohammed. They are the same personality born again and again. Just imagine. It's so amazing the whole thing. Lady 1 : They're just two incarnations of the same person (word not totally clear as Shri Mataji takes over) Shri Mataji : Same personality. The primordial Master. Same personality. We can prove it on Sahaja Yoga. We can prove it, that the Kundalini stops at a person who is fanatic. Then, if he takes the name of another person, like, say, if he is a Muslim, then he takes the name of Moses, the Kundalini rises. So, universally they are all one. Let us feel that unity, the joy of that unity, that blessing of that unity, of that oneness and give up all these fights. No religion can teach us to fight, can it? If that is so doing it, it's no religion. Religion has to teach us to be one, to be collective. You're all human beings. Lady 2 : How did all this start, with all this separation...(laughter) men creating all this stuff and we believing... all these different...? Shri Mataji : Why do you believe in all these things? How can God make you like that? He cannot. He, you are His children, all of you are His children. Think him to be your Father. How can he teach you to fight? It's all some sort of a...I think, is a vested interest or some sort of an ignorance, I don't know how to blame. I also don't want to condemn them, those who have done it, because I am a Mother, I have to forgive them. I forgive all of them. Whatever it is, they should not go further with it. It is too much now. I can't see the way the world is divided into thousands and thousands and thousands of sects in the name of God. You can do wars in the name of something nonsensical, but in the name of God how do you divide them? They are part and parcel of one personality. The cells of the body of one living God. How can you divide those cells? They are so related, too connected. But only realization will tell you that it is so. Without that, you cannot feel it. My concern is people do not establish their realization. Then you will know that you're all one. There is no difference at all except that, just to create beauty, God has created different varieties of faces. See the permutations and combinations. One leaf does not look like another leaf. That's just to create art. But here we have people with noses like this, people with eyes like that. We club. We club for everything. Even if somebody eats with spoon they'll club together, spoon eaters! (Audience laughs) We have a habit to club. Something will find out to club together. It is our trouble. We are such club-minded

people, that you don't know. And then, I don't mind club, doesn't matter. But then why fight the other club? Lady 2 : Even more so... Shri Mataji : And you have a club. They have to have a club. Then why fight? (Laughs) Lady 2 (not clear) Shri Mataji : And then with the daggers and knives, imagine. That's the worst part of it. Now the day has come that we should forget it and finish it off once and for all. Let the human beings rise to that state of a spirit. You will see it will happen. You are all thinking people. America is known for its sublime thinking, of higher thinking. And that the time is come now for you to think of the democracy of God's reign. Let it come now where everybody has equal rights, may not be similar rights, but equal rights, because similarity will be boring. So, let it be different but equal rights to exist with happiness, joy and complete supreme freedom. That's the time I'm talking about. All right? So forget all the differences, and forget all these things. Just think you are a thinking people, and whatever knowledge you have, you put forward for this. All right, let's have it. Now, let's hear it Man 2 : Yes, when I've gone with different teachers of different persuasions, different spiritual teachers, I have felt something to varying degrees, depending on who I was with. Pardon my ignorance, but is this my experience? Is it something that is coming from them to a certain degree? Is it coming from inside myself? Is this a realization that can sort of be transferred? Shri Mataji: What's he saying? SY He's asking, he's been to different teachers, and he says that he has experiences with them. He doesn't know whether they're coming from them or coming from inside himself? And he wants to know how to tell the difference and whether a divine experience can be transmitted. Shri Mataji : Of course, it can be, but if it is Divine, it has to be Divine. Let's see also, all right. When you get your realization, you'll get it from your own spirit, not from anybody. You are your own guru. You are your own master. Only that Master has to be awakened within you. I am your Mother, and Mother is the greatest Master and the greatest headache for the Mother also; because She cannot be strict like the Master. She has to be kind and nice, and She's weak about her children. She has a weakness for Her children. So, only thing She can do is to awaken Master within you. Your Master. And it's then easy for you to correct yourself. You are your own master. Lady 3: Mother, I have a more mundane, practical question. Excuse me, I wonder whether you could tell us how, maybe the best way to deal with people who we need in our daily lives, not important people to us, but people who we need, you know. I have a tendency to look at that person whose giving me crap, you know, and I look at him or her and I see the light inside. And I say, how can you give me that crap, you know. And instead, I wonder whether you know, it's best to smile and say, you know, thank you for the crap, or do you say, you know, I mean, maybe you give an example, and you just ignore, you know. Do you know what I mean? Shri Mataji: No ,no ,no. After Sahaja Yoga (lady interrupts - ' or do you speak?), I'll tell you the technique. The technique of Sahaja Yoga you have to learn. Then how to envelop them in your love. How to take out their thoughts. Is all you'll be learning, because so far we have never used power of love, you see. What we have used is power of hatred. All these nations are working on that power of hatred. How to hate each other. But now this is power of love. And this power of love, the technique you must know how to use. It is very wonderful how you can really make a flower out of a thorn. We have made so many people like that. We have made a flower out of a thorn. And you can do it also, but you have learnt the technique that's all. It's a technique of love. Lady 3 : Could another Guru, who says he's one with God give by touching, moving, give him Shakti? Shri Mataji: You see, so many say like that, but I haven't seen one. Most of them are giving nothing but spirits. If the Shakti is given, then the Kundalini must rise, and then you must get cool breeze on your head. That's the sign. Not the other way round. If the people say they are giving, so what? They're all telling lies, morning till evening, we are giving this, and giving that. But have you got any powers? Can you feel another person? Can you say that this person has this problem? Can you say what problems you have within? It is like there is no light, nothing and, I say I give you the light, now I start believing I have got the light with closed eyes in the darkness. Oh, I've got the light, I've got the light, and we are banging our heads everywhere. But if there is the light you must know what is within you, and what's within other people. That's the sign, but don't believe in people who tell you lies. There are people who are very good at telling lies, much better than you all western people can put together. That's the quality of Indians. Don't believe them. I hope there are no Indians! They'll crucify you. Not all, as I said, there are many very honest Indians also, but, they can tell lies very well, and cheat you and take your money. Yes? Man : Mother, I have a friend who lives far away. She has so called terminal disease, and she is slowly dying. And, I wonder if there is anything I can do to help her? I should try in some way, you know? Shri Mataji : What happened to him? Sahaja Yogis : He has a friend who lives far away, and she has a terminal disease. She's dying, and he wants to know if there's any way that he can help her. Shri Mataji : Of course you can. Why don't you come and see me tomorrow morning? I'll tell you what is to be done. What terminal disease does she have? She has something called amyotrophic lateral sclerosis (ALS), so-called Lou Gehrig's disease, of which there's no known cause and no known cure. Shri Mataji: What is the symptom? Man: Some sort of sclerosis, Mother. Shri Mataji: Multiple Sclerosis? Man: Something like that, Mother. Shri Mataji: Oh, it is curable through Sahaja Yoga. We cured people in Cambridge, just from the pulpit...yah. Multiple Sclerosis? Man: It's something like that, I guess? Shri Mataji: All right, you come along, I'll tell you what is to be done. Alright? Multiple Sclerosis. Curable. Don't you worry. What's her name? Man : Mary Ellen.

Shri Mataji : Done. Now shall we have?

1982-1029, Talk to Sahaja Yogis: Creation, Incarnation

View [online](#).

29 October 1982

Talk to Sahaja Yogis

(United States)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis on Creation, Incarnation, New York, USA, October the 29th, 1982

Shri Mataji: They may be quite shocked when I tell you all these. [Laugh]

But you will, can find out on the Kundalini whether it is true or not, you see. The thing is, the Kundalini the only One, which is going to tell you that whether it is true or not. So now, we, to begin with, let's see, when God Almighty, or the Creator or they call it as Para Brahma. In the Sanskrit language, He's called Para Brahma, was [change in the sound] fast asleep. So there was nothing, just the sleep.

Sahaja Yogi: Oh, it's fine, a, I was going to show it to You...

Shri Mataji: You may like to come to India and stay, whatever it is, just find out.

Sahaja Yogini: Yes.

Shri Mataji: And keep contact. And they are going to contact this man, mister Dr. Balawara, and he'll work it out. So, it was nice to talk to her, Tracy. She said: "You sound very well.

Now how was New York to you?" [Shri Mataji laughs] I said: "Not so disappointing." [Shri Mataji laughs]

Last time you remember Tracy I was going back to New York. Tremendous vibrations, tremendous.

Sahaja Yogi: Mother, you were talking about some rock formation or something with three faces on it.

Shri Mataji: Aha.

Sahaja Yoga: Here's a photograph, but this isn't from India. It's from Nevada.

Shri Mataji: From where?

Sahaja Yogi: Nevada, Nevada, which is...

Sahaja Yogini: It's on the west...

Sahaja Yogi: It's a state there, yeah.

Sahaja Yogi: Near Arizona, Mother.

Shri Mataji: Is it natural?

Sahaja Yogis: Yes, yes, Mother.

Shri Mataji: It's Dattereya. 3 faces, hum?

Sahaja Yogi: Yes.

Shri Mataji: Dattatreya, it is simple. It is, this is Moses. See here.

So nice, so sweet.

[Hindi]. No light, you can see there, how do you [unclear]. He's working out very well. See the vibrations. They are so much.]....

Sahaja Yogi: Achcha, [in all directions OR it's non-veg means]. Tike

Shri Mataji: So now we can just in short say that... [Shri Mataji asks a question in Hindi]

In short, we can say that the ego was formed and that concentrated point became the Holy Ghost, what you call. But I would say it is better to call It Holy Spirit. Because you see, this ghost business has been taken over by these Jews and they have really exploited. And they say it's like a witch. I mean, when you get against, human beings when they get against something, they lose all sense of proportion, even against God. They have no sense of proportion left, then. They think this is their really. To say it, they have to have like this, without any, without any sense that you are insulting God.

And some told Me in Greece, what they call this one?

Sahaja Yogi: Who, Shri Mataji?

Shri Mataji: In a - for Holy Spirit.

Sahaja Yogi: They called It Pnuma, and in the Bible is the Breath.

Shri Mataji: Sacred Pnuma.

Sahaja Yogi: Yes, the Holy Breath You are.

Shri Mataji: So it is that, the Breath. You see, that's the Breath of God.

Now this Breath of God, Holy Ghost or Holy Spirit, whatever you may say, is the Primordial Mother, the Adi Shakti. In Sanskrit language, you see, one it has such certain advantage that every word, every word, every consonant, every vowel has a meaning. And actually Sanskrit, it is started in, according to him I mean, if you read the calculations, according to Tilak, what he says that it started in Norway, that the mother language [Proto-Indo-European] of Sanskrit and Latin was in Norway, according to him. That because the Rohini constellation [Taurus in Vedic Astrology], I don't know what they call in English, is at right angle in Norway. So it started there and Sanskrit means made holy, made holy. San means holy, Sanskrit. So out of that mother tongue they found out through Kundalini movement, you see, because when it moves, it makes sounds at every point. For example, here it makes all the vowels, the sixteen vowels. And that's why it was called as Devanagari, means it is the script of the Devas. They can understand. That's why Sanskrit was called as Devanagari.

So now, so this Adi Shakti didn't want to produce or create Her duality part. Cause She's enjoying Her husband's company, so She didn't want to have - in a very, a day-to-day language, we can say like that: the sweetness of it. So there's a Lasya state in between is, Lasya [first inner movement] is that, that She refused that She is going to create for Sadashiva and that's how She came closer to Him, first. But then He made Her, He pushed Her. "No. You have to do it." In that movement this Aum was created, because She was at a point with the circle, when She came closer the circle broke, I mean, it was thrown away, the Aum was created. Actually, if you see the Kundalini rises, if you can see it. It's from the supraconscious angle, you can see the Aum on your head, here, where Christ is sitting. In that movement, in that sound, Aum was created, and that it was Christ.

So, how Primordial He is! Just after the desire started activating, the first beginning of it. I mean, [I/there] was pushed into pre-activity, we should say, and not that activity had started, He was created, at that time. That's the origin of Christ, Aum. I think you call it Logos or something?

Sahaja Yogi: Yes, Logos.

Shri Mataji: Then the Goddess divided Herself into these three forms and She created one Son and one Daughter. And - I mean, there is no sex in this work, because it's coming from the Heavens, you see, it's for the lower people to take to sex to produce, for Them, They don't need any sex. And then they were married in the sense that they were given as powers, like passing from one to another. It's all a big story. And all that was formed then a, you can say, the three male personalities or the male forces and their powers, the Shaktis. They were not their sisters but we say married, because from another mother they got it. It is just to give a combination, because if you have to balance; then if the male is working too hard then the female balances. That's why a person who thinks too much gets a heart attack.

He should really get the attack in the brain but he gets attacked in the heart. This is because of this combination that was created. It's all deliberate, calculated, with complete understanding.

So these three formed the three channels within us: the first of the desire; second of the action; and third of the evolution, or the sustenance, or the dharma, the religion. So the religion, as you see, it's the valency; means our quality.

So now we come back to this creation of the innocence, the first one. The innocence is the first Logos, is the Aum, is Christ. But He first was created as Ganesha. When He came on this earth, He came as Christ, because He is beyond ego. He cannot have ego; He cannot have superego. And He is wisdom. To represent that, a head of an animal was put on His body, because the animal never goes into ego. And the wisest of all being the elephant and also elephant is the remain, is the only remaining animal there's a story about that also, out of the large ones we had, the mammoth and all that, out of evolution. So He was made as the symbol of that personality which was Shri Ganesha. Is the, we can say, the seed of Christ, or there's no analogy for it, but we can say that, that's the stage as the primordial stage, and Christ incarnated as a human being. So He had to be human being. I mean, you will see some Gods and Goddesses shown with four hands and six hands and ten hands and all that. But actually they, that is in the, in the first stage of creation where they were like that, but when they come to human beings they have to have only two hands and two feet and a proper neck and a head, otherwise, nobody will accept them. As it is, nobody accepts, whatever you may try. [Shri Mataji laughs] Whatever you may try, [Shri Mataji laughs] all tricks they have tried! Nobody accepts. That's the main

point, cause human beings think they are the wisest of all.

So, it came down. Then this two, the second chakra, is of seeking, started when animals started seeking the food. While seeking the food they also started seeking the strong shores of the sea. And that's how they crept out of the sea, and the reptiles started, and that's how the evolution started in that area which you see as, in green here, the round. Now this is the stage where we see how the Divine helped us. And He sent ten times the incarnation of the Vishnu, we call Him, because Vishnu is the One who gives us sustenance. So the three aspects were, the first one as I told you was that of the desire, is the Shiva aspect. The second is the activity, Brahmadeva, the Creator, aspect of God as a Creator. The first as a desire and when the desire finishes is the destruction. So the first one, you can call it, as the one who is the desire and existence, as well as destruction, because then if existence is not there, there is destruction. Negation of existence is destruction. So that's the first thing. The second thing is the activity which is the creativity, and that is Brahmadeva, and the central one is the aspect of God, which is the sustainer, the protector or the one which gives us our dharma, is our religion. So human religions are ten. In the evolution, they developed into ten religions we must have. These are the Ten Commandments of the Bible.

Bible is all there. Everything is so interwoven to Me, I cannot see the difference at all. Because you deal with the present. Supposing I've seen a child growing like this and then growing like that, and growing like that and growing like that, to Me the whole personality is the same. In the same way that this Void is nothing but in the, you can say the Mediterranean Sea, that is that void, where all this activity took place. This activity took place because there were ten main, these great prophets, were born. And these prophets are the people who are made out of the innocence, the innocence of these three aspects of Him.

The innocence of these three aspects of God is made into a personality called Dattatreya or the Primordial Master. He comes on this earth again and again. Specially ten are the main, main incarnations. So He comes again and again on this earth to tell people about their dharma, their religion, their capacity, their quality. That's their job. That's why Moses did not talk of an ascent. But that doesn't mean Moses does not play any part. But one can ask the question that, why, why the balance? Why did He talk of the balance? Why did He talk of the Ten Commandments? For what? I mean, every intelligent man must ask. Every Jew must ask, "For what?" Because without balance you cannot ascend. I mean, even an aeroplane have to be a balanced thing to ascend. Anything, I mean even if we are walking, we have to have a balance.

So to establish the balance within us, these people came again and again, these ten primordial beings, we say. Some on the left hand side, some on the right hand side. It's very symbolic. The whole thing is so wonderful. So now we can say who they were from the very beginning. This is Socrates, Moses, Abraham, Lao Tze, we had Mohammed, Nanak, Janak, and the last of all was Shirdhi Sainath. Shirdhi Sainath, the one who lived in Shirdhi. He is the last incarnation who came. After Mohammed, Nanaka came; after Nanaka, Shirdhi Sainath. All these are the one and the only one principle of Primordial Master who came, and they all said the same thing.

First of all, they were against alcohols, against any kind of a intoxication. But say at the time of Moses they didn't have cigarettes, you see, so He didn't say about cigarettes, naturally. They didn't have. So the people who follow Moses think there's nothing wrong with cigarettes because He didn't say. But that time there were no cigarettes, you see. All these sinful things were devised afterwards. So they didn't say what is prohibited now, I don't know [Shri Mataji laughs] what other sins people are thinking about. That whatever I see I say that, "Don't do this." Supposing you ask Me I'll say, "Don't do this." But tomorrow one may say that Mataji didn't say that: "Don't do this," because, you see, human beings are good at finding out things by which they destroy themselves. They are experts, you see, how to find out things by which your dharma is destroyed.

So whatever at that time, whatever they thought was good, they said: "Don't do it."

Like Mohammed Sahib said that, "Now I will not come anymore; is the last prophet," because He thought He's done the job. But then he found [Shri Mataji laughs] that they are fighting and they are not at all bothered about their ascent, or their balancing, but they are going to the other extremes. So He incarnated again as Nanaka, and then as Shirdhi Sainath. So, these incarnations exist within us. They exist within us.

Now if you have to take the case of a person who suffers say, from stomach cancer. I had exactly this case, from Iran who suffered from cancer of the stomach. So I told him: "Will you believe that Mohammed Sahib was the same as Moses?" Imagine, what a great challenge for a Muslim to say Moses and Mohamed Sahib were the same. He said: "No, never, I can't believe it. How can that be?" I said: "But Mohammed Sahib Himself said that they are the same. They are all ten in number. So why don't you believe it?" He said: "But they were not the same. I cannot believe." I said: "I cannot cure your cancer. Because you are a fanatic,

that's why you have got this stomach cancer. So, you have to accept that they were the same."

And he woke up, you know. So he went back home and, and another time they went to the hotel again. They had come all the way from Iran. So the wife said: "Now, will you please get alright?" He was very sick. He was dying. Doctors said he was going to die. He came to Me and said: "All right, Mother, I'll do it." I said: "Now you say that again and again. And that is the mantra for it, that: 'Mohammed, I know that you were Moses.' This is the simple mantra you have to say." And he got cured; you'll be amazed. He went back to Iran. He's still there, living, existing. So this is what it is.

All these ten are there. And now imagine the Jews fighting the Muslims. Why? I was so much in a fury yesterday [Shri Mataji laughs] because I just can't imagine, how can you do it in the name of God, in the name of the prophets who incarnated? The same person incarnated.

So now the evolutionary part is that, the incarnations came on this earth, ten incarnations, as I've told you. The tenth has to come still, we can say, or is there, in a way. The incarnations came in, and first one was the fish, which sees, which, which remained on this earth to guide, till we had the Great Deluge. It was He, that fish only saved that ship from getting drowned. The same fish stayed on for the incarnation, after even it had incarnated. It stayed in the seawater even when this thing happened and that he tried to save that incarnation of the sustenance. So we start from fish in the mythology, we have ten incarnations, first is the fish. The second is the tortoise, the reptile, which walked out.

But the leader has to come. Somebody has to lead human beings. If you do not get the leader, they do not venture into it. Normally, they venture into all darkness, never onto the right side. This is what is the original sin, which also we should understand. In the Christian mythology they talk of the original sin.

The original sin was committed because of the schema, style the human beings are, that God created human beings like animals, that's symbolic. Now He gave them freedom. But innocence was there, and He told them: "Keep in innocence. There is no need to destroy your innocence, and try to know something. If you are innocent, obedient and if you remain as you are, you'll become the Spirit. But in freedom you must live. You must have freedom. Because without freedom, how can you get the supreme freedom? So you have freedom." He gave them freedom. The animals are not. They are pashu. They are in the pash. Pash means they are in the bondage. They are not free. Human beings are free. If you want you can be a scorpion, you can be a lion, you can be an elephant, you can be anything. So this freedom was given, and was told that: "Don't eat the fruit of knowledge."

Now this fruit of knowledge was what? This knowledge is "avidya", that we know of, like creating atomic bomb. We drifted onto this. There was no need for us to know. And this, when we started knowing, where are we? At the brink of destruction. By knowing how this world is made and what are the things and about the science and all that, we reached the point where we thought we can now use this, and we are using it for our destruction.

But the idea was different. First, it was to be innocent, to become the Spirit and then to know about these things so that you have the wisdom. So the whole thing failed at that point. That's why it's the original sin people talk of. That's the original sin. If we had waited, we had become Spirits and then we had seen to what all knowledge is. You are different. Then you use it for the purpose of the betterment.

Like in India, you'll be surprised, long time back, Rama had an aeroplane which he described had 365 and 385 gadgets, which none of the modern things have. But He did it the other way round, you see. He had the other way round: that first you become the Spirit and then you know these things and handle them, which way you want. So what happened, the first we cut off our innocence, that's the first root and the root that is the support of the roots is regarded, He is described, Mahavishnu is described as the support of the roots. So we cut Him off to begin with. So this problem started then that you had to send human beings as incarnations. To first of all to give you the balance, these ten and also incarnations, ascent. To give an awareness by which you come to a point that you start understanding that there is Spirit beyond this knowledge and that you have to achieve that Spirit. So at the time, first time the incarnation as a human being came on this earth as we say of this sustenance was of Shri Rama.

But before that was Vamana avatara which is the short man, a very short man. I mean, first the man was created as a short man. He is the first one as Vamana avatara, and that one came as a leader. The first one was Vamana avatara and He was given the power. He was given the blessings that He can spread into three worlds; so, into into the higher worlds, into the lower worlds,

and into the central one. That's how human beings got distributed into these three worlds, and a big, you see, problem started. Like the house that goes wild, you know, then it goes amuck. Then you have to get all the things collected, put them right. The original sin is the big problem. The biggest problem was that. Now to solve it up one had to do all these things. So first the Vamana avatara came.

After the Vamana avatara came this incarnation of a very tall and hefty man. That was Parashurama. So I don't know in the Greek philosophy, it's Zeus who was Parashurama because it sounds like Zeus. Because Parashurama is contemporary of Rama Himself. Because somebody had to announce. You see, it is necessary that somebody must announce the advent. At that time it was necessary. So Parashurama came. The tall and the hefty man who came on this earth, maybe Zeus is called. Otherwise they are so confused, that you see, to, to relate this to that, is another confusion. I don't know how, but looks like Zeus. But He is the incarnation of this sustenance force within us, sustenance the one that gives us religion, the one gives us ascent. So He came on this earth, you can say, at the same time as Rama came. And then She appeared on the scene at a point where Rama tried to break the bow which was given by Parashurama. And Parashurama wanted to find out the Incarnation. So He gave this bow to a king, whose wife- whose daughter was Sita. She was this central path of Mahalakshmi. She came on this earth as the central power of Mahalakshmi. Later on She incarnated as the Mother of Christ, Mary.

So, Mother of Christ is nobody else but She is Mahalakshmi. She is Mahalakshmi, absolutely there is no doubt that She is Mahalakshmi. But how will you know? When I say She's Mahalakshmi, we're shocked, that's all. But She is the power of that, complete power in Her being. Now it is described in the Puranas, if you read there is a book of Markandeya, which these people should know how Mahavishnu was created by Radha, who was the second Incarnation. First came Sita, then came Radha and then came Mary. These are the three human incarnations of that force which is Mahalakshmi on this earth. And the only this one incarnates, this force, sustenance, because It had to raise you. This only incarnates, not the Shiva. He never incarnates. That's why He's Sadashiva, He's never incarnated. And the left side one has incarnated only, let's say, once or twice. Once, of course, as the son-in-law of Mohammed Sahib, just to support Him, who is Ali. And his wife, that was later on, his wife was also the same Mahalakshmi, the daughter of Mohammed. She incarnated on this earth. So in the main, they are worshipped as three persons in India, as I told you, as first as Sita, and then as Radha and then Lakshmi [unclear] In India, Mary is worshipped also, three, three persons. But otherwise she incarnated as Fatima. And She also incarnated as Nanaka's sister, as Nanaki. But because they were at a potential level, they were potential at that time, so people would not know much about them. Even Mary was potential [energy]. She was not kinetic. But the reason why Christ never talked about Her directly was that it was the play of crucifixion; was a very important play. And if by any chance He would have said that She is the incarnation of Mahalakshmi, the whole destructive force would have been against Her, and then He would have come out with His all eleven destructive forces and the whole drama would have fizzled out, and the whole world would have fade out. So just to stop that, you see, this was kept a secret that She is the one who is the incarnation of Mahalakshmi.

My father who was a great realized soul, as you know he was a great master of Bible and every, I mean he knew fourteen languages. He translated Qu'ran Shariff into Hindi. Still his book is not published, I don't know why. And a very big master on religions. He was actually My guru as far as human beings were concerned. He told Me about human beings, how they were, you see. [Laughs] And he told Me that: "Till you really develop the thing for which You are here, the en-masse evolution process, don't talk of God; don't talk of anything. Because again You'll create another Bible, and another religion will start and all the nonsense will start. So just shut up till then." And really, I've did that as he told.

So he told Me, My father, that in Christianity, when Martin Luther King came- he was a Realized soul, no doubt - but he thought that at that time the force that was attacking Christianity, was Islam, and he wanted to get Islamic people into that. So he- it was a political move by him, because he w, to put that right what he said that better not talk of the Mother as an incarnation or a mediator or anything as such. So he just said She was a woman. They did not respect Her. Means then he did not show any special significance, but he did not disrespect Her. But others who followed him, disrespected Her that She doesn't exist as far as they were concerned.

So this is what it is how the, you see, how even the people who are Realized souls can create a thing just to adjust to the present, and then how these problems start.

Like Mohammed Sahib had to adjust also to the present though He was an incarnation. But at that time, so many women were left out and men were killed and there were very few men and many women. So there could have been illegitimate relationships and marriages could not happen. Then He said: "All right, you can even marry five wives. But you marry." Means you must have a

collective sanction; that's the point. You must have the collective sanction. And because of that, when He said it, now every Muslim thinks he must marry five times; otherwise, he's not a Muslim. This is human nature you know, to put everything opposite. They do not know how to see things. The brain, you see, it is upside down. And he sees everything from another angle. Somehow or other he manages. So this was they did to Mohammed Sahib.

So many things they have done [Shri Mataji laughs] that I am Myself amazed sometimes to see how they have accepted all these wrong things. So that was what happened at the time of Mohammed Sahib. He had to save people. Even to this extent that He could marry a young girl, say, even in India is regarded as sin, absolute sin. Anybody who marries a young girl is regarded as sinful. I mean, in tradition it is absolutely wrong to marry a very young person to you, who is like, could be less than your daughter's age or something. But even to overcome that He said, "All right. I'll marry a girl who is very young so that you forget about it." Because He didn't want the greater sin that illegitimately like prostitutions. So to solve that problem at that point He said, "This is to be done." But like when there's an emergency you create a boat to cross over, but you don't carry that boat on your head when you have reached the shores, you see. That's what human beings are. They'll carry all the boats on their heads and say that, "We belong to this boat and we belong to that boat." That's the specialty of human beings. And they will fight for the boats, you see, which are of no use to you. [Laughs] And they will not feel the grounds where they have reached. That's the problem. All right.

So now here at the Void point, it's very important to see that Sita who was Mahalakshmi came on this earth and She became, She gave birth to twins called Lav and Kush. Two children She gave birth. They were human beings. They were created by Her. It's a very unique thing to create human beings. She created two human beings called Lav and Kush. Now these two human beings were to occupy two positions in the head here, from here to here [ego, superego]. So they had to ascend. So the ascent was worked on these two persons throughout. So we can say they are the principle of the disciple. They are the principle of the disciple. And the principle of the disciple was worked in such a way that they occupied this position and this position in the cross point. Then Lav and Kush in their lifetime, now this is another story which is now being proved, which I told long time back.

One of them, he was little annoyed with the father because the father has deserted the wife, for certain reasons. The father, though the incarnation, forgot about His incarnation, was made to forget His incarnation and became the incarnation of a benevolent king. He is the symbol of benevolent king, and that's how the idea of benevolence in a king first came into the head of human beings, through His incarnation. It is He who charmed or, we can say, He enlightened the awareness of human beings, of understanding that a king has to be benevolent. This happened eight thousands years back, when Shri Rama came on this earth. And to show how a benevolent king should be, He forgot that He was the incarnation. He lived like an ordinary king, behaved like an ordinary king, with all His ordinary feelings and all that. It was like a human Realization he got. And He acted as a benevolent king. This is Rama's incarnation.

Then he had these two children, Lav and Kush. And in their lifetime, when they came back from their exile, He offered His kingdom to His children. That is also the father's position. He was the father. Father's position is that of Shri Rama, what you call as right heart.

[Aside]: Have you got the Kundalini book in there? You better go through that also, the right heart.

The right heart is the Rama's place, Rama is there. And He had these two children, Lav and Kush. And they went to, one went, the Kush went to China and Lav went to Caucasian's side. So the Russians are called as Slavs because he was Lav; they were called Slavs. "Sa" and "Lav" ; means 'with', "Sa" means 'with'. Lav is the one who went to the right side, to Russia. And Chinese are kushars. So you can imagine these two twin brothers are now fighting among themselves! I mean, ultimately if you follow the history you find that two twin brothers are fighting among themselves. This is the history, the historical truth. Ascent is like this, or we can call it the descent. So that is what happened to both of them.

Now they were reborn again on this earth, later on, much later as Buddha and Mahavira. Say, they are the principle of Moon and Sun, and the principle of disciple, because these two centers are in the Void. So then they became Buddha and Mahavira, at this stage, they became Buddha and Mahavira.

But they found out after their death that Buddhist were another nonsense and these Jainist was another nonsense, you see, because these human beings create such problems that the same incarnations think: "What did I tell them and what are they doing? So we are born again."

[Shri Mataji laughs] So they came back again as the two children of Fatima Bai who was again Sitaji, of Her, as the grandchildren of Mohammed Sahib. And they then thought that you have to fight with weapons the evil forces, and they died in Karbala. So this

[non-] violence of Buddha which was preached- a- and non-violence of Buddha and non-violence of Jainath, means Mahavira's non-violence was of a such an extreme nature, that both of them took on this earth their birth, to prove that it is essential that you have to fight, and this is not the non-violence of the weak.

Now the non-violence of the Jains is so horrible. They are vegetarians. Vegetarianism was never preached by Buddha, because Buddha himself died because he ate the meat of a wild boar, which was half-cooked. So I mean, He was not a vegetarian. But He talked of a non-violence of the human beings. You see, we are violent to other human beings but we are very careful about the cats and dogs and the bugs and the mosquitos and we are trying to save the chickens. Now you tell Me: am I going to give Realization to chickens? [Shri Mataji laughs]

See, human beings are wonderful. They'll create atom bombs to finish off most of the human beings, and here they'll try to save chickens, you see,, chickens. [Laughs] You see, tell Me the use of this human brain, what is it like? I just don't understand, that how can you think of such a vegetarianism.

But these absurd ones have another limit, that they put a cloth on their mouth. They cannot, they do not breathe any things like any creatures which may be hanging around in the atmosphere. But the worse things they do is to get a Brahmin, you see, take him somewhere and they give him some money and they put him in a hut, get all the bugs of the village, put the bugs in the hut and the whole night those bugs eat the fellow and take his, suck his blood. And when they are full they fall off. Then he comes all exhausted, and then they give him more money. This is the Jainism. And if I tell you even greater things that they do, you won't be able to eat your food today. They go up to the bathroom part. There also they try to save these bugs and other things like that. Imagine what Mahavira must have thought! He talked of all these things in the hell, and they are repeating it.

Whatever they said, they just do the opposite, I tell you. Just the opposite of that they have done. Everywhere, every religion, they have done just the opposite.

Like Hindus were told that the Spirit resides in every human being, that the caste is a jati, is the innate aptitude, is born aptitude, not according to your karmas, not at all according to your karmas. You see, these people talk, ask them such questions, like: "Who was the writer of Gita? Do you know was he?" Writer of Gita was Vyasa. And who was he? He was the illegitimate child of a fisherwoman, who was a Shudra caste. Imagine, how can he write that "your birth, according to your birth you get your jati" ?How can he write, a person who is not like that himself? Tell Me. But look at these Hindus, horrible people. How they have made these jatis you've seen as Brahmins.

They are all rakshasas, I tell you.

All the Brahmins of India are rakshasas, sitting in the temples, absolutely devils. And some of them in Kashi are the Romans who disappeared in the thin air. They are settled down there. You see their faces; they are absolutely Romans, these horrid Romans who ran away from Rome are settled down now in Benares. You can go and find out. They are the same people. If you see their blood, you will know they are the same people, the Romans, who disappeared from Rome. First day I have went to Benares, I knew they were who. And I wouldn't go inside the temple of Kashi Vishwanath though it is indeed a very great temple of Shri Shiva. There I said, "I will not enter into this temple till somebody gets rid of them." And you know, within eight days the government took over the temple. Then next time when I went I went inside the temple. It's like that. They are all devils who are sitting down in the temple, absolutely doing Tantrism, and nowadays the business is to sell marijuana and all that to the foreigners who are coming. You can only get them in the temples of India. Can you believe it?

And that is against dharma, because intoxication goes against your attention, and in that part is your attention, which is looked after by your Yoga, sustained by your yoga. This goes against the liver.

It's very simple, you see.

Recently there was a Sahaja Yogi that wrote a thesis on alcoholism. He got his thesis. He is a PhD and I mean, of course, I gave him the little point, on what happens to the OH ion in the water, when you take this alcohol. The OH ion, it's towards like this. It is, it is, in a normal way if it is like this, then oxygen is in the centre, hydrogen here and hydrogen here. That's all right. Then the water can carry the heat from the liver, which is given out when you feel the heat in the - heat is nothing but, it's the poison of body, and it is carried out. But when the liver goes out, you never get a temperature. And the OH ion just instead of becoming like this, it becomes like this. And if it's facing the liver like this, it cannot receive it. But with vibrations what happens, it become like this, so to say. And that is what it is, that they were all against all intoxications, all wines, everything.

Now to say that Christ gave wine to people among that day [marriage at Cana]. You see, "wine" means, draksarasa [Sanskrit word for grape juice or wine], It means the essence of the grape juice, you see. Is there any other word for the grape juice in

those days? That's the only word they used. You see, the words, the way they have twisted for their own things. This grape juice is the only juice used in that country because that was available, and another thing was that it was a very hot country, and people used to drink a lot. Anywhere you go, into Uzbekistan, I've been to: morning till evening, they are drinking nothing but grape juice. Grape juice is the main drink they have, the only drink. They didn't have Coka-Cola in those days.

[Laughs]

You see, you see, it's symbolic. Christ life is so symbolic that unless and until you have symbolism explained, they will never understand. You see, it doesn't mean bread which is baked in this horrible bakeries. How can that be His body, you see? Body was made out of "mala" [Sanskrit word for dust] I've told you the matter, and He was the essence of the Spirit. The essence of the Mother Earth came into the grapes and was taken out, and that is the essence. So from the Mother Earth you have to come to the essence. That's what He was saying, but hardly He had three and half years. Somehow, we can say, how much one can do in three and a half years? He did such a lot. I can't do so much, I can tell you. Four years I was struggling in England with seven Sahaja Yogis. Four years. In three and a half years, I must say, He did a lot. But whatever He did was neutralized, because of the shortage of time, because people never went into any subtler understanding. In a gross way, if you treat a subtle personality you won't understand. If you try to treat Me in a gross way, that I'm wife of such and such, and this and that and that and that, which has no meaning at all. I mean it is nothing. It's something so, so much outside. You see, you have to be somewhere, you have to be born somewhere, you have to be somebody's wife, you have to be something somewhere, you see to be a human being. But it has no meaning.

You must see to essence. And that's what we have missed in the life of Christ.

So, now Christ is there, so Kundalini moves on till He is all every where: He is at Mooladhara. He is at every chakra, because He is the essence. He is the essence. Tattwamasi. He is the tattwa. You must give them the translation we have. You were here the other day after the Puja? You were?

Sahaja Yogi: No, we were not.

Shri Mataji: All right, the tatta- we have got the translation, which Brian'll give you.

Sahaja Yogi: Yes, we [have], this is the "Aum" I have. [unclear] the translation of "Aum".

Shri Mataji: Of the, yes, the translation, of the worship of Shri Ganesha which was written, I think, about fourteen thousand years back. It tallies exactly with Him. You will be amazed. If you hear that you'll be amazed, that it was written fourteen thousands years back. But the Christians won't look out of Bible. You see, to them Bible is everything. It's not. How can it be? How can Bible of the whole Universe cannot contain Him? How can you put Him in a book and say: "This is what it is," and according to your limited brains you cannot explain, you cannot explain.

50:05

So, this is what it is. We come to this evolutionary thing. Then [Kush and Lav] they incarnated and they were settled down here as Mahavira and Buddha. So we have two centers here of Mahavira and Buddha. But at the ultimate, when He comes as the Kalki, then they are parts and parcels of His being and He uses them as one of the Rudras, is the destructive forces. He has eleven Rudras.

You see, the twelve Rudras are the Shiva's, the Entire, and He is the eleven Rudras. So Christ is one less than the complete destruction. Can you imagine? Twelve Rudras are of Shiva, out of which He is the eleven Rudras which is here, on our head.

And once we start getting these eleven Rudras we are in for a disease like cancer or any very destructive. Cancer disease, you find it here immediately. If somebody has eleven Rudras is in for either cancer or for myelitis. Of course, there are other symptoms also. You get the Parawani, you see, the throbbing here. You see, the throbbing starts from here. You may get it, because this is the void. And the dharma when it is destroyed completely, this builds in, because these are the ten of dharmas plus one of Christ. This is what [it means / is very important], the eleven Rudras shown here. So I mean, anybody who has eleven Rudras, we just get after them. Any Sahaja Yogis settles down with eleven Rudras. You see, all those gurus are giving part of [it / each side]. Either they give the right side or the left side. Thank God. So this builds in. But if you go to three, four gurus of two different types, you might develop them. You see they are left-sided or the right-sided gurus; these horrible gurus, I'm saying, the fake ones. So they will give you either the right side or the left side. Now if you go to the both you may develop it. Even you may go develop it with the drugs also eleven Rudras, possible. But not to that extent as the gurus, you see. Because if you bow yourself before these people, you are not to bow before anybody else but the incarnations. Even the gurus, anybody, you are not

to bow. Only to bow before the incarnations. An incarnation one has to know how to recognize.

So in Realization, till you are Realized I don't allow anybody to touch My Feet. It's not the privilege given to everyone. But Indians are so clever, you know. Before I say anything they are just there. I mean ,six thousand people, imagine, touching My Feet and the Feet become swollen, like that, [what to do]? Six thousand people can do it. And if you tell them, "You are not to touch Mother's Feet," they'll touch [there / that]. But they must bow, because they know. They are very clever ,you see. In the knowledge of the roots, Indians are the cleverest. They know everything, how to attain, because their aim of life is to attain Self-realization. Nothing else is important. You see, the basis of Indian life is, you have to receive your Self-realization. As soon as a child is born you go to a horoscope person. He will immediately [say] tell you whether he will get his realization or not in his lifetime, whether he has a guru or not, if he is going to meet a real guru or not, in the horoscope.

Like My grandchild was born and we all cast our horoscopes at the very beginning. He said, "A great news came, you see, with the wire." They sent a telegram. We had sent it to My husband's family people that, "Her guru is in the family. She will find her guru in the family itself, and the guru is the Goddess." It was all written down from them. Can you imagine? It came as a wire from them. That's the most important thing that you have a guru in the family. So the Indian life is, to them it doesn't matter if your carpet is spoilt. It doesn't matter, [if / is / you see] this thing, but the chances of your Self-realization if they are spoilt by anything, then that is inauspicious. So inauspiciousness is a very important thing in India, to look after the inauspiciousness. This is inauspicious to do like this. This is inauspicious, you see. They are very careful about inauspiciousness because the chances of Self-realization which is ultimate goal of their lives, will be spoilt. But of course, the Western are intellectuals. I don't know what to say about them. The Westernized ones, the Westernized Indians are horrid. They have, some of them have become gurus. Some have become, I mean, they are horrible people. They are making nuisance of themselves.

So now we have up to the point I've told you about this, and now I have given you about little bases, about the evolution part. But to go through it in the Advent, Gregoire has written quite a lot. Have you seen that? Gregoire has written on. Have you got the Advent?

Sahaja Yogini: Yes, we have

Shri Mataji: So as he has given Me a present, have you got an Advent to be presented to him? If you have, please give one. Otherwise, I'll send him over. Do you? "The Advent". That book we give to a Sahaja Yogi, not only to the realized souls but to a Sahaja Yogi to read it, because, you see, reading can cause problems.

Sahaja Yogini: Can You [then] translate into English the Rudra? What does that mean in English?

Shri Mataji: Ekadasha Rudra?

Sahaja Yogini: Yes, what, what is the English ...

Shri Mataji: Kalki, Kalki is, is what you call... Kalki is what is called in English language?

Sahaja Yogi: Second coming?

Sahaja Yogini: The second coming of Christ, the Rider.

Shri Mataji: The Rider, the Rider, the Rider, Kalki.

Sahaja Yogini: But if you, You said if you have the twelve....

Shri Mataji: The eleven. The twelfth one is Sadashiva's; this is the last, when He destroys the whole thing. The whole thing disappears into Him, the last one.

Sahaja Yogini: But how can a false guru give you the...?

Shri Mataji: You see, because you go against it, na? Ekadasha Rudra is spoilt by false gurus.

Sahaja Yogini: Spoilt one. [unclear] spoilt.

Shri Mataji: Gives a problem for you now, [where / here], they are there. [unsure, Because] Hita they can't give you. You see, it is to be released na? Ekadasha Rudra. So now, all right, I'll show... Can you give Me [a / your] pen? Now here you have a [painting/printing] which you can go through it, at the basis of it, and you'll see all that is done now, see, a simple [explanation / luxury thing].. Then Gregoire is another intellectual, horribly, and there were two horns that were coming out of his head when he came. So I allowed him to talk, talk, talk, talk, you see. Then when he wrote this book, poor fellow. You see, I gave him of course the way he wanted to write and all that, and I tortured his life. A year he came and stayed in London, you see. And every day used to come. I could see from top he was pulling his ears, you see, putting his ego on one side, [as he is / you see], coming down in the same manner.

So first thing I noticed was the book was written in a language which was very harsh, extremely sharp. I said, "You see, how can you have a language like that? After all, you are talking about Mother. It has to be sweet." So [I / I've] sweetened it little bit, you see. I put little honey here and there to make it little sweet, you see. [Then/But] that was quite troubling him. Then, you see, he had written the first chapter quite sweetly where he introduced Me, and how he came and [then] why he came and all that. But the second chapter started with his all intellectual, you see. Then we can call it the intellectual garbage in the head, [you see]. That all came out in the second and the third chapter. Like suddenly you come up from a very sweet voyage and suddenly you find rock of Gibraltar [sitting / you see] in front of you. So I said, "Gregoire, this is the Rock of Gibraltar." He got a fright. He said, "Mother, no. Then I will not publish it." So I didn't know how to conquer him, you see, so I said, "All right. I got some two, three critics to read the book. And they said, 'First chapter we could read but second rigmarole we know. So, we don't want to read the second and the third'." So I said, "Now, Gregoire this is the problem with this." So I said to him, "Let us make it sweeter, sweeter." At the end of the book when he finished it, I said, "Gregoire, we have to put these chapters at the end." And he got a shock, real hit, I tell you. He said, "Mother, how can You do that, to put these two chapters at the end when it is in reference with all other chapters?" I said, "When I, I corrected the book, I saw to it, I knew that I was going to put it at the end. So there is no change in at all in the whole book." So he put it at the end of it. So I said, "It's nice for the intellectuals who still do not feel satisfied with the book. They can read it. You see, like the cows, you see, when they eat something they take out other things. So let them do it till they are tired of mastication. Then they will be all right." So that those two chapters are at the end, and that is how the book is written.

He is a scholar; I must say, he is a scholar, but he says, "Mother, I am not a scholar." This is the first book he has written in his lifetime. But he says, "When I started writing, all these quotations came to him from somewhere of which he was never aware. He had not read many of them. But then when he went and saw them, it was there, but I said, "You must have read. In your memory also they were there, but you might not be remembering, whatever it is." "But it all came so clear," he said. "My memory became so much open, just like a picture coming before me." And the whole thing then he wrote it. So the book is very, written, it's scholarly [good] and it's not at all naive.

So what is your name?

Sahaja Yogi: Richard Payne.

Shri Mataji: Richard? Pen.

Sahaja Yogi: P A Y N E.

Shri Mataji: P A Y N E. Then I must say, though I am sixty years of age I write like a little girl. I hope you don't mind. My

handwriting is just like a little girl. May God bless you.

Sahaja Yogi: Thank you very much.

Shri Mataji: [Give him / How about] this one? So you can read there the complete, I mean, it is given there, what is the relationship of all these people to each other. It's a big story. And also tantrism, [in / and] tantrism [means / is] "come to the point". Now he's writing another book, "Advent", based on "Advent", in French because this book we published ourselves, with our own money, and it's only distributed to people who are Sahaja Yogis. It's not meant for people who are not yet Sahaja Yogis. So we give this book to only those people who are Sahaja Yogis. It's very limited. And you have got one?

Sahaja Yogi: No, I don't.

Shri Mataji: Oh, then I'll give you Mine. Please take this. I didn't know. I thought that... Barbara, [you] didn't [you] give him?

Sahaja Yogini: No, Mother. We never brought one.

Shri Mataji: Look at her, ha? It's a secret.

Sahaja Yogini: But he's looked at to my copy somehow [but / even if] he doesn't have one of his own.

Shri Mataji: No, no, but he must have his own to study it, all right? Now, they are great people. They are going to do great jobs on the, this level. Now, this is the other way round you have put it, I think. Can you imagine, this photograph was taken by someone who had never touched the camera before? The first photograph. Some of My photographs are so... One of them has got... Have you got that one with the lights coming in?

Sahaja Yogi: I [unsure/have it with me], Mother.

Another Sahaja Yogi: Yes, Mother.

Shri Mataji: .Now it's a big one now we have. I mean so many types. But this one, the six photographs, they caught it in a village where they saw the light coming on My head at that time and [this / it's] photographed. Now, what's your full name?

Sahaja Yogi: E W E R T. Ewert, spelled E W E R T.

Shri Mataji: E.

Sahaja Yogi: E W.

Shri Mataji: E W.

Sahaja Yogi: E R T.

Shri Mataji: E R T.

Sahaja Yogi: Yes. As far as I know it means shepherd.

Shri Mataji: Ewert, the shepherd. And what's the?

Sahaja Yogi: Cousins is. C O U S I N S.

Shri Mataji: May God bless you. May God bless you. So that, you see, you will see the continuous flow of this spiritual power in creating these beautiful flowers on this earth, these great incarnations and these great prophets and they are all related to one force which is the culminating point today where so many flowers, here, this blossom time are there. That's why there is seeking. It was never before like that. And just they have to become the fruits. The time has come. It is there.

Now I would request all of you who have the academically so much alert, that essence of the academics must be first, essence. If the essence is not tackled, then it's all artificial. So the essence is for the good of the Spirit, Saheetya. In Sanskrit, you see, it is called, in every Indian language, the literature is called as saheetya. Heet, heet means the good for the Spirit. So the one which has that essence which is good for the Spirit. Otherwise, it is not literature. The rest is not literature,. It's trash. That's trash. It's useless. Only whichever is good for the Spirit, is saheet in Sanskrit language. It's so [unclear], they were so clear-cut about it. They were not, [I mean OR having] any compromise. There is no compromise [in it]. When you see, Manu said that you must speak the truth, satyam bruvya pryam bruvya and it should be dear, it should be sweet, it should be loving, people... Pryam means the one that is prya, that is loving, that is soothing, and that's that you love. Prya means which is darling. So they said, "How can it be? Because if you tell the truth that may not be prya." So Krishna said, "All right. We'll put it like this. Satyam bruvya ritam bruvya, pryam bruvya." Tell the truth which is good for the Spirit, which will be ultimately [mean/the] pryam, is a darling thing. Then you will not ask for anything.

Now look at these Sahaja Yogis. For them the most important thing are the vibrations. If the vibrations are not all right, they are disturbed. First thing is vibrations; last thing is vibrations because that is the presence of Spirit in our consciousness. So, once you get the nectar then you don't want all these things. That's the point. So the essence of academic life is the truth which is darling, or we can say which is prya is, what is, there's no word, loving, we can say, which appeals in a loving way, appeals not to the brain but to the heart and which is just for the good wellbeing of the Spirit, which is appealing to the Spirit. That's the essence of academic pursuits. Otherwise, it has no meaning. It's just madness going like this like that, like that, you see. It's just madness. You must come back to the roots because the attack came; attack definitely came to you people. There were attacks from every angle, as I was telling that Brian says that they were unholy, primitive, but I said to him, it's more than that. That on your architecture Gropius, he attacked. On your music, Wagner. Then there's another who said, "There is no God. Forget it." All these attacks came to you, about 1919. Can you imagine? 1919. Freud, another attack. He wanted to make human beings into sex points, reduce them to that level. All these attacks came to you, and root was cut off. And the shoot stated growing. And now the shoot realizes the root is missing. So, you have to become subtler, to go to the knowledge of roots. So, you must get your Realization. Even the music has lost its roots. The music goes on like that. It never comes back to the roots. So this attack came. Like Vivekananda, when he first came, he attacked you. Definitely he did that. Vivekananda was another false man who came here in about nineteen what. What year he came here?

Sahaja Yogini: It was the Chicago World's Fair; I think there was a 1903 or something.

Shri Mataji: 1927?

Sahaja Yogini: It was a 1903 or earlier than that. I think it was around 1903 or something like that.

Shri Mataji: No, no, no, no, should be 1927 or '24 or '26 something like that, as I recall. After My birthday. But all these nonsensical people you see.

Sahaja Yogini: Well, was a World's Fair. I remember that.

Shri Mataji: Ah?

Sahaja Yogini: It was one of the World's Expositions.

Sahaja Yogi: '23.

Sahaja Yogini: It was a World's Fair, Mother, when he came.

Shri Mataji: World's, yeah, yeah.

Sahaja Yogi: That [he came] for the announcements.

Shri Mataji: He came for the International...

Sahaja Yogi: Congress of Religions.

Shri Mataji: Conference.

Sahaja Yogis: The Parliament of religions. When they founded the Parliament of religions.

Shri Mataji: Yes, Parliament. Look at that. Since then it started the unity, to form the unity, you see. And he came here. And what he said was nothing, without the essence. So I call him anti-God, because without the essence, if you talk it is anti-God. He talked without the essence. Essence is the unity, to find the unity. If you find the essence it has to unite. And that's how the attack started first. Not that what he said was not truth, but partial truth can be very dangerous. More than dangerous that they are. So the attack started gradually. And his guru was an hypocrite, a complete hypocrite, I tell you. This Ramakrishna Parmahansa was a complete hypocrite. He married a woman before the fire, and then he calls her "the mother". All kinds of dramas he played. You see, he is the dramatist. That's never done in Indian life. You see, and in India his photograph is abhorred in families. Because what a man he was. He had a wife. You love your life as a wife or you love her as a mother? It's nonsense. And she used to wear all the marks of a married lady. You see, she used to cover her, we have these things for a married lady, this she used to wear and that kangan here. All that she used to wear, and who was her husband if he was her son? Such a confusion he created this way. He's the most untraditional man I can ever think of. While people like him because he suffered, he looked so miserable. You see, that's what people like. They [want / cause] people to suffer. He's going on, this gentleman who came. What was his name who came?

Sahaja Yogi: Lex Hexam.

Shri Mataji: Ha?

Sahaja Yogi: Lex Hexam.

Shri Mataji: Imagine. He wants people to suffer. He says, "We have the right to suffer." All right, [you] go on suffering. He doesn't want to find a solution. They want to play with it, you see. Because if they find a solution, how will his work go on? So they don't want to give you any solution, because if you give the solution then you can't talk of sufferings anymore. There's no suffering. Christ is there. You see, they want to deny Christ. At every point when they talk of suffering, they are denying Christ, because when Christ is awakened within you He sucks in all your sufferings. It's written down. And the missionaries who went from here to India never told that Christ is born. They, what they told, about the Christ who Indians could not recognize, see not Mahavishnu who is there to suck your.... because they never knew a word of Kundalini. So Indians got a fright, first of all with them. And they could not talk of second birth as we know of, as the real happening. And they talked of this baptism. That also Indians couldn't understand. And thirdly, they had no idea about Mahavishnu at all. They never read any Scriptures, Indian Scriptures to find out also. So closed, you see.

And they converted people in such a funny way, you can't imagine. They used to put a loaf in the water of a well and they would say, "This is the beef that we are putting." And the people were then discarded from Hindu religion. So they became Christians. Imagine, these donkeys becoming Christians. What is the use? Misrepresentation of Christ was the greatest sin Christians have

committed, the missionaries, I tell you. Because they never understood Him in the essence that He was Mahavishnu. He came on this earth to suck the ego and superego. That's why you have to pass through Him at the end. If you do not pass through Him, how who will suck the ego and superego? But actually, you pass through Him throughout because He is the essence, you see. So ultimately He's the vice-chancellor of every university, I call Him. Even when you get realization, He has to be there to give you the degree. And He sucks it, and when He sucks it, then the Kundalini rises. That's what is Christ is. And when I went to this Unity Church you see, there I found the Unity, is of all the bhoots and all the horrible devils.

They have got Rajneesh. How can Rajneesh speak near Christ? I can't understand how can [it / he] be in the church? Christ said, "You say about adultery, 'Thou shall not commit adultery'. I say, 'Thou shall not have adulterous eyes'." See the essence of it. See the essence. He talked of the essence throughout. And these people are having Rajneesh as one of the persons as spiritual, Unity Church. And then when I, of course I, I couldn't help it, you see, I was a guest, but I had to tell them that this is the thing and this is what has happened to you and it is wrong. This is unity of all the devils you are having. I told them frankly. So they had the anger on Me that, "She was a guest and She should not have criticized this." But I said, "How I was a guest? You never paid for My coming. You earned all the money when I spoke." They earned every day about seven hundred people were there. They charged them, I think, five pounds or something, each day. They earned all that money. They never paid even for My conveyance, for My food or anything. So how was I to be their guest? Actually, I'm forced upon themselves then I had to [unsure] ... Actually, it is not at all the relationship of a guest. When you don't even feed your guest, how is he your guest? That's the thing. I hope they will come round because all gurus are now on [by way, byway]. But America is to be saved at any cost.

Today I told her what is America and then New York, the Hamsa chakra, the Hudson River, you see, goes like this. And this is the [Ridge/bridge]. And this is that [what your / Wards island] Island [and / I]?

Sahaja Yogis: [Stanton / Wards] Island.

Shri Mataji: You see, this is a very important point. You know this is the whole self-respect of the whole world and the whole universe is here. The nose is very important. If, you see, somebody's nose is cut, that means he's insulted forever. But if Americans themselves are cutting their nose, what can we do? So thank you very much, and I hope I, next time when I come I'll give more elaborately anything. If you have any problems you write to us, all right? And we'll let you know about all those things, whatever you think proper.

And now as you, you were saying, is the cool Kundalini. So you will see how these ten incarnations, and other incarnations and Krishna's incarnations, then Christ incarnation, Rama's incarnation, the Goddesses' incarnations, all that is described.

Sahaja Yogi: As for, coming here, since 1976 we've been working on a Project that I spoke to you last night about called: "World's Spirituality".

Shri Mataji: You see, the, it's essence. Again the essence.

Sahaja Yogi: Yes, the essence and is we, we attempted to, to create a community of academicians around the world, probably hoping to say four hundred, perhaps, all together in all the different traditions. And we chose editors for each of twenty-five volumes on the criteria that You've just mentioned. But we wanted the academicians to be in touch with the essence.

Shri Mataji: The essence should be the unity.

Sahaja Yogi: Yes.

Shri Mataji: To show the point where it is said the same thing. Now the only problem that is with the academicians is that if they know the essence of the whole thing is that, that at present, you see, everything is dealt with the present. For example, in My lifetime what is most important is raising up the Kundalini. So I am not worried about other things. That's My job, you see.

Now at the time of Christ His main thing was to be crucified, to put there. But His, His message is not crucifixion. That is His doing, because He had to be there on that point. It's a very subtle point, but that was His doing. The message is Resurrection. Message is Resurrection. That's the essence of Christ's life. And the Resurrection now is happening as Mohammed Sahib has pointed out, this is the time of Resurrection.

You see, to Me they sing the same song, elaborately more, but according to the movement of the time.

So today we are at the time of resurrection where we have to enter into the Kingdom of God, into the limbic area.

But those people who are not - Ekadesha is there. You see, that's why I like the Sistine Chapel where Michelangelo has shown Christ, really, the real way. You see Christ there, and thrusting this side and that side at the Agnya. Even Blake* has shown Agnya. I have a, I have a painting of Blake. Absolute Agnya he's shown, how God Himself is pressing it down, you see. You've seen that one? That's typical. That's nothing but Agnya itself. But who reads Blake? Who reads Blake? As Blake, I don't know if they have mentioned Blake in the Advent? No.

Sahaja Yogini: No, it's not much.

Shri Mataji: Later on. Ha, is there any paper on Blake we have done?

Sahaja Yogi: No, I don't think so, Mother.

Shri Mataji: But why not the Kundalini in this thing as Blake has there? The evolution of Kundalini.

Sahaja Yogi: The evolution of the Kundalini.

Shri Mataji: Also give them if you can find. You take their addresses; you can. But you see on Blake I have spoken on this.

He went to this extent, you see, that he has even described, you know, the houses where I lived. The first one he said, the first beacon will be lit in Sunny Hills, where we lived first. Then about our "Lambeth, Vale" where we have an ashram that a sinuous will vibrate. You see, such details he has given. Come to "Lambeth, Vale".

Then Jerusalem is to be, means this is going to be the pilgrimage. The last house that we have now is on the Tyburn Brook. And it's written there that it will be on that brook behind the Kensington Garden. It's exactly there, and the Sahaja Yogis are the "Golden Builders" because they have painted some parts in the cornices with gold, the "Golden Builders".

And so beautifully written!

The hearts are thanksgiving and the floors are honesty. It's beautifully he has done it. You see, if you read it, you'll be amazed. Jerusalem, in that he has described all that. So, I mean I must say that Blake, Blake is the same as Markandeya, the one who came about fourteen thousands years back to talk about Christ, and Blake who came to talk about Me, about hundred years back in England.

Is it there?

Sahaja Yogini: Yes, this is, this is the book that has it, the description.

Shri Mataji: Milton.

Yes, you can read in this one, and they will give you exact pages and all that.

It's wonderful, he says, "The men of God will become prophets and they will have powers to make others prophets". I mean, and Nightingale where we now have an ashram is actually, they came and told Me that: "Mother all kind of birds are coming there and they are singing songs and in that area. And it's so beautiful You can't imagine." And then they found out. You see, it always happens after the event, they find out. They found out in Blake, Nightingale is described that, "All the birds will come and sing the songs" and all that, is there. And I laid the foundations, foundations in Lambeth Vale, and it's written, "Foundation will be laid in London". And this happened later, they found it out. I mean, I laid the foundation earlier, but they found out later and they sent the thing to Me when I was in Switzerland. He's, he's Markandeya, no doubt about it. Tremendous. He's Kabira, he's Markandeya, he's the same. The great principle. He's Mahavira, the same person.

See the vibrations. But nobody understood his value in England.

See the vibrations.

Sahaja Yogini: Mother, if they would like to have coffee?

Shri Mataji: Oh, I see, good idea. Please have it from Sahaja Yogis. Just, you can put this Milton. It's very beautiful. See, he has also shown here. You see, in his own way, he has shown this, [that] Kundalini resides in you. You may write to Me. I will now go to India. If you can make it possible to [go / come] to India, it would be good.

Sahaja Yogi: Hopefully and I hope to see You in India. I will be in India at that time.

Shri Mataji: Oh, I see.

Sahaja Yogi: But I can't. I can't. Unfortunately, I cannot make it [unclear].

Shri Mataji: Yes, but, but you see in a, it's better than, if I go to the villages it's very difficult, you see. I don't want you to go through those hazards. To live in villages with hundred and eighty people, you see, it's so difficult in India, you [don't] know. But

they want to go to villages only. They love it. So I have to go to villages in the first part of My trip. But the second part of My trip I'll be in Delhi in a more sophisticated nature. [Where / You / they] have proper [ablution / accommodation]. But to Me it does not matter, you see. Wherever I live where there are Sahaja Yogis, I really enjoy it. Actually, you'll be amazed that my family is an old royal family. My father's family is an old royal family, called as Shalivahana; it's a dynasty, which lived at the time of Shri Krishna also.

And Babru, called as, somebody called Babruvahan, who came about two thousand years back, started a calendar of Shalivahana in India, in that part of Maharashtra, where Sainath also worked in that area. That is a place. It's a real place of the saints because these ten great saints which were called as natha, incarnations of the same principle, worked in that area. That is actually a place of such vibrations that Shri Rama and Sita also came there and walked bare feet through that place. So, the whole place is extremely vibrated, and you have temples about thirteen thousands years old, and it's a very, very ancient place. And there My forefathers ruled, and you'll be amazed that My work, it's really there. Well, My father never went there and neither My mother went there. But My father and mother lived in their childhood in two villages, I should say, where the rulers lived. And now they have an old fortress. I think you have seen that fortress. I showed you.

Sahaja Yogini: Yes, we did.

Shri Mataji: It's there they lived. And My mother lived in the other village and there is a big river going in between. And then in their own family about three generations back they had to take to Christianity for a certain purpose, that the, you see, these Hindus and the Brahmins tortured My great-great-grandmother, I should say who was, became a widow. You see, they used to marry girls at a very young age because of the Muslim invasion. And then this girl became a widow and she was a very powerful woman and they tortured all the widows in those days. The Brahmins had diverse methods of torturing these widows. You see, they were to cut their hair, they had to sit in a dark room, and they were not to show their faces to anyone. They were given the remains of the food and even they were ill-treated, I tell you. That's why they took to sati also in those days, you see. That's why they took to sati.

Now this lady was tortured like this. So the brother felt that, "We should now give up the Hinduism," because the Brahmins were so horrible, and he took to Christianity. That's how he became a Christian. And he married her to ? we are rajputs, we are kshatryas, we are warrior classes; that's the king classes ? and he married her to a Brahmin, his brother, and his friend who was a Brahmin. He married her to a Brahmin. That's how two families came in to Christianity.

But My mother and father both were very learned people. My mother was a scholar of Sanskrit and of Mathematics. She was a mathematician and so she knew about Adi Shankaracharya and all that. But the Christians didn't see the sense, you know, because My father was shocked the way the Christians were. I mean, they never saw [.../through it]. We had all Christians who were just converts for money and this and that. And he was the first Indian Christian to be elected. Because they all, all elected him not as a minority, not as a minority, you see, because minorities were just nominated, but he was elected member of the General Election you see. He was the first one to be elected in the Central Assembly and then to the Constituent Assembly, then to the Parliament. And now my brother is also a Member of the Parliament and now he is the Minister appointed for what you call these telecommunications and all these in charge of newspapers and things like that.

So, all this is my mother's family, my father's family. Mother's family is, you must have heard about Shivaji, and his mother was Jijabai, a very powerful woman. So, my mother is from that family called as Jadhavas. From that family she comes. So, I mean, it's a family background is also so full of, what you call 'rajasas' is the activity, you see, activity. And Shivaji was a very dharmic man, very dharmic, you see, very religious person and extremely, of a very broad-minded person, broad mind and what you call a learned man, and his brother went down to the south and he started a very big library and the South took so many things from Maharashtra. So, it's a country where, Maharashtra is a place where great things have happened. So it is called as Maha-rashtra. "Maha" means the great, "rashtra" means nation, the great nation. And in that area Sahaja Yoga is settled down the best. It's because the people are not materialistic. They are very idealistic except for this horrible clan of certain Brahmins.

Now so many Brahmins are like this, I must say. Very starch Brahmins, who were Agni worshippers, means they used to have

these yanyas in their houses, thousands in one family. And they, this is my disciple now, Rajwari, he's become my disciple. So, they are also great men. But one thing you see, because we are not so organized it's very easy to break. But the organized religions have you see their own ideas from your heads. You can't break [it]. You see, if you break you are not a Christian. My father when he went to jail fighting the British. He was driven out of Christianity because he went to jail, as if Christ was born in England.

[Shri Mataji is laughing]

Absurd, isn't it?

Amazing how we had...

Sahaja Yogi: Mother, our work has got as to a point of creation of a new company which is a publishing and communications company good in the Spirit and in the good people who wish to come together to work as a contemporary Christian community, and to convene other communities from other traditions to work together to provide communications that have this spirit and to do this in a way that gives witness to a kind of cooperation among people with various traditions. Do You have any sense of this? I mean...

Shri Mataji: That's a very good thing, but again I would say that the essence should be, essence of the whole thing should be, to bring about into the light the factors which are uniting us. That should be. That's the main thing, uniting us. And [not] the dogmas and things you see which are making us hate each other.

Sahaja Yogi: The first community is to be called John 23rd perhaps, and...

Shri Mataji: What?

Sahaja Yogi: John 23rd after Pope John 23rd, who said we should emphasize that which we have in common rather than that which will separate us. It's that, would You feel that is inconsistent with what You were saying?

Shri Mataji: I think, you see, as it is, it's all right with Popes, but you know what has happened. John is different. I mean, he was unique. I must say, John was unique. But people see Pope as something, you see, really, a dynasty coming out. Like we can say Adi Shankaracharya was unique. Then all the other shankaracharyas now are horrid people, we cannot call them anywhere near. You see, so, the Pope if you say, as soon as, even the Catholics today, I would say Gregoire himself was a Catholic. He went as a priest and he did all that. But you see, when he went, when he went to Vienna - oh no- when he went to Rome, you see, their embassy was in a residence of a Pope or some sort of a thing. And he was amazed because in the bedrooms where all the pictures were nude women and all that was there. And you see, his eyes popped out, he just couldn't believe how could they lead a life like that? So the Pope means all that, you see, it is very generalized thing, it's very generalized. If you say of Pope, it becomes very generalized.

And poor John who was so great a man, you see, was a Realized soul, no doubt. He was a Realized soul. But he was crushed, I tell you. He was crushed by all the organizations and all that they did. So I mean, I must say that you have to give him an importance. But for the whole organization if you give a name like that, nobody will understand. You see, I know he is a Realized soul.

Sahaja Yogi: "Amity house".

Shri Mataji: That's better.

Sahaja Yogi: That's a name that we would have.

Shri Mataji: That could be. that could be much better. Give some abstract.

Sahaja Yogi: Is that a good name?

Shri Mataji: Give any abstract name. Or "Amity of Essences" yes, you can put it. "Amity of Essences". In essences or of essences. If you can bring the essence.

Sahaja Yogi: Of the essence, yes.

Shri Mataji: The essence of the-

Sahaja Yogini: William Blake House has a nice sound, Mother.

Shri Mataji: Ha.

Sahaja Yogini: "William Blake's House" has a nice sound.

Shri Mataji: No, but Blake, you don't know. You see, what I am saying it is as essence, as he says it's an universal thing, isn't it?

Now for an Indian, Blake doesn't ring anything, you see. But something abstract, if you talk to them then they understand. And then, because if, let's say Pope ninety nine per cent like Muslims say, Hindus or any other community will say: "Oh, Baba, Pope, no." Because to them, John they don't know. Actually, you see, nobody knows John.

Sahaja Yogi: I was, this was only a house for those who were coming not only out of the Christian traditions. And we would have other houses that would reflect the great figures from other traditions but under the same roof.

Shri Mataji: Yeah. That you can have. That's a different thing. That's a different thing.

Sahaja Yogi: Yeah.

Shri Mataji: Because first of all, you must describe the whole tree and then the different flowers. It's perfectly all right. No harm, no harm at all in that. But first of all, you must know that we are standing under one tree; that is God.

Our God is our Father. You see, this is just to please Him, I am doing all this. But if He is not pleased He may destroy. He's just a witness. He's the only spectator I have to please. He is. So, we have to please him. And if you have the whole description as a big tree and then the little flowers that have come out of the same tree, it's beautiful. That it sounds great. So the whole thing should be described as something like that, and it would be very great, I tell you, a very great thing you will do. Very great thing in the honor of religion, in the honor of your God, your Father, [that will be, that being] the biggest thing you can do, is to show that He resided in our collectivity, in our oneness. He is One, and we can't deny Him. That is a very great thing.

So, I Bless you again and again for this great work.

May God Bless you all!

And the other thing as I told you also, you give it a thought ...

1982-1101, Guru Nanak's Birthday

View [online](#).

1 November 1982

Talk to Sahaja Yogis

Nirmala Palace - Nightingale Lane Ashram, London (England)

Talk Language: English | Transcript (English) – Draft

Guru Nanak's Birthday, "Every Sahaja Yogi has to become a Guru". Nirmala Palace (Nightingale Lane ashram), London (UK), 1 November 1982.

Today is the famous, great, full moon, called as Sharada Indu. Sharada Indu - that's the name of the Goddess also, Sharada Indu. The moon on the autumn season. This is the biggest moon, and - of course not in England - but in India that day the moon is giving the greatest light, see? And it's such a great thing that Guru Nanaka was born on such a date. As you know in India, people celebrate birthdays according to the dates of the moon, called as stithi, not as the dates we have here according to the sun. They follow...

Rustom: Jaram, Shri Mataji. I'm going together with them.

Shri Mataji: Sure. [Shri Mataji and Yogi converse briefly in Hindi.]

And this great personality was born in Punjab where people were unaware of God's ways. He was always bothered about the Dharma in all his lives, because as you know He was the Primal Master, and the Primal Master is always placed in looking after our Void, in sustaining us, and giving us a model of an ideal master. And He always took birth either in the most difficult places like hills and dales and mountains, or they took places which are even more difficult things, among people who were horrid, and who needed their help.

So in India, that time, somehow, Punjab was regarded as the place where people did not respect God or traditional Hindu idols, or you can say the statues that were regarded as the vibrating ones. But they worshipped money, even now, and they worshipped power. And as that time there was a King who was very anxious to convert people to Islamic religion by giving them money. Many were taking to Islam. As a result the Hindus started hating the Muslims and a big hatred developed among Muslims and Hindus. That's how in those circumstances where there was a quarrel going on between the followers of Mohammad and followers of Hinduism, Mohammad Himself took His birth on this earth, though He had decided not to take any more births, He thought that it will solve the problem.

Though this incarnation is such that it never dies, even if they leave the body, they are always around. And they are the ones who perform lots of miracles when any other incarnation comes on this earth. They help support, guide and seekers to go to the incarnations. So, to celebrate his birthday, on such a date is also a myth because he never died. He is eternally living. They never grow and they never die.

But His birth is important, because symbolically He came on this earth not to propagate any particular type of the void as Mohammad did, or say Moses did, David, Moses and then before that Abraham, Lao Tse, or Socrates, which followed into a religion. But He came to create amenity [sic], amity we can say, to create understanding, to create unity between religions. This was a very big step for Sahaj Yoga. After that as you know, He was born again, God knows where, no one knows where He was born, but He appeared as Shirdi Sai Nath. He too said the same thing, that to talk ill of any religion is a sin.

But these efforts are quite lost. Because the people who were Islamic at that time or those who were Hindus, are now very great fanatics. So instead of they coming closer and loving each other they have become fanatics.

Though we find that Islam is spreading so fast, Sikhism is spreading very fast too. In America there is a horrible guru, he has started to spread Sikhism. He's converting all the white skinned people into Sikhs. They are growing their hair, and they are also

growing their beard, and wearing the kara [iron bracelet] and all those five things that were required. At the time of Guru Gobind Singh, when the war had started they had to wear all these things, it was important. Because war had started and to protect Hinduism or Hindus from the invasion of the Muslims, the fanaticism of the Muslims, they took to this kind of a military stuff. Actually, if you believe in God, nothing can be killed. But I think Guru Gobind thought that he had to take it.

In all these prophetic religions, if you see, all the prophets who have spread all the religions, they were always attacked so badly, that they had to take to weapons. Even in Islam they had to take to weapons to protect themselves. Now when these people took to weapons they had some discipline put on the people. Without the discipline nothing is possible. And very strict discipline was there for the Sikhs. Now today's Sikhs are no more Sikhs, they are just outside, and inside they are not.

I would not describe all the strictness and discipline they had to go through. But every disciple has to go through a very severe disciplining of himself if he has to become the Guru. There is no doubt about it.

It is not that only somebody, like Me, comes and tells: "You do this, do that" and next day you forget business. It's a very serious matter, one has to understand. You have got your Realization through Sahaja Yoga. Now you have become Sahaja Yogis. But still, I would say, you are not full Sahaja Yogis, because every Sahaja Yogi has to be a Guru, otherwise he is not a Sahaja Yogi. First of all, you are Yogis because you got your Realization. But Yogis are of no use, you have to be Sahaja Yogis, so you were told about all the chakras, every thing you are doing, about all the problems of Kundalini, how to cure them. Everything about it was told to you. Now you became with that a different type of a race, a different type of people, who are twice-born, who are born by the Spirit, not by the flesh – remember that – that's a very important point which John has said that: "You are born by the Spirit and not by the flesh." Those who are born by the flesh are in flesh. But if you were born by the Spirit, that's how you were twice-born. And when you knew all about the Spirit and the Kundalini, then you are a Sahaja Yogi. But unless and until you become Guru, you are not a full Sahaja Yogi.

So to begin with we must understand that Spirit is described as a Kala, as a phase of moon, one phase of moon. But a Guru's described as the full moon, purnima, Guru Purnima. Guru is the full moon, it's not just a phase. So from one phase you have to go to the stage where you become a complete Guru. Sixteen phases there are, altogether, and you have to cross the sixteen stages to become the Guru.

Now how do we do it? We have to be extremely objective about it. How do we become Guru? Because we have to become Gurus, no doubt. Now you cannot just say that, "Mother you give us a tape and we learn by heart and we go to another person say blah blah blah blah." Same thing whatever I've told you, or take my tape and show them that [MOTHER - del] "this is our Mother, and She's like this and like that and like that." But they will say, "All right, She might be, but what about you, Sir?"

Now Sahaj Yoga has a very big responsibility, which I don't think people understand. I wish they could listen to Me very intensely and understand it. So far if you see, Gurus remained Gurus and no disciples became Gurus. They were still regarded as disciples of a Guru, whether it was fake or anything. They never became Gurus themselves. So there was no need for them to grow, they had to take the name of their Guru, all right. Christ had His disciples; Mohammad Sahib had His own disciples; Nanak had His own disciples; Shirdi Sai Nath had His own disciples. None of them became Gurus. But now it is in your lot, sorry to say, that you have to become the Gurus. It's a privilege, actually. It's a very great privilege to become the Guru. And to become the Guru, we must learn what we have to do. This also sometimes becomes just a lecture. I think so. Because I've already told you on Guru Purnima what are the Ten Attainments we have to have.

Today all these sixteen stages are to be seen, how we have to grow into a Guru.

First is, we have to have complete discipline put on ourselves. Nobody has to tell you. Like Mr. Nick is attacked by everyone. No, you attack yourself, you become Mr. Nick now. You have to make this body subservient to you, that is first mastery. The mastery is that my body can sleep anywhere, it can starve itself, it can live under any circumstances, it dare not grudge. Anywhere. It should be able to sleep any time, it should be able to keep awake anytime. This body is to be mastered. Even if you read Ashtanga Yoga first thing is mastery over the body, they say. So after realization the first thing you have to do is to master this body, and is the most difficult thing for western people, because the matter is sitting on their Spirit. First the Spirit has to come - first phase - at least the Spirit has to be there.

If you have to be the Spirit, then the matter of moon has to be covered with that light. In the first phase we have to master our body. So what do we do to master our body? First of all we must see that "what are the things that drain out our bodily mastery." We must know all the crooks who try to master us.

So take you out yourself,...[Shri Mataji asks some yogis to move and make some space.]

So, I had to first face My body. That first and foremost thing in Sahaj Yoga we learn, that we have to respect our body. This is the first principle of respecting our body. Means indulgence is sinful to the body, because indulgence gives you a body which is no good. First of all you must respect your body so that you can master it. If I do not respect you, I cannot master you. So to master the body first of all respect your body. And to respect your body, you must look after your body very well. But no indulgence. That doesn't mean that you go and stand in the mud or in the rain for hours together or get exposed, to make your body absolutely sort of a... abode of all the diseases and colds and coughs and things like that, so your poor Mother suffers cleaning your Vishuddhi. It's like a horse whose neck is down. So you must look after your body by not giving it diseases.

Laziness is against it. Persons who are lazy must know that laziness is against your body. Because lazy people will not bother to dress up properly, to cover themselves up properly, look after their body properly, put oil into different screws that they have, to massage themselves. Look after the body, that's the point. To look after the body you must give some time, because this body is the Temple of God. And now you have become the temple but if the temple is dirty, is sick, is filthy, is unimpressive, is like a stick, or like a balloon, nobody is going to come near it. So try to improve your personality, that it has to be a beautiful temple.

I mean, I have given you so many tips, that I think in My lives time I have not given so many tips, even as Guru. Because normally people who came to a Guru in those days were really, really, great seekers. They would hang themselves upside down, just to please the Guru, for months together. So that was a very different quality people - but one or two. And when you have quantity, quality goes down I accept. But why not you people take it upon yourselves that we'll make our quality first class?

So first of all train up your body well. You must take some exercises in the morning, I have told you. That people sleep after breakfast I am told, I was amazed. I mean, this is too much. You see, God has given you this house as a blessing, to be more alert, to give His light to others. Instead of that if the candle is not even flickering, what's the use? So what you have to do is to first of all brush up yourself, completely. Make your body all right, alert. Actually at your age one should not sleep for more than six or seven hours, I tell you. No need. Six and seven hours deep sleep is sufficient. I also, in the night I sleep about... never before eleven, sometimes at twelve. Yesterday we slept at two o'clock; got up at five-thirty as usual. So how many? Three hours sleep, three and a half hours sleep. And just now I slept for about... at the most half an hour or an hour or so, finished. When you don't have to work, like Me, in the sense, even when I sleep I am working.

So to rest your body for such a long time you make your body sit on your head and it will be very, very difficult for you to be alert. So first of all, body must be looked after. There should be no self-indulgence. I mean it can go to any extent of self-indulgence, like people don't keep their rooms clean, their clothes clean, they have no activity as far as all these nonsensical things - only it is too low, too base to talk about; but it happens. People can go to any base limit you know, that's the problem, what to do?

On this full moon day one has to realize that on a full moon day you are overactive. As the moon starts growing the activity starts. In the night also. But none of you so far are active in the night except for me. But if you come up you'll be surprised, even in your sleep you will be active. So first and foremost thing is that you must look after your body; the body should be presentable. And you should not go with the... so-called fashions of the day. Is very important today. One should not go with the fashions of the day, and take to something that is nonsensical, which is not good for your appearance, which makes you look funny or very fashionable, like a dandy person. We have to wear a dress which is in the centre, dignified, just good.

Now I'm told that it is very difficult even to wake up, in England. Somebody had told Me, when I was young, that "Don't wake up an Englishman." I haven't tried that even with a barge pole. I just tell you, at this time, never in the morning time. Because I've

been warned, that "Never wake up an Englishman, that is the greatest sin on this earth." So why should English be so much addicted to sleep? The whole country's sleeping today. They want more wages, more wages so that they can sleep more. Eat and drink, drink and eat; in between, sleep. This is the pre-program... life - programmed life. It was very difficult. From the very beginning I saw the Sahaj Yogis coming in, that to wake them up was difficult. And these are the same people who were known for punctuality, that they won the war at Waterloo because of punctuality, and they were so punctual that people used to set their watches, even in America. They are the same people.

Now the other side of it is that they sleep like logs of wood. They used to sleep before also, must be, because this is an old saying that, "Don't wake up an Englishman." But I used to think something else about it, why it is said, but it is nothing but simple laziness. So, try to see why we sleep so much. If the left side is strong, people sleep, if the back Agnya is strong people sleep. If the front Agnya is working too much then people don't sleep. So even if I say, "Don't sleep," it means that you put your right Agnya in working condition, that means you start thinking, which is against Sahaj Yoga again. So it would be left Agnya right Agnya, right Agnya left Agnya, right Agnya, left Agnya. It will be going from one to another.

So in the centre you have to be with Christ. He is alert every second of the day; killing, beating, hitting, curing, looking after, guiding, - twenty-four hours a day. And go and ask any realized soul who is called as Avadhuta, the One who is a Master, they will tell you they hardly sleep for three hours or four hours. Because they cannot work when they are sleeping, so they sleep for four hours, the rest of the time they are working; either they meditate and do things by projection, or they work with their hands. They are busy people, they are very busy. You have to be very busy people because now you are employed by God. And you have to do full justice to this employment by working hard. On the contrary you have seen that it's very easy to get lazy.

So now, as many of you are already feeling sleepy, put your.... First thing should be for all those people who are lazy, is to put their right to the left seven times - let's have it... With the right hand.... Is better? Now the back Agnya. Let's have it. Laziness is first. Shri Krishna was against laziness. I mean, anywhere He got a chance He talked against laziness, (Alasya). Now watch Me. On the photograph you can do the same Better now? Tonight we have to keep awake. Big problem. But don't sleep formally here, all right? Informally you can. Better? Put your eyes, thrice... Again.

So the mastery should be, first of all, of your body. Say, you are sleeping on one side you get a pain, then what do you do? You'll sleep on the other side. In the same way, this body is to be made immune to different shocks, you see like you put the watch in the water. Shock it with the water, so it is waterproof. So a Sahaj Yogi has to be an all-proof person. So... he has no place to complain then, because he's supposed to be all proof, you see? Anybody, Sahaj Yogi who complains, you can say, "How are you complaining? because you have to be all-proof?" So no complaints of any kind, of Sahaj Yogis, are to be accepted or sympathized. If you start accepting people who are complaining type, you will be always busy looking after them, and you will be of no use for Sahaj Yoga. Those who have habits of complaining and all that should go to the hospital and stay there. Complaining people are really people who have some sort of a possession, I think, that they all the time complain and try to torture you, and make a nuisance out of them. Such people cannot become Gurus.

Imagine if the Guru is complaining then what is he going to teach? Only complaining. The teachers will be experts in complaining and the students will be also experts in complaining. So you create a set of complaining disciples, you see. And when they come to Me what I find they all have doubled list than yourself [inaudible] - about their complaints. But also it is very characteristics like... Australians seldom complain, and if they complain they are hit also very badly. Seldom you will find an Australian complaining. I have got letters - except for one or two who have now found themselves out - seldom they complained about themselves, about their body comforts, this thing that thing.

So under any circumstances those who can live are the people who have achieved the one-sixteenth, only the one sixteenth. "Jaisera khahu taise hirahu." "Mother, the way you keep it we are willing to stay." Of course the Mother has kept you very well. All the luxuries offered, Mother has given you. She doesn't torture you like other Gurus have tortured. Once for all, My Son has gone through all the tortures. There is no need to put you to any tortures or troubles. But you should see how your body reacts, and tell your body, "Yes, Mr. Body, will you please now, behave yourself and not try to be indulgent."

All these indulgences come to us through our senses. So if you can master your body you will also master your senses. For example, the master or we can say the highest of the organ, which controls most of the organs I personally think is the tongue. Because it's the primordial... nonsense. By tongue we speak things... to hurt others. With tongue we learn: how to go on jabbering. With tongue we can show, how frivolous we are. Either we are tongue-tied or tongue-loose, there's nothing in between with the tongue. That's only about talking part, that's lower. But when it comes higher - eating. All the time thinking about eating. I have told you a hundred times, that Sahaj Yogis should go on - really sometimes - on absolutely bland boiled horrible food, just to test the tongue. Can eat it, try this, then try this. My father used to tell, that "You must burn your tongue a little bit." That's one of the tests he said one should prove, but he was a hard taskmaster as a Guru.

So, we should see what our tongue can bear. Is it fussy about food? When it sees the food does it starts watering, first of all. Does it take our attention to food; is food important to us? So the first thing to overcome the problems of your tongue is to starve. Starvation is the only way you can correct yourself. You see if you starve yourself say, morning just have little to eat, reduce it to half. You'll be surprised your intestine will be halved also. After some time you cannot eat more, even if you want to. Your interest will go off. Train up yourself. Starvation is a very good thing. I think forty days that Christ did is very good idea. But that should not be a kind of a thing that - like... they have Ramadan - that they eat the most spicy food during that time early in the morning, and the whole day they starve, thinking about food. Starve yourself fully, but don't think of food. That's difficult, so starve yourself halfway and don't think about food, halfway. Gradually try to master your tongue.

Mastery of your tongue is only possible if you know how to starve yourself: this is for the western side. For eastern side they fast morning till evening. I know ladies, if you ask them they said, "I observe Monday, I observe Tuesday; I observe Wednesday, I observe Thursday; I observe Friday as a fast, and perhaps maybe, if I do not starve on Saturday I will eat on Sunday." I have known such people in My lifetime, many, who just go on fasting. They are such experts and scouts, you see, that they can show you that they can fast for fifty days, eighty days, hundred and eight days, and three hundred and sixty-five days. Starving masters. So for them I have to tell, "You have to eat," when they are starving.

To you I have to say, "Let us see which date we can starve ourselves. Let us have one day to celebrate today's great day of Nanaka. One day let us starve. Which day should we?"

Monday we cannot because Monday we have a program.

Tuesday we cannot because it is a day when Hanumana has to work.

Wednesday we cannot, because that's the creativity took place, how can it be?

Thursday we cannot, because we are Guru at that day, we have to work very hard as Gurus.

Friday we cannot, we have to work the Shakti of Mother,

Saturday we cannot because we have to do all the intrigue of Shri Krishna.

And Sunday, how can it be? This is the day of the Sun!

So which is the best day for starving now, let us see. We should have Thursday, because Thursday is the Guru's day, and let us do some fasting. Half day, can we, start with the half day? Then full day. Thursday let us have, maybe second half because breakfast is essential, I think. Without breakfast you see, the horses cannot run. So let us have the second half... or we can have the first half. Actually you have to devise yourself. If you have to be the Gurus? It's like going to a college, where you are left to yourself. It is you who has to discipline yourself, nobody has to tell you that you do this and do that. That emerges to wake you up.

In India is the other way round. If you tell somebody that "You have to wake up at five," the person who has told will be awakened at four o'clock, himself, the one who has told, so that he doesn't get up to wake him up. Did you follow me? And the whole house will be awakened at four o'clock so that they can take up the duty from the person who has to get awakened. But the fellow who has to awaken might not sleep the whole night. It is just the other way round, the other extreme of it.

Say if I am there, one night I sleep there. If I get up at one o'clock I find all of them sitting and meditating, in the passage, up to the bathroom everywhere. They have not gone home, not taken food, nothing. Just meditating, taking vibrations, correcting. I am sleeping inside. In the night I want to go to the bathroom, I just cannot go because they're all meditating. Nobody's sleeping, nobody is sleeping. [Yogis chuckle.] So is the other way round. So to you people, let us do one day that you must have one day fasting, one day keeping awake. Which day should it be? Let's see.

A day when there is no film. Half, half night. Second half I mean, not the first half. Which day? Which is the most difficult day when you cannot, cannot keep awake. Sunday night. But there's a film on. Without the film! You see, treat yourself like that, joke with yourself! "Now, Sunday night is there a film on? After twelve there isn't." So Sunday night you get up at twelve o'clock. Let's have it. Enjoy it. Don't get angry. Make a fun out of it. You think more about it, then you get upset. You just don't think about it really enjoy. It's like swimming. Get up at twelve o'clock, all of you, go for a bath nicely, sit down, say Bhajans, this that, let us do it. Should we? [Yogis murmur support.] Michael, what about you? [A yogini speaks.] Eh?

[Yogini:] I can go to bed at two o'clock.

At twelve o'clock, no! You have to get up at twelve. No, no, you have to go to bed till twelve o'clock, get up at twelve o'clock. You see the first half of the night one must sleep, always, it's better. Second half of the night is the better part, all right? So the first half of the night you all have to sleep anytime. You can sleep about eight o'clock or nine o'clock if you want to. But that should not be important, what time you sleep, whatever time you sleep, you have to get up at twelve o'clock in the morning, or say after twelve.

So Krishna was born in the night about twelve o'clock; Nanaka was born twelve o'clock in the night. All the Gurus mostly took their birth twelve o'clock in the night. To celebrate that, we must have one day where we do not sleep after twelve. But then what about Caxton Hall?

[Yogi:] Shall we try Saturday, Mother?

[Shri Mataji:] Eh?

[Yogi:] Saturday night. Shall we do it Saturday night? It'll be safer, so if there's any accidents they happen on a Sunday rather than on a Monday.

All right. So you can sleep in the day time of Saturday... or of Sunday. Sunday I'm sorry, Sunday afternoon you can sleep. No, no, no that won't be all right.

But if you make any compensation then you are not torturing your body much. You must devise a method by which your body does feel that it has to get up at twelve o'clock: better keep it that time, what do you say? All right.

[Another yogi:] Do you think the people's work might suffer on Monday? People's work might suffer on Monday at work.

[Shri Mataji:] What's he say?

[Yogi:] The people's work might suffer from getting up for Monday morning, Mother.

They will never - take it from me - they will not. You see, work is not important. What is important is your Spirit, your mastery. Work in any case you are not going to have, after some time. So that work is not important; this new work that you have taken better look after that. Forget about your work. Forget about these things. What is important is your Spirit, otherwise you cannot become Gurus. Spirit is the most important thing. The rest of the things are absolutely unimportant, a zero. I've been very slowly trying to take you out of the mud of materialism and of these mundane things. But you have to work for God. You are special people.

So, you have to make yourself a Master, so God gives you all the blessings, everything. But the idea of luxurious life must be given up. People want to make life luxurious, then you will have the luxury of this world but not the luxury of God's blessings. One of these two you have to select. Either you lead a luxurious life here, [COME THIS SIDE, - del] either you lead a life which is luxurious, on the material level or you lead a luxurious life of God's blessings. One of these two you have to choose, the time has come. So nothing is important. You see the insecurity of money also, is another nonsense - at least you people should not have it. I mean, you will never starve at least, but Indians if they do not work they will starve. [NOT - del] You people can never starve. If you are unemployed, government is happy more, as long as you don't bother them. If you sit at home and meditate they'll be very happy.

So to earn more money or to make more money is not important at all in Sahaj Yoga. Most important thing is to be the Spirit, for that whatever is to be done has to be done. Let everything suffer. You don't make your Spirit suffer. Because you have to become the full moon, like Guru Nanak. How much did Guru Nanak earn? You should find out. How did he live his life? There is nothing to bother about money, because more money is not needed. Just needed for your food and for your living. And then money is arranged if you need any extra money sometimes, emergencies. I've done it for many Australians, you know. But those are the people who have dedicated themselves fully. And that is why they have been helped, whenever there is an emergency they don't have to bother. But the dedication to your Spirit has to be full, complete, and nothing to your work, actually. Because that goes hand in hand.

If you are not worried about yourself after realization, about your Spirit, you'll have all the problems of the world. First and foremost is financial problems. Then, physical problems, mental problems, emotional problems. All kinds of problems will follow, because I've awakened your Kundalini; one part I've done. But another part that is your heart, you have not opened. You must give your heart to Sahaj Yoga. You have not opened your heart as yet. Heart has to be opened. You are still worried about your father, mother, brother, sister, wife, children. Open your heart fully, to Sahaj Yoga, in a doubtless way. Then only doubtless awareness will settle down. Unless and until you open your heart, Kundalini rising has no meaning. Because Kundalini is rising but the heart has not opened. If the Mother Earth sends forth Her power through the seed and the seed doesn't open, then what's the use? It's all a waste. Open your heart to Sahaj Yoga.

Open your heart to Spirit, and say, "Mother we are the Spirit." You have to realize this, many people also perhaps do not realize that you have come on this earth to be the Spirit and not to be workers of human beings. You must understand your greatness, and know that you are not like mundane people. That's why you are blessed. Who is blessed so much? You are described long time back by Blake, that such and such people are going to come on this earth, Men of God. Men of God, what do you have in your heart? Your heart will be like a stone, unless and until there is light of Spirit it is a stone heart, and this stone is going to hurt everyone, is going to ruin you completely. Open your heart... hundred percent.

When you have met Indian Sahaj Yogis, they have problems of money. Oh how much they've worked for Sahaj Yoga, day in and day out, how much they have contributed for Sahaj Yoga. [YOU - inaudible] Can imagine about seven lakhs [ed. 1 lakh=100,000] of rupees they have collected, Rustom knows. Seven lakhs of rupees, they have collected for their ashram. Seven lakhs is, ER, - del]... thirty-five thousand pounds. Thirty-five thousand pounds they have collected, only in Bombay. In Delhi they have collected about five lakhs, twenty-five thousand pounds. They are working, they have families, they have children, but what they think about is nothing but Sahaj Yoga, nothing but Sahaj Yoga, nothing but Sahaj Yoga. They give most of their money for Sahaj Yoga itself. They live with minimum.

If I tell them, "Why don't you buy another shirt for yourself?" So they will say, "Mother, I have worn lots of shirts in my previous life." So satisfied! "We have found the Atma now, let us dress up the Atma. We have found out our heart, let us become the heart." What is the need to worry about these things? We have done enough of all this nonsense. I tell you they will think they are poor, but they are not. Wherever they can save their money they will save it. They used to give me some money before: I said "No, I don't need just now, there's no need." They say "I have no place to keep there is no trust, nothing, how are we to do it?"

They continued like this till about, I think... '73... '74, when I went back we thought of starting an ashram because you people were all coming there. So I said "All right, now you have to give Me money, all the Sahaj Yogis can give Me money, whatever they have saved." And you'll be amazed everyone came out with [ONE THOUSAND POUNDS, - del] one thousand rupees, every one of them whether he was a laborer or - every one of them one thousand rupees, minimum. Up to twenty one thousand. In three years' time they had saved because they thought "It is our responsibility to save money for Sahaj Yoga. Tomorrow if we have to have an ashram how are we going to have?" But we still indulge into things.

So this is what is the Gurupad.

[The gentleman has to sit down. Give him a seat. Please come in. Please. Come. Need not be standing. All right.]

So today is such a great day of Guru Nanaka's birthday, and we have to see his own life, how he spent his own life, how he lived and in what conditions he managed. So the first thing is to look after disciplining yourself, feeling responsible for Sahaj Yoga. I was amazed: people told Me that in the ashram people keep the lights on, and the oil costs so much, three hundred pound, every week. I'm amazed! Every one of you should be responsible for every electricity everything that you spend here. This is God's place. Somebody has given the car, everybody wants to use the car. You see, this saving, saving the pounds is still going on the heads of Sahaj Yogis. If they can save by taking somebody's car they would borrow. Never borrow anybody's car. Is not for you, you must have your self respect, why to borrow anybody's car? Is not to be done.

So the second point of the Self is self-respect. First is the respect of your body, and the second is self-respect. We are arrogant, we can be rude, but we have no self-respect. But it is the training that is lacking. See suddenly I find after war, there has been no teaching how to be self-respecting. Unlike in the war, might be, the atmosphere might have been created I don't know why, that, "I'm above everything, don't care for others." May have been, I don't know why this kind of a thing has come, but, it is so, very prevalent. But you people have to be the other way round. Others are first and then yourself with your self-respect. Doesn't matter. Nobody's going to die, I can tell you this much. You all must have self-respect; and such mediocre people should not be allowed to stay in Sahaj Yoga, at least in the ashram, because it brings bad name to Sahaj Yoga. One person can spoil the whole. Only people who want to be Gurus have to stay in the ashram. It's not going to be made into a convenience for anyone.

But the other way around is that "We are going to look after ourselves. We have to become this, we have to grow, we have to do it." Then it's just the other way round, everything works out, I don't have to tell you. You know this is so base and so gross that after being here for so many years, you should all have become Avadhutas by now, absolutely. Controlling all elements everything, should have been possible. But still you are under the grip of the element, how can you control it?

First of all get out of the slavery, this mental slavery. "All right, if it is there is there, if it is not there doesn't matter. Nothing is more important than me, I'm the king of the whole world. If I have to sleep on the ground I can sleep if I have to sleep on the palaces I'll sleep, nothing can dominate me." Then you are the master. You know in India there are some Sahaj Yogis who are controlling, definitely controlling the elements.

We have examples of that; lots things have been published as you know that in "Nirmala Yoga," you must have heard. But you meet them, you will find they are Avadhutas, so when they talk you feel a great sage is talking; the way they behave, all the time you see their behavior and everything's so great. We need people of that caliber today because that is the situation of all the nations.

You have to be extra good. Because today is not the time when we can allow things to go as they are. Or, we are not just disciples, we all have to become Gurus. And it is not the time when you can play with time. You cannot play with evil. You have to surmount it, you have to come on top of it, it's the time when the whole ship is going to be drowned or to be saved, this is the situation today. And that's why you have got your realization so far. If that precarious time had not arrived, how many of you really think you deserved it? But you got it, because the time is such that everybody must be given realization, and they must be given all powers so that they come up.

But if you do not open your heart, put all your attention to your Spirit, these powers will not work out; none of these powers will work out in you. This is the problem, every Guru had a command on the elements. Nanaka, you know definitely. People were sitting there and they asked him for the water and he put his hand on a rock and the water started pouring down. That's why it is called "Panjab," - "Panja," five - and the five rivers exist there too. It is said about all of them that they had powers over elements. So how much we are lacking? Still we are like other people who are selling cheap things, or who are busy making cheap things, or who are of no value. You are the ones who have to save the whole world.

And the maximum of My life, blood and toil and everything, sweat, I've put in, in this land of yours. And the time is coming for Me to go. Only three years more are left. Before that, I hope, we establish an ashram. You need not pay for it, but, you have to be ready to occupy it otherwise you cannot occupy it, I can tell you, you cannot get any more blessings of God. So why should God bless you? This is the point one should ask oneself. Are you your own Spirit? Or you are all else but the Spirit?

But when I say something, it just goes as a big roaring, I don't know if the frequencies reach your ears or not, but I would request you now, as Gavin has asked Me for Guru Nanaka's day- I really didn't want to come, because to talk of Guru Nanaka and to hear about Him, one has to be a very great person.

Because such a light to bear, you have to make up yourself. Everything else is important, then how can you talk of Sahaja Yoga coming forth?

I went to America, I was surprised! Americans – whatever it is, few people- but to them Sahaja Yoga is the most important, they talk nothing but Sahaj Yoga, their life is Sahaj Yoga; morning till evening they are working out Sahaja Yoga nothing else. They are not bothered. Australians you know.

But the Heart is not open. The Spirit has not shown its light. It is the one that gives you complete satisfaction, complete joy, complete Guru's Principle, because then you start giving – if there is no light what are you giving? Darkness? What are you giving to others? The darkness that is within you, if you are going to give that.

So the second phase has to be, as I have told you, to have self-respect. The one who asks, demands, has dearth, has no self-respect. Who can give Me? When I am forgiving nobody can give Me. We have to learn to give, and give and give and give. Does not matter. I am so worried sometimes that I do not give you any hard tests, I tell you. Even a little bit when you try to be funny, you do get little bit hurt, but again I soothe you. But sort of a mediocrity, you see. This mediocrity is not going to help us. This is the age of mediocres. In the politics are mediocres, useless people. You go in the economics there are mediocres, everywhere there are mediocres.

In Sahaja Yoga we have to have extra-brilliant, extra-sacrificing, extra-dynamic, extra-compassionate people, otherwise Sahaja Yoga is not going to work out. If you fail, it will be your responsibility. Naturally, you want Me to help you. I have done my level best, you see.

All the quick methods, you see, instant like Puja, all that I've allowed you to have. But that does not stay in you, does not retain in you, the vibrations are so much! You have no idea. Some people have felt a gale coming out. Gale, so it is there. You may not feel it. If you ask Gagangiri Maharaj he'll tell you what happened to him when he first faced Me. But to you, nothing happens. What if gale comes to rock of Gibraltar, it doesn't feel it.

So as far as I am concerned I've worked very hard you know that. And I know you can come up, you have that potential in you.

So, you must make your own rules and regulations, nobody needs to make. If somebody makes so much [Shri Mataji mimes 2 centimeters], you make your own so much [Shri Mataji mimes 4 centimeters]. Like tea drinking like mad. I mean, I just don't understand. It's like a life which is a swinging thing, you see. It has no direction, it has no guidance. You must – if you are the

master you must at least be the driver of your car, if not the master. You should stand on your both legs and know that you are the Guru, that you must have your own staff in your hand – the staff that will guide others not a support to you. If you are yourself a lanky-pinky person, how are you going to hold all the masses to you and how are you going to guide them?

So, strong effort, very tenacious effort must be made. Form your own rules and regulations. Treat yourself as a disciple. You are the Guru, you are the disciple.

So the third phase of this thing is to be the Spirit. The Spirit that is the Guru, and the rest of it is the disciple. Your body, your mind, your emotions, your intellect, everything is a disciple and you are the Guru. For this, you do not need people of very great intellect. You do not need people of very great education. But a person who is courageous, and a person who is of that quality.

When you go to India you must meet a gentleman called Harishchandra, he's a very simple fisherman. He's a graduate of course, but, a simple man works in a bank. When he came to Me in Sahaj Yoga, he got his realization. I've told you his story, once, and again I'll tell you what sort of man he is. He told me that they went to the sea, he was to go to the other side, on a small little island, to talk about Sahaj Yoga. There were 25 people and it was a storm, really a tempest. So went and stood before the sea and towards the wind that was blowing and he took out his hand and he says, "Stop it now. I have to go for Mother's work, this is God's work. Will you stop! Until I come back home, you are going to keep it like that." Once he said it then the whole thing stopped. They all saw, witnessed. He went there, did all the work came back home, and when he entered his door then the water started raining, it started drizzling down.

He's an ordinary man to look at, I mean compared to you people who are really great Englishman. He lives in a very ordinary way, wife is a fisherwoman also. She sorts out fishes and sells them in the market. But see his body is so well built and shining and the muscles so developed and... the man he stands up and the way he talks! Absolutely humble person. No wonder Christ chose fishermen. While he has got thousands of fishermen as his disciples. But he doesn't call them "disciples," he says "All they are Mother's children." Thousands, you don't know. He has been calling Me to go to them, and all that but they come to my program, some of them. One day I have to go down, to those island.

"Any one of the islands," he said "You come they'll be all there the whole day waiting for me." But the way he's there is surprising. Where I'm there, he brings fishes for Me.

But I said, "You see I eat fishes that you bring but what about My other children?"

He said, "No, next time, all the fishes will be sent to You." And he sent one truckload you won't believe!

And I said, "Now I don't even have truckload disciples, who is going to eat all this?" [Mother chuckles.]

And he said, "Nothing, I just went and told fishermen that 'Mother has asked for fishes' and everybody gave their fishes. One day we'll not have fishes, what is there, what does it matter?" Imagine those people who live day-to-day in that country.

Modi told the newspaper people that we can control the elements somehow by Mother's grace. So the newspaper people felt they were very much boasting. But is true, they can. To them it is not boasting is just what it is happening, so they are telling the truth, you see? But that should happen. We should also have some things to boast here. Important.

So now we have the other phase as I told you, is of becoming the Guru of yourself. Detaching yourself, identifying yourself with the Spirit which is growing in its light. So detachment, one has to develop detachment. "My mother," it starts like that. "My mother is suffering from cancer, my father is suffering from madness. Mother, can you cure them?" So now first I cure mother and father. Then "I'm married, my wife is like this, my child is like this." Then "My house," then "My motorcar," then "My dog," then "My umbrella." I have to go on suddenly from A to Z, from Z to A. All right? I can do, up to a point, but for what? For what? Why to cure the mother, father, brother, sisters, every relationship, the tenth marriage and the eleventh divorce? Why to correct all this, for what? It must have some purpose, and if that purpose cannot be served, what is the use of doing it? The purpose is that you at least leave all these things into My hands and detach yourself. But you want to bring the case to Me as well as worry about it. Detachment.

But the idea of detachment is like this, "I'm very detached about money, Mother, absolutely. I'm not bothered. I keep the lights on, why to worry about money?" This is argument. "Why should we worry about looking after the gas and all that, after all we are detached people. We are in detachment, you see. We are not attached to money." But who is going to pay? The other type of detachment that I see, very interesting one is this one is, "I'm very detached. So, I'm not bothered about having a bath, having all kinds of diseases, having all kinds of problems within myself, giving my problems to others, I'm detached. Why should I cover myself? I'm detached. If I get cold, I'm detached. Let everybody get cold from me." That's why - "What can I do, I'm detached. I've got cold, so what does it matter, I'm a detached personality. Why should others mind? They should also get detached!"

This is the ridiculous limit we can go in our idea of detachment. Detachment is from within. You are not bothered. You are not bothered. You know your Mother. The first detachment is shown in generosity. Detachment is generosity. (Grezna) is. She sold her ornaments for nothing at all. I mean I would never have accepted that money, she just sold them. It's remarkable. She's poor. She's Polish, not English. She sold her ornaments, and this is what communism has done to people, they are very detached, communists are very detached people I tell you. Of course, I would never take that money, it's just there. But the way she did it, just like that. You see I was just... Record it I must have... For God's work all right, what is ornaments, things? I mean you know I have given away so many of My ornaments, to keep relations all right. The other day I gave away my kana, to Christine you know that, when she got engaged. Just it came out of the Hand and went away. I was detached you see, [Mother chuckles.] And I never even felt the coming out! So much detached that Christine poor thing, you see, toppled down with pleasure but, to Me it was just, just nothing. Dust!

So that detachment has to come. Now you should know which part you are, there. Like, idea of detachment should not be that, I would say hippy-style of detachment: that you have right to exploit everybody else. Or the another type as I told you which is very ridiculous. It's not an idea, it's a thing, it's your awareness itself, is detached. So, these four things for your material side is important.

What you eat is not so important, because whatever you eat, if the brain is going to be such a nonsensical thing, it's better... whether you eat it or not makes no difference, just standardise [sic] it!. Like in the hotel, "What will you have?" "I'll have pancake." "What will you have?" "I'll have this, I'll have that," for what? I just don't understand why waste so much energy, why not you all have pancake all of you put together? Is a very big thing, you know? Or "Today I will have this," "I." Out of all this materialism what comes out is Mr I. So we develop this Mr I, so the word "I" must go away, we should spake [sic] "We." "We." Means you and all the Sahaj Yogis put together. When you say "We," you'll find it will be different. Or take your name like, "This Norman. This Norman won't listen," like children say. I asked a little boy, I said, "Will you go home?" "I will go, but this -" his name was Munna, "-this Munna won't go, he's very obstinate, what can I do?"

This is detachment. To speak in third person is detachment, in which you are not in the picture, you are a witness. You are the witness to the show. So this detachment should work in such a way that you should witness the whole show, you are not involved into it. But just see what happens, in collectivity also. It becomes a political issue certainly - In Sahaj Yoga also, political issue, nothing short of political issue. We are not here fighting like union leaders. We are all leaders. Where is the time to fight? Whom are we to fight? That we have to decide. So, as far as all these things concerned, are detachment and attachment to Spirit.

So we go further, see now, what should be our attitude on our mental level. Physically you have seen that you have to develop a complete detachment in these four ways... that I have told you. Now on your mental level what you have to do, is to understand the essence of every writing, try to discriminate between vidya and avidya. Because avidya will kill you, will take away your energy, but vidya will sustain you. So try to find out books which are supporting vidya.

I was surprised there's a lady Barbara, she met Me only last time, Gavin and she has written such a tremendous book, you'd be amazed. I mean of such a level on Sahaj Yoga, very direct. I'll show you that, and you know that book is now being considered for giving her a doctorate, can you believe it? In an American university, of course that's only possible in America. But still. That book has that level I was amazed at the book. So try to gather nourishment, like reading "Devi Mahatmya," reading about - finding out

about "Bible" and finding about other scriptures, about "Koran," this that, and which supports you, which nourishes you. Blake, Kabir, Nanak. I mean there are so many, Lao Tse. This is the Guru, is the knowledge. But you'll be amazed, once you start doing it it comes to you.

I met a man, in - near Rahuri as you know we go there - and there's a man who just drives a bullock cart, and he had brought the bullock cart to take Me down to one of the programs, you know what we do there. He was sitting there, we were waiting, and I was talking to him. And I felt he was an Avadhuta is sitting there to drive Me I mean, uneducated absolutely, he's never known book, he does not know how to write, but the when he was talking I said, "Oh God, from where this knowledge! From where all this coming, this wisdom?" Such wisdom, I tell you! Such wisdom that I just was stunned, I was stunned really! From a man who is not even been to any school-college - Christ did not go to any school or college. Such wisdom you can't imagine you meet him, next time when you go there.

If you could, if somebody could translate him - you'll feel like touching his feet the way...Extremely unassuming simple man, wearing a white, clean, you see their topi and clean dress and driving Me down. And to him, this was the greatest privilege of the whole world, is to drive Me. He said, "It must be the greatest of all, something I must have done, to be able to drive You." In such simple ways he was explaining to Me about the character of the bullocks and the human beings. Just imagine. Other things he talked about, if I tell you, you won't believe, so I... just don't know. That's the sign of a great man. He doesn't talk of frivolous things, he has no time to talk about frivolous things.

I have seen my own grandchildren, they never talk of frivolous things, they have no time, they are so busy, you know? All the time clearing out, when they came here, they said, "We have to clear out this Brompton Square then we have to clear out this Knights Bridge, then we have to clear out this London, then we have to clear out this England where is the map of England bring it," all the time they were busy, you see clearing out, and then, "this place is Whales and this place is this. Oh God, this is horrible, bring some shoes, do this, do that," all the time they are busy morning till evening. They would go upstairs in the room and they are busy. They are busy people, they have no time to talk of the mundane things and all that.

Then we brought the dolls, I brought some dolls and toys for them, they put all of them there, you see, and they put them and the map there. "Now. See now," to dolls, "Now you look after. You know?" They talking to dolls like that. Dolls are their disciples, teaching the dolls, "...you see, ah, don't sit like this, you must sit properly, you don't know. You can't bend your knee? Better learn that. You must learn to how bend your knees." You see, because dolls have straight legs, you see. [Yogis laugh.] And all the boys, even the little children I have seen, the way they are busy all the time doing Sahaj Yoga. Every level they are working.

Today I was telling Rustom about My own father, you see? He was a learned man, of course. But, when he talked to someone, he used to talk of something, like I told him about the state of a person called Sambhranta. He told me that Human beings are very different from God. When the God incarnates, then the Sambhrant state - which is awakening between the subconscious to the conscious state - is direct, see. He comes down directly. But human beings go this way, they never go straight. See God descends, so he descends properly, but ascent is always in a very separate way. He goes on like this, and he gathers everything that is in his subconscious. So the sambhrant state, where he is waking up, is such a dangerous thing that he can gather up anything. And by the time he gathers up, the dream becomes something so funny. He may look at a god, whom he has seen in his dream like a witch, and the witch like a god.

[INAUDIBLE] The way, you see, I saw him always busy. I went to talk to him, I found a companion and he found Me a companion sort of a thing. He could talk, because his attention was there. His attention was not "how everybody has made their hair, and how they are sitting down or what dresses they are making, what do you have in this thing?" Nothing. His attention was on the Spirit, his own Spirit and Spirit of others. And he was so dynamic in his brain that he knew your dictionary by heart, I tell you. He never consulted dictionary all his life - neither Sanskrit nor English. And he was master of fourteen languages. Can you imagine? How he must have managed. He used to play tennis very well, he used to swim for three miles everyday, three miles. He had muscles that he could lift you up and [laughter]...yes! Very healthy personality, healthy man. Very generous, very generous man. Much more generous than Me, so you can imagine. Very generous, to him nothing mattered, "All right, you like it, take it. You have it." He'll starve himself but he will be generous. And a man of principle.

So we come to the second point which is we have started the fifth one - is mentally you must only take to things which are nourishing. Through vibratory awareness you will know. Ask other Sahaj Yogis, if you do not know. But take nourishing things to read and not horrible, detrimental to your progress. If you read them, you are responsible for them. You are real, great readers, I must say. You ask any name, everyone knows. I said, "Who was Gropius?" everyone knows. You need not be an architect to tell. Everyone knows what happened, what happened, who is this, who is that. Out of your seeking you have done one good thing - to read everything, whether good or bad, whatever it is. But now after realization, you must try to find out what you have to read, what you have to know, should be nourishing.

Talk that is nourishing, helpful. So in talk you should have compassion. If you are talking to someone it should be full of compassion. Sahaj Yoga is a system of compassion. A Guru has to be very, very patient. It's not like other gurudom, or even real Gurus had no patience. This is a system where patience is the only way it will work out, because no Gurus gave realization, it is only you who have to give it. And you know what is realization is. The other day we met one. The fellow sitting tight. I said, "Now.." They said, "We have failed Mother, we can't give him realization, it's hopeless case." I said, "Really?" So I went there. At the end of it you see, they said, "Mother, there's one fellow sitting." I wanted to avoid, you see, but they said, "All right." So I raised his Kundalini, raised it up. Tied it up, My hands paining now.

"Oh no, so I didn't feel anything!?"

I said, "This fellow is least bothered how much we are working on him. He's just thinking he's obliging us." So then two or three people came forward, brought a light, put the light before him, did bandhan here, there, everything: Again I raised his Kundalini thrice. "No, not at all...!" Went on like that for half an hour, then I gave up. I said, "Sir, I'm sorry, you are too great for realization. We'll try again." "I'm not convinced!" And I was fagged out, I said, "Really, I am convinced about you, so you allow us to go." And then I came out.

You have to have tremendous patience and sense of humor, you just can't tell him off. You see if I told him, "You are good for nothing, useless, you have a bad Kundalini you go away from here, get away, get lost!" I couldn't say these things to him, I had to bear him through, and not only, in the end I had to say that "You are a great man," you see? Because otherwise he would have used some other method. Because already the ego was so big, that with all the pins I put inside it, it could not deflate! It was made of a special fiber I think. [laughter] It was such a difficult task.

So one has to know that we have to be compassionate. You have to read something that nourishes our compassion. Read of people who gave away everything that they had. Tukarama. Read Tukarama. Tukarama was a poor man. And one day he went to some place and did some good job, so they gave him lots of sugar cane. His children were very fond of sugar cane. So on the way every child would ask, "Give me one sugar cane". He was giving to everyone. When he came only one was left. So the children said, "We are three." "It's all right," said "next time I'll bring for you. Share it amongst you three." And they had it. They said, "Better have it, now one more child will come and this will also go away."

So one has to know about lives who have been giving. Read about people who have been giving. They gave their lives. They crucified themselves. They tortured themselves. They allowed to be exploited. They allowed to be poisoned. Read of such sacrifices, of great sacrifices. We are lucky people that we have seen all those things with our own eyes. But at least you be one of them, that you can at least, if not see, visualize it. You can. Bring that as your principle.

So we move now, from detachment, which I've told you four types of detachments. And then I told you the nourishment to your mind and nourishment to your heart. Nothing nourishes more to a person than giving away. Nothing nourishes your heart, your compassion, unless and until you learn to give away. Now will you please make a list of things, how many things you have given away in this one year, last one year. I can't because it is too much. Please make a list of things, how many things, except for your brains, you have given away to others, without thinking about it, or have thought of giving. Since Christmas let us say, to this Christmas.

Heart is opening. Think of giving. On material level, other help is there to give. But no, we don't even give the other help, for which you don't have to spend any money. Just give a hand. I've seen, very easy to make out, labor saving devices. Now, I have come here, some will be running, others are just sitting. Tea is brought to them, food is brought to them, everything is done. They'll just put the plate also before, "Go and wash." It's not only selfishness but it's unmannerly, unmannerly to be like this. In Sahaj Yoga, you have to be extremely busy, helping others, at every point. To be helpful.

You know Ravi Shankar's Guru was a very great, a very great man, realized soul he was, a great person, So he knew so many things. And one day I was there, in the night you see, there was a doctor, we were his guests in a way, for dinner we had gone there. In the night the call came that, "I need you very much", to the doctor. Doctor said, "Now I'm tired." He was also another very giving person, no doubt. He said, "Oh you must come, I have a big problem. See, I saw a little baby." I said, "What baby you found?" He said, "It's a baby," - he was an old man - he said, "I found a baby of a deer which is suffering now, and the mother is dead, nobody to look after it." So I said, "All right I'll also come with you," because I knew I will touch the baby. I went with him. So, he was sitting with the little thing to his heart.

So the doctor said, "What are you doing?" He said, "I'm trying to give him my life, you see if possible, so that when you come at least you find him alive." Just like this, such love. So he took out the thing - doctor - his coat and all that, he said, "All right, put it down." Sitting there, ready [INAUDIBLE] Though he's a realized soul, no doubt. I put My hand on the thing and I caressed it and it came to life, and it started, all right, he was very happy. He said, "You are a Devi, you are a Goddess, I can tell you. But one bad thing you have done." I said, "What?" "You are married." I said, "But Devis must marry, also." He said, "No, but supposing you have married a miserly man, then what will happen to you?" I said, "I will see to it that I don't marry a miserly man." That would be the greatest curse. He said, "I had the same type of a wife who was miserly, and I'm fed up with her, for her miserliness."

So that is what it is, miserliness should be hated, absolutely to be hated, absolutely to be, the worst of all it's like leprosy for Sahaj Yogis. Miserliness. It's saving, saving pounds, you know. That must go away from your mind. Miserliness to yourself is good, miserliness to others is bad.

Gregoire told Me shocking thing. He said, "This is our culture." I said, "Your culture? What is it?" You see, he said that if we go in a hotel, and if somebody is paying, we start looking this side that side. I said, "Really?" He said, "That is very common." I just can't believe it, if this is culture? It is the opposite of culture. Whatever you may call it, it's not culture at all! Culture would be to come forward, "All right I'll pay." But Americans are even worse, they'll say, "I paid for you yesterday, you pay today for me." I think absolutely disgraceful miserliness.

But this is gracious, you see when somebody's paying, you look on the other side. It may be gracious, I don't know, whatever it is, it is just the same, it's filth! I tell you.

So compassion, compassion at any cost. You may have to work till two o'clock, you may have to work at four o'clock, doesn't matter. You have to work, you have to work, you have to work, because compassion itself is joy giving. Because your Spirit is the Ocean of Compassion. There's no other way, there's no other way to enjoy your Spirit, but to give to give to give. Doesn't matter if you have not eaten your food, doesn't matter. Nothing matters. Many a times a you know that I don't have food for twenty-four hours sometimes, still I am busy. It's not necessary for this body. The food of this body is compassion. That nourishes. So you have to be miserly towards yourself, but you must have compassion.

Heart, open your heart. Open your heart first to God for thankfulness. This is the other quality one should have. Is a higher quality I should say, of Thankfulness to God. He has given you realization. He has given you this body. Do you realize that this body, human body, He's given you. He has given you everything. Count your blessings. Even to have the morning, to enjoy it as a human being, you are not in any bandhan, you are not in any pash, you are not pashus, you are not animals. Animals are pashus. You are free people, God has given you freedom. And he has given you His realization.

Sense of thankfulness. But our language is such, "Thank you, thank you, thank you", finished. It is only in the lips, it finishes, lip service. From your heart thank Him, from your heart. Not outside just go to church, "Thank you God very much," all right done. It's to thank Him from your heart, write praises. Praises. Sing praises, "Glory to God" to the Great who has created us. Your disciples are sitting and every moment when you are talking you think say about Mother or about God. You'll be amazed! It's only possible if you have sensitivity, if you have memory. The greatest miracle of this world is that everybody has to die and nobody remembers it. But another one, is that everybody is blessed by God but nobody knows it. But you are so specially blessed. So what you should do? Be in joy, be grateful, so that bliss comes to you. Without thankfulness nothing is going to work out. Thankful heart. You need a heart that is thankful to God so that He gives you. But when you give others He will definitely give you. But don't think it is your own! You are giving what God has given you.

So today I have told you eight-fold movement. So you have become half-moon, only in mind. And the other half, keep it for the next 'Guru Purnima'. All right?

May God bless you.

What do you want Me to do? Is to eat these ladhus. That's your job.

[short exchange in Hindi. Shri Mataji laughs.] I told you - now let me see what he has brought. What is it? Should we have our food first? Let's have our food, I don't want you to starve also... [laughter]

[Mother comments on the beautiful day, moon, & mentions that those not going on India tour should be given responsibilities to coordinate & run programs in other cities around UK. They must "chalk out a proper plan."]

1982-1114, Diwali Puja: Wealth & Generosity

View [online](#).

14 November 1982

Wealth & Generosity

Diwali Puja

Nirmala Palace - Nightingale Lane Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Diwali puja, London (UK), 14 November 1982.

Today we are here, all of us, to celebrate a four day festival called as Diwali. Diwali, it comes from the word 'dipali'; 'dipali' in Sanskrit. The word 'dipa' means 'the lights', and 'ali' means the 'line', the 'rows'. Now, there are many things that have happened during these four days and that's how it is celebrated with such a great enthusiasm.

The first thing is the day of the Lakshmi's birth. That is the thirteenth day of the moon, "dhanteras" they call it. [Which] is the real day when Lakshmi was born out of the sea; that's why She is called as Miriam or Maryam. The word 'Marie' or 'Marine', also comes from the word 'sea'. So, She's born out of the sea. She's created out of the sea. And the wealth of the sea, so far, thank God, human beings have not yet exploited. But they may, one day, start doing that also. And a lot of wealth is still there, so when people start getting worried about exhausting the Mother Earth, you must know that sea is much more than the Earth is, so nothing is exhausted. Still there is such a lot in reserve for you, and one should not worry [apart, "Thank you"] as to the supply of wealth that can come from the sea.

Now, this Lakshmi is the goddess who stands on the lotus. She represents all the well-being, the wealth; the glory of wealth, the decoration of wealth is, which is, whichever is auspicious. Whatever is not auspicious is not wealth according to Sahaja Yoga, or according to any scripture. It is not wealth at all.

So, She is a lady who stands on a lotus: showing that a person, who has got wealth, has to be a person who doesn't assert his pressures on people, who doesn't push people around, who doesn't pressurise. And then She's a lady, She's a mother.

So, wealth, is the first opening to our seeking. But when you start seeking the wealth, you realise that the superficial wealth that you are seeking is not sufficient, is not going to give you complete joy. So you start seeking the deeper wealth. As I said that, "On the Mother Earth you have exploited all that is possible". Still there, deep down in the sea, a lot of wealth is still there.

So, then the seeking moves towards the deeper seeking. So the same Lakshmi becomes Mahalakshmi when you start expanding yourself to higher and deeper valuable things. Then this Lakshmi doesn't lure you much. She's just there for your glory, but not for your satisfaction. The wealth is there for distribution only. You enjoy the- there's no word for 'dhan' [in English] I think?

Sahaja Yogi: Generosity.

Shri Mataji: Oh, generosity! But generosity is different. But what I'm saying [is] generous fondness. It's a fondness that you should be generous. Sometimes it's a very great happiness and joy that you feel — that is the greatest — when you are generous, when you give away. That's a fondness, that's a kind of a human expression of one's own being: that you want to be generous.

And this generosity only can come when Mahalakshmi principle is born in you. But at Lakshmi principle also She stands like this; Her hand is like this one: as giving. And the other is like this.

So miserliness is not a sign of wealth. I mean, if you are miserly that means you are not wealthy. If you are really wealthy, why will you be miserly? This simple question is there. That means if you are really wealthy, you will just give away. If you cannot give

away, then you are poor, you are a beggar. [If] you are still hankering after that, that means you are still a beggar, and you are hankering for it.

So [with] this left hand She is giving all the time, and with the right hand She protects people. She gives protection to people. The wealth must give protection to people, in the way [that] it must look after the well being of others, not your own self-indulgence: like having all the best things to yourself while others are starving.

That's not a sign of a wealthy man. A wealthy man is a person who knows that, unless and until he shares his things with others, he is not going to be happy, ultimately. For the time being he may be. People live with imbalances, they live with wrong ideas. But ultimately they have to correct it. If they do not correct this, there are problems.

Then there's upheaval, lots of changes come in. People start seeing that, "Oh, this doesn't work out, that doesn't work out." The children run away from the houses, the family goes into problems. All sorts of things happen, and then they realise, "This is the reason: I have been very miserly. I have not been generous. I have not been using money for the sake of others."

Now, after coming to Sahaja Yoga, you become a Divine person. Definitely you become Divine. You are now a Divine personality, you are not a human personality. So you have to give up all that is human within you, then only you will be fully Divine. But it's very difficult. That's [what] the problem is: that it is very difficult to really accept that you are Divine, and that you have to take to Divine policies and Divine attitudes, and Divine temperament.

Now, the Divine temperament is generous. It is not bothered, as to what happens next. It's not bothered, because it is connected with the Source. If you give one you will get a hundred. It is sure about it.

And to a Divine person, worldly things have no meaning, if they cannot give pleasures to others. A person who is very self-indulgent, always bothered about himself, is not a Divine person at all. In no way he's Divine. It's very common. It's human. Everybody does that. Everybody is self-preserving.

But after Sahaja Yoga, you do not start all this nonsense again; you give it up.

And who looks after you? Who looks after your self-preservation? Is God Almighty. You are now completely dedicated to Him, and He looks after you. You don't have to worry as to how to look after yourself, how to do this, how to do that. It is His work. The more you go on worrying about yourself, the worse it will be. The moment you give it up, it is looked after.

Many Sahaja Yogis must have experienced this in their lifetime: that when they try to give it up, they get all the help from God; but whenever they try to assert, and worry about their well-being and things like that, then there is a problem. You don't know from where the help comes in.

And we have had so many examples, so many so-called miracles, where people wanted to do something, and suddenly they got the money from somewhere they least expected. So for a Divine person, the attitude should be of giving and of protection: protect.

Now, we are very good at protecting our bhoots, and protecting others who are bhoots.

You see, the sympathies always go to bhoots, because they have a way of creating a sympathetic attitude in your heart. So you start looking after that person because that person looks so much miserable. You have to protect the saints. You have to protect the principle of God, the Divinity in others, and not the bhoots. You are not here to care for all the bhoots of the world.

So the idea of Lakshmi must be understood in a proper way. In Sahaja Yoga it's a very different thing from all other people know about; like charity. Like, people say now, "We must be charitable, start a charitable organisation." In that, you look after this kind of people, that kind of people. We are not bothered. That's not [what] you are given Realisation for: to look after every sort of a

person. You are here to look after all the saints and all born-realised children. And you are not to bother about people who do not matter to God and Divine. When they came to Realisation, if they get Realisation, if they become saints, all right. But you don't worry about every Dick, Tom and Harry, on the street: "Oh Mother, he's so miserable!" and this and that.

So the charity must be understood in a Divine light. And the Divine light will give you discretion, to understand whom to be charitable [to]. You have to be charitable to your brothers and sisters. You have to be kind to them. Now you will say: "What about worrying about, Mother, people who are starving? Who are this?" That's not your headache! Why should you do their jobs? You are all good at doing others' jobs. For example, you are driving in the car: "Oh, look at this! There should have been this properly done! That they should have done properly!" but that's not your job! Why should you waste your energy in finding out what the others should have done? You should do what you have to do. And don't waste your energy in these things.

You see, [in] all these charitable institutions, I have seen [that] those people who work there are very difficult for Realisation. This is the proof of the pudding. Because to whom to do the charity? If there is no other person, you do not do charity to anyone! I mean, sitting down here, I can do charities to people, so-called, which are not charities, they are part and parcel of my being. I just do it, because they are part and parcel of my being. I don't have to go all out to sacrifice something to do charity, because that's nothing but ego pampering and ego-oriented: "Oh, I have helped this man, and how dare he say such a thing!"

So this is one quality of the Divine, one should know, that It is generous. It is generous to a fault, to a fault. It is generous because It is generous. It is not bothered. It doesn't reason out itself: "Why should I be generous?" It is generous because It is; because it's the whim, it's a fondness. The fondness of generosity is such, as you have fondness, say, people have fondness to drink, for example let's say. That's not fondness, that's a habit, I think. But you can say some fondness people have. What kind of a fondness you have, without forming a habit, I don't know. Because you always have a habit and then you form the fondness. But supposing you just have a fondness. For example, you are fond of, say, good food, let us take it. Now, if you have fondness of good food, then you will just do it because you are fond of it. Now if somebody says, "Why are you fond of good food?" You said, "I am just fond - finished! Who are you to ask me such a question?"

If somebody is fond of generosity, he will be generous whether you like it or not. And it is sometimes, to a reasonable man, may look to be a bit too much.

The greatest generosity a human being can do is to forgive. I mean, it's not generosity to others but to yourself. If you forgive others you are generous to yourself. First of all be generous to yourself, that is you forgive everybody else. If you forgive everybody else, then you are not tortured by them; you spare yourself from their tortures. This is a generosity towards yourself. Towards yourself, the greatest generosity is that you do not bear any malice or bitterness about anyone. But clear-cut ideas that, "He's like this and he is like this." Just a clear-cut idea, but no reaction out of it.

If somebody is a man, say, he's bhootish: all right he's a bhootish fellow, we know he's a bhootish, keep yourself in bandhan, but don't have a reaction out of that. Then you have really forgiven everyone. Forgiveness gives you a big kavacha; is a big bandhan, is a big protection, we can say, a shield, from all kinds of evil that other's can put on you.

Just forgive them, and then you see what happens to them. You just try this trick: just forgive, and see what happens to others who try to torture you.

Of course, the Divine never wants to torture anyone; that is definite. It never wants to torture. It is extremely generous, It likes to forgive. It enjoys Its forgiveness, It really enjoys. Generosity is to be enjoyed in the same way forgiveness is to be enjoyed. It's very enjoyable. When you forgive others it's the most enjoyable thing, that you see the play, you become the witness.

So the Mahalakshmi tattwa, when it develops into you: first of all you have to forgive if somebody has borrowed money from you and has not returned — it doesn't matter.

It's difficult for people to forgive people who borrow money and don't give. (laughter) And beyond that is also another problem I

have seen (laughing) that: if you lend some money to somebody, then run away from that person. Because even to give is easier, but [to] take is even worse. A person who takes money from you, will never forgive you all your life, because you have lent money to him!

So, one has to understand that, when you become Divine, you just give. You just give. This is Mahalakshmi tattwa. Mahalakshmi tattwa is that you give.

Don't worry about what is the result, how others react to it, what happens to it, what is the ultimate result, and what you achieve out of it, and how the person has taken. Just give! That is Mahalakshmi tattwa. But when I say give, also you must use discretion. That is the part we always forget.

Sahaja Yoga must teach you discretion, that is the Divine truth. Divine is the most discreet thing. Now, when I say, "Give," I know people will just start running on the street, finding out somebody where you can give something! You don't have to run about to find out somebody that you should give something to someone: there's no need. It's just flowing. It's just flowing. Whenever the chance is, just try to give: material things, something kind words, sweetness, comfort. But never give one thing, which I sometimes do by mistake: never give advice! (laughter) That's a very dangerous thing. You can give bandhan, you can beat the person at his back with shoes. But never give an advice in words. That is one of the principles of Sahaja Yoga, for the time being.

Because giving advice, you know what it means. You may have a boxed nose or something! It's a very dangerous thing. So best is, on that part I would say, as far as advice is concerned: you have so many ways and methods of handling a situation. So better not speak about it, just handle it in complete silence.

Whatever you have to do about a person, just handle him without talking to that person. The more you try to convince the person, the worse he will get. Because they are not Divine. They haven't reached that Divinity. They are a special type of people who cannot become Divine, and do not break your necks with them.

Also don't give advice to other Sahaja yogis. Everybody at this stage thinks that they know all about Sahaja Yoga. It's all right, good idea! Very good idea! But never try to tell them what they should do, what is good for them, unless and until they come and ask.

Now, this Mahalakshmi tattwa, when it grows into collectivity: what happens [is] that you learn that you have to just give, and you don't worry about the receiving.

As Krishna has said, "Karmanye vadhikaraste phaleshou Ma kadachana" (meaning) "Our job is to do the karmas (the work) and we are not to worry about the phalas (fruits)." Just try to give whatever is possible to everyone: vibrations, Realisation. I know it is wasted so many times — you give Realisation and it is wasted. It's like the seeds that are thrown on the rocks. Yes, I know, it is. So many times I have wasted thousands of them, but doesn't matter, you give them. It is not [that] you are giving them for their sake, but for your sake. It is for your satisfaction you are doing it, for your fondness you are doing it. So just try to give Realisation to everyone, anyone who asks for it.

But, as Christ has rightly said that, "Don't throw pearls before the swines." I mean, I shouldn't use this word today, on such an auspicious day, but doesn't matter. So, this, He has said it.

Now, this kind of people, who are they? They are the people who don't deserve it. So there is no need to give Realisation to every person you come across [or] talk to everyone. Gradually you will meet such people who will ask for Sahaja Yoga, for Realisation: you'll give it to them. Gradually those pigs, or what you call them, whatever Christ has called them, they will evolve, I am sure, one day, and they'll come to you.

So, let us try on the first level, where there are genuine seekers of a high level, and you will be amazed how they are sorted out.

You see, there isn't much space in the Kingdom of God, to be very frank. And we should not worry if we don't have many people over there. For us, it is a responsibility we must have all the population of this world going up there: is a wrong idea. That's not needed at all. We should not crowd them there. Here only, we can't sit all of us you see, we'll have to have a bigger place. So we should not bother so much as to the quantity, that the quantity is not much.

Of course we should try our level best to pass the message; Because they should not say that, "We didn't get the message." To pass the message is all right. But we need not in any way force people or ask them to come to Sahaja Yoga or make them Sahaja Yogis. It's a difficult thing. The more you will try, the worse they will be. They will be so troublesome that it's going to be an impossible task.

So in your generosity you must have discretion: how far to go with people, how far to work it out. This is the Mahalakshmi tattwa which comes to you as a result of Shri Ganesha, who blesses you with wisdom as to how to be generous with others, where to give, what to give. The discretion starts working. You don't have to think about it, it just works out. It will just work out.

Discretion in Sahaja Yoga doesn't mean, at all, thinking or rationally coming to a conclusion, but it means that it just works out that way: in the sense that you feel it in your vibratory awareness. Once such a discretion is developed, you will be amazed that those who are not to enter into the Kingdom of God will just shun it, will not come close to you. And it's better for us, less headache, you see. Because they think that we need them, while they don't know [that] they need Realisation, not we. We have got our Realisation.

So this is about generosity, today, I wanted to tell you; about being generous to Sahaja Yogis.

Now, I'm not going to tell you that you go on giving presents to Sahaja Yogis and all that, because, as you know that, these material things have no value except they have symbolic value. And symbolically if you work for them, and if symbolically if you try to express yourself, it is going to work out much better than in a material way: that it should be so expensive, it should be so much. That's not good. Symbolically you should work out material gifts and things among yourselves.

But the main thing one should understand [is] that collectivity will only grow when you do not, by any of your attitude or behaviour, suggest that others are lower than you or others are higher than you. For example, you see something straight, you see quite far away; I see much more than what you can see. It's a fact. You know that.

But I don't tell you. I just say, "I don't know, maybe try this, try that." I keep quiet. I just try to play about. I say, "All right. Let's see." I'll consult you, I'll consult him, everybody I'll consult: "All right, try this." Or I'll do all these tricks, because I don't want you to feel that, "Mother knows everything, so why should I know?" First of all you can say that. Or you may say that, "Mother knows so much, and I know nothing. I can never reach Her."

So, what you have to do is to make another person see as much as you see. How will you do that? By being with him all the time, by being in such a relationship that the other doesn't feel the oppression: oppression of that personality, as if that person [thinks], "Oh, he is so great, he is so great, he knows so many things, and he's so evolved. What are we? We are nothing!"

If you develop such an attitude towards a person, then the other person can also develop another attitude, just the other way round. That he'll oppose such a person, he'll stand out, he'll be angry all the time. At the slightest pretext, he'll be off and he'll feel hurt and he'll be miserable. All these things can come up. So it is not going to help you, nor the other person.

But to tell another person, if you want to raise that person higher, the best thing is to make him your friend, your dearest person, and let him see as much as you can see, together. Then the vision is broader. It's not that one person sees something more and others do not see, and the person who can see, thinks no end of himself.

You should behave in such a manner as if you don't know anything, it's better. You should see me, how I behave. I don't tell you

anything, I just say, "All right, go ahead. Whatever you think proper, do it." Then you come round and you say, "Mother but it happened like this, and you had told us this way!" So I say, "I told you, all right, but I didn't say, "All right, this is going to happen!" " But it happens. So it's better that you should also develop that kind of an attitude that, all of us have to go together. There's nobody who can just pull out oneself ahead. We all have to go together, even me. Even if I maybe anything, what does it matter? What does it matter if God is great? So what? He may be great in His own play. But what do we gain out of Him is the point that, His greatness should be seen through us. If we cannot move up to that point, what's the use of His greatness? It's better that He's away. He's too great for us.

So He has to come down. He has to come down to this level to make everybody feel that they are part and parcel of His own ignorance.

He may be the most knowledgeable person, so what? You have to take the cover of the ignorance upon yourself and go on slowly exposing yourself.

In the same way, if you can do it with other Sahaja Yogis. Then only you could be good leaders, and you have been really generous with a full discretion.

So today's day is, as I told you, the thirteenth day is the Goddess. Dhanteras it is called as. That is the day of the Gruha Lakshmi; She came as Gruha Lakshmi. In the household, the lady is the one who is the symbol of that Lakshmi, to begin with. Because she's the one who looks after your food, looks after your comfort, she protects you, she nourishes you, she gives you joy. And the women who cannot do that are not Gruhalakshmis. They are not the... 'housewife' is a very poor word for that. They are the Gruhalakshmis; means they are the goddesses of the family.

So, the other day we were in America. I told the girls, I said, "Let us wait. And what we can do: it's all right, I am the Mother; you can give me food if you want. But I don't mind, give the boys first, and then the girls should eat."

And one of them got very angry with me. She said, "Mother what is this? They are dominating us!" If somebody eats before or later, what is the domination? I mean, in any case you are going to eat before or after! I don't understand the portion of domination. But you are privileged! You are privileged that you can look after so many people! What is so wrong in it? You see the whole atmosphere is so funny that if the men eat first, then women should feel that we are put down. It's absurd, because it's a privilege: you are like a mother. You are the person who has to look after them, and you have to feed them. It's a privilege that a Gruhalakshmi should do that: look after everybody, give them food to eat and treat them just like their protégés you can say, something like that. It's such a privilege. It's a sign of complete maturity.

Even little, little girls, you have seen, if they are brought up properly, otherwise they can be horrifying. But normally little girls are very generous, more generous than men are. And they always try to make you very happy. They have great sense. If somebody is sitting down they'll come and give you food and look after you. I mean, I have seen my all three granddaughters, do that. Even once a washerwoman came in the house. They said, "You must sit on the sofa." She said, "But no, I can't. I can't sit on the sofa." "No, you must sit on the sofa!" they said. They opened the fan for her and they brought all the things that were in the kitchen for her to eat, now, and they brought some plate and this and that. And the elder one, I told her, "What do you want to be?" She said, "I can only be a nurse or an air hostess." I said, "Why? Air hostess and nurse, why?" "Because these are the only two professions where one can give, isn't it, food." I mean it's a privilege. Other professions you can't do this great job, this noble job, of giving food. "So that's why I want to be either the nurse or the air hostess."

And they play, I have seen these girls play, "Now I'm the air hostess, now. You must eat this!" They bring food in small, little things. They make their own things, "Now I'm the air hostess," and they'll bring it.

Now, there may not be any food in it, maybe some stones they have put, or whatever it is. "You must eat! You must look after yourself! You are thinning down. You'd better." Like that: so sweet. And then they'll bring some pillows, "Now you must lie down." Like the air hostesses they are working, you see, "Ah, are you feeling cold? Would you like to have a blanket or something?" I said,

"What game is this?" "Now we are air hostesses!" (laughter)

It's such a privilege, an innocent privilege.

And that's what, if we develop, this nonsense of a right that, "We are higher, they are lower," all this nonsense will go away. Who is higher and lower? Like some hairs are here and some are here; are they higher or lower? You can't do without this or this! It is an absurd idea that has come into our heads that we are higher or lower.

So a gruhalakshmi is the one who has to be a noble woman, has to be an example in the family. Like, if a housewife herself is a drunkard, marries ten times, what will happen to her children? Just think of it, such a woman. A woman who has no sense of chastity, no sense of auspiciousness, no sense of protection for them, what can she talk? Who is she? What does it matter? I mean what comfort can anybody give to a housewife? She is the one who is the source of comfort; what comfort can you give her? To her the greatest comfort is that you eat your food properly, you sleep well, you keep well; that is the greatest comfort.

So this is what one has to know: that gruhalakshmi is the woman in the family, she is the gruhalakshmi. But the man should not be a wolf also. A gruhalakshmi cannot marry a wolf, you must understand. If the man is a wolf, then he doesn't deserve to have a gruhalakshmi, but he can have a she-wolf as his wife; that's a good idea. Then they can fight, quarrel, have all kinds of divorces, this thing. But it's the responsibility of the gruhalakshmi, to begin with I must tell you. To keep the balance it is her duty. It is not the duty of the other people in the family. It is she who keeps. She doesn't give up at any cost. Of course, if he's a wolf: all right, he can go to the forest. She's not bothered.

But the men must understand [that] the more you start respecting the housewife, the gruhalakshmi, in the family, the more there is respect, the more there will be settling of these women in their proper places, becoming proud of their houses and families and their own set up that they have put in. They'll feel they'll have a meaning, and the whole society will change.

But if the men run after dirty women and cheap and street women, then the same housewives can take to that. So that is very important, that they must be respected, because they are gruhalakshmis. That is one thing.

The second thing is, they are also rajalakshmis. Rajalakshmis are the goddesses who are looking after the country.

Like England has a Rajalakshmi too. Now, we say, we can say, the princess now (Princess Diana) is, she's a rajalakshmi. She is a woman with dignity. She carries herself with that bashful sweetness and all that, she's a rajalakshmi. Our Queen is very good too. But, we can say, other people in the same family are funny. They belong to Royal family [but] they haven't got that strength of character to belong to that.

They have all the privileges, but they think they have all the rights, but no duties. And as that also the rajalakshmi can be very funny. Like in this country there has been curses on curses, because of seven queens were murdered in this country. I mean, I can't think of any country where even one queen can be murdered by the king.

This country has a very funny curse of these seven women who were killed like this. I mean, what sort of women they must have been, and what sort of queens they must have been? I mean, there's nothing of a rajalakshmi.

A rajalakshmi is a dignified woman. She is the one who is the glory of the country. She has to be a glorious woman. She has to be a woman with all the attributes of a queen. And that is the Rajalakshmi: is she, is the queen, or the goddess, that is the queen; and She resides in every country. Every country has a Gruhalakshmi, and if that is insulted, then the people suffer. They will suffer in so many ways, like they will have money problems, they'll have financial problems, they'll have also have problems of society; all kinds. Because whatever the queen does, whatever the king does, it is done by others; but specially the queen. Most of the fashions in England have come because the queen started it.

So whatever she does, she's so important and she has to have that idea in her that she's the goddess. She has to represent that

goddess which resides in every country. So that is the Rajalakshmi.

Now, in countries where there is no [monarch], in democratic countries, then all right, then the first lady of the country should behave. Not like the American lady (Jackie Kennedy) who married a tycoon somewhere, an old man, and is now a photographer! What is this? So cheap, it is so cheap! She doesn't deserve to be there. There's no dignity about her. She's competing herself with cheap street women. She should know that she is the first lady.

In the countries where there is even, say, not democracy, and other sorts of governments are there, there is also a first lady. And why now these first ladies also have become competitors and they compete there with their husbands and try. Wherever they have tried such a trick: Even Bandaranaike tried these things; she failed. Anywhere they tried to outwit their husbands by this, they will fail, because God is not with them. They are there because they are first ladies, and they should take all pride within themselves. Even if they feel they are a little bit let down by people, not respected. But if she respects herself, nobody can be disrespectful to her. She should keep her respect and everybody will respect her. But just to punish people, if she has to behave like this, that means she has no value of her own.

So the first thing that one, Lakshmi, gives you [is] the value system. Your value system is corrected. You evaluate yourself properly. Like, you know the value of this and value of that and value of this. But the value system for a divine person is not based on the amount of money or amount of matter it has, but it depends on what vibrations it has. So the whole evaluation system changes when you get into Divine temperament, that you start seeing things. What is precious is what has the maximum vibrations. Whatever has vibrations is the precious thing for a realised-soul, and not what is not Divine. What is not Divine, we have nothing to do with.

But you will be amazed, whatever is Divine is all very precious, also, otherwise. Like the paintings, which are done with Divinity — means the realised-souls have done — are today very expensive. May not be in those days, but now, today. Actually all the truth comes up gradually, and people can see that clearly, that there is something special about these things.

So your value system changes as your Mahalakshmi essence starts growing and manifesting. You stand absolutely open, and you find that new things, new ideas, a new valuation of everything starts coming to you. Once this happens to you, know that you are growing. You must know how to judge whether you are growing or not. And that is how you will know that you are growing in the right direction, if your value system is improving.

Today's day is the Lakshmi's day. I bless you with all the Lakshmi's powers. And specially the discretion to improve your value system: what is more valuable to you, what is the most valuable thing to you; you must try to revise that.

Then there is, after this day, when they worship the first day is, they say that, that is the day when Diwali was celebrated when Rama was made the king. He killed Ravana on Dashera. And [it was] on this day that Rama was crowned, and that's why they celebrate it.

Now, Rama is the person — at that time He was crowned — He represents the Benevolent King. And the benevolence of a king is being crowned. So that's why they celebrate Diwali.

But we have a special significance of Diwali, it's a very special significance, I think: that the light, that we see here, you will see it always goes upward. The fire is the element that always goes upward. It's always against the gravity, and it is against all that pulls you down. And the light of the Spirit is also like that, it always takes you upward.

And the person who is a realised-soul is called as an enlightened person, because he has the light. And the light has a capacity to give you a full idea, to see what is what, to relate to each other, to find out the distances, and the differences, and to discriminate. So the light represents discrimination. And when you are enlightened, the Spirit is enlightened: in the sense [that] Spirit is the light, but which starts expressing itself in the atmosphere, manifesting in the attention of yours.

Now, what we have done, in Sahaja Yoga, is nothing but this is Diwali. First one light was enlightened, then that light enlightened another light, and now we have so many lights. This is the Diwali that I have. I enjoy this Diwali [more] than anything else.

Now some lights are really sometimes flickering, I know that. Doesn't matter. Some lights are afraid of the wind that might affect it, so I have to look after them.

In India you see this part is called as aanchal () of the mother (pallu of the sari), where she keeps her child hidden. And this is where she looks after the candle also, the light that she has kindled. And very carefully she looks after it and tries to see again and again if it is burning or not. And when she is sure that it is burning nicely, then she puts it on a higher place where it burns; not for itself but for others. It enlightens others and enlightens the path of the people who are going in the darkness.

So, for us, Sahaja Yoga today, is a Mahayoga, because it is the Deepavali. It's not only one deepa of your Mother burning, but it's so many lights all over the world. You know they have taken their light and they are burning. Even small children are giving Realisation. It has spread to the villages now, and is spreading slowly as the Diwali. And every day we celebrate Diwali we have more and more lights. And I am sure these lights are going to grow.

Those people, who still have flickering lights, have problems, they always have problems, and they must know that their light is to be brought in properly, into proper shape. They must put all attention to put their lights in order. If your lights are ordered there cannot be a problem, there cannot be a problem.

So the correction is also a Divine quality in you, which should work inward, by which you correct yourself.

And the other day I was explaining how you don't have to think. It's very simple. It's a machinery, which is a Divine machinery, which you have found out now, within yourself. Now at this time when you have got a machinery, you don't have to think about it. Because the machinery that is Divine, is just like any other machinery. For example, you know the machinery of the car, you don't have to think. You don't think, "I have to put a brake," you just put it. When you are a master driver, you just do it, you don't think. Do you think? If you start thinking, you will kill so many people by that thinking!

So in the same way, if you have mastered this machinery: if you know which one to move, how to move, how to work it out, if you have mastered it you don't think about it and it just works. And that is what it is and we have to understand that, after developing Mahalakshmi tattwa, which is the main tattwa, which is the evolutionary principle by which you have evolved. It's the ultimate, the Sushumna, the central path, which is the most important.

If the Sushumna is not all right, then you cannot do anything, because there is the flow, there is the opening, which is important, which makes you wider, which makes you deeper, which makes you greater. That is the path of Sushumna which must be always kept open. You must try to keep it open: by balancing yourself, by this generous attitude, and by seeing everything through your discretion. Keep it open. Keep your Sushumna open. And that is the path of Mahalakshmi. If you keep your Sushumna open there will be no physical problems, no emotional problems, and of course no spiritual problems. That is how one has to understand today's Mahalakshmi tattwa.

Now at this position when you reach, you see: this position is very important at Mahalakshmi's principle, is that it gives you the witness state, no doubt. But as I have told you before, just after this first day's puja of the Lakshmi, when Rama was crowned, next day they have the second day. And on this second day, you see the thirteenth day, as I told you, is the day when the Lakshmi was born.

Fourteenth day is a horrible thing, which I do not want to tell you much about, because that is the day the Goddess had to fight all the horrible rakshasas. So I don't want to talk about it much because you know all that. That is the fourteenth day.

Then the fifteenth day is the day when the moon is absolutely missing from everything. It's absolute darkness, where you put

these lights to suggest that: there are lights now, let Lakshmi come within us. So there is no spot that should be left which is dark. So everywhere the Lakshmi resides, and give us the glory of Her blessings.

Then it is the night when you have the dark night, as you call it, amavasya. Then the first night after that, is the first moon that the, you say the new moon. [When] the new moon comes up, the first day, is the day when the New Year starts for Shalivahana. As you know, Shalivahanas are my ancestors, or whatever you call it, the same Dynasty. That is the day. That day, they take a shawl, shawl of the Mother, like this, and put this water carrier on top, to suggest the Aquarius time. The Aquarius time has started according to them. They put that on top of that, and put it, like a flag, on top of their houses to suggest now the Aquarius time is there.

With the Mother's shawl they made the flag. And on top of the flag is the water carrier, is put upside down to suggest that the Aquarius time has started, that the time of Kundalini has started, and that this awakening has to take place. That's the first day of the year they start.

Then after that, the second day is..so it is five days actually; but why I said four days celebration is because one day is a horrid day in between. But also there's a celebration because, after killing all these rakshasas, there were Diwali. Many a times these things happened, and every time She killed all these rakshasas they celebrated it by putting lights all around.

So after that is the second day, is very important, which is here: is the brother and sister's special day, where the sister invites the brother to her house for food. And if he's a small boy she will give him a bath. Even if he is a big boy he sits with all his clothes on and she puts water on him and puts something, very fragrant things, on his body and gives him a bath nicely and gives him a protection. It's a purity of relationship between a sister and a brother.

And then the brother gives her something as a present at that time. And he may give anything: it's just symbolic. It's the love and affection of a brother and sister [which] is expressed at that time. It's very important. And then the sister, actually gives him a bandhan, with actual light, which we call as the aarti they do for the brother. And that's how they try to give a big protection to their brother. So this is the day, they call it in Marathi 'Bhau bij' or 'Bhaiya duj': that is the dwitya, the second day of the moon. That is done in India. Now it has significance because it is very important that our relationship as a brother and a sister must be strengthened, must be purified, must be looked after.

In India, even if somebody calls you a sister or a brother, then he is a sister or a brother. It's a very difficult situation. If somebody calls you a sister, then you have to accept that situation. And if you accept that situation, all your life you have to carry on that relationship of that nobility. Whether he may be your brother or not, doesn't matter. She may your sister or not, does not matter. But once you have said she is your sister, then all that purity is there, all her chastity is to be protected, and she is to be looked after.

So, this is how it is. These are the five days they celebrate. In short I have told you, how we Sahaja Yogis should understand, these five days are days of real festival for us because we have overcome death now, we have overcome that degradation that would have followed after it. Now we are people who are victorious. So, this is to celebrate our victory over evil, our victory over our weaknesses, and our victory towards the goal of our achievement — that is full Self-realisation. And that's how it's a great day of celebration, and may God bless you all.

And in this jubilation I join you all, and I am very happy that we are so many today in this country, and a day will come when we, our righteousness and our greatness will definitely enhance the path of darkness with this light, and improve the conditions, to such an extent that people won't believe that they were living in this wretched world, and today they are in such a beautiful world. They won't believe. It will happen. As it has happened within yourself it will happen without. And that's what is the day I am waiting for, when such things will happen. And all these things we are doing here, leading a very righteous and a good life now, with forgiveness for others and with all the generosity: it will become a universal truth for people. And when this will become a universal happening, and when people will universally accept Sahaja Yoga, then will be the real days of Diwali's celebration.

May God bless you all.

So I must say, for Christmas I won't be here. I'll be in India. It's nice way, you know, because I'll escape all your presents! (laughter) You gave me so many presents last time that it was too much for me. Of course if you say that, I gave you, because that's of course is nothing great because, you see, if you give to one person, it is too much to carry. They say you have to have a shipload.

And if one person gives to so many, it's not such a difficult thing, isn't it. But if everybody gives to one person it's too much. And if one person gives to many it's very good because the load is lessened on everyone and also shared, of that one person.

So my giving was a better thing than your giving to me, because I was really thinking of taking a ship, to put all the nice presents you gave me.

So, do you have any questions?

So, now, just, this is your ring.

Kay, here's the ring. Simon, come along!

So, you see, today's puja is more sort of asking for the expansion, expansion of your Sushumna; more that. So as it is, when we are doing this puja, first of all you must develop a mood of forgiving others, and forgiving yourself also; just that mood, first of all, to improve your Sushumna further to grow, first of all.

So there's a mantra for that, "Ya Devi Sarvabhuteshu kshama rupena samsthitah." All right? And, "Shanti ripen samsthitah."

All these mantras, if you say, all of you, if you say these mantras: one you can say and they can repeat you. And then that will definitely improve. These are all mantras for the Sushumna.

I think you people don't have any machine, a grinding machine in the thing. So I had better pay for that machine. Because I would like to give some present to the ashram. And what do you call that machine for grinding something?

Yogi: A grinder, Shri Mataji.

Shri Mataji: Become something greater and higher. That's the point is.

(End of recording)

1982-1126, What you can do

View [online](#).

26 November 1982

Talk to Sahaja Yogis

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

"What you can do" Caxton Hall, London (UK), 26 November 1982

Shri Mataji: Not even a comb.

Sahaja Yogini: Yes.

Shri Mataji: Conditions are horrid.

How are you Pat?

Pat: Very well Mother, thank you.

Shri Mataji: I put my shawl there, I think they do. Sit down, please be seated.

People from Brighton have come? Has Gill come? No.

Sahaja Yogi: They have evening class over there.

Shri Mataji: I beg your pardon?

Sahaja Yogi: They have evening class over there.

Shri Mataji: [Laughing] But today they could have come from the evening class.

Gavin, just come here for one minute. This ventilator is so strong. [Laughing] I just can't bear it, it's too much. If you don't mind, I find it is too much, you see ... after all.

Gavin: [unclear]

Shri Mataji: I know there are some extreme cases, but...

Gavin: It's better to say it now.

Shri Mataji: [Laughing] It's too much I personally think. There are, of course, extreme cases as I said, but still. [Shri Mataji reads a letter]

Sahaja Yogi: Could the new people please, sit with the palms upward toward. The palms, the hands with the palms placed upwards, as if you were asking for a gift.

Shri Mataji: [Laughing] I am myself going through austerities all the time. I don't take any lunch, breakfast, nothing like, very little. [Very low voice, inaudible. Some children...]

I've received such letters from India also and they said the same. Some of them are really - I just don't know why it happens like that.

Like, Gill said that it took six months for her to get vibrations while there are people who are feeling the vibrations since - just they saw this and they took to it. It's true, I mean, I don't know what to say. What it means. Let's start.

Today is a day of departure for Me, for India, and, I am very sad that I have to leave My children here. It's a sad day, no doubt. But I have to go as you know and you all are going to join Me, quite a lot of you.

But those who are going to stay here have to understand that they are here with a purpose, not without a purpose, and during My absence one should not waste that time. On the contrary, you must put your mind to find out what you can do to improve the conditions of other Sahaja Yogis.

Many of you are Sahaja Yogis and you have felt cool breeze from the very first day, and have been feeling it all through.

But there are so many, still, who don't even feel the cool breeze and they feel very funny about it and feel sort of guilty. Sometimes they feel that they are something of a lower type, or something wrong with them: that they don't feel the cool breeze. So, one of the greatest worry, for all of you, should be that there are some people who are not feeling anything in their hands. They have been coming to Sahaja Yoga, have been religiously working it out, but they haven't been able to achieve the first experience of cool breeze. For this there can be many, many reasons, not one, but there can be many reasons. And without getting involved into these reasons, if you try to see within yourself, and, if others who have felt it are compassionate and kind,

they can definitely help others.

But the worst thing that we human beings suffer from is ego. And this ego makes us feel small – at the slightest thing anybody tries to help you.

Some people might have a hurt ego, might have a bloated ego, might have a state of mind, which does not even see the ego.

And that is why it is difficult to talk to anyone [about] what is to be done to improve?

So those who are better off, suffer from a dilemma: they don't want to hurt another person, and another fear they have [is] that, if they try to help others their ego might go up! (laughing) Because they are afraid of their own ego.

But we must understand that – once we have come to Sahaja Yoga, once our Kundalini has been awakened, then, all of us have now become part and parcel of one body, of one body of the great Primordial Being.

In a body, as human bodies are, supposing a finger is numb, then all the body's attention is on that finger to cure it, and all the other fingers and the whole body, the brain, the mind you can call it, everything is worried about that finger [and] how to make it all right. Naturally there is no ego for these fingers, so nobody feels hurt or bad. And the fingers are also anxious to do it, because they can feel the problem of the finger which is numb.

If there is some problem, say, internally within your body, all the cells which are needed to correct that problem will rush. The blood will rush. The heart will pump. Everything will work out in a very co-coordinated way, but nobody feels hurt that, "Why should I take help from anyone?". Neither the one who helps is frightened or afraid or also feels the ego.

The reason is, the cells of the body are under the complete control of one brain, of one personality, of one Self.

But in Sahaja Yoga, this collectivity is not yet established. That's why people feel hurt, people hurt each other.

They have fear of another 'cell', which is the brother 'cell', which is the partner 'cell'. Which is the part and parcel of your own being. Are we afraid of our eyes? Or afraid of our nose? Are we afraid of our hands, or of our feet?

And this collectivity is such a vicious circle that unless and until you become really collective, you cannot feel another person. And unless and until you have that sense of responsibility of collectivity built in yourself, you cannot help another person.

So certain amount of growth is needed in the whole body to be sensitive enough to help each other, to be wise enough to help each other, to be resourceful enough to really nourish another [one].

And that development has to come again through collectivity; is most surprising it is.

I know sometimes people feel that there are Sahaja Yogis who are not even of one mind.

I agree. That somebody will say, "Your Vishuddhi is catching," another will say, "Your heart is catching." Another will say, "Your void is catching." They don't say that, all of them will say the same thing. One will say this, one will say that, one will say that. The reason is, some of them have developed a certain sensitivity to a certain centre, but not to all the centres.

And that's how there can be a difference of opinion as there should not be at all.

So firstly, we must all know that we are still growing.

We have to still grow.

In Sahaja Yoga even if you get your Realisation, that doesn't mean you suddenly become John the Baptist! We all have to grow. And for growing and growth we have to discard something and we have to accept something.

And the best thing that should be discarded is your ego, and it comes in so many ways that it creates a barrier between you and your Creator. Sometimes this ego can take you to anti-God activities and you will not know that it is your ego is taking down there, because the identification with ego has been, not [only] in this life, but in many lives before also.

So, to get misidentified, or we can say, to dissolve this ego, or to get away from this ego is a difficult thing.

But as you grow out of the mud of this ego, the lotus starts becoming fragrant and everybody can see that fragrance.

It is more difficult in the Western countries, than in the Eastern, because the whole basis of the growth in the West has been so far based on ego and competition. There is no competition in Sahaja Yoga.

You just think if one finger starts competing with another finger, what will happen? It is as absurd as that!

Now we are talking of roots, we are not talking of the shoot – what people have achieved through Western style of thinking. Now we have to go deep down into the roots, so we must change our methods. There is no competition at all among roots, they help

each other: if one fails, another goes and helps it.

That is how this living process can work out.

We have to change our ways of tackling ourselves and others, and, we have to realise, that God's Power of Love is the highest, deepest and the mightiest.

And this is the power of love that we have to assert. But love just does not mean that you spoil someone or tell lies just to please someone.

It may not be pleasing, in the beginning maybe, but ultimately it will be.

So, when you have to talk to someone, of course you need not be arrogant or rude at all, should be sweet, you should be kind, compassionate, but it's not diplomacy going on there. It's not any that you are trying to get out some votes from that person. It's a guideline you are giving to the person. And the guideline can be even silent.

The greatest guideline for anyone is the precepts you follow, the ideals you have, the way you behave.

You know in India one person gave Realisation to 10,000 people. And how he did it, how he impressed others.

He impressed others because he went to an office, the commissioner's office, for some [of] his personal work, and then he started talking in such a manner that they couldn't understand that, this man has come for some practical, every day-to-day stuff, and the way he's talking, the way he's behaving, the way he's dignified, and so firm. How is he managing that?

So, they said, "Who is your guru?"

Immediately it came into their head [that] "Must be some good gurus they have." He said, "I have no guru, I've only a Mother." He said, "We all have." That's how it started.

So, one must know that, by your own behaviour you can talk to another person; and that behaviour should not be superficial, must be coming from the heart, the concern within, the concern that this person should be all right. Genuine concern.

And even a dog knows that. You don't have to tell anybody by taking some sort of a vow, but even a dog knows what is a genuine concern and what is not a genuine concern.

With that concern you have to talk. And that is what we lack is the genuineness within ourselves, our heart is not open.

Open your hearts! Now you have entered into the Kingdom of God, open your hearts! Just see yourself, why have you got fear? For what? Ultimately what is going to happen? We are all going to die, isn't it? So put that, fix that point! One, we are going to die. Whether a tiger eats us, or we jump from anywhere.

Something has to happen to us to die. So why should there be any fear?

Now if there could be a genuine fear [it] is this, that – you may not receive your Realisation. Even this genuine fear has no meaning because this will also kill your chances of Realisation.

If you believe that God is great and that His compassion is great, really from your heart, you'll get your Realisation no doubt.

You all are there for that and the Divine Power itself is anxious to do it, extremely anxious. You can see, can you believe that there are so many people who are Realised souls today in this London?

I came here about twenty years back, and if somebody had told Me that there are going to be so many Realised souls here in this place, I would never have believed, because at that time I had met very few, in the whole world I would say. So the things are happening, but be patient! And believe in the mercy of God, in the kindness of God, in His compassion, in His anxiety to give you this gift of Realisation.

And this is one of the greatest hindrances people have, when they do not feel their vibrations.

Today I received a letter from Gill (from Brighton) and she said she went with My photograph to be framed or something, in a shop. And the shopkeeper, that lady she looked at the photograph. She was little bit, I don't know, concerned, and she said, "Whose photograph is this?"

So, Gill just said, "You put your hands towards it." "Oh God, what has happened? As if some door has opened." Just she puts hands there and she gets that.

And Gill was amazed, because six months, she never felt anything! (laughing) She was breaking her head with it: "Mother, I never feel cool breeze, I never feel cool breeze." But she is a great seeker no doubt.

And now, she says that her brother came in and he didn't feel the cool breeze. So, Gill said, "You have a bad liver," "Yes, yes, How

do you know? I have. I've got pain in the liver. I've had problems with the liver."

So Gill said, "Put your hands towards the photograph and put your left hand on the liver." "Oh God, I am feeling this (the right middle finger), and I'm feeling the tingling" and this and that, and he showed the finger for the liver.

And she was amazed that this gentleman just walks into the shop where are so many people are coming, going, no Caxton Hall, no peaceful atmosphere, no other Sahaja Yogis sitting there, and suddenly you find [that] this gentleman feels the cool breeze.

Not only that, but he can exactly say where he's catching. Nothing happened, no trembling in the hands, no shaking, no burning. And he felt better on the liver! She couldn't understand what was the reason.

The reason is very simple: when you come for a program there are many others who are already feeling vibrations and you don't feel it.

It's like, you see, they have a property and you don't have sort of a thing. So your mind, which has worked through competition, mind which has worked through realising that, "Somebody has something I don't have," have and have nots, you see – that mind starts putting fear into your head "Oh God, will you have it or not? Will I get it? Or even if I get it will I lose it?"

And that fear I see on the faces of many new people. Give up that fear! You are all going to get your Realisation. Give up that fear! You have not entered into any competition here.

Just relax. Just relax now!

Then the more you want to do about Sahaja Yoga, again you are tense. "I have to meditate early in the morning; I have to get up tomorrow early in the morning," you see, you go on pestering yourself. Whole night you won't sleep, and when you are meditating you are dozing. Relax! God is looking after you, believe Me! (smiling) He is going to give you Realisation and He is going to look after you, and He's going to wake you up in the morning too, but relax! The first idea that "I can do it" is wrong. He has to do it. It's not working out because you think you can do it.

If you can come to this conclusion that "I cannot do it, it is His mercy, His graciousness has to work out. "But, after Realisation, you have to do something, in the sense [that] you have to desire.

But when I say you have to desire it, again you will say, "All right. Now I'm going to sit down here and nail myself to this place and I'm going to sit down and desire it!" This desire is a dead desire, you see, just pushed onto your head that, "Oh, I must desire! Mother has told I must desire." You have to be hungry. You don't say that "I have to desire that I have to be hungry," do you? The hunger is from within. Which is there, no doubt, but it's clouded. The hunger is clouded because you have fear.

If you put a goat before a tiger and give him to eat, he will reduce with that, eating, whatever it is, because it has that fear, that, "there is a tiger which is going to eat me".

So first kill all the imaginary tigers around you. Again, we come back to the same, that desire must come from within. And it is there, but is clouded.

Relax! It should not be that, "I'm very relaxed!" [making Her hands into clenched fists and smiling] It's childlike. It's simple. A relaxed person is just like a child.

So not to get frantic. Try to relax. That's all. For everyone.

But relaxation never means that you are inactive, on the contrary, the person who is relaxed is extremely active on the exterior, but inside he's absolutely silent, absolutely relaxed and at ease. Outside you may feel it.

As you know, now at this time tremendous vibrations are flowing. And I can see the flow, tremendous. And all the chakras are doing like this around Me (Mother demonstrates shaking both hands and rotating them a bit). But I see them and their play. At the most I may stop talking, but it is flowing. So, whether it is for the seeking or for anything else in the world, the first thing is that you must take an attitude of a relaxed witness. If you can do that, then those who are not feeling vibrations will definitely feel.

I have seen people on whom I've been working, and it wouldn't work out. Of course, they were not rude or in any way arrogant, but felt very sad that they couldn't get the vibrations. So I said, "All right, today you go and enjoy the flowers in a garden. Enjoy the birds and talk to the sky and come back tomorrow" – it works out.

Because you have been always like this. In Sahaja Yoga you don't have to achieve anything. You become. First you become and then mentally you understand Sahaja Yoga. But those who try to understand Sahaja Yoga mentally first, are really in for trouble. Because when you read it, it sounds so great and you think, "Oh God, where am I?"

So please, if you give Realisation to someone, take it easy. It will grow. Don't give 'Advent' to read, next moment. We do it! Why? We think we should impress the person that Sahaja Yoga is a great thing and the person must read 'Advent' so he'll come to Sahaja Yoga and we'll establish this man because he will see and will be impressed.

If somebody is going to be impressed by these things, such a person is of no use for Sahaja Yoga, take it from Me.

If they are going to be impressed by something exterior and superficial, how far will they go?

They have to achieve it within themselves, their own Spirit. They have to be impressed by themselves, by their own achievements. If you understand this simple principle that, when we become the Spirit, we manifest a power which is just the opposite of any other so-called powers. Like, [if] you take science, it will analyse. Sahaja Yoga will synthesise.

Take philosophy, so-called, it will try to find out the dogmas. Sahaja Yoga will neutralise all barriers of all the religions.

Because all these forces are deadening, they deaden. The religion is deadened, God is deadened, everything is deadened by that. While Sahaja Yoga is a living force within you, and that's how it neutralises all that is destructive, all that is deadening. It's a living force of God, is a very powerful force, it's very wise, it understands everything.

We have heard about it, but we never believe there could be such a force.

And the first time we feel that force, we don't want to believe it: "How can that be?" Because we still don't believe that we can be the source of that force, which is integrating, which is synthesising completely, which nourishes, which helps you, to rise above falsehood to Reality.

It doesn't allow any falsehood to build in.

While all other forces, whatever you may try, political forces [are] based on falsehood, absolute falsehood. All politics is based on falsehood, we can see that. How can you explain the policies of these nations?

You just don't understand. All falsehood.

Your democracy is 'demonocracy', your communism – I don't know what sort of a thing it is! All absurd, perverted and false.

But in Reality you are a communist, you are a democratic person. Everything within yourself is the Spirit. But to become the Spirit, if you stand on falsehood and want to achieve it you cannot.

Give up all that! Become the Spirit.

Then you start seeing [that], from the window of the Spirit, everything is different.

So the falsehood that we have accepted throughout stops your vibrations. All this is falsehood, believe Me. The Truth is God's love. That's the only Truth there is. That's why I say that, "God is love, and He is Truth".

The rest is all falsehood and if you believe in this principle to begin with, really from the heart, then this power starts flowing through you.

It's the most powerful thing, universal thing, which is doing thousands and thousands of things of making these beautiful flowers, fragrant flowers, our heart beating, creating human beings, animals, everything is done through this living power. And this living power just has to flow through you, and believe Me that human beings are the only instruments of that power. Some people think of compassion and think that they must help other people. That's falsehood! You can't help. You help on a superficial basis. The only help one can give to another is when you become part and parcel of that Great Being and realise that other 'cells' are also there, who are awakened or may be awakened.

That's the real help, that's the real compassion, that's real happening.

Sahaja Yoga is definitely, is the deep understanding of this fact.

We indulge into activities which are superficial and could be anti-God, as I told you.

But for Sahaja Yoga the activities are extremely simple - even a finger movement like that, is sufficient to do tremendous things.

There's no need to stand on your head for it. Awakening is your own, there's no problem on that. The problem is, to prepare yourself for that awakening by not preparing yourself! Be unprepared! Be simple! Just be simple! Be childlike! Just that.

Which is such a difficult thing – to be simple. No elaborations are needed, nothing is needed for that, no preparations as such, except – open your heart.

Now how will you open? Like that? (Mother moves her hands from the chest outward as if opening a pair of doors in Her chest) Pay attention to your heart, just pay attention to your heart. You'll be amazed, it will start melting. Just melt your heart. The thawing starts as soon as you pay attention to it.

Tensions will drop out and you will feel cool breeze.

So those Sahaja Yogis who came to Sahaja Yoga and didn't feel vibrations, should know that the fear that they have...

Everybody thinks that there's a show on, like a dog show, like other shows you see.

And they come with that idea. There's no show on. It's a thing that you have to achieve yourself, which you achieve, that state, automatically.

Now this is about the Sahaja Yogis who feel that they do not feel any vibrations. Maybe sometimes it happens also in some places, where the Vishuddhi Chakra is very bad, you don't feel any cool breeze. So doesn't matter!

As long as you feel peaceful, enjoy them! Why worry about the vibrations? I don't understand. What is the need? If it is not there, well and good. As long as you feel the peace of your Spirit. You just put your hands to another person.

I remember one gentleman in India always used to say, "Mother, I don't feel anything, I don't feel anything. I've done that, I've done this." I said, "Thank God you don't feel it." He said, "Why do you say that, Mother?" I said, "Enjoy your peace! Enjoy it!"

But then he wouldn't listen so I said, "All right, go and feel the vibrations of particular gentleman!" And he got blisters on all his five fingers! (laughing) And he came to Me and said, "Mother, Oh God!" (laughing) I said, "You wanted to feel now have the blisters! What can I do?"

So those who do not feel, also are avoiding little problems for the time being!

Take it easy! Is a very good word (phrase) 'Take it easy!' Which is, you know, this word, has come very recently. It was not there, never. It was 'Run! Run! Run!' before. Now everybody says 'Take it easy!'

Specially if you have been to some other gurus and some other 'meditation' centres and all that, where you have been jumping morning till evening, you see, you don't want to believe that Sahaja Yoga you get, only by sitting quietly! Now there are ways and methods for improving your vibrations. As you know, in Sahaja Yoga, they are all described.

For people who suffer from ego, I think best thing is to put your hands into the ice, right hand, maybe. It may work out. Try it! But don't prepare it! Just push your hands into ice sometimes. It may work out. And for people who suffer from superego, little bit burning your hand on the candle may help. Just try!

Because the hands are not sensitive. So there is a heat or a cool too much. Either you are a frozen personality or you are a heated personality, you are not in the centre. So if you are a frozen personality, better melt it a little bit, try! I never said this before because half of you would have run away if I had said this! But don't burn it to have blisters I am saying! Just a little bit, try to see that, if you burn your finger the sensitivity will improve. But someone is thinking just now that, "If you have both the problems, what do you do?" (laughter)

There are permutations and combinations because if you get out of your ego you have a big superego that comes up, and if you get after your superego the ego comes up.

There then, the attention has to be brought here [Mother puts Her palm on Her Brahmrandhra]. And Sahaja Yogis know what it is, here to keep the attention here.

If you can keep your attention here, then you are above these things, and if something drops out it drops out forever because you are standing here.

Say, if I have a shawl, and somehow I can jump on to that gallery (pointing upwards to gallery in the hall) and this shawl falls off, then I never have it, isn't it, because I'm [up] there, and the shawl is down here.

So, the ascent must take place. If you do not ascend... How do you ascend is through your attention. Where is your attention?

Ask yourself, "Where is my attention?" Either you are counting your money, counting your votes or some people even count lampposts I am told! If they have nothing to do, they can go on doing whatever they like!

But count your blessings! Count your blessings and your ascent will start.

Count your blessings, and that is how you ascend, ascend in the Realm of God.

If there is no ascent, then you'll move from left to right, right to left, you will be [a] wobbly person. But count your blessings with your heart. Feel it, the thankfulness.

English language is very good, you say 'Thank you', now in Indian languages also you see, we translated it, to say 'Thank you', but we don't say 'Thank you' because what is there to say with the mouth? Normally there are no words for thanking, because how can you say this if you are feeling from the heart? Even a glance, even a tint in the eye, glint in the eye, can express that, just a smile, just the bending of your head.

There's nothing to be said, to feel the gratefulness and thankfulness for the great blessings of God.

But if you read newspapers every day you'll forget this mantra, because when you read newspapers you say, "Wha! what a curse it is! God is a curse on this earth!"

Or that "He has put his curse on me and I am the persecuted animal!"

For ascent it's not a mental procedure, it's a procedure of the heart which is thanksgiving.

Look at the flowers, they are giving thanks to God. The whole being is nothing but thanksgiving! Not worried, they are being plucked, they will die tomorrow – not worried. As long as they live it's giving thanks.

Look at everything, look at this candle, what is it? Is thanksgiving. Everything that is created is giving thanks. What about us human beings? We say, because we can say it, they cannot say. It doesn't have words to say.

We have language, that's how we have become superficial, we have lost our depth because we have language.

There is no language for the silent expression.

So, those who do not feel Realisation, should be thankful to God that, at least they desire Him, that they are seekers, that they are seeking God. How many there are? Today when I was coming to Caxton Hall, I found people walking with their tailcoats and so many, seriously, you know, all of them. Bow ties!

How many are seekers in this world?

How many are seeking God? How many are seeking higher life? So be thankful that you are seekers, that you have felt the need of God's love, that you do not want anything that is not God.

It's such a great thing, that you have a heart, you have a mind that desires the Highest!

Be thankful that you are seekers and born in this great time where you have to get your Realisation. Be thankful.

I know you have committed mistakes. All right, doesn't matter! In your seeking you have committed mistakes, doesn't matter.

But be thankful that God is looking after you. You are the special people created by His love, guided by Him. So be thankful.

And thankfulness is a quality of heart.

That's how, when you feel the beauty of thankfulness, then you start feeling the Spirit within you. It cannot be expressed, it cannot be returned, it can only be enjoyed. The blessings can only be enjoyed, isn't it?

And it is for enjoyment only, it's not for anything else. Just that you should enjoy the blessings, that's why the blessings are there.

So, to achieve the blessings, is not the point. Blessings are everywhere, or I would say, there are tremendous vibrations today in Caxton Hall. And now some of you are not feeling it, that doesn't mean that God has not accepted you, that doesn't mean that. It only means you have to turn your face a little bit this side.

Nobody should feel higher because they are feeling vibrations or nobody should feel lower because they are not feeling vibrations. But if somebody tries to help you, don't feel bad.

Now all of you who are going to look after the new people here, must know that, again, it's God's blessings that you are here, that you have this great work to be done. That you are now employed by God and He has given you this special job, to give Realisation to people.

Again, count your blessings.

Don't feel depressed. Some people say, "Mother, now You are going and they are all going with You." God knows why I'm taking them there that, perhaps, they need more training than you do. But again, the competitiveness comes in. Some have to be in the reserve force, as they say.

But where am I going?

And that is how, in both ways, we have to count our blessings, that you are going or not going is not the point. Both of you have a responsibility which is bestowed upon you as a blessing from God.

If the attitude towards Sahaja Yoga becomes of a child who expects everything from God, because he's the child of God. What's wrong? It's no ego. Because if God is Almighty, He'll jolly well have to look after you, isn't it? But we are not like children you know, that's the reason. A child will demand. But you must have that faith, that, whatever you demand, He will do it!

I don't know if you have forgotten a story I used to tell long time back, what My grandmother told Me once upon a time....

[A very small child comes up to say hello to Shri Mataji.]

Shri Mataji: Yes! Yes! Come! Come! Come! What do you want? You want this? All right, have it. No, you want chana? Ha! Have it.

Child: 'No'

Shri Mataji: Chana? No? Then a kiss?

Come, come, give me a kiss. Come along. No? All right, give this to mummy, come along, give this to mummy. Responsibility! They like it, they like it. You must watch them. All right. Now, what do you want? You want flowers? [Pointing to a bunch of flowers offered to Her] No? All right. You give it to them. Give it to them. Give it to them. Give it to them.

Not for himself but for others! Give it. This is Godsend. How children explain things so in a, such a, simple way.

We cannot be like children. We are very grown-ups, you see!

[The small child goes back to Shri Mataji: "First give me a kiss. All right. Now put your hand like this. Oh, it's fallen.]

Today really, I don't know what to say. You better ask Me some questions. (Aside to the child: "Alright, give it to others") Any other questions, please?

Shri Mataji: Come here, I can't hear you. Today the vibrations are just blowing in My ears! Come here. What did you say..?

Seeker/Yogini: I said that You suggested to us that we have a day without food and a night without sleep...

Shri Mataji: One night.

Seeker/Yogini: Each week, yes.

Shri Mataji: Good idea, better try!

Seeker/Yogini: So, we've been doing it for 4 weeks.

Shri Mataji: It helped you?

Seeker/Yogini: Yes, I don't mind the days without food, but when I have the days without sleep, I find that, really like now, I can hardly keep awake in the evening. I don't know if it's really very good to continue it every week.

Shri Mataji: I think evening you must sleep early, is a good idea. It's not nice to keep awake in the night. Night time is not so good. And, why I said to keep awake in the night was that, because what I find that Sahaja Yogis have more problem of the left-side. For the left side people, it is important that they should keep awake in the night, and lots of things work out, because you are alert. In the night only these attacks come. Left-sided people get all their attacks in the night, and right-sided people get all their attacks in the daytime.

So, for the people who are left-sided - in your case, specially, you are left-sided, all right? So what you have to do is to sleep less in the night. You can sleep in the daytime, I don't mind. Sometimes you can do it, now do it on a Saturday or a Sunday.

Otherwise, this left side won't go away. Because we have to try and experiment you know.

Seeker/Yogini: Will you say something about the timing because for example to keep awake from say 12 o'clock to 4 is very easy for me and the other night I stayed awake from 12 to 6.30.

Shri Mataji: The other way round I would say. You get up at 12 o'clock, that's better.

Seeker/Yogini: Yes, I did that.

Shri Mataji: Yes. That's all right. That's all right.

Yogini: Then if you're awake from 12 to 6. And then can you rest for an hour before you go to work?

Shri Mataji: No, no. It's all your lookout. There's no compulsion in Sahaja Yoga.

You experiment with it, you see whatever suits you. And you will be able to see yourself. You have to experiment. You see, every individual has their individual problems, and this is one of them. One has to see that, if you are a left-sided person, is to keep awake before 12 o'clock is better. Afterwards, gradually if you sleep, you see, all these left-sided problems will disappear.

But the right-sided problems start in the morning, you see, "I have to go, I have to catch the bus, I have to take this", plan it, plan it, plan it! So that time if you at least don't eat, you get more time. You get more time and apart from that, your stomach, which is acting less, is better off.

Seeker/Yogini: I don't mind about not eating. You want us to do it every week then? One night?

Shri Mataji: No, no, you have to experiment. There's nothing like that in Sahaja Yoga, as you know it is not compulsory. But if it helps you, the way it helps you, [then] try.

That doesn't mean now [that] all of you should buy a bucket of ice and put your hands into it. You see, this is the trouble with human beings, you tell them anything and you find them sitting with a bucket in the hand! (laughter)

No, I'm just saying 'try'. You see, because, you must know, I have no problems.

All right?

You are all individuals, you are all professionals, you are research scholars. Keep your mind open and try and find out if it helps you. Every individual has individual problems. All these little, little problems you can solve yourself, because you have the light. You have the light of vibrations, the Spirit is with you, so you are independent.

I just give you guidelines, that doesn't mean that you every day have a vision! No, horrible it is! But it has helped some people. May not be for everyone, this may suit or may not suit. But for left-sided people is better, I have seen.

With the right-sided people it suits better that they don't eat so much, or [that] their attention is more towards better things of life. Actually, I don't think right-sided people eat much. On the contrary they are very fussy people about food. I mean, the whole thing is a mental thing. Mentally they will say, "That's not good, I don't like it, what will I have it?"

You go to a party and the menu card will come and seriously they'll think 10 times [about] what they will eat! I mean, what difference does it make what you eat? Does it? And they'll all discuss, "What will I have?" and they'll eat two morsels and finish it off! They'll not relish even that! Because food cannot be enjoyed by mental activity – simple thing as that. The tongue has to enjoy, but all your energy has been spent in your mental activity so tongue is not there anymore to enjoy.

So, towards food also, anything, if your attention is too much [then] reduce it.

And that's why I said, "Eat less!"

Or if you fast then you don't have to think about food. You think more about food than you eat! And enjoy less. Least of all.

That's why it is said 'fasting', but when I say fasting people start thinking, "Then what time should I eat Mother exactly? Is it all right at 8.30 or say 8 o'clock?"

As if there is a jail in Sahaja Yoga!

Eat at any time you feel like it. But if you are thinking about food what's the use of fasting?

Like in India, we have fasting, you see, women start planning about the fasting ten days ahead, "What will you have for your fasting?" Because in Indian life, people have made some concessions that "If you eat this, this is not fasting, [but eating] that is fasting!"

So, then they will plan out, what they are going to eat! [Laughter]. And they accumulate everything, you know, all that is to be eaten because you are fasting! And the whole attention is on 'fasting' only. And actually, you are eating all the time [Shri Mataji laughs, laughter]. Like this Ramadan [that] Muslims have. They are supposed to early in the morning. But they eat so much in those days that they never [normally] eat, because they know that they are not going to eat later on. So, it's a funny situation. You see, I'm just giving you it as a research scholar to find out about yourself, what type of life will suit you. Any other question?

Yogi: Mother, what was the end of the story about your grandmother?

Shri Mataji: Oh! That you want to hear again? It's a real grandmother story. So, don't use too much intellectual things. It's a simple one.

You see, she said that, those who believe in God, just believe in His blessings, and they have full right on God.

She told a story that: once a man had to go and see God. Now don't ask question 'how is it possible?' but it's a story! (laughing) And on his way he met a gentleman who was doing hatha yoga, Western style! (laughter)

Sometimes he was standing on his head, and sometimes standing on one leg and then tying up his hair to some branches and dangling himself, and shouting 'oh God, oh God, oh God'.

This fellow got frightened you know, the way he was hot. His bones were showing, all his bones, skeleton. He said 'Now what are you doing?' He said, "I'm calling God, when will I see him!" He said, "All right, I'm going to see God now, I'll tell Him, but till then, at least don't go to this extreme, it's too much! And you settle down. I'll go and tell God that He must come and see you, otherwise this is going on too much"

Then he went ahead and he saw one gentleman, just on the side of the road was sitting there. He said "What are you doing here?" He said, "I'm doing nothing! God is doing everything, what am I to do?" So, he said "I'm going to see God, have you any message?"

"No, no, you just tell him, you see, I have not eaten my food today, and He is not bothered. Please tell Him to send all my food properly to me. And tell Him that I need the food."

So this fellow said "Look at this arrogant fellow to order God like this! And he says God is doing everything and he's just relaxing and ordering God!". So, he went to God, and whatever work he had he finished with God, and all that, and then he looked a little

perplexed you see, so God asked him "What's the problem?"

He said "I have two more jobs to be done. There is one fellow who met me on my way and he was doing all these horrible things to his body and he said that I hope I'll meet God with all this" "Oh, I know him, I know him very well" God said, "All right, go and tell him that you have to do some more of this, it's not sufficient."

So, he got a shock of his life! He said "Look at this! God has no compassion at all! How does He say [that]?" So, the other fellow he told about, the one who was just on the roadside.

So He said "Oh, he hasn't got his food? How can it be?" God called all his managers, everyone, He said "How is it you haven't given him his food? Please, arrange immediately!" He was surprised that, "What sort of a thing it is?" And this fellow is just ordering God and God is looking after this fellow!"

So, God as he knows about everything, He told him "All right, you are perplexed. All right, you go down and tell them one story. It's a tall story but you tell them and see their reaction." So, He said that, "You go and tell them that I saw God passing a camel through an eye of a needle." He said "All right, I will do that", "To both of them you tell and see their reactions and then you will know why I tell you". So, he went to the first fellow and told him that: God has said [that] still you have to do more of these things. He'll come and meet you but you have to do more. He said, "Yes. Then he will meet? So, I will do more and more and more." Then he said, "Then what happened at God's place?" He said "It's something miraculous." "What was that?" He said, "The God passed a camel through an eye of a needle!" He said "Must be a very big needle!" (laughter) He said "No! just ordinary one!" He said "How can that be? Now you have been to God so you are telling me stories! You can't get along with me like this! I understand this is all false, just telling me stories."

So, this gentleman said "All right, I'll go to the other gentleman." So, he went to him. He was having his food. He said "Sit down, sit down. God has sent all food for me. I know, once I tell Him...there's no need to tell Him also. He really looks after me, but you wanted to have some message so I said to Him, but how much he has sent food for me! How can I eat all that?"

So, this fellow was surprised, you see, so he said "What happened? You went to God, what did you see there?" He said, "I went and I saw a camel was passed through an eye of a needle, a very small needle I tell you, and I saw it!"

He said "So what? What's so surprising? After all He's God!" (laughter)

"What is for Him for a camel? He can pass Universes after Universes [through it]. He's God Almighty! What is so miraculous for Him?", Then he realised! This is what it is.

If you have faith God wants to establish it.

Only your faith works it. But the faith in Sahaja Yoga, as you know, has to be the faith of the Spirit, of the experience, is not blind faith.

When your eyes are open you have to have faith in God. But still after Realisation [people say] "So what! Vibrations are there, so what? What is it so great? Yes, so what?" Then God says "All right, go ahead!"

It's such a tremendous thing that you get, but you don't have faith in your Self, how can you have faith in God? You don't respect your Self how can you respect God? And this is exactly what happens to human beings when they deny Sahaja Yoga.

As you know there have been some miracles also in England, which were stunning, and people were surprised. But there's nothing to be surprised at all, it's absolutely very common. And I wish Gavin could tell you about these few miracles that he has seen because some of you may not be knowing about it, so I would request him to tell all about this what happened and what has happened in India. To me it is not at all miraculous, this is nothing. It's very simple.

And this has been published in the newspapers and all that, I think it's better that Gavin should tell about this. Come here! Loudly! Gavin Brown: When I read the newspapers' happening in Bedford, about just over a month ago. For the first time Shri Mataji had a programme in Bedford and, we learnt the next day, that, a young boy had been going home on his motorbike and, he had an accident, he fell off the bike, and he said that: a Lady stopped her car, got out and put her hands on where he was hurting, and he felt better.

So he went to the hospital because they asked him to do that and they said 'You are all right' and they discharged him.

And then he saw the picture of Mother in the newspaper, and he told his own mother and he said "That's the Lady who stopped the car"

So a newspaper reporter heard about this and he rang up the people who were organising the programme in Bedford and he said

"Is it true that this Lady who came to Bedford stopped Her car to heal this boy?" He said "What time was it?" He said, "It was about 9:30 on that evening." He said "It's impossible, Mother was giving a programme in Bedford in the Guildhouse [at that time]" But he's convinced that it was Her, and we know that it was Her, in a way, also because we've heard other things, for instance in India, even more remarkable.

Shri Mataji: Loudly.

Gavin Brown: There's a very highly placed attorney in Bombay (Mumbai), who's a very great devotee of our Mother. Many of us have met him, he's come here, Mr. Pradhan. And one day, when he was at a programme of Mother's...

Shri Mataji: No, no, at home, with other people, sitting and talking.

Gavin Brown: No, at a meditation programme, just sitting, taking vibrations together.

He realised that there was a case that he was due to defend, which might come up in the courts. But it was a long way down the list and he thought "well, it will be all right, there are a lot of other cases, they'll be heard today and mine will come up on Monday."

So the next day he went to the court just to check and they said, "What do you mean? You were here yesterday, it's down in the court records, you defended the case brilliantly, the judge commented what an excellent defence you made, you won the case! What are you talking about?" So he said, "Oh, was I there?" [Laughter] and then he thought "No, Mother was there"

Shri Mataji: "Ani Petkar tsa diste ahai." [Tell about Petkar]

Gavin Brown: And Petkar is another one in Poona, that's a great Sahaja Yogi named Petkar. And he had a dream in the night that his brother fell in a big well in the village where they live, which is some way from Poona, and...

Shri Mataji: He had a habit of walking in the night, the brother.

Gavin Brown: So, he was so anxious about this dream [that] he got up, he prayed before Mother's picture that his brother should be all right. And the next morning he went home to his village and he met his father and his father said "Yes it's true he did fall in the well and they were looking for him with torches and suddenly your brother came up out of the water and was just sitting on the side of the bank". And his brother told him that, this is what happened: In the lights he saw a hand with bangles, and it came and it pulled him up out of the water. And at first he couldn't speak, he fainted, and then he was able to tell this to the people who had come looking for him. And the brother wasn't a devotee of Mataji, but Petkar had done something, and Mother was there.

Shri Mataji: It's like a camel being passed through the... [laughing]. All right. So any other questions please? Thank you very much Gavin.

There are thousand and one stories which so many Sahaja Yogis can tell. How they were helped in every way. God looks after everyone, but especially the ones who are seeking and the highest of all, the ones who are realised souls.

If there's any question please ask Me.

Seeker: What can be done about the threat of nuclear war?

Shri Mataji: If you believe in God just don't think about it! (laughter) Everything can be diffused, isn't it. It's only if God wants [that] there will be war, otherwise there cannot.

But there should be people for whom God should interfere. If all of them are horrible devils, it's better to have a war. Man proposes and God disposes – this is [an] English proverb! You have forgotten all that.

Nuclear war is the creation of human beings. All right? And human beings are the creation of God. So, the Creator, is not going to allow these stupid children to work it out. But in case they are that stupid, all of them put together, let them have it!

What's the use of also saving stupid people and donkeys? Only the people who are Realised souls will be saved, because nobody dies, they will be re-born again, those who are innocent. And those who are devils will go to hell. All right? We have one of them born here, you see, Markandeya, he's a born Realised child. There are so many you can find them here.

Seeker: Mother, how does one dissolve fear?

Yogi: How does one dissolve fear?

Shri Mataji: Fear? Fear of what? Unconscious or conscious fear?

Seeker: Fear of fear.

Shri Mataji: Fear of what?

Yogi: Fear of fear.

Shri Mataji: (Shri Mataji laughs and makes a gesture of incredulity) What fear it is! I tell you.

Seeker: No, fear without reason.

Shri Mataji: You see, the fear comes to you because not you are one with Reality. You are not one with Reality. All right? So, in

Sahaja Yoga there are many ways by which you come in the centre. You can have fear from your ego or from superego, from anywhere you can have, but if you are in the centre, fear drops out. Gradually the fear drops out completely.

All right? It's the happening of awakening that takes you away from that fear. It's a happening. You don't have to do anything. What has to happen is that, when you ascend, it will all drop out automatically.

We have so many ways and methods of keeping yourself in the centre and of ascending, that's all. Not only fear but so many things drop out: habits, addictions, temper, lots of things.

All these barriers drop out because you get out of it. You are born again. All right? That's how. So, you are not to do anything about it, just ascend. And there are so many ways and methods. I hope you will come to our programmes and to our ashram here.

And they will tell you how to do it. There are many we had, people, who had horrible fears, but they are all right. Now they are fearless. But they are not fearful.

Indian Seeker [presumably a vegetarian]: Mother, could you advise us regarding food.

Shri Mataji: Regarding what?

Indian Seeker: Food.

Shri Mataji: In Sahaja Yoga we do not pay much attention to food. Only thing I feel that, so much attention has been paid to food – is not a correct attitude. You see, the Spirit doesn't eat at all, it's a detached thing. Atma is beyond.

Now when we try to say that, if we eat this kind of food, Atma will be happy, that kind of, Atma will be happy, is not true.

For example, we'll say vegetarianism, which is a very common problem with people is, you'll be amazed, all the false gurus are vegetarians; one by one. Mahesh Yogi, Rajneesh, Rajneesh is a great vege! He doesn't even eat garlic and onions. This Mahesh Yogi's disciples, if you show them a garlic, they'll jump 100 times! They are afraid of the garlic! Can you imagine!

But I don't say that you eat meat, that's not [what] the point is. But those people, whatever they require they should eat, but don't eat meats of animals which are bigger than you.

Now what happens? How the evolution in the animals takes place? Nobody has put attention to that! Supposing there are many chickens you save. I am not going to give Realisation to chickens, am I? Or to bugs, am I going to give Realisation? Or to mosquitoes?

So, our attention is on these, not on the higher level of life.

When we think of food that we must save chickens – actually nothing dies: is Krishna Himself has said 'Nothing dies'. All right?

And that's how some people denied Krishna, because He had a samhara shakti [of destruction]. He used to kill. And killing is so important in evolution. Otherwise if you don't kill these rakshasas, are you going to adore them? What are you to do with them? They are to be killed, they are to be thrown out.

In the evolutionary process also, so many things have to die out for the real thing to come up.

Say, this flower has to die to become the fruit, all right? And there is no himsa [violence] in it. The word 'himsa' is so much misinterpreted that people are satisfied if they do not eat meat! Is not true. For some people it is essential they must eat meat.

Now as you know, Sahaja Yoga works on the power of shakti. And the Devi not only killed raskshasas but She ate them! And She drank the blood of these rakshasas as you know, Raktabija's. So how can She be vegetarian? Just tell Me? Put reason! All right? Because we are conditioned that way, we think [like that]. But actually, what happens in the evolutionary process, when a person, say, eats chicken, not person, we should say, a higher animal, eats a lower animal, then it passes through the circle and achieves a higher life.

Is absolutely this is how evolution takes place.

Of course, we can give Realisation to human beings, so we need not worry about that. That's a different point.

But, if you eat chicken, you definitely give it a higher life. But not the animals which are bigger than you. Smaller animals if you eat it's not going to be harmed by that. No doubt. But you may be harmed. For example, if you eat mosquitoes, you'll be harmed!

Now in countries where there is not even any vegetable or anything, they have not seen green leaves, like Greenland. Now the name is 'Greenland' they have never seen green colour!

Are they sinners that they can't live without eating meat?

How can God be so partial? There are many countries where they cannot live without eating meat, so, there must be some

reason. All right? So reason it out. If you eat vegetables, all right. If you want to eat meat it's all right.

But again, for a Sahaja Yogi, what we decide is not on what you like, but what is good for you. For example, for Western people it is better that they don't eat much meat now because, I think they and their fathers have eaten all that. Eat less.

They should have more carbohydrates, while the vegetarians should take more proteins. If they do not like meat they should take to other proteins, because proteins are very important.

If you do not take proteins in life people suffer. In Sahaja Yoga we find such people have trouble from Left Nabhi. I have seen in India, many people, who are strict vegetarians, have a problem of Left Nabhi.

So, we told them, "all right, you can eat proteins, there are so many proteins you can eat. If you don't like to eat meat, from childhood you have not eaten and you don't feel like eating, all right, forget it." Eat some.

We have to be wise. We have to be open, we are not to be bound by our conditioning from childhood. This we must understand, that: vegetarianism is not going to take you to God, neither is non-vegetarianism, because the Spirit is neither a vegetarian nor a non-vegetarian. It is a detached thing, it's above food.

But whatever you need for your body is important. If you need protein, eat protein. If you don't eat protein, don't eat protein, but then eat something which you need.

So, it is not that one has to understand it in a way that we understand as a chicken and vegetables, but we must understand in the way that a doctor understands: protein and carbohydrates. All right? Whatever you like you can eat. There's no, in Sahaja Yoga there's no such a compulsion.

So many saints used to eat meat. So many saints. Guru Nanaka, Kabira, Mohammed-sahib, Christ, Rama Himself, Krishna Himself. All of them eat meat. Even Buddha ate meat. The proof is that, at the end of His life, he went to one of His disciples who was a hunter, and He told him, "I am very hungry, give Me something to eat." So he said "Sir, I have nothing else but a wild boar which I have killed very recently and it is not yet fully cooked."

So he said "All right, doesn't matter I'll have it," And He ate it and He died because of that half-cooked wild boar. And He died with that.

So now Buddhists think that, "We should not eat meat." It's not so, because He ate something that was half-cooked.

That means He did eat [meat], isn't it.

Even Jains know that, it's only Neminath (cousin of Shri Krishna) who got a kind of a feeling against meat eating. That was Neminath was at the time of, he was contemporary of Shri Krishna. When his marriage was celebrated, he found many birds were killed and he felt terrible about it and he didn't want to eat any meat. Was all right. It's all right, if you don't feel like, don't eat it.

But then a cult started. But that means [that] till Neminath, means, Jainis are ancient people, [yet] till Neminath they were eating meat – is a fact.

So, to get attached to some idea is not the way you are doing it. If you don't want to eat, just don't eat it, and if somebody has to eat it, because of health purposes or because of the need, there's nothing wrong in it. Everybody has a different need, every individual has a different need.

If I, personally, take just to vegetarian food, I won't exist I can tell you! Because I have such a great capacity to have purges. If I meet somebody, shake hands with somebody, he has lots of "bhoots" you see, then I just clear him out by purging. And if I take just to say, carbohydrates, I don't know what will happen to Me! But doesn't mean that I should be a meat eater, but I have to have proteins. That's [what] the point is. It's no question of meat or anything but is a question of eating proteins or carbohydrates. We have to be wise about it. And all such cults you see, that [say] "You eat this, you eat that", is not so. There is no cult in Sahaja Yoga, every individual has a different personality. But the common thing is one, and that is the Spirit. But for example, drinking, we abhor.

But after Realisation, before that I don't talk of you drinking. Because it goes against your chetana, means your awareness. So, one has to look after the awareness.

So much time has been wasted in people in deciding what to eat, what not to eat! What have they achieved? Nothing!

Sometimes I have seen vegetarians can be horrid people! Absolutely horrid!

We have a community in India called Marwadis, they are blood suckers you see, and they are vegetarians. Not all [are like that]. We have some in Sahaja Yoga also, but very few.

They are extremely money-minded people, you know that. So, this kind of thing, to believe that such food will make us great is, will be, falsehood.

So, you don't decide on that. You decide on proteins and carbohydrates. Whatever [is] good for your health, you should do. Those who eat too much of vegetarian food are liable to certain types of diseases and those who eat too much of non-veg are liable to some. Those who eat vegetarian food can get leukoderma (loss of skin pigmentation relatively common in India) very easily, can get leukaemia very easily. Certain types of cancers they can get very easily.

Those who are non-vegetarians can get another kind of diseases, there are numerous diseases they can get.

So, we have to have a balance, that, when we eat vegetarian food also, we must see that we eat sufficiently, sufficient amount of proteins, because body has to be all right.

Healthy body is the temple of God, and to temple of God, you have to keep it healthy and happy. That's the attitude.

But it's not so important because, once you get into Sahaja Yoga, as it is, automatically doctors bill drops to nil! Automatically!

So, we have to take a wise attitude towards ourselves. Not to torture ourselves because of certain conditionings. Because we have been taught something from childhood, we should not accept it, but see for ourselves.

I have seen that, people who had tremendous stigmas about vegetarian food, when they took to, say, protein food, they improved very much in vibrations. They did.

Protein food is very important for certain people and for certain people carbohydrates.

Liverish people should take to carbohydrates. It is absolutely an open thing for us to understand.

But whatever goes against our awareness, because in our own awareness we have to achieve our Spirit, we drop out that, also, very easily. I don't have to say that, "Don't drink! Don't smoke!" You just drop [them] out.

Seeker: Mother, Bernard Shaw, a very distinguished Irish writer apparently once said that: he doesn't like his stomach to be graveyard of dead animals.

Shri Mataji: Now Bernard Shaw did not give Realisation to anyone did he? You see, he might become vegetarian doesn't mean that everybody should, is it?

It's not a graveyard, I tell you, it's not a graveyard. He must be constipated. [Laughter] That's all I can say. You see Bernard Shaw, is all right, whatever he has said according to his own is correct. For him it may be.

You see most of the vegetarians have a problem and non-vegetarians have a problem. I have seen it every day in My life.

Today is not Bernard Shaw here, otherwise I would have told him what he suffered from!

You see it is, whatever they express, is their individual experience. All right? I am not expressing an individual experience, I am giving you an experience of many. All right?

Seeker: I take your point that one should eat proteins. Are you saying that vegetarian food doesn't have proteins?

Shri Mataji: What is it? Yes, you can. So, you should eat! When did I say no? I never said that. If you can eat, eat proteins, finished! It should be decided on proteins and carbohydrates, and not on all these things, because nobody dies!

You see, we have no compassion for our own fellow being. Where are we? We have no compassion for our own relations, our own father, our own mother, our own brothers and sisters and other people. And what's the use of having compassion on things which do not understand it at all? And they don't need it! Who needs compassion are human beings, who are aware of it. It is too far-fetched, and that is very true with human mind, because they want to shift their mind to something which will take them away from Reality.

Like the other day I told somebody not to feel guilty because they were catching on the Left Vishuddhi, and she said, "I feel guilty," I said, "For what?" She said "I feel guilty for Vietnam." I said "For what?" "Because the people are dying in Vietnam,"

I said, "Are you going to solve the problem of Vietnam? Are you concerned with it? Why are you worried about them?" You do whatever is good for you, and what you can do. This is how we shift our mind. And it is very true, you see, people have their accepted ideas, they stick onto it, and get nothing.

So, I say that there should be no 'ism' about anything. You must have an open mind. Absolutely an open mind. Anybody who,

whatever problems they have, they know, and they should solve it. I am not here to spread vegetarianism or non-vegetarianism, I am here to spread Sahaja Yoga.

"Sahaja Samadhi Lago" That's what is said. You have to get your samadhi. And that how do you get? Sahaj, spontaneous.

Seeker: It depends, it depends what you eat, you see.

Shri Mataji: Eh?

Seeker: How will you get samadhi, if you don't have proper food or anything?

Shri Mataji: Now, I will say that, I've already told you about Buddha. What do you think of Guru Nanak? What do you think of Christ? You think, were they any way lower?

You see because the Spirit is not concerned, as Krishna has said, "Nainam chindanti shastrani nainam dahati pavakah. Na chainam kledayanty-aapo na sosayati marutah." [meaning: The Spirit cannot be cut or burned, nor moistened nor blown]. It is Shri Krishna himself has said it! And He Himself has killed rakshasas and Jainis are against Shri Krishna because He killed rakshasas. According to him He's a hinsatmak fellow! If you go too far with it, then you go to that limit where you start saving bugs and mosquitoes.

But we have got it, we have got Realisation, no doubt about it. First of all you get your Realisation. You have had all these ideas, all our forefathers had these ideas, they never got Realisation.

All right? So, forget it. First thing is, get to your Spirit. This is not important, this is just you are directing your attention to something else which is not important.

So many of them. So, we discard Mohammed-sahib, we discard everyone? That's how it is, it's Brahmanism, it's Brahmanism. It's 'ism' again. We discard all the great people of the world by this. They were not Realised?

Kahlil Gibran was he not realised? How will you know? Unless and until you are Realised you will not know who was Realised or not. You will live on these ideas only. You have to feel it. William Blake, was He not Realised? He was Markandeya Himself!

We have forgotten so many things.

Even in the Indian Scriptures we never see, we don't want to see these things. We had a great saint in India called Sajan Kasai.

So one should understand that, in Sahaja Yoga, whatever is the Reality, we try to accept.

See for yourself! What about your vibrations? Are you getting vibrations or not? That's the main point is. Attention should be there.

Actually, vegetarians have much more attention on food than the non-veg have, I can tell you this much.

And the women of vegetarian people are all the time busy what to make for their men.

All the time they are planning what to have "Aaj papad banaye? Ki falana banaye ki..." They are all the time busy cooking, cooking, cooking. And the men are also all the time fussing about food! "In that house I ate that karela (bitter gourd). In that house I ate this, you better make that!"

All our Indian men I know too well and I know all the vegetarians, I am from that country! And the women are busy with that and men are busy with that. All their attention is in food all the time. Women want to cook and men want to enjoy. That's not the way. Remove your attention from food, it's not important. Whatever you are eating is all right, have a balanced diet.

Don't worry about others. You are not forced to eat anything in Sahaja Yoga, nothing is forced, but you eat what you like.

But the thing that you like must be balanced, must be proper, must be health giving. That is the point is. Whatever you eat, you eat. Nothing is forced. You have to see for yourself.

So many of Sahaja yogis just don't eat meat at all. I mean they just don't eat, and they need not eat at all, there's no need. I mean if you don't want to eat, just don't eat it! It's not important...

[Break in recording]

... All your quality is tested when your Kundalini is awakened. Before that you do not know. I have known of people who think, "Oh, they are very great!"

Like one sannyasi fellow came in, and he was sitting on the dais [stage] and he thinks - oh, he's a great man, he's the very big man and all that. And my grandchild who's a Realised soul, she was sitting in front and I was the guest of honour there, so I was sitting there. So, she shouted from her seat, she said, "Mother, ask this man with the maxi to get out, he's giving too much heat to us!" And this fellow was going to talk on vegetarianism, this that ism, another ism and religion and God and this and that! And

she said, "Please ask him to get out! He's giving heat to us this maxi-fellow."

She thought he was a maxi-man. She didn't know he was supposed to be detached!

Those so-called 'sanyasis', be careful [of them]. So-called 'vegetarians', they are such hot-tempered people. Aren't you hot-tempered? [Laughter, Shri Mataji laughs]

So what you manifest is the point, and manifestation is silent! It works.

So, "Somebody said so", "Another fellow said so," So what? What about you?

What have you to say? What have you manifested? Have you got the powers of your Spirit? Ask a question to yourself. That's the first thing you achieve. Then we'll talk about these things! First of all, you achieve your Spirit.

This is the first time people are achieving their Spirit, isn't it? This is the first time it's happened. So you cannot have any relationship with anything else, you can say.

This is an absolute thing that should happen and that you should ask for.

Because somebody said so, because this was so – so what? What have they done? Did they manifest their Spirit? All right, they did, one or two, here and there.

So first, get your Spirit manifested, don't get lost into these things, be kind to yourself – first be 'vegetarian' to yourself, by being kind and by getting your Spirit liberated completely from all these ideas.

Spirit is a Reality, it's not an idea, and it cannot be nourished by any idea, except Reality, which you face yourself and manifest.

Seeker: Mother, what should we do to get the Spirit?

Shri Mataji: Eh?

Seeker: What should we do to get the Spirit? What should we do...?

Shri Mataji: That's what I said, don't have to do anything! Na? That's what you should do. The Kundalini has to rise, all right?

Now what does this lamp do when it is to be enlightened? Then another enlightened light comes near it and manifests itself!

You are all ready for it. All right? Only thing [is] the Kundalini has to be awakened and it works out. Anybody who is enlightened can give you Realisation. You want us to work it out on you? We'll try. All of you who haven't go Realisation so far, we can try that. Not today. I'm sorry but, because the time is up, I think [looking at the clock].

You have to go to our ashrams where people are doing this work and you all are going to feel the realisation.

I used to do that before, in every programme we did it. All of them got their Realisation, in the programmes with Me. And if the Kundalini is not coming up, they will tell you what's the problem is, all right? Try to do that. Help yourself. You have to co-operate with yourself. You are not to get identified with some wrong ideas or right ideas or whatever you think it [to be]. It is the Kundalini which is not moving, na? That's the main point is. Every Indian knows that the Kundalini has to be awakened to get to Atma Sakshatkar, to get to Self-realisation. And if the Kundalini is not moving then there's a problem. And what is that problem? That, these people know. All right? So just co-operate with yourself. Be humble about it, it has to work out. "Thik hai na?" [Ok?]

Seeker: Zarur [absolutely].

Shri Mataji: "Aasha ruk lijiye, aisa hath rukhiye" [Hindi: keep hope, keep your hands like this]. Just see it will work out as Chaitanya Lahari in the hands.

I mean, I would say people like Adi Shankaracharya, who was such a great person but he had to take to sanyasa because he had to do the work.

He's the one he said, "Na yogye, na sankhye, [neither by yoga, nor sankhya] na by any thinking you do not get it. You get it by Mother's grace." So simple is that.

But look at Him! When his mother died, they would not allow him to burn the body, because they said a sanyasi cannot burn!

You see this is also an idea. A sanyasi cannot burn - the idea of a grihastha [householder].

Another idea you see.

Same type. So, they say that he burned the body of his mother with the banana tree, which never burns! And it cursed. I mean, they say that, he did not curse, but it was cursed, that they will all bury their dead in their houses and even today you find in Kerala they do it. So, so many people with these ideas have killed so many saints.

Do not have fixed ideas.

Sai Nath, so many people Sai Nath, they say that, many people say that way. Sai Nath was a Realised soul. Not this new one but

the [actual] Sai Nath. But he was a Muslim. Kabira was a Muslim [but] still, Nanaka included him in this Guru Granth Sahib. Only a Realised person can understand who is a Realised person.

Before that, talking about it is just a mental feat. By mental feat you are not going to go there. Aren't you tired already of your mental feats? Aren't you? Thinking, thinking, thinking mad? One doctor once said, "Mother, you cut my throat, do what you like but stop this thinking!" [Laughter]

So give up all these ideas that are yours: achieve the Reality, achieve the Reality.

That is, also, you cannot achieve it, the Kundalini is to be awakened, somebody will awaken for you, and once you get it you can it do for others. You can awaken others, there are so many who have given Realisation here, these people are looking so simple and ignorant but they know all about it, they are experts! Immediately as you were talking, they were all giving bandhan on your chakras that were catching. They all know. You do not know but they know. All right? So, with humility you must go and receive your realisation, learn all about it and then you give Realisation to another person.

That's the main thing we have to do today. We are not here to save bugs, mosquitoes and chickens! [Laughter]

I hope nobody is coming out about the support of smoking some horrible thing like hashish or... they smoke or eat I don't know. Like we had a big letter from somebody who says that, "Mother, people will never understand you unless and until they smoke – what is, what is it? No... - cannabis", I don't know what is that supposed to be, but they said that, "Without that they cannot understand you and Sahaja Yoga."

All right? How many have felt cool breeze, the new people? Let's see. Cool breeze? Did you feel the cool breeze in the hands? Yes, I know. Who else? What about you? Great. You? I am asking this lady. You have felt it? Great. What about you? Great.

"Aab dekhiye, ye logon vegetarian nahi, aur unko cool breeze aa raha, aur aap ko nahi aa." [Hindi: Now look, these people aren't vegetarians but they felt it and you didn't!] What about you? Are you feeling cool breeze or not?

Seeker: I have already done this. I have had this before.

Shri Mataji: But you have lost it!

Seeker: No, I have not [speaking very rudely].

Shri Mataji: You are getting it now.

Seeker: I already had it.

Shri Mataji: You never had it.

Seeker: I have had it.

Shri Mataji: And then what is your situation just now?

Seeker: My hands are cool! Is that enough?

Shri Mataji: No. Just see, is he realized, on top of his head. He's catching on liver. Hot? All right, that's the compassion! The proof of the pudding is there! (laughing) All right. What about you? How did you feel? Good. What about you? You are very tense, what is the problem with you?

Seeker: Me?

Shri Mataji: Yes.

Seeker: I felt it earlier when you were saying about ego.

Shri Mataji: And then you got nervous.

Seeker: I felt really intensely...

Shri Mataji: But then what happened? You started thinking about it?

Seeker: No, I started feeling uncomfortable physically.

Shri Mataji: What is it?

Yogi: He started feeling physically uncomfortable from...

Shri Mataji: I know, then you sit on a chair, there's no compulsion. Please. No, no, you'll be all right. I tell you, you'll be better off.

We have no compulsion like that, you please be seated. Yes, come along, sit on the chair, all right. That's a good idea! There is no compulsion, you see because the hall is smaller, they thought 'there will be many people' so we spread (out).

There's no compulsion, whether you sit on a chair or a throne make no difference, makes no difference, it's not that.

You see it is the Kundalini is inside, is a subtler being, it doesn't mean where you sit.

Of course it helps, if you sit on the ground, in a way, because the Mother Earth helps you, you see.

If you sit before the light it helps you also, that's a different point, but if you can't sit on the ground – doesn't matter.
We have given Realisation to people only on, sitting on, chairs! [Laughter] Yes! What to do!

All of you got it sitting on chairs isn't it! [Laughing joyfully] About 400 people in Vienna got it, just like that, sitting on chairs!
It happens, if it has not happened it should happen to every one of you.
Seeker: Can you say more about Kundalini?

Shri Mataji: There are so many lectures of mine! Today, you see, because I am going away, I'm rather quite full. And there so many lectures I have given on Kundalini, you don't know, I must have spoken at least thousand times.

In Caxton Hall itself at least 600 times! So, there are lectures and lectures, you can see, listen to them. But it is Kundalini, by that listening to it, nothing will happen. Actually, it's an actualisation. You see it's like a seed sprouting.

So, by the talking about Kundalini, nothing happens. It has to raise. Must see about it.

"Hona chahiye. Aap, Shivaji Maharaj, unko bare me kya sojte?" [Hindi: what do you think of Shivaji] Shivaji Maharaj and Rana Pratap, they were all kshatriyas and they used to eat meat. What do you think of Shivaji Maharaj? Was he a bad man by any chance? Or Rana Pratap?

Seeker: They were not spiritual.

Shri Mataji: Eh?

Seeker: They were not spiritual people.

Shri Mataji: They were?

Seeker: Not spiritual people.

Shri Mataji: Who? Shivaji? Oh, He was very spiritual. That's the trouble na! Because you are not a Realised soul you cannot feel their vibrations. Those who take that flag that they are spiritual, they are not, mostly. Mostly they are not. Mostly they are not. You see, they are very simple people. They can be kings, they can be anybody. We never understand them, unless and until we have Realisation.

Shri Rama was understood by Shabari, but His own father never knew who he was!

The understanding of the Spirit comes from Spirit only. "Atmanyeva atmane tushta" [from Shri Krishna: the Spirit is satisfied by Itself]. Atma, should know Atma, nothing else.

Through your mental attitude you cannot reach there. It's the Atma knows Atma.

You ask about Shivaji, all of you ask, "Was he a Realised soul" – see the vibrations you get.

Now they can know. Was he? Absolutely.

Now ask, "was Blake a Realised soul?" Was he? You can feel it.

It's sometimes shocking you know, to find out about people who are supposed to be very spiritual, are not even Realised souls – so many! Are you from Vallabhacharya? No. Vallabhacharya was a great Realised soul, and when Surdas went to him and he said, Surdas is supposed to be very spiritual, but he was not a Realised soul. So Vallabhacharya said to him, "Why are you weeping like a baby for God? I have found Him. The one who has found doesn't weep".

Spiritual person is that who has found the Spirit. You still find that he is not spiritual? Maybe spiritual in the way that his attitude is, but he must find it, then only he's a really, a spiritual person.

Even an ordinary person could be a Realised soul and a king may not be.

We have so many like that. We have so many misnomers in our country if you find out, in every country.

Here also, so many are called as 'saints', and horrible vibrations come from them. They are 'saints' you know. Saint this, saint that. I don't know [whether] saints or satans but they are something like that! And there are people who are real saints [and] nobody knows about them!

How will you make out? Only through Atma, the Spirit knows the Spirit. Not through mental activity, outward things, but through the knowledge that is manifesting, [in] the knowledge of Reality, you know the Spirit. There's no other way out. That's a fact. All other things are useless because, whatever you do in ignorance, are useless.

But when you have the knowledge of the Spirit then you do it with your absolute value. It does not know any race, any creed, any colour, nothing! It knows vibrations. Is described, everything is described. So now, what should we do now at the end when I'm

going now? Would you like to sing a song to Me? If they allow us.

Sahaja Yogi: Jerusalem, Shri Mataji.

Shri Mataji: All right. Close the door, I think they should not say that we have misused their liberties. Who will sing it? Who will start?

[Sahaja Yogis sing Jerusalem, Mother closes Her eyes in meditation then does Namaste]

Sahaja yogi: Bolo Shri Shiva Shakti Mataji Shri Nirmala Devi ki!

Yogis: Jai!

Sahaja yogi: Shri Kalki Shri Nirmala Devi ki!

Yogis: Jai!

Shri Mataji: Thank you very much.

1982-1217, Public Program: The meaning of Swajan

View [online](#).

17 December 1982

Public Program

Parel, Mumbai (India)

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

Public Program, Mumbai, India, 17th December 1982

The recording of the advice given by Her Holiness Mataji Shri Nirmala Devi ji on 17/12/1982 at Parel on the occasion of Her Felicitation by 'Swajan'. She has explained the meaning of 'what is Swajan'

"All the members of 'Swajan' and its organizers, as well as all the self-realized yogis, my greetings to you all! As mentioned, the term 'Swajan' signifies a profound concept. The name 'Swajan' which we have given to this organization, behind it, there was some mind of mine, which is called Mahamaya. Understanding the word 'Swajan' is important. What does 'Sw' mean? 'Sw' means the soul, those who have found their soul are true 'Swajan'. At that time, perhaps someone didn't think why this name was specifically chosen, and why it was said that only those who have found their soul are Swajan, because they too have found the soul. 'Sw' has been found. Swajan has been created to attain one's 'Sw', and the difference is that it may not be explicitly stated in Swajan, but it is implicit in that word." The 'Om' is inherent in that we are Swajan, and the soul is 'Sw' which is the reflection of the Supreme Soul in our hearts, 'Sw' is its essence that is manifested through universal consciousness. That means when a person becomes knowledgeable about the 'Sw', he becomes a part of the 'Swajan'. Now, the 'Jan' whom we call, thousands of people wander in the world. Look around on the streets, thousands are wandering. Wherever you go, in this country, the question of population is raised. Wherever you go, people say that there is a lot of population here, but these are not Swajan. They are just people. The Swajan we are thinking about is a cosmic concept, it's the notion of one such individual who, despite being a part of this vast, magnificent Supreme Soul, is still a unique entity. But you also see in our body that there are countless parts, which we call cells. Similarly, in the manifestation of this Supreme Soul, we are alive like a cell, but not awakened. Until we are not awakened in it, we are not fully 'Swajan'. Yes, it is also possible that people can come together under a name, but there is a significant political strategy in your name that everyone must become Swajan. Until you don't descend into this Swajan, nothing will be enjoyable. There will be quarrels, there will be troubles, there will be discussions among you, all sorts of things will happen but the enjoyment will not come. There might be singing, there might be music, but if it's not explicitly said from the beginning that you should conduct Swajan in the manner of Sahaja Yoga, then it becomes a problem. Not to say. At the beginning, everything seems fine. Go on a picnic, meet each other, and it's okay that all of you, coming together, conversing while mingling, gradually form an organization among yourselves, of people who are wise and subtle knowledge seekers, and who want to maintain harmony among themselves. But when this harmony becomes dense, then it will dawn upon human understanding that something is missing in it. The absolute purity, the essence of love is not yet being felt within it. The time will come, and it will come. Because the source of all joy is the soul residing within your heart. Until this soul is not illuminated in your consciousness, the work of Swajan will not be completely joyful, and you won't even need to do anything to attain this joy. You've already said that you are Swajan. Now, it's just a matter of becoming Swajan. The soul residing within us is a great gift from the Supreme Soul. Because from an amoeba, the Supreme Soul has created us humans today, so we have evolved like pearls from shells. Imagine, initially there were only stones. Then they turned into carbon, then into animals, and from animals, this wonderful thing called humans, which the Supreme Soul lovingly created. Now, what happens after attaining this great thing? It becomes complete. It has to reach perfection. Alright. Why do we feel good about the harmony among us? Why are we special beings? This should be thought about. No, now you must have heard, my husband has also gone to the UN, and he also says that all these organizations there do not have a soul. Until the shine of the soul comes in them, these organizations are completely deteriorating. Their fragrance will not spread, and this is the same with all our organizations. Whatever organization we create, we should know that there is a big plan, an internal desire inside, that we all merge into the collective, become uniform. We should feel people, and they should feel us. Someone should know what complaints we have, what troubles we face, in which joys we are reveling. Until a person doesn't immerse themselves in others, they won't enjoy. Even a drunkard, he'll want to have

fun only if he's not drinking with four other people. Behind all this, there is also the call of the soul. She says that you are not alone. You are the form of that complete cosmic consciousness. And until all of you also don't merge, you won't enjoy, and the work of Sahaja Yoga is just this, to bring your soul into your consciousness, and as soon as your soul is manifested in your consciousness, at that time you become awakened in collective consciousness. It means, you don't have to give a certificate, you don't have to say that we are all brothers, and there is no rift among us. No one among us is different. We have no selfishness, etc., there's no need to say anything, it just happens. It's said in the Quran that when the time of resurrection comes, your hands will speak. Your hands will make sound. What does it mean, our hands will speak? It means that when your soul shines in your consciousness, then it will be known in your nervous system of your bone marrow that there is no one else, no stranger, everyone is within us. Now, as many people have done charity work, I have also done a lot of work on that. Tried to make people understand. The Lion Society, that society is fine. To some extent its fine, but it's not in the name of the Supreme Soul. Like you were creating a Lion Society, building a hospital or doing something, it's okay. But it's not the work of the Supreme Soul. When you belong to the Supreme Soul, then who else is there? So, whom will you do social work for? Whom will you help when there is no one else? Understand this: if you hurt your finger here and the other finger that is soothing it, what will you say to it? Will you say, "Brother, you've done me a great favor, you've soothed me"? Similarly, if you get hurt and another Sahaja Yogi comes to you and says, "We know what it is, and they place their hand on you and you recover, then you should understand that the Sahaja Yogi has also realized this. They felt your pain, and because they cannot tolerate that pain themselves, they took your pain upon themselves. Only then does one become a 'Swajan', but the word 'Swajan' is very beautiful. Maybe you didn't understand at that time that Swajan imbibes everything within. Who else is there? Who is a stranger? Like if someone says to me, "Mother, you've done me a great favor," I would laugh and say, "What are you talking about? Whom am I helping?" You people talk about these things. But it has to happen. Until you are not there, until then, this talk remains just talk. It is said in all religious scriptures, everywhere it is said that you should have your rebirth. If you take any religious scripture, it is written in it that you should be baptized, you should experience pain, and everyone has written it, and someone like that (-Not Clear- is) written in everyone that you have to become something else. Right now, you are just a human being, but right now, you are inside, and you have to be enlightened. You have to have enlightenment within you. Right now, you need to have light. Now, many people roam around with certificates saying, "Sir, we have understood the Brahman. We are enlightened souls." It's not like that at all. If we give ourselves a false certificate that we are very big people, or if we say to ourselves that sir, we are the Prime Minister of this country, will we become one? If we are, then we should have his powers within us, and until the power of the soul within you does not work, does not show its effect, then sticking to false things will not be beneficial. And the truth is that within you, within your heart, there is a very beautiful reflection of the Supreme God himself. And within you, there is also that power which can take you there, which is called Kundalini. Kundalini is called that which is coiled like a serpent. This power in three 'Kundal', "Kundal" which means coils in English, is situated. And this power is situated in the triangular bone. You can see it scientifically. Now, as they just mentioned that they have complaints of diabetes, I didn't need to be told; I already knew. They started bringing it up here at the left navel, which we call "left navel," and Kundalini started indicating that they have a complaint here. We don't even know, if ever we asked this and that how to awaken this power. We've never inquired, but we've known since birth. We have only one task, awakening Kundalini. But if you tell us to start the motor, we can't do it. You tell us to go to the bank and do that, but I still can't get money until now. I don't understand this banking and all; I don't understand anything about worldly things. I'm such a worthless woman that what can I tell you? But I understand the awakening of Kundalini. Now when I understand something, why should people feel ego that who am I to awaken the Kundalini? Brother, when we have only one task and we know that very thing, then what's there to be upset about? And you can also awaken Kundalini. Just like one lit lamp can light another lamp, and the second lit lamp can light many lamps, similarly, you can also become a beacon of light everywhere. "Swajan" are my own people. These people, until they are awakened, will never be completely "Swajan". Now, when Kundalini awakens, its map is not drawn here, but I will try to explain to you a little bit that it is not some delusional imagination, cleverness of the mind, or an excuse or lie. This is absolutely true. You can see that when Kundalini is awakened, there is a vibration in the triangular bone. It's like someone's heart is pulsating. You can see it with your own eyes. Not everyone experiences it. If your system is fine, if your central channel, known as Sushumna, is absolutely fine, there is no illness, no trouble, and you are completely settled in the central channel, then Kundalini rises up in a flash. Then you will feel it, but if there is any obstacle, you can see with your own eyes that there is vibration. This is everyone's own "Mother". Everyone has this Mother. Just as you have siblings like your brothers and sisters, you have only one Mother. Several brothers and sisters can share one Mother, but Kundalini is solely an individual's thing, and understands that all the knowledge you have acquired from time immemorial is recorded in this Kundalini. And when Kundalini rises, it sees where there is trouble. First, where there is trouble, she will go there and strike. She will remove

it and then advance, coming to the palate, she will pierce it. This is called the Brahmarandhra piercing. And when that piercing happens, you can feel the cool breeze coming from the top of your head. Now, because we think of ourselves as developing countries, we've just made our name as developing countries. There's nothing wrong with that, and it's not a bad thing. The thing is, if a Mango tree starts thinking that it's not a Babool tree; alike development..(of our country); similarly, if we want the development of our country to move towards becoming a Babool tree, then no one can do anything. The development of a country that is only superficial. Just like a tree grows upwards but its roots are not there. They don't know anything about the roots, they are only superficial, and without roots, you see, this country won't survive, and yours roots are in this country. All its knowledge is in this country. That's why your country is called the land of yoga. It is said that those who have done great deeds are born in this country. This is true, and you have to realize it. Who will do it? There will be three to four thousand people in this field, and about 90 percent of them will transcend. This is the wonder of my country, whereas if you go abroad, my hand gets tired at every step. I get anxious when I have to go to a new country. I only wonder which hell I'm going to. But we also fail to understand it because we only see poverty. We see people dying of hunger here. We see that those people have no hunger. They have means of transportation, and we have none here. We engage in all kinds of theft and corruption. So our faith keeps crumbling, that all the knowledge is stored in our country. The reason for this is that we have never looked towards what we have, what heritage we have. For so many years, we haven't even estimated what wealth we possess. We're running after them like madmen, without even knowing where they end up. We should also see where they're stuck. Either they've created things like atom bombs and have kept them on their heads. The whole social system is broken. Someone's wife is with someone else, someone's husband is with someone else, and someone's children are in orphanages. It's such a bad situation. We need to learn from them. I don't see any reason for us to learn from them. But it's very difficult to explain to such people when we have decided to run after them. Now, whatever you know about science, you'll be amazed that all this information was available in your country, and knowing all these things is not such a difficult task. But here, the sages and ascetics thought that first, one should work on the soul itself. And then people should be concerned about the soul, awaken the soul, so that their powers become so strong that then there won't be any need for all these things. They will gather the means to achieve whatever they desire. But we think that all this is useless talk. It doesn't make any sense. Then why go to temples and pray? Let's just give a few pennies to some Brahmin, okay, done, some rituals have been performed, okay, enough of God's work. God is within everyone. And who is God? The Almighty, the Supreme Soul. He is the Almighty. We cannot know His powers. We don't know how powerful He is. He will say this, we don't see it, but you must have seen in the garden, thousands of flowers turning into fruits. Who does this for thousands, millions, countless? If you plant a mango tree, who is producing only the mangoes from it? Look within yourself, doctors cannot tell us what is inside us, what we call the Para Sympathetic Nervous System, they call it Autonomous. We cannot understand it, we cannot explain it, because their reach is not there. Who is this "Auto"? This is the soul. But they have stamped it as "auto"? That's it. Just accept that you are "auto". But what is this thing? What is this soul? How to reach it? How do its powers flow from within us? No one knows about it. 14 thousand years ago, Markandeya Swami wrote about it in this country. But it was a very secretive affair back then, and not many people discussed it. Only here, from the beginning of the Vedas and so on, you would be amazed at the achievements of science. Because they awakened the five elements and their deities, and from that, the achievements of science began. Secondly, the path of devotion has been going on here for many days. Here, discussions of the Supreme Lord and true gurus started. These two paths have been here, which we call the right side and the left side. And the path of awakening that lies in between, here you attain yoga. On this path, concerning the Sushumna, you can see that even Indra was given realization. This practice has been ongoing in our country for thousands of years. As I would say, North Indians know that Nachiketa became a disciple of King Janaka, and he asked for the knowledge of the soul. He said, "Son, if you want, you can take my entire kingdom. This effort is not to my capacity." Then, after undergoing a great trial, he made a person get realization through that moment; that was Nachiketa. And today, thousands of people are transcending. People can't even believe how thousands of people are transcending. When a plant starts, only one flower comes in it. But when spring comes, thousands of people come into this world who transcend, and that time has come. This is what is called the time of resurrection, the Last Judgment. This is the Sat Yuga that has come, and in this, whatever is found will be found, and whatever is not found will be completely lost. As a mother and as someone very close to you, I earnestly request you with love. Turn towards this direction, observe, and understand your living human state, that beyond this, there is something, without achieving which, no meaning can be derived from this endeavor. Just like this is something, until you connect it, there is no meaning to it. Similarly, a human being also does not derive any meaning until they become one with the soul, and as soon as they become one with the soul, the waves of consciousness begin to flow from within them. This is absolutely true. There is not even a bit of falsehood in it. But scientists will not believe it because they want to see what they see with their eyes. But whoever sees with inner eyes will understand. But

the problem is that inner eyes open only when you have a vision of your soul. And until there is no vision of the soul, people keep arguing how this can be possible. Now, if you are a scientist, you should keep your mind open. As a scientist keeps their mind completely open. If their mind becomes closed and narrow, then they are not a scientist. And when they are presented with any idea, belief, or hypothesis, they first estimate whether it is really true or not. They conduct numerous experiments, and when it is proven, then they accept it. Because we Indians have progressed beyond these gentlemen. We don't even want to see it. We don't want to know it. Now, when you don't want to know and don't want to see, then nothing can be forced upon you. Because God has given humans freedom. Whether they enter the kingdom of God or go towards hell, this freedom is chosen by God Himself. As a mother, we would say to our son, "Son, you should walk towards God." Try in some way to stay here, so that you can attain it because this is the ultimate, the wealth of all religions. The truth of all blessings is your soul. Just like you are sitting in darkness now. Until you stand in non-duality, until you feel the power of love of God, which is omnipresent, beyond all beings and non-beings, until you realize it, you cannot know what you're coming into this creation means and what your purpose is. Until now, we have been doing many things in the dark. Many things have happened in the dark. Some things seem a little good, some seem bad, and now it's not clear what to do. Everyone is confused, in doubt. Is this right or not? Is it right to do this or not? Paying income tax is right or not? Bodies, all illuminated, become enlightened. Your illnesses will be cured, at least some will be cured, if nothing else, then illnesses will be cured. Today, a gentleman came. He's a very big man. He has some guru. He has diseases from all over the world. He has heart trouble, kidney trouble, no disease of the world, which he doesn't have, and he is a very big officer. So I asked, sir, why do you keep the guru you have? Why do you keep them? They are of no use. Hey, brother, keep a servant. He also does great work. At least he keeps your health good, and that of your guru. He feeds him so much money, and Guru Maharaj considers himself what a great personality, and they don't even cure a small illness. On the contrary, all diseases are rampant in their house. It is not a sign of intelligence to believe in such a guru. There is no need to put our intellect on hold. But in such places, we completely put our intellect on hold. Someone showed some miracles, and we ran after them. The real miracle should be that our power, the power of our soul, should be manifested. Our power should be shown. If there are any gurus, let them be, let them stay in their place. What did we gain? Selfishness! The one who has attained the meaning of 'self' is actually selfish. But in reality, there is no selfishness on anyone. Those who run after such gurus, those who walk on the wrong path, will ultimately regret it. And on the other hand, there are those who completely deny God, saying that God does not exist, he has no power, and only science is everything. Those who understand this are also deprived in a way from that whole-some-ness. No work is ever accomplished by walking in one direction. Have you ever seen a man walking on one leg? Or any motor that moves in only one direction? Balance is very important, and it is for this balance that the sense of righteousness has been instilled within us. But now religion means hypocrisy, and the meaning of religion is to earn money in the name of religion, and it means to fill one's stomach in the name of religion, to fill the stomachs of children, and to accumulate wealth. Now there is a gentleman, he has consumed 6 thousand crore rupees in cash from people. He is considered a heavyweight sage in your country, and he has taught life lessons. Begging on the streets, their homes have been looted, their children are sick, they have epilepsy, and they are suffering. Such demons are going out of their country and devouring money, and our Indians are their disciples. I asked a gentleman why they became his disciples. He started saying that they give money to our organization. I said one day it will sink, understand your organization. The organization will sink with such sin-filled money. Today I found out that many railway employees have come here. Now they should see what benefit railway workers will get from Sahaja Yoga. Let's talk completely practical. Now tell me about the experiences, why accidents happen, no one has ever known why accidents happen? No one tries to understand why accidents happen, and how accidents suddenly happen. While we take precautions in every way, nurture things, and follow its rules diligently, still accidents happen. What's the reason for it? They say something went wrong with the machine part. Alright. But why did it go wrong? Then, moving forward, they'll say that bad thoughts came into their mind. But why did a good person's mind get corrupted? Why did they choose the wrong path? No one thinks about it. If their soul is in a state of awareness, they will never walk the wrong path. They will immediately realize that doing so will lead to an accident. When a person transcends, they immediately sense that an accident is about to happen, and you will be surprised to know that once one Sahaja Yogi was traveling on a train and there was an accident, yet not a single person was injured, and there were no complaints about the train either. So people couldn't understand how this happened. They asked, "Are there any holy saints here?" Because in our country, people believe that there must be some holy saint. But how did this miracle happen? So those poor souls just sat quietly. They didn't say anything. But once a Sahaja Yogini was coming from Rauri to Mumbai, and her bus fell 80 feet down in the rain. With its head down, it was lying down there; and everyone thought it was no all over, but miraculously it turned, both sides touching the ground equally, and settled silently. Everyone was astonished, but the driver, terrified, ran away. The driver fled in fear, and he thought, "How did this happen?" But he feared it would still be blamed on him. So, leaving the keys

there, he ran away. One gentleman said, "Sir, I know how to drive a bus, but with the bus having fallen so heavily, how will we manage to drive it? Let me try." He went and tried the keys. When he tried the keys, they worked. The bus started, and they continued their journey. Then he asked, "Who was sitting there?" They thought maybe it was a saint. Our Sahaja Yogis have a ring. How much work Sahajyog is doing in the villages (said!! -) This is the thing, all powerful divine angels of God come to your shelter. This is true, believe me. Krishna said, "You take to yoga and leave kshema to me." When yoga happens, then I will take care. We forget this. Here it is written in insurance companies, "yoga kshemam vahamyaham", meaning, are these insurance companies Shri Krishna? They should only write 'kshemam vahamyaham' but they clearly write "yogakshemam vahamyaham". First, there should be yoga. After that, prosperity follows. This is what Shri Krishna said. Why didn't he say, "Kshem yoga vahamyaham"? We humans ask God for protection. Some say, "Lord, give us children." Some say, "We have too many children." We have all kinds of power (and - Not Clear -) what's the matter? Capitalists are those who have all the powers. We say we are the biggest capitalists. (Why do we say Capitalist?) Because we have all the powers, and no communist is better than us. Because it's no fun without sharing. Everything is fine at home, married, everything is comfortable, and people don't understand why some are wandering like crazy in the jungle? And they live in villages where there are no bathrooms, nothing at all. People don't understand, there's no fun in that. What should we do? So, we are the biggest communists, the biggest capitalists too. And those who are called capitalists, communists, they are all supreme beings. And that's why everything has ended. Where capitalism came, where freedom came, people don't know how to use freedom? It's suppressed in Russia, poor people are suppressed there too. If you crush someone, tell me, aren't they like animals? It's brutality. They only have freedom for eating and drinking, not for thinking and understanding. So where have the humans gone? They are seated on the sidelines, and those who have power are heading towards hell. They are rushing towards hell at a fast pace. So, humans neither can endure freedom, nor money, nor power. They can't endure anything. Power is obtained, theft and corruption begin, and all sorts of wrongdoing start. There's no concern for anyone, no love for anyone, no love for the country, no thought for anyone. What's the reason? The reason is that there is no awakening of the soul within. When the soul awakens, the human raises above all these things and feels that the light of truth has been shown to them. Who is the one asking? Someone has to give, has to give, and has to give. I don't even have the right to take, and there's no joy in taking either. What can a human give? Whatever is given, the Supreme Divine gives it back a thousand fold. But what can one give? Even if you give a little thoughtfully, it's just your childishness. Alright, the Divine accepts it. Krishna said, "A leaf, a flower, a fruit, water" - whatever you give, they will accept. But what do they say about giving? They say "Ananya." The word "Ananya" is significant because they were the great sovereigns. Sri Krishna was the direct incarnation of the sovereignty. They were the incarnation of divine politics. Devote to them with Ananya devotion. What does Ananya mean? It means realized soul. When there is no one else, they are "self-realized." If you want to understand the real truth, then say it clearly, follow Ananya. They explained the meaning of a Karma Yogi, that you perform actions but surrender to the Divine. It can't be. Absurd, this is politics, introducing absurd conditions. Perform actions but surrender to the Divine. It can never happen. Many people say, "Mother, whatever actions I perform, the black marketing etc, whatever thefts I commit, I leave them to the Divine." Everything is orchestrated by the Divine. Alright, your Divine is like you're holding them in your lap. They do as you say. So they also said, "Karmanyevadhekaraste" - keep performing actions, the results are not yours. But there is also significant diplomacy in this because it's an absurdity. A person can never escape from the actions they perform. They cannot say that they are not performing any actions. The Divine is doing it. Similarly, whatever they say, whatever they do with their literacy and education, because they are still in the same delusion, sitting in the same illusion that "I am doing it." Because their ego (hasn't gone yet), it hasn't diminished yet. So they know that I am the one performing the actions. But what actions do we perform? All our actions are dead. If someone has made a chair, oh, you think, "What has he made?" "Oh, this one tired up while making the chair." Did he perform any living action? Can't extract fruit from a flower, what actions are you performing? How much ego do humans have, saying, "I did this action, I did that action, I did that action." Everything is surrendered to the Divine. This is another illusion. When you transcend, then you say, "He is going, He is coming." As if you've become a third person. Your language changes into non-action. You don't perform actions, yet things happen. One day someone said to me, "Mother, please transcend our son. That's what for I've come in meditation. Make sure you transcend this." I said, "Look, Bhail! If you don't love yourself, how can you transcend?" "If it happens, it happens. If it doesn't, it doesn't." He came; How come he was going to transcend? His hands broke, my hands also broke. They started saying, "Mother, transcend." I said, "You give them a certificate. If you transcend, then give it." How can ghosts be given a certificate like this? I said, "That's the point. When you haven't transcended, how can you say they have transcended? Transcendence has to happen. Just as a seed sprouting is necessary. If someone says the seed is alive and it sprouted, would you believe it?" But sprouting of a seed is also a living action, and it naturally occurs on its own, which is why it is effortless. Effortless means the action that arises naturally with

you and the attainment of yoga from it is called effortless yoga. All these things are inherent within you. They are within you. Everything is perfectly made. You are the rightful owner of it. You have to attain it yourself. There is nothing to do in this. It's very simple. You don't have to do anything for it. Because what are you doing? If you want to awaken a seed, just leave it in the mother's womb. The mother naturally awakens it. Then after the seed awakens, you have to work hard. You have to nurture it, and that's where many seekers fail. You have to become because when you receive energy, everything seems fine. But after the energy comes, it is your job to adjust it, to operate it properly, to understand its mechanism. If someone gives you a motor, will you become a motor operator? Until you know how to operate the motor, it's of no use. Similarly, in Sahaj Yoga, you first attain this state, which you can say is like the waves of consciousness flowing inward from your hands, and then you progress in it. But for this, someone is needed. As they say in Marathi, " " - It's not the work of a child. As Ramdas Swami said, this is not for mere wanderers. For this, we need some committed individuals, very serious people, and that's why I say even from our country, which is the supreme nation, the best nation, there have been saints and sages born who are deeply engaged in the search for the Divine. They haven't just explored science; they have also delved into the search for the Divine. When they come into Sahaj Yoga, you'll be amazed that as much as they know, our great scholars don't know. This is not within us. We are constantly engrossed in trivial, fragmented things, and in this superficial manner, we end up ruining ourselves. Until a major disaster strikes, we don't think about delving into the depths and realize how significant we are. Think about it, first, we are human beings, second, we are Indians, and we are losing this great thing. The responsibility of the entire world is now on Indians. And the whole world will bow down to you the day you establish this great power within yourself. So, I humbly request my dear ones, okay, you are doing work, your work has increased a lot. But also try to awaken the soul of 'Swajan' (own people). By doing so, you will see your hands open up. You will be able to benefit thousands of people. You will be able to improve the condition of thousands of people. The poverty and helplessness of many people will be eliminated. A new society will be created. Only by awakening 'Swajan', one will reach there. "I have full confidence that one day I will see this condition of 'Swajan' myself. Now my complete blessings are with you. Today, I am very happy that you invited me, and we met again. It's like when a mother finds her lost child or meets the child after a long time, the joy can increase. Similarly, I couldn't estimate my happiness. I couldn't figure out how to express it. I hope you won't take any offense at my words and will consider everything I said thoroughly. If you have any questions, you can ask, and if you want, I can also conduct a realization program. "I need a little water!"

If you have any questions, please ask. Questions should be asked. Alright, fine. Alright, fine. Before this, you asked how much time it takes to focus and attain meditation and happiness.

It doesn't take any time because it's a living process. Some people achieve it instantly, and may be one may have not to meditate at all. You are in meditation, and when the Kundalini passes your Agnya Chakra, you become thoughtless. At that time, if one remains in that state, thoughtlessness increases. For example, when one thought arises, it falls, then another thought arises, and it falls. In between these thoughts, there is a small gap called delay. So, either you live in the past or in the future. You reside in either the past or the future, but you are not present in the present. When the Kundalini rises, it elongates these thoughts and increases the delay. As a result, when the Kundalini rises above the Agnya Chakra, from the Agnya Chakra, awakening, there are two institutions within you, which are called mind and ego, both of which disappear completely. It's like pressing a balloon. Both balloons suddenly disappear, causing the fontanel to open. As a result, all your sins and all the imaginations, all the impressions that are in your abyss, all disappear. The Agnya Chakra is very important, very, very useful. When this awakening occurs, its power is such that it pulls all your sinful actions and other such things that you think about, and it also pulls your ego in the opposite direction. And as soon as this disappears, the Kundalini pierces through the same Brahma-randhra, which is when it rises from the Agnya Chakra, which is called the Limbic Area in English, known as the Sahasrara in Sanskrit, from which thousands of nadis emanate, and it enters the Sahasrara. Then you enter into nirvikalpa samadhi. This happens instantly, at that moment. It happens instantly, and not everyone experiences it. Because if a person thinks too much, their Agnya Chakra will definitely be disturbed. Their Agnya Chakra may start spinning. In this way, one cannot say for everyone that it will happen in 2 minutes or in 4 minutes. Similarly, in some trees, fruits grow after a year, while in some trees, it takes ten years. Likewise, for everyone, it doesn't always take ten years, but everyone experiences this event. Whether you are of any caste, any race, any color, any place, it happens suddenly. And for some, it may take a little time, which is not a problem. We have to have complete patience towards you, and we work with great neutrality. You should also be like this. You should also look at yourself with great empathy. Then as the work progresses, you will enter into meditation. Now, the other thing you asked about me, when did this happen to me and whether I did all this or whatever it is, then this is it, so far, whoever - whoever told, either they were hanged, or

their neck was cut, or they were poisoned. So far, this is the situation. Anyway, when it comes to telling about myself, I think someday I will have to tell, and you will also find out about us. (Voice of a sage) No, no, no, it's not a problem. There is absolutely no problem. I am telling you, I am telling you. So, about myself, just know about yourself first, then you will also get to know about me. But I started this work in 1970. I started the work of collective awakening of Kundalini in 1970. Now you will be surprised that before the Bhṛigu Samhita, a Nadi Granth was extracted. Thousands of years ago, the Bhṛigu Samhita was written. Before that, a Nadi Granth was written in Sanskrit. Its revision was done 300 years ago by a Bhujendra, and he wrote that this work would start from 1970. Then Kundalini awakening will happen spontaneously and people will transcend, and no institution with the name hospital will survive. Now the same work is happening. Well, there have been great visionaries in our country, but it is surprising that in London too, 100 years ago, there was a great visionary named William Blake. He provided a complete description of Sahaja Yoga, detailing where Sahaja Yoga would start from. He provided exact addresses, specifying where it would commence and where the foundation would be laid, even indicating the exact location of my house. In other words, 100 years ago, that visionary had seen everything that this work would come to be. So, the third thing you mentioned was about revealing something about yourself from childhood. This indicates that since childhood, I knew that this work was meant for me. My father, who himself was a highly accomplished man, also told me how the condition of a human, which is so vast, is like a huge gap. He said, "First understand the human being. Because until you understand the human being, the human being will not understand you. Because if a person is born on the 10th floor and only sees things on the 10th floor, and if someone else is on the ground, they will not see the things that are on the 10th floor. So it is necessary to at least bring them to the second or third floor." So, similarly, Sahaja Yoga is also there, and that's why I started this work in 1970. Today, this work has grown significantly, and it is also gaining momentum in rural areas. Today, you know that many tasks in life are done because they are necessary. One of these is marriage. Marriage is highly respected in Sahaja Yoga; we consider marriage a very noble thing. Marriage is a sacred ceremony, but the best marriage is the highest and the finest. We have many marriages here. Last year, there were around 12 marriages in Delhi. Some marriages were of Indians with foreigners, some foreign girls got married here, and some marriages were among themselves. Some Indians got married too. In London, once there were 16 marriages, and once there were 22-21 marriages. We respect marriage because it is the foundation where a child grows, matures, and the entire human civilization is built. Today, the biggest question abroad is that if they don't get married, their children don't have any parents. They are all orphans. Therefore, making good marriages is an important task. So, I got married, and one thing I did in my life was to get married and after marriage, to nurture the children, take care of them completely, and until they were properly settled, I didn't start any social work because it wouldn't have been appropriate to do so before that. Because even if we wanted to become mothers at a young age, no one would accept that we were mothers. We were mothers since childhood, but who recognized us? So, when we reached this age and realized what faults are present in the human Kundalini, how permutations and combinations occur within it, and how the melody of Kundalini can be played. By delving deeply into everyone's subtleties, we started this work in 1970. And then we will definitely say that my husband is also very generous. He has been helping us a lot from the beginning. We don't take anything for money, you know. We help in every possible way. Our American tour, our brothers helped us a lot. They provided financial support for all the expenses during the American tour, which enabled us to go abroad and start the work there, and gradually, today, that work has grown significantly.

In this way, we have told you that we have come into this world to do that very work, and this is the work we have to do, and you are truly our strength. Without you, we cannot do this work. Whatever is within us is of no use until you receive it; it is useless for us until you attain it because, as you know, a mother's efforts are in vain until her children flourish and gain her strength. So, brother, you have a question..

(A Sahaj Yogi's question).

Shri Mata ji:- All right, Now his question is that when we are in the process of achieving some goal and then suddenly we find , we are diverted from that goal and we go to another diversion what is the reason for that ? Reasons can be many. The reason, one of the reasons is, may be your goal is not correct may be that God doesn't want you to go to that goal, if your goal is right and then still you are pursuing the goal, may be that the God will, you are not supported by from spirit or we can say the angel and there are bad things now; for example suppose in your family somebody

1982-1218, Advice to visiting Sahaja Yogis

View [online](#).

18 December 1982

Talk to Sahaja Yogis

Lonavala (India)

Talk Language: English | Transcript (English) - Reviewed

Advice to visiting Sahaja Yogis

It's good for Hamsa Chakra, it's a, that's why it's good for Hamsa Chakra. for all of you not to catch cold and all that. It's already very late and I think now we are proceeding towards Maharashtra in the real way because this was a seminar and today is a concluding day for you. I'll be leaving early in the morning tomorrow there's a program for Me fixed there. So, you know my... It's not all right? No, it's not switched on, Mother. Sorry. Excuse me, must take it back and... Take a seat. So, tomorrow I'll be leaving for Poona. And you will be also leaving for Poona and from Poona then we'll be going ahead. Now, so we are going into Maharashtra and Poona is supposed to be the holy door of Maharashtra. In Poona we're going to have a program for seven days, I think. We're going to stay there for seven days all together out of which, I think, two days you're going to go outside in the villages, and five days we'll have program in Poona. Now there we'll try to arrange some conveyance for you to go to the program places.

But if we are finding it difficult in that case I think, you will make it easy for yourself to go to the places where we have programs. That will be only five times. So that perhaps you may have to arrange. The rest of it is being arranged and organized. I'll try, as I said to get buses to take you down but incase we cannot please organize yourself. Only five times maybe... Five times or? No, no... Only, only once. Only once. Engineering college because Paur and these two places we've got bus arrangement and also Pimpri. So, three places we have arrangements and once only, when I have a program, I've not been able to arrange. Four days and [Marathi] Ha, and Lions Club also if you want to come you can come to Lions Club, or I don't know if there's an invitation or not. So, that's fifth day and then sixth day, Kude. Sixth day is the day you leave and seventh day is the day you arrive. So, that's how, only for one day is a problem, when they go to the Engineering College, perhaps we might have to arrange one day. That's only is the headache. So, that's done. Now, we have got a good place there. But it's a place nearby all the Rajnesh's people used to live. And it's such a Sahaja way that we're going down there. Beat yourself with shoes but first of all that horrible Rajnesh.

Tomorrow morning you beat him nicely with shoes all of you, so that there won't be any problem for you and don't be afraid. Now, we are not going to be afraid of all these non-sensical things. These are all myths and we are going to fight them out if they come round. There's nothing that is going to attack you, if you are strong people. Nothing attacks Me, why should it attack you? All right. So, you please be prepared and don't be afraid. You see, especially French, I would say, French style is just to be unnecessarily frightened for nothing at all. Or somebody who is just aggressive for nothing at all. Just be in the centre. We can say the aggressiveness of Americans is not needed and the frightening, two extremes I'm telling you. Frightening behavior of French is not needed. It's just in between to be, to be in such a position that you just watch, you are a witness. See you are a, you are a Sahaja Yogi, you are a saint. And a saint has to move with the dignity of a saint. So, must remember that you are a saint. And all the time you must keep the dignity and this frightening thing "I'm frightened" and all this is absolutely, absolutely ridiculous. It doesn't behoove or anybody who is aggressive also, it doesn't behoove. So this is what we have to remember.

We should see, I don't want to praise Indians, but you should see the way Indians behave. they are neither aggressive nor frightened. That's a one thing one has to learn, because we are imbalanced that way in the West because the temperaments are always shattered by the atmosphere. But here the atmosphere is peaceful, nice, your Mother is with you, nothing to be worried. I am going to stay with you. All right? So, May God Bless you all! Now, so the most pleasant task I have to do is to the French, they are very sweetly as they are, brought some sweet things for the centers in India, and I want to present them to the centers. So, these are nine centers. One by one I'll be calling and the people who have to take them should come around. [unclear] Now they [are coming there]. And this is something very sweet, is the tea cups, you see, in a centre they will have it and will be used for

Sahaja Yogis only and not for anybody else. That is definite. Don't use it for your guests. It's for the Sahaja Yogis only. A very simple and sweet thing. Is there any more coming?

Sahaja Yogi: Come from? From France? Yes Mother, if You like we can... No, no, no more I want. That's all, sufficient. No, that's all you have bought for the time being All right, finished. Because you see, to carry all the way... Now, this one is for [Marathi] This one is for Bombay centre. [Marathi] This one is from Bombay centre. And this one is This is from Poona centre. Now who is taking Poona things? [Marathi] Kohlapur, Mother, Kohlapur. This is for Kohlapur. Ahmednagar. Solapur. For Solapur. [Marathi]. Rahuri. Rahuri. [Marathi] Ahmednagar. Ahmednagar. [Marathi] Kalwa. Kalwa. [Marathi] Moreshwar? Delhi. Delhi Mathura [Marathi]. Delhi? Mathura [Marathi]. What do you have inside this? Nice things. It's enclosed [unclear], Mother, [unclear]. [Marathi] Kalwa - it's all right. Kalwa [Marathi] Now, [Marathi]. [Marathi] But that's a... Is that a present from London? The ghee. Or is to be paid? It's a present, Mother. It's a present. All right, so the ghee has come as a present, but that will be used mostly for you, I'm sorry. [Marathi] Now, we have done everything. Now all... Is there any more to be presented anywhere? For luggage we have reduced your luggage quite a lot. All the luggage that you had, everything has been reduced now. Not much has to be carried. Now, your own luggage has to be put on top. Tomorrow somebody... Who is incharge of? One, two buses. Which Indian is responsible for the buses? Who is going to go throughout? [Marathi] So, Avdhut and he is responsible for one bus. For the second bus who is responsible? [Marathi] Anand Than. [Marathi] Who is responsible for the second bus? So, what we can do, we can put Avdhut in one And I will be in another one. Now, I have to tell you one thing, that we have made provision everywhere for your food, everywhere. But please, for Heaven's sake, anybody even some Sahaja Yogis say that you have food in this hotel or anything please don't take it. because then I'm not responsible if you get food headache and all, food stomach and headache. Because food in the stomach has to go in a proper way and here sometimes could be horrible. So please don't take your food outside. Doesn't matter, if you don't get sometimes, doesn't matter.

It's not so important that you must eat all the time. Sometimes if it is little fasting doesn't matter, but don't eat anywhere on the way. That's one thing I have to request you, very important is, that you get to some place and eat something. Because these are places where there is danger because you are so sensitive. Though you get, you do not get very fresh food in the West, but you get clean food. But I must admit in India it's very difficult. So, I've tried to make the cooking arrangements myself so that you don't get food that is contaminated or troublesome. So, I have to tell you again and again, you are not to go to any hotel or any place, stop on the way, eat something there. Doesn't matter if you are hungry, doesn't matter. You can take some chana or something but don't eat food anywhere even if some Sahaja Yogi tells you. Don't give any money to any Sahaja Yogi at any cost. Don't spoil any Sahaja Yogi. Not a single pie is to be given to any Sahaja Yogi in India and don't spoil anyone, by telling "You can come to Delhi or do...". Nothing. Nobody's going to pay for any Sahaja Yogi anymore, nor do you sell anyone of your things to the Sahaja Yogis like electronic things or donate anything to anyone in India. Is prohibited. All right? Nothing is to be done for Sahaja Yogis. You don't have to give any kind of alms or any kind of donation or anykind of scholarship or anything whatsoever. If I have to do, I can do it. You are not to give a single pie to anyone, please remember. Anybody who comes to you and says give me five rupees for lend me, you are not to give at any cost. Except for those people who are incharge if they need sometimes some money you can give and I'll adjust it. But nobody else.

So, we have got you and Avdhut, two persons will be in charge. [Marathi] So on the whole, our program is we go to Poona first, from Poona we go to.... [Marathi] Satara? Satara is a place where Shivaji's descendants ruled. There were two kingdoms, one was Poona another was Satara. So we go to Satara. From Satara Kohlapur. Kohlapur - [Marathi] There were two, we should say it was divided into three, Shivaji's kingdom divided into two, into Kohlapur and Satara [Marathi] And Peshwai, the ministers formed another thing called Peshwai, in Poona, later on, when Shivaji died. After him there were big problems So that is how in Kohlapur we have got a very good temple of the Goddess, which you'll see and where people have used tantrism so we have to go and clear it out there. Then? [Marathi] Solapur. Then we go to Solapur. Solapur is a place you have been there already. [Marathi] There are good... Because we'll not stay in Solapur we'll stay at Pandharpur. We have decided to stay at Pandharpur and come for program to Solapur which is close. Solapur is a place as you know, where it is the greatest pilgrim pilgrimage for Maharashtrians. They go walk one month to go down there. It's a very famous pilgrimage but be careful about the pandas and the Brahmins and all that. Don't allow anybody to touch your forehead. Don't go into any temple and allow them to touch your forehead. you can go and see the statues and things like that that's all. And that's a place where, I think, you will like it and there are simple people who, village folks, who are coming there to pay their homage to Shri Krishna. Is called as Vitthala on the right

side Vishuddhi. [Marathi]

Then from there we go to Pandharpur, I mean, so you stay in Pandharpur. From Pandarpur we go, this is the longest route we have to take, so we go round to Narsinghpur, which is close by, about one and a half hour, where you see a temple which is of Narasimha avatara, of the Prahlada style. It's very interesting but I won't be with you. But it's very interesting to know that Prahlad, who lived thousands and thousands of years back, much before Shri Krishna, his mother was abducted from Multan. It's in the North towards the Pakistan. It is now in Pakistan. And the king was ruling there and the lady was brought to a guru who was staying in this place where you will be going, near the river Nira. Now you know My name is also Nira. Nira means Mary, Mary or what you call "the marine". And this gentleman stayed there. I should say, she was abducted by Indra. Indra is the King of all the Gods. And this gentleman Mr. Indra when he went and saw the guru who was staying in that ashram, was Shandilya which is which is my gotra. My father's gotra is Shandilya. [Marathi]

So the Shandilya, you see, this little boy stayed with Shandilya, at the age when he was of five years of age, I think and he used to play along the river. And there we are trying to get a plot of land which is of twenty-five acres of land, for our future, real ashram we'll have, near the river, bank of river Nira. And something, in My childhood I've written some poems with the bank, on the bank of Nira river. I've written, long time back some poems, but I don't know where are they. But I wrote some poems about it. So, I knew that we'll be settled down there. You should have a look at the temple and should have a look at the Nira river and the place where we are going to have our ashram.

Now, this one is, you will be going down there, and now this boy was making a statue of Narasimha which was going to incarnate. And then guru Shandilya told Indra that, "Don't do like this. You return this lady back to her husband, though he is a rakshasa, Hiranyakashipu, doesn't matter. This child is going to bring forth the advent of Narasimha". So, he returned her back and when he returned her back, you see, then you know what happened and Narasimha avatara took place. And after thousands of years back, later then one of the Peshwas built this temple there of Narasimha. And he put one statue of Shri Vishnu there. But Shri Vishnu appeared in his, a this thing, in his dream, they say so, and told him that, "Prahlada has already made my statue of Narsimha in that place. You go and find it out."

So they found out a statue made out of sand. And that is still there, kept there. And that is always looked after. So, it's a very interesting place. And you'll see that temple is very interesting, you'll like it. And from there, from... But don't allow anybody to touch your forehead, again I say. None of them are realized souls there. But the temple is good. And then you come down from there to Poona, just to touch Poona. In Poona the food will be provided for you. Don't eat on the way in any hotel or any place. In Poona there will be food ready for you. Take your food, and then you proceed to Rahuri. This, all this might take about [Marathi] about seven and a half hours all together. but you'll have rest in between. Then you go to Rahuri. Then I will come to Rahuri also and then we'll have Rahuri program, the village programs and all those programs and we'll be back on the [Marathi] Rahuri we are staying in a very beautiful place no doubt. Five, six days. About six days, I think. Six days in Rahuri. And then, we will be there, I know when we'll be there. We'll be there till the tenth, till the tenth.

And then we are back, and from Rahuri we go to Dhulia, by bus, where Raolbai has arranged for you to stay in a nice place there, in Dhulia. We'll be there for two days and from Dhulia we come to Nasik. From Nasik you'll go to see this Chaturshringi, temple of Markandeya, which is a very beautiful one, early in the morning. Then you are going to go to Bhadsa and then to Vaitarna. We are going to stay in Vaitarna. There will be a puja in Vaitarna. And then from Vaitarna we come to Bombay. For three days we'll be there. [Marathi] 21-st, 22-nd, 23-rd we'll be in Bombay. And in Bombay we are going to have good accommodation for you, where you are going to stay and we are going to have good programs for 21-st, 22-nd and 23-rd. There if you want you can do shopping and this and that because we will not have very heavy programs, so that you'll be there.

And then on the 23rd half of you who have booked to go will go and the rest of you who want to book your seats must book it by 23-rd or 24-th, whenever, because... to Delhi. Those who have got tickets to go to Delhi by plane, raise your hands. All the, all the Australians have? All the Australians, please, put up your hands. Australians. Three of us got it done. All right, put it down, now let's see. Those who are going to Delhi who have got tickets for Delhi and have not booked, raise your hands Those who are going to Delhi have got their tickets with them but have not booked. From Delhi. Please get up and tell Me. Don't sit down and tell

Me. What's it? It had been given to Nick, Mother, the ticket to that make a collective booking with. Nick, have you booked them? I collected all the tickets together, Mother, for the English and the French but we have to get the open tickets and we have to book the date, 23rd. Oh, you haven't yet booked. No, they didn't. The place is not confirmed. Oh, God! They are just [plain] tickets. Where are the tickets? Now, you give those tickets to Mr. Modi. And he has to book them. Will you please do that? Yes, Mother. Modi. [Marathi] If they go on the 23rd, it's better. All of them. But if they can't go on the 23rd and 24th. [Marathi] You see, we have got now lots of people in Delhi who have offered that they would like to have you with them. One of them is My brother's son.

He would like to have the people, say, from Europe, those who, with whom he has stayed. He has a huge house and Rome and these people can stay with him for about seven days. Rome, France [Berlin] and also some Geneva people can stay with him. So, these people have to go and you have to sort it out. Now, we have got Mr. Mathur here, who could be consulted and can be told that on the 23-rd... So how many are definitely going are fifty-four? Yes Mother. Fifty-one have booked already. There will be three others. Tell, so put it fifty-four. So, for fifty-four, Mathur saab you must arrange with others. All right? With others. Those who want to take them. [Marathi] Then, how many are there from Italy and from France? Eight from France, Mother. Eight from France and how many from Italy? Six, Mother. Eight and six. Eight and six... fourteen. You all could stay in My brother's place. It's a huge place. These fourteen people can stay there. Now, for Geneva people; Are there Geneva people here? They have not yet arrived, Mother. They are coming in the second round. No, they're coming on the 25-th, Mother. Twenty-fifth? No, on the... Twenty, 21-st, Mother. 21-st. 21-st of what? This month. Where are we going to be on the 21-st? Tomorrow are they? Tomorrow. Tomorrow, so they'll come to Poona. All right. So then, Geneva people [Marathi]. Fifty-four, then Geneva people. Then we got people from America and from Canada. [Marathi], that's all? Is there any more? England. And England, of course. England, Canada Austria, Australia [Marathi]. And Belgium, yes, Belgium. So, Belgium, how many are there? Five, Mother, but they go back after one month. How many? Five. But they are going back with You. This month we go back. When, when will you go? 21-st. At the end of the [unclear]. All right. Those, who have come for one month, who are not going to Delhi, who are those? Mother, the Italians, who go back, have to be in Bombay, by the 16-th. 16-th, they depart. So their question doesn't arise. All the Italians are going back? No, Mother. Pedro and Giovanni... How many are going to Delhi, let's have it? Italians and French. Yogini: [UNCLEAR] Let's have it. How many? Just count. Can you get up and count. Just a minute. How many there are? Men who are is coming? Eight, Mother. Eight. And how many are coming? From Geneva? They are going to be for one week, most of them. More, for one month. Most Geneva people are. One more French. We'll be nine, Mother. One French is coming tomorrow also. We'll be, we will be nine going to Delhi. Nine. And most of the French, they are going back. Half the Geneva are going back. Mother, some of the Swiss are already coming on the 7-th of this month. Some Swiss are coming on the second month, certainly. Same for Italians, Mother. That's different. How many they are? I'm not sure, Mother [UNCLEAR]. Excuse me, Mother, we worked it out plus minus after deducting those who are going back and those are staying back, it's for hundred and ten, for Delhi. For a hundred and ten. He says about... I have all the people here. So You can, You can, You can... Now, let us have Rustom in charge of all this so that he allots us these things. All right. So hundred and ten are going to Delhi. Out of which who are not going to Delhi, when are they returning back? What date? 16-th? How many are returning just on the 16-th? Because they have paid for a month. 16-th. Now 16-th [Marathi]. Where are we going to be on the 16th? [Marathi] Nasik, Nasik. 15-th we arrive in Nasik. On 20-th we arrive in Borli. [Marathi] 15-th to 19-th. [Marathi] So, we would suggest, it would be better, if you don't have time, all right, but would be better that when we come back to Bombay you should go away. All right, it's all right. The rest of you will have to arrange your own, then, way because we will be in a place called Nasik from where you can take a train to come to Bombay and from Bombay they'll arrange for you to go, all right? So those who want to go on the 16-th definitely, how many there are? Four. So, four? Four? Yes, four. One more. Just five? Because our ticket is booked and we can't change. All right, so 16-th those who have to go, must arrange their going to Bombay from Nasik. Because you must leave on the 14th, to reach Bombay in time. 16-th evening you have to leave? There, I have, the flight is on the 18-th but... All right. Then 16-th, you have to organize that part. We can't organize, you see, 16-th we can't organize. But if you are coming on the 28-th [Marathi]. 21-st they are coming to Bombay. If you are going on the 21-st, those who would like to go on the 21-st we can organize their coming. So those who are being earlier must look after themselves, all right? All right? Quite fair? Fifty-three people from Europe, America, Europe, can use the lodge. Now, what I'm saying As they had an emergency that [Marathi], [Marathi] And we'll organize it. [Marathi] I said, "why it is a problem"? [Marathi] We can organize their stay, there is no problem. No, they don't want to stay. They want to go, let them go. Mother, we cannot change our ticket, Mother. It is... That's what I am saying. So, they are trying to be very, you see, generous. They said "We'll arrange for them everything". I said "they cannot stay", so no question. So, I would suggest Gregoire you should come one or two days earlier to Bombay if you have to do any purchasing or anything, you can be there with Rajesh, because Rajesh is going on

the 20-th himself. He says Me you could be there with him for one or two days. And you could be here and that's how you arrange your own going. That's the point is. The main point is that we won't be able to manage that. But from Nasik you can get a train. We'll help you but you must remember that you have to go. All right. So, fifty people are going, non Australians, are going to Delhi. They all are to be present in the second month.

So, now, for Delhi people they have to arrange for fifty-four people, first of all. Hundred and four, total. Altogether hundred and four. out of which the [Marathi], French and Italians, they can stay with My brother. [Marathi] Austrians, are they going to, I mean Belgian, Belgian people, are they going to stay after second...? They have come for one moth or two months? One month? So, no question, no problem. When, when do you want to go? Together with [UNCLEAR] on 19-th. You have booked? No Mother. The tickets are being collected, Mother. But they, their flight hasn't been brought. It is flexible. So, you can book it on the , say... Yogi: Yes, [UNCLEAR]. Better do it on the 23-rd then. All right? 23-rd ki 24-th? 23-rd. We'll get whatever You say. [Marathi] Actually Mataji, as per the program which we have booked in Bombay as I told You earlier also, 21-st they are supposed to arrive in Bombay, 21-st we have BEST program, 22-nd we have program in Borivali, 23rd and 24th, two days we are keeping in New Bombay. [Marathi] On 23-rd. 23-rd we were thinking of putting a farewell in Bombay. They want to give you a farewell on the 23-rd. How many will stay back on the 23-rd? The first group. We, we won't be there. We leave at 6 a.m. We leave at 6 a.m. in the morning of the 23-rd, Mother. All right. Then we can... 23-rd, that's all right. 23-rd, what time you'll go? Six o'clock in the morning. [Marathi] 22-nd they'll give you a farewell. All right? Evening. [Marathi] 22-nd evening the farewell. All right. So, mean, we understand each other, you see. All right? Did you hear that, Warren? All right. [Marathi] Yogi: with rooms. [Marathi] So, till the 21-st we'll be in Vaitarna. Then 22-nd, 23-rd, 24-th we have got a hall. All right? [Marathi] Then 22-nd evening we'll give you a farewell. Those who want to go on the 23-rd, can go away. Those who want to stay, maybe some people won't get reservation. Now, those who want to have reservation to Delhi must talk to Modi because we have got all the Australians being reserved. Those who haven't got reservations, going back to England, or going to Delhi, please talk to him. He's in charge, all right? How many of you have not booked your seats to Delhi?

Sahaja Yogi: Mother, may I say something, please? Guido and I, have no ticket aeroplane. Could we go with the Indians from Mumbai to Delhi in the train? Train? How many are going by train from here? Canadians want. The Swiss will have to go by train Who? The Swiss will have to go by train. There's only one Swiss. There's only one. There are several. ...who are here for the second month. The Canadians want. There's only one? Yes, above this list. Just there? All right, then you will have to go by train. That you'll have to arrange. We'll arrange that. So, you want three seats to be booked by train.

Sahaja Yogi: Well, we can do there... [Marathi]

Shri Mataji, for foreigners, if they just go with their passport to the tourist office, they get a train ticket overnight, there's no problem. No, no, Modi will arrange. We have got all the Railway people with us. We'll arrange. So, you tell Modi about those things. Yes, yes, thank you, Mother. [Marathi] So, those who have not booked their seats to Delhi please inform Mr. Modi. And those who are coming now also tell them this. Who will tell them? Rustom, you tell. All right, Rustom and Alexander in charge. Just foreigners. Now, Shri Mataji, if I could suggest, perhaps the English and those who haven't booked their seats to Delhi, they can go on the 25th in the early morning. What's the use? Because they've booked hall until the 24-th. They have booked what? They booked a hall in Bombay till the 24-th. What's the use? As, I mean, just if You wanted to have them stay in Bombay. I mean, those who want to stay in Bombay, they can stay in Bombay till the 25-th; 25th. If those who want to see for some shopping or anything, can stay. But there is no such program in Bombay, except that we wanted you to have some nice time there. 22nd we'll have a farewell. Then 23rd, 24th is there. So why I was saying that if go you earlier, the people are anxious there in Delhi also to accommodate you. So, whatever you decide. So we have three days now, 23-rd, 24-th, 25-th. Whenever you get your reservations, you go. [Marathi] Done.

Now, everyone from every country should be responsible for that country and for those people. I'm talking here for everyone, so everyone is responsible. You should find out, all right? Derrick, are you going to Delhi? All right. Have you booked your seat? It's being done altogether, Mother. With? Nick is doing, Nick is making all the... Nick, you can't do it because you are not going back now. You have to give it to Modi. All right. All right? Done? Clear cut. So, then we go to Delhi. In Delhi we have decided that from the 23-rd onwards, you are going to stay with Sahaja Yogis. till the 1-st. Means [Marathi]? [Marathi] Eight days. They want to keep

you with you. [Marathi] And they want to look after you. This is a new scheme. And they want to take you round to proper places. Don't go on your own. And they will do whatever shopping you like and not like crazy people last time. It was very funny that people were very upset with you. So, we want you to be cleared out completely. And after that at the end of the program they will take you to Haridwar; That will be... What date have you to fly out? 14-th. 14-th. Everybody is going on the 14th? No, some of us have open tickets. Some of us have open tickets. What is it? English, I think, the English and French have open ticket. Or for the second month. All right. So, it will help us if you all could go. Or you'll have to come back. From Delhi you are going on the 14-th? You have open ticket from Delhi? All right. Everybody has open ticket from Delhi, is it? No, Mother, some of the Canadians have booked on the 20-th. Some of the Canadians have booked on the 20-th. Some of the Canadians have booked on the 20th. 20-th from Delhi?

Sahaja Yogi: Yes, Mother. But we can't arrange. We will try to change the booking then. You should because you see, till the 14-th now, we have arranged. You see, it's difficult. Here we have arranged two days this side, but there we found it difficult. Two days we have to make it earlier, all right? So, we'll have it the last day, 14-th. When are you flying out, earliest? Four a.m. on the 14th. Four a.m. on the 14th? Oh, God! So, you should be back on the 13-th morning. We might be able to change that a bit later, but... We may be able to change that a little later in the day, The flight doesn't leave after 2:30 in the afternoon. So what I am saying, from Haridwar - [Marathi]. So, 14-th they'll go away. Those who want to leave beyond 14-th, we have no arrangements for them. Mother this is very important because last time, it created a problem and people must understand that. You see, I am sorry. We can't do it. All right? Those who have to leave after, we have to vacate the place on the 14-th, I'm sorry to say. 14-th evening we have to leave the place. We cannot get for a longer period. You know, Delhi is a very difficult place, it's extremely difficult everything difficult. Now, one more thing, in Delhi, you will be for the 26-th which is our Independence day. Those who want to see the Independence day parade have to pay hundred rupees. So, those who really want to see - the parade is very interesting - should give that money to Mr. Mathur and it can be arranged. Give your names and money now. But cannot be arranged later on. Hundred rupees are to be paid, for seeing that parade, which is a very important thing. Luckily you are there on the 26-th, but it is left to you, because that is extra. All right? So, on the 14th those people who want to leave, can go to other place, like Jaipur; we can arrange it also. Can go to Jaipur and this and that and Agra and all that, if you want to go. We can arrange it with someone but there will be no residential arrangements for you which will be quite reasonably arranged, no doubt, but still there won't be any residential arrangement and I think you should not again trouble the Sahaja Yogis of Delhi. Because then what happens Sahaja Yogis are available so you go and stay with them, is not proper. They have invited you for seven, eight days, all right? So, nobody should expect the Sahaja Yogis to keep you in their houses even if they force you - Indians are like that. You see, this is how we are. We force you too much - - but you shouldn't accept. Like food also - we'll go on forcing - that's our style is. But you shouldn't just say because we are forcing you, you go on eating - that's our style. That's you must understand Indian style is like that they'll say take some more, take some more - that's our style. Is a, but you should not eat too much. It's not good for your health, you understand? And not good for the budget either. So, this is our Indian style of feeding people and I've always seen people complain that we have fed too much and all that. I mean, it's something so absurd. Nobody's putting in your mouth with a piston, you see. The way it is described I'm really surprised. So, you should eat as much as you like. Don't overeat. It's no need. At least on the contrary, I think, little undereat. Good for you. It is better for digestion. All right? So, this is what it is. Gregoire, what is the problem? I would like to... I would like to bring to the attention of Modi that there are five people coming on the 15th. So, they will call one of those people in Bombay. I don't know whether it is still worth to go to Vaitarna or not but these five people will go to Delhi and you should add them to the reservation in the train. Because I don't think they will have and need to go by train. All right, all right. That much we have to inform. Modi, these five people will be coming on the 15-th. Yes. January. - Modi, we'll accept them.

- Who are they? They are, they are three.... I'll give you the names, okay? Mataji I don't know of the arrangements are here this Sahni guest house, but we have to be out by 10 o'clock otherwise we have to pay another day. Yes, you better get up in the morning, very early in the morning tomorrow and we have to be out. And this man has really troubled Me for nothing at all. He's taken money for not eating food and all that, this Sahni fellow and you have to tell him that you better give money back to Mother otherwise we are not going to give you the keys. You better go and tell him. You should say that he's asked for royalty. You say, "this is not some sort of a property that you are asking for royalty. When you have not given us anything to eat how dare you take money from us ?" And just tell him. You better tell him that and then he'll let him to come and see Me; he's not seen Me yet. All right. And first beat him with shoes, nicely. Now, what more? So, because today we have talked about all the things so that one should not know "I did not know this, Mother." Last time it happened. Lots of confusion. People who wanted to go away, "Mother,

You must arrange for my ticket. I have to get into the train and I can't find this, how will I go?' So, you see, don't bother Me with all these headaches. It's not good. Tell your leader and you tell Me beforehand. Because here the reservations and travelling and everything is a very difficult thing in this country. It's not like America, just get into the plane and walk off. It's not that way. So you must understand; there's a big difficulty. And later on if you tell Me suddenly, "I want to go to Bombay, Mother, I have to go back." I cannot arrange. It cannot be arranged. Very bad. Situation is very bad as far as reservations of the trains, reservation of the planes and also arrangement for any conveyance or anything is concerned. All right? Mother, two things You've recommended before. Could they finish with the cold wash and secondly they must wear a singlet, a vest. They're taking cold washes? No, they're just having hot, Mother, but they should finish with the cold. - Yes .

- And also wearing vests. Now, to get over some problems, that you have personal problems which I have to tell you, this is a very country, with a treacherous climate. It's not London, so you don't wear a overcoat here. You see, it's not obviously cold. But is full of dust and there are problems, so, I would request all of you to wear a singlet all the time, all the time. And in Poona if you go you can find out singlet very cheap and very good and it is compulsory for all Sahaja Yogi male people, to wear a singlet and for ladies to wear something under their gowns. So, it is compulsory in Sahaja Yoga. It's a Sahaja Yoga tradition to wear a singlet. And moreover I've tried to get good buses but maybe you must cover your nose and mouth, shut when you are travelling, and talk less because you all get Vishuddhis. Talk less. Talk, talk, talk, talk, talk, will go nowhere. Just don't talk. Enjoy. See things. Enjoy. All right? Talking should be much less. I think talking is much more. So, now, what is, another thing is for bathing. You should take your bath with hot water, all right? And your brush and all that should be used with hot water, all that, but end up with cooler water. When you come out of the room you should be bathing with a cooler water, will help you. Not that you come out with hot water outside, you'll get into troubles, you'll have colds. So, to avoid cold we'll also arrange to give you dhunis and things like that. But you should be careful also that you gargle your mouth every morning so that you don't trouble Me, all right. If your Vishuddhi is bad you know My Vishuddhi goes out, because the vibrations start flowing. This is for Vishuddhi. Don't eat anything outside, don't overeat. Don't eat things, fruits and all that and then take water on top of that. You're not to eat fruits and then water. If you have taken fruit then you must eat some biscuit or something and then take the water. These are all very simple things which Indians know which you do not know. So, on fruit don't take water. Be careful about water. Don't take water here and there. Only take water from a certified thing. Another is aerated water. We are so much used to have and this is an old habit, I think, too much of aerated water. Please avoid aerated water as much as you can. It's not good. We don't pack very good aerated water here and it's not good for your stomach. So, anywhere you go, if you have to buy aerated water, you pay for it. We are not going to supply you this time. Last time we found it impossible because I mean, as Western people have a habit , I mean, they have a capacity to go to extremes. People have consumed so much of aerated water that if you tell Indians, they can't believe. Even tea. If it comes to tea, they go on consuming so much of tea that people are really shocked. I mean, it's like children, you know. So, you must not, you must limit your tea. Six cups or say, seven cups at the most, per day. Impossible. Impossible. You can't go with seven cups. Not more than seven cups. More than seven cups not needed at all. And there's no need at all. You see, and take water. Water is important. The country has such a supply of water. Take as much as you can. And specially the water from the wells it's very good. It's fresh, nice. It has little taste of the well, doesn't matter. But you take fresh water . Water must be consumed in this country. We don't take any aerated water at all. This is all modern stuff. And we don't take any wines or anything. We just live with water. Shopping, Mother. They shouldn't go mad this shopping in the early stages. Let it happen in Delhi or in Bombay. I think, Bombay you should not shop at all, because Bombay is not a place for shopping. It's very expensive place. So, best is keep it for Delhi. You will have seven days but one should not go mad with shopping also. Way people last time behaved was that Delhi people just got very angry because you see, they couldn't understand these saints going mad with the shopping the way. And we had to get some provision from the Air India, they had given some provision for carrying My luggage while they carried their all luggage and they went from here like traders, you see. Doesn't look nice. So one should not go crazy about it. It's all right, buy something that you can do it in these seven days but the Sahaja Yogis are going to be with you. So they will watch you, All right? So be careful. Drop down. Materialism has to be brought down. What else? What about, what other craziness one can have? Now the most important and the delicate thing is about marriage. I would like to have marriages performed; we have got a date fixed for marriages in Delhi. But that doesn't mean that you start looking out for girls here. What we're going to do, we are going to have in Vaitarna, I'm going to ask you people for the names of the girls who would like to marry, the priorities. There may be five or six girls or the boys and the girls have to suggest. If there's any matching done then I'll talk to you privately, we'll arrange the marriage, and then we can have the marriage in Delhi. But for the marriage performance you have to pay some extra money, if your marriage takes place. Those who want to have a Sahaja Yoga marriage also otherwise can have a Sahaja Yoga marriage. But it should not be a madness about it that you look at every girl and all that but

just think it over in Vaitarna, I will ask you to tell Me if you want to marry a particular girl If the girl also asks for you, otherwise I will not. So, all of you, those who want to marry among all of those who are here; those who want to wait, we can have a another marriage session in London or anywhere else. All right? Keep a very healthy, friendly and a relationship of purity. The boys should be friendly with boys and girls should be friendly with girls. There should not be much mixing up, there's no need to. And it is better that way. They are of course your brothers and things like that so naturally one talks to them but you must understand the trends that we have had and how we have to change it. What else? The most delicate part. What they want Me to do? Turna have you any questions? Wear a sweater when you sleep in the night. This is a treacherous place where you might catch cold. And it might be cooler where we go now. So, wear a sweater or something and keep yourself covered, keep your head covered when you go in the evening time. That's all I can say under your, under your [Marathi] - Kurte to kya kehte hain English mein? - shirt. But not the Indian kurtas, whatever you wear. [Marathi] You want to speak to Patricia [UNCLEAR] What did they say? Mother, I haven't been spoken to either of them. - But [UNCLEAR] knows..

- Please come forward. Those sitting at the back, please come forward and let the arrangement for dinner be made. What about Patricia and [UNCLEAR]. They, they met today. Let the arrangements for dinner be made. Hi, and for those who are travelling by the train to Delhi... All right, it's all right, so we have agreed. Those who are travelling by train to Delhi, meet Mr. Modi. Now for every centre, that we should tell about the sarees [Hindi/M] Nobody should buy any saree for any centre whatsoever. I've got sarees for every centre. Should we leave the list of sarees we have got? Yes, I think that's [UNCLEAR]. Where is it? One more is coming now. One more plane. You give him one more?

-Shri Mataji I spoke to Derrick. He says there's only one person in Bristol which is going to come. In Bristol?

-Yes. No, no he would like to do, this Derrick has got. - That I spoke to him.

- Yes, what did he say? - He says that there's only Ruth in Bristol who says that [UNCLEAR] She doesn't want to.

- Let's be [UNCLEAR] She doesn't want; then why did he ask him? -He asked You? - Not, not this Derrick. No, no, no, I said not this Derrick. I said of Fergi; Fergi, where is he? Derrick? Fergi, you wanted to buy sari for Bristol, na? I'm living in London, Mother. I'm in London, Mother. In London, but you asked Me to buy a sari for Bristol. I don't know what the arrangements are Mother Did you ask Shri Mataji to...? Yes, he did. It is you only suggested Bristol. - That's the case, Mother. We should get...

- He should ... But I didn't, I didn't know what was created Mother will send that to every certain centre so I didn't know [unclear]. So, it's sorted out, it's sorted out with Nick. We sorted it out. Just be optimistic. This will be up to you. You see, we have to have some Puja there. So we, for Bristol, what are you getting? You, you are getting a seven-fifty. Tell her to get some four-fifty then. But she has to still buy. - Seven- fifty is fine Shri Mataji.

- No, it's too much. Seven-fifty will be how much?

-She got it paid Shri Mataji ... All the English sarees should be paid out of the central fund. And everytime there is a Puja they could be re-paid. All right.

- It's a better way. Now, no, no, about sarees. Now this is we have decided. Sit down, please. We have decided there are going to be seven Pujas in London, which must be supported by all of you and so, everybody may have to pay about 200 rupees for these sarees. from every centre. One hundred or two hundred, something like that. These are how many, these are? - All together?

- All together seven. Thirty-five. And seven, seven Pujas, yes. Seven Pujas sarees. See, the Pujas we are going to have, let's see. - General Pujas.

- Ganesha, - Ganesha's Puja,

- Diwali, - Diwali puja,

- Guru Purnima, - Guru Purnima,

- Navaratri, The Guru Nanak Puja, - Guru Nanak Puja.

- And next Christmas. And next Christmas. So, six or seven? Seven. These seven Pujas should be, of course Janamashtmi. So far always only the, only the people from London have been buying sarees for all these things. It's too much. Because most of the time I am in London. And to every centre it will cost not more than two hundred or say ten pounds, at the most. - Ten pounds per Puja.

- Per Puja. - So seventy pounds in total. - Nai, nai, nai, all together. - Seventy pounds per year No, no, no, not so much. Seven Pujas, seven Pujas. It's ten pounds per Puja. Is it? Nai, nai, not so much. Isko to itna hoyega kaise, ten bahut ho jayega. Or seventy pounds for the whole year. Haan, two hundred, for the whole year. Mother, for the whole year? Haan, aur kya? Seven pujas ka jodo kitna hai? Jodo kitna hai seven pujas ka, kitna paisa jodo? No, no, You are right. You say for the whole year two hundred. It's not much. But just count it. For some people like, they can pay three hundred or something. - Are you speaking of just...

- Just count it. Calculator have you got? One, okay. It's eleven hundred... a thousand is one. Thousand [unclear]. Seven thousand seven hundred for the whole year.

So? Yes, You... So how many centers there are? There must be about, say, fifteen centers. - At least.

- So seven thousand divided by fifteen, two hundred. That's what I am saying. So, some have to pay about two hundred and maybe, some of you have to pay, minimum of two hundred some have to pay and the people who are bigger people have to pay three hundred. All right? So all the centers have to pay minimum two hundred. Two hundred rupees. - The whole year.

- For the whole year Explain to them Mother that all of the people from abroad would want to contribute, too.

- Yes. Because I want all of you to contribute. Even if you contribute say, from every center, two hundred rupees, you see, per year. It's not much, isn't it? And why I wanted because it should be done on collective. It's better. So, all people say they are about fifteen centers. We all can afford to pay two hundred, all right? And you would like to join in, I think so this, isn't it? - Including Indians also?

- Of course. Including Indians, everyone. Indians [Marathi]. [Marathi] So, you see, all the centers of the world have to contribute, at the most two hundred. And at the least [H/M] less than two hundred could be... No, it shouldn't be least then it goes down. Two hundred is nothing. Two hundred is nothing. All together, two hundred, every centre has to give for the whole year. All right. So it comes to about, how many pounds? Twelve pounds. I think twelve or thirteen pounds. - In dollars would be about...

- It is twelve pounds. About twelve pounds, all right? So one pound a year, a month. - What do you say?

- Per centre Per centre. Very expensive. Per month one pound. Because I want everyone to join in. All right. So the... Then it's the Birthday Puja, which will be celebrated in Australia which as is the same that, - that can be collected universally.

- All right. So now one Birthday Puja. [Marathi] Actual Birthday Puja, this time, is going to be in Australia. Then there's one they want to have it here, and one in Delhi, that is their responsibility. They can have ten if they want to. Should we pay for the Birthday Puja? No, no, no, yours is, now why? - Collective

- Collective. Collective. Means, just now you pay whatever it is, then it will be adjusted. All right? Birthday must be because you see, Birthday after all. That will come out of the two hundred they pay for the whole month, whole the year? Mataji, please excuse me, this 31-st March program, Your special Birthday, we wish.... [Marathi]. [Marathi]. [Marathi]. - [Marathi]. 31-st.

- 31-st. [Marathi]. That means two days prior to that, [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. Delhi. [Marathi]. [Marathi]. So, 27-th in Delhi they want to have My Birthday. 27-th in Delhi. Tell Venugopal. Why, because they wanted to have a souvenir. For the souvenir, only I'm allowing it for souvenir, all right? 27. And 31-st [Marathi] souvenir. 27-th of March. Aur woh isme jhagda karenge ki March ka mahina khatam ho raha hai to unse kahna ki aap hamein April mein dijiyega uska paisa. Paisa April mein dijiyega chapeinge hum March mein. Aur invitation vagairah karke karne ka hai, 27th. [Marathi]. 31st March. [Marathi]. Participation should be universal, on universal basis. [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. [Marathi]. Theek hai, theek hai. Aap nishtint rahein. [Marathi]. You take pictures. [Marathi]. [Marathi]. [Marathi]. -And this is the list of the marble shops You wanted.

-Marble shops. - In all Your house.

- Achcha kal dena Rustom. Kal dena Main bhul jaaungi. [Marathi]. [Marathi]. [Marathi]. Should we announce that these people have been, these centers have got sarees selected by You. Now this one you must hear. Tell them, now My talking you say. Pardon. For the information of all people here Shri Mataji has selected sarees for the following centres. This is in addition to the collective sarees which as we've just said are for London or for Her Birthday and people should make arrangements to collect and settle for their sarees as soon as possible, with Nicholas. Nicholas will accept the money payment for the sarees as follows. Wherever possible. Los Angeles, they can be in community there, Paris, Saudi Arabia, Geneva, Toronto, [Quinsel], also tell the price because this at half price I've got, in real zari. They're very good and you have to pay plus hundred and Eight, a hundred and fifty-one... Hundred and fifty-one addition. Now see... But the sarees Mother has chosen are absolutely spectacular. They are the type of saree for which we would pay around two thousand maybe two thousand five hundred. And Mother has found them for an average a round about seven-fifty to a thousand. [Marathi] These sarees

[MARATHI] are going to be used for Pujas around the world and in addition to the cost which I'm going to read to you, people to take note of this, the national leaders... In addition to these costs there will be a fee for the making and for the blouse and for the petticoat and so on which will be one hundred and fifty-one rupees. That cost we'll automatically add on. So, Paris, twelve hundred rupees plus a hundred and fifty-one. Saudi-Arabia, thirteen hundred and twenty. Geneva, thirteen fifty. Toronto, seven fifty. Northampton, seven twenty. Darwin, seven twenty. Adelaide, seven twenty. Exeter, seven eighty. Scotland, eight eighty.

Norway, one thousand, Poona, for the Christmas Puja, but this will be part of the collective selection. We're buying a saree for Mother for fourteen fifty London, I'm sorry, for Perth in Australia seven seventy five, Rome, thirteen twenty. Redding, seven seventy five, Vienna nine fifty, Brussels seven eighty, Birmingham, eight fifty, Kuala Lumpur, nine seventy, Cambridge seven eighty, Bristol seven fifty. Boston seven fifty, Who is the owner of this purse? - The lady there.

- Go and have your food The lady there. Ask. Whosoever, I'm asking about the owner. Please come forward. Come on, now you take the seat. The dinner is ready. The plates are ready. The food is served. Please hurry up so that the line will be continue. Train [UNCLEAR]. How much for Cambridge? How many [unclear]. Those, who want to go to Delhi by train please meet Mr.... How much for Cambridge? Seven hundred and eighty, Mother. Seven hundred ninety. All right, it's reasonable. Please meet Mr. Brian, those who want to go to Delhi. That was the same price about. But the quality is double. It is at fifty percent. Tremendous. You saw My sarees? Tremendous they are. Tremendous they are. Just for My sake I'm sure [they agreed]. It's very cheap, really very cheap. I mean I can't...Real zari, pure zari and we tested it. Mother, I think... [Marathi]. [Marathi]. Yes Mother, [UNCLEAR] And the price is as I said...[unclear]. Any question about Singapore? Decided on that? The dates have changed yesterday only. How is it? What you said? Yes. Come. You are going to first of all to Kohlapur. I think more or less about the dates, Mother. I'm leaving up to 18-th. For Kohlapur. And from Colombo I'm coming back to Bombay again. - I think so.

- I have to come. You don't have to. You can go to Singapore from there. My ticket is [26-th]

- Oh, I see. All right? You can manage something in My ticket.. It's all right. Then Singapore will be how much? When you'll have your... [unclear] Only a day or so. Let's see if I can go to Colombo. Eighteen, nineteen, then twenty and then we can see. I need to spend two or three days first [unclear] All right, then? Kuala Lumpur. Two days [unclear] one holiday and then Hongkong. Through Singapore and then back. [UNCLEAR] in the morning. I hope you will enjoy all that is best in life. Develop your subtleties and your sensitivities. Jaganmata Nirmala Devi ki Jai! Adishakti Nirmala Devi ki Jai! [unclear] Nirmala Devi ki Jai! .

1982-1219, Shri Mahakali Puja: Desire Within & Havan

View [online](#).

19 December 1982

Desire Within & Havan

Mahakali Puja

Lonavala (India)

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

(A hill station on the road from Mumbai to Pune)

English

So welcome to you all, Sahaja Yogis, to this great country of yoga. Today, first of all we have to establish our desire within ourselves that we are seekers and that we have to achieve our full growth and maturity. Today's puja is for the whole universe.

The whole universe should be enlightened with your desires. Your desires should be so intense that they should emit out the pure vibrations of Mahakali Shakti, which is the pure desire of attaining the Spirit. That's the real desire. All the other desires are like mirage.

You are the people who are chosen by God. Specially, first to express your desire, and then to achieve it. And by intense desire of purity you have to purify the whole world. Not only the seekers, but even those who are not seekers. You have to create an aura around this universe, of desire to achieve the Ultimate, the Spirit.

Without desire this universe would not have been created. This Desire of God is the one that is the Holy Ghost, is this All-Pervading Power, is the Kundalini within you. Kundalini has only one desire, is to be the Spirit and anything else, if you desire, the Kundalini doesn't rise. Only when it knows that this desire is going to be fulfilled by somebody, who is facing the seeker, it is awakened. If you do not have the desire, no-one can force you. Sahaja Yogis should never try to force this desire on other people. The first ordeal we face, as soon as you get your Realization, is that you just start thinking of your family. You start thinking, 'My mother has not got it, my father has not got it, my wife has not got it, my children have not got it.'

You must know that these relations are worldly, Sanskrit is "laukik". They are not "aloukik" [divine], they are not beyond the worldly relationships. These are worldly relations, and these attachments are worldly. So if you play into that, of course, as you know, that Mahamaya Shakti allows you to play with that. You go ahead, as long as you like. People bring Me all their relations, parents, this and that and ultimately they discover that this was a very wrong thing they did. They lost so many precious moments, so many hours, so many years, wasting their energy on people who never deserved any attention of Mother. Sooner you realize the better, that this desire may be within you, and may not be in anyone of your so-called worldly relations. Makes no difference.

As Christ was told that His brothers and sisters are waiting outside, so He said: "Who are My brothers and who are My sisters?"

So one has to realize that those people who involve themselves into the problems of their family all the time, and attract My attention, you must know that I am just playing about. It is of no value to you.

For your ascent it is important first of all to have no desires to create desire in your kith and kin. This is the first principle of establishment of Mahakali Power. Specially in India where people are too much attached to their family, it's a very big problem. If you give Realization to one person, you are amazed to see that all relationship they have is with a big bunch of bhoots and once you give Realization to one person you are in for trouble. Then all the bhoots walk in, slowly, torturing My life, wasting My energy, and absolutely disgusting!

It should happen to you to understand that this is not auspicious. If you want to waste your time, I will allow you to waste your time. But if you want to have the ascent fast, first of all one must remember that these are relations which are absolutely worldly relations and this is not your pure desire. So try to separate your pure desire from your worldly desires. It does not by any means, suggest that you give up your family, you give up your mother or give up your sister - nothing. But you witness them and see, as you would see anybody else, and see for yourself, whether they are really desirous or not. If they are - well and good. They should not be disqualified because they are your relations. It works both ways. As they cannot be qualified because they are your relations, they cannot be disqualified because they're your relations.

So in Sahaja Yoga to make your desire a pure desire, you have to get out of so many things. But for people who are attached to their family, are bound by their family, they have to see to it that they do not force Sahaja Yoga on anyone of their relations, at least don't force them on Me.

[Shri Mataji is coughing] : I've been speaking every day....

[Shri Mataji is speaking in Hindi]

I have to speak about Shri Krishna, otherwise He thinks I'm just talking about Mahakali [Shri Mataji laughs]

Now this desire within us, which is the Mahakali Power which is manifesting, comes to us in so many ways. As I told you first of all, it comes to us after Realization, because you are all Sahaja Yogis, to do something about our relations. Then the second desire that comes to us, that - let us try to cure people, who are our relations. This is the second desire, you should face yourself and see, that this has happened to many of you. So, right from leprosy to any small thing like cold or sneezing, whatever they have, you think you should bring to Mother. And all the worries of your families should be brought to Mother. Simple thing like pregnancy or sneezing, very simple things - which are so natural are brought into your attention. So when you have them in your attention I say: 'All right, go ahead with it. Try to solve it, if possible.' But if you do not have them in your attention they are in My attention. You leave them in My attention, I'll manage that.

But then it's a vicious circle. It's a very subtle projection of the mind that thinks: "All right then Mother we don't have this in our attention, You'd better look after it." That's not the way. You should have only one intense desire within yourself: "Have I become the Spirit? Have I achieved my Ultimate? Have I risen above the worldly desires?" Purify it. Once you start purifying whatever falls off, I'll look after that. This is just an assurance, but not a guarantee. If it deserves My attention I will definitely look after you.

You have to value your attention as I value My attention. I think you have to value much more of your attention than Me, because I can manage many more things within Myself, because everything is in My attention. But you try to purify your desires away from the worldly problems that are facing you. So you expand it more, then you start thinking: "Mother, what about the problem of our country?" All right, give Me the map of your country - finished. That's more than sufficient. Then purify yourself. The desire that you have, you leave it. And once you are purified that area will be covered through your attention, it's very interesting. When you get over it then only you can throw light, but if you are inside you are hidden by that. Your light is hidden, there's no light emitted. You all rise above that desire.

Every time you get a desire you rise above it, so your light is emitted on that wider problem that you are facing which you think should be solved by Me. These are all My headaches which you are taking on yourself. You have to do only one thing is to become the Spirit that's all. Is a simple thing. The rest of it is My headache.

Now the problems that should take your desire on the collective should be very different. To substantiate your purity, to be fragrant with your purity, your attention should be on the other side. Now you are not facing Me, you are sitting with Me facing the whole world. See, the whole attitude will change. The attitude should be: "What can I give? How can I give? What is my mistake in giving? I have to be more alert. Where is my attention? I have to be more alert towards myself what am I doing?"

What's my responsibility?" You must desire that you should be pure. You should be pure desire. That means you should be the Spirit.

That, - what is your responsibility to yourself? You should desire that your responsibility to yourself should be manifested, should be complete.

Then your responsibility to this Sahaja Yoga. What is your responsibility to Sahaja Yoga, which is the work of God, which has started and you are My hands. You have to do the work of God, and you have to fight the anti-God elements, the satanic elements. You are not responsible for your family any more, those who are, are the half-baked Sahaja Yogis I said, are useless absolutely good for nothing. All such will drop out, their families will suffer, I know this is going to happen because now the forces are gathering in such a way that sorting out will start.

Your responsibility to yourself, to be the Spirit, your responsibility to Sahaja Yoga, your responsibility to understand Me, better and better and better. Your responsibility to understand this mechanism that is within you, your responsibility to understand how this mechanism works out everything. The responsibility is to how to become a guru yourself. Your responsibility to be a dignified and a glorified personality. A responsibility to be a respectable person and not a cheap personality. Every one of you is worth the whole universe. If you want to rise to that height. Universes of universes can be thrown away at your feet. If you want to rise to that height, to that magnitude that is within you to prosper. But those people, who still want to live on a very low level cannot rise.

For example, the western Sahaja Yogis have certain problems of committing the sin against the Mother, and the eastern Sahaja Yogis have the problem of committing sin against the Father. It's not difficult at all for you to get out of it.

The attention is to be kept pure. In Sahaja Yoga you know all the methods how the attention one can keep it pure. If the attention is not pure then this desire will be always attacked by all petty nonsensical things which has no meaning in your ascent. Now a person who is a good Sahaja Yogi is not bothered about clothes, what others say to him or what others are talking to him, how they are behaving towards him and the attention is not on that criticism that this person is like this, that person is like that. Nor there is the aggressiveness of anyone else, because nobody is the other. But the problem is when I say that, no-one thinks that I'm saying about you, each persons. Those who are aggressive take the other role and those who are non-aggressive think the other way. Like I say something for a person who is aggressive, the non-aggressive immediately thinks of the person who is aggressive, not about himself. You immediately start shifting your mind to other person, finding faults with other people.

So this desire becomes gradually lower and lower and lower because of the loads that are put onto it. So the alertness is very important, complete alertness - 'satarkata'. That we should keep our attention purely for the sustenance of our pure desire. Desire comes from your heart and you are so built that your brahmarandra is also the heart. If you don't have a clean heart, this won't keep clean. There are people who think if they talk about Sahaja Yoga big, and all that, they are all right. They are cheating themselves. If the heart is not open then this is closed. So try to open your heart by projecting it. Projecting it.

I hope today when you do this puja and you do the worship of Mahakali and this special yAgnya, we will definitely establish this aura, and enlighten the universe. But your outlook should be - 'How much I have contributed to this. Am I still thinking of other people? Am I still thinking of my petty small problems, or I'm thinking of my Spirit?'

So, the left side starts and ends with Shri Ganesh. Shri Ganesh has only basic one quality, that He's completely surrendered to His Mother, He does not know any other God, He does not even know His Father. He only knows His Mother and completely surrendered to Her. But this pure desire has to have the action, and about which I'll tell you later as we will be having more pujas and more pujas.

But today let us establish ourselves into that pure desire, to be the Spirit. Now, as it is, with the Western mind we'll say: 'How?' Is always coming, "How to do it?" Should I tell you? It's very simple. Adi Shankaracharya wrote 'Viveka Chudamani' and so many other books of treatises, and then all these big intellectuals got after his life. And they said: 'How this and how that and how?' He

said: 'Forget these people.' Then he wrote 'Saundarya Lahari', it's just a description of his Mother and his devotion to Her and every couplet that He wrote is a mantra.

It is not the surrender of your mind through your mind, but the surrender of your heart. Is absolutely the surrender of your heart. Western Sahaja Yogis know very well how there have been attacks and attacks of negativity on them, specially when horrible people like Freud came to destroy their basic, the roots. And how the West accepted it blindfolded, and put them on the path of hell. All that has to be brought out. That is all nonsense, is wrong, absolutely against God, it's anti-God activity. Then you will realize that you will fight fully, by saying, "This is the destruction of our basics, our roots, when our Mother is the source of everything that is sublime, noble, all that is nourishing, all that is elevating, emancipating. You are cutting us from our roots." When he dealt with, I think, animal-like creatures and he wants all of you to go down to that low level of human beings, which exist as pathological cases, I don't know.

So it is important for you to understand all the attacks that came on you, and be alert and don't be identified with anyone of these.

Last I would say you have come to this country to see the roots and not the shoot. Change your attitude of western style. Telephones are no good. You cannot get any telephones done here. Postage is horrible. Railways are worst. I shouldn't say because we are in a railway. But, the people are excellent. They know what is dharma. They are not being attacked, somehow or other because it being the Kundalini. The Ganesha is sitting here how dare anybody attack? This great Maharashtra has got eight Ganeshas, protecting them. I don't know if these Maharashtrians know this fact. And so many Marutis, so who can attack this country? There is no negative attack except that they themselves are rather money-minded sort. That's the only curse they have, if they can get out of it they are great people.

So, we have come to this country not to enjoy the comfort of the West, but the comfort of the Spirit. So to change your attitude towards India. I don't mean Air India, by any chance. This is a wrong idea that you come by Air India because you are a Sahaja Yogi. Not at all. Air India is nothing to do with Sahaja Yoga. All our railways, all our everything, they have nothing to do with Sahaja Yoga, so far. So you be patriotic and use your own airlines, for heaven's sake. But when you arrive here you will see that the people are too innocent, they can't understand Freud, you can't talk to them, it's beyond their minds. They are a higher type of people in this respect now, because they are not attacked, while you are higher in a way that though you are attacked you have come out of it. You have just turned your faces and you are on the other way. That's something great. So you would also have a confidence there are many people who believe the same way as you believe, in this big country where there's such a big population to support you. So you shouldn't feel lost.

Thus today, we have to start this puja, on Mahakali Day. And is the Day of the Gauri we can say, and Ganesh-Gauri's Day today, though according to the scheduled time it may not be. But according to Me, let us establish within ourself on a subtler level the desire to be pure, and to be cleansed out. All the barriers and unclean things that are within us, to desire to be great Sahaja Yogis, desire to be responsible Sahaja Yogis and desire to be surrendered to your Mother. It's not difficult. That is the easiest, the last one is the easiest, because what you surrender, I don't want anything from you, except that you accept My Love. Surrendering just means you open your heart to accept My Love. Give up this ego. That's all and it will work out. I'm sure it's going to work out. I am trying to push Myself into your hearts and I'll definitely settle down there. [Shri Mataji smiles]

[Shri Mataji talks in Marathi for 25 minutes]

Mahakali has a special capacity to weep, [Shri Mataji smiles] because She is left-sided. When She's helpless and She cannot act, She weeps. This is the only manifestation of Mahakali is that She desires, and if She doesn't get Her desire enacted then She just weeps, that's the only thing She can do in helplessness, isn't it? And sometimes when She's full of love - as I've seen you today all of you coming down here and all these people sitting down here - when She cannot express Herself fully, with full heart, also She feels that joy pouring as tears.

May God bless you for today's puja, I hope all of you will take it in such a way that the subtlest of subtle will be awakened within

you, the sensitivity every way, and the love, which culminates into joy. Love that flowers into the fragrance of joy will manifest in today's puja.

May God bless you

[Translation from Marathi]

Now I will speak a little Marathi. A shortcoming of the English language is that if I speak something against them (the westerners), you understand it. But an advantage of Marathi is that if I tell something against you, they will not understand it. Thus it goes to your advantage and all your wrongdoings, all your misdeeds remain secret which is a big advantage of the Marathi language. For this reason some people think that I do not know Marathi. But I know Marathi, I know Hindi and also I know, much better, the language of bhoots.

So, you should keep in mind, what I have spoken about Shri Mahakali, give your attention to Shri Mahakali and make efforts to get rid of your faults. I have already told you how people behave," Shri Mataji please cure my son", "What has happened to him?" "He is bed-ridden with broken limbs, mental derailment, does not eat or drink anything and unable to bend his back."." If you touch him with your feet, it will do a lot of good to him." So, why has all this happened? This is the result of your past deeds (Karmas). How far can I overcome them, how much can I eat them?. And what is the use of saving such soul? I forgive him so that he can take another life. You should understand. Do favor to him, to yourself and especially to me." But Shri Mataji let your feet touch my house". You know all, Shri Mataji is this, that etc, don't have to be told."Shri Mataji, please come to me just form five minutes, okay two minutes, at least for a minute".And when I go to their house, I have to climb seven stories. Lift is out of order! I see! Now grind me, I have ground myself for you. I have done a lot. Did whatever you told me to do, cure him, cure her, and cure my aunt! I have cured all. Now I am not going to cure anyone. She may be your aunt, not mine! Understand! I make it very clear! Please do not tell me, "Shri Mataji please see this relation and that relation of mine." Do me a favor. It has become too much.

Secondly, do not tell your family problems to me. I am fed up. Your attention should be on Sahaja Yoga. How to spread Sahaja Yoga and what should we do for it, how to develop our meditation centers. What mistakes have we made? Why people do not come to Sahaja Yoga? Sit down and discuss it. It should not be empty talks. Sit down and think. What is wrong with us? What wrong we do in Sahaja Yoga? Why are we not stabilizing in Sahaja Yoga?

If you do not collect at least fifteen bhoots at Pujas you are not real Mumbaits. If I go to Pune at least twenty one bhoots must be there and being Pune they have to be big bhoots (Mahabhoots). "Unless we bring them in Pujas and trouble Shri Mataji, we are not real Puneits. " After all they are Peshwas so Shri Mataji must bear with all this. So they are brought in Pujas. It is very special of them." Shri Mataji shall we attend the Puja? Since all know about the Puja, please allow us to attend. Check before hand whether the people you bring with you for the Pujas are empowered to be there. In the West I have to tell that I am Adi Shakti. Here, it is not necessary since you know who I am and you want to take as much benefit as possible and bring as many bhoots as you want. If you put dirty things in the Ganga, she will wash them but is necessary to always throw only dirty things? So at least some times you think, " We always take Bhoots to Shri Mataji, let us find some pure people as well!!" What work can bhoots do other than troubling me? So you take care of bhoots and bring good people at Pujas. So far I have been tolerating it but hereafter I shall not. If you bring bhoots I will set ten bhoots in your house. I make it clear, not one or two but ten. It is not difficult for me do that. And I will put them permanently. I am smiling as I say this but I am serious. This thing troubles me a lot!

Shri Mahakali's form is extremely loving and protecting. Not just this, She is capable of fulfilling all your desires. But if you come with low type of desires, what should I do? How much destruction I have to do! And here are theses foolish things. What should I do? How much should I tolerate just because you are my children? Now this is about bhoots. Secondly, there is terrible attachment, like Mr. Pradhan say, they have fraternity. If one person is possessed he or she joins another like him or her. Exactly. You can make out that they are bhoots .When ten bhoots are together, you should know that all ten are bhoots., because only a bhoot joins nother bhoot. It is typical of them. So, keep it in mind .

So, get the company of good persons. Good persons should unite and make a group. Do not quarrel. Once you form a group go on enhancing it slowly, means the group becomes a nucleus and the nucleus is to be expanded with more and more good persons coming closer. Quarreling is a sign of bhoots. So is anger. Do not allow anger to get better over you. Or people hasten the work and goad others, do this, do that. I come to know that he (possessed person) has arrived. What can one do when ten bhoots are around. You should have a kind of dignity. You are like Shivaji Maharaj, aren't you? Only his statues are erected

everywhere. You are like him, so, see how dignified he was and how you are! Only yesterday I said in Pune," Sahaja Yogis sit in line, for having food, for free is the limit. In this Maharashtra when we called our woman sweeper to come and have food she would not come without ten invitations. I have seen it for myself. Leave aside stories of Shivaji Maharaj. I have personally seen that if the woman sweeper from our house, was told to come and have meals with us, she would not come unless she was given invitation in advance. " Shri Mataji you have not given an invitation card, so how can I come?" She would say. This was the way the people behaved. I have seen it for myself. And now, Sahaja Yogis from good families, decent people, come with their children to eat without paying! When I heard it I was flabbergasted as to what I should have told them. Which is this style? Which is this level? Eating is a big problem with us, wherever it is a free feast. If it is with Bhajan, better still ! We never talk about anything else but food! I cannot understand whether we belong to the category of swine! Basically I cannot understand how these people were born in the region which was the kingdom of Shivaji Maharaj! They rush to place where they can eat. Is it the way one should be? There should be a limit to have everything for free. God can see this way of having everything for free. Never ever should we have anything for free. When somebody is going in his car, board it. For what ? " Money will be saved". And where will money thus saved go? What will you do with it? Learn to live with self-respect. What will he, who has no self respect, do in Sahaja Yoga. As first thing one must desire the intelligence to become such persons who are respected, who have dignity. Otherwise, if Sahaja Yogis are known to be the ones who want everything for free, who fight and criticize each other, then I get a bad name. So, first of all you should keep this desire. Having everything for free is highly unbecoming of a Sahaja Yogi That I have given you Sahaja Yoga for free does not mean you should move around having everything free. It has become the other way round these days. Instead of paying to the Guru, it is the Guru who is paying. Is it not strange? You should think whether it is acceptable to God, whether he will approve of it. You know everything. You know all scriptures very well and do not have to be told, but see where you fit into it, which position you have brought yourselves to. Further, money is very big hassle. You are looking forward to save money wherever you can and if you can get good deal of money, nothing like it. So, it's a business. You know, Shri Mataji is not doing business and you too should not do any business in Sahaja Yoga. Otherwise don't tell me, you will turn into a business yourself. Keep it in mind.. Sahaja Yoga is reality. It is truth. It is God's empire where your ways are not allowed. Remember it is not your India government but God's empire. Bribery and all money making businesses may be allowed in the India government (1982) but they are not permitted in God's empire. I repeatedly warn you! Keep it in mind that hereafter if somebody tries to make money or have things for free and lands up in trouble, I shall not be responsible. How great was the integrity in past! Nobody could beat the Maharashtrians on integrity. They are well known all over India for their integrity even now. Very loyal people. I tell you the poor are far better. Even maidservants; you give them the keys, they will not touch your money. But the Sahibs from the middle class are ready to do anything to keep their status at the cost other people.

You may have two kurtas less than others. It will not make any difference. If you cannot afford silk kurtas, use cotton ones. I have made you, "Vasudhaiva Kutumbakam, the ones to whom the whole earth is a family, i.e. universal personalities but you are not "Udaar Charita" generous. You are miserly about money and Puneits are said to be known for their miserliness. But now they have very big responsibility. Yesterday, such high authority as Chief of Southern Command, General sahib told me that we were sitting on the land of merits (Punya Bhoomi). I said," Is it?". Then he said," Shri Mataji you always say that this is the Punya Bhoomi, then why don't you settle here and residing here help us?" He was all praise for Pune. He is a Sikh, hailing from Punjab. So, as , they say, distant hills appear beautiful, he was eulogizing Pune and I was listening. I too have sung its praise in my speech. So, the Puneits have very big responsibility. How much have I extolled you! I feel, probably, my over- praising you has caused this.

Some time back I wrote a letter to you and it was published. In that letter I praised you so much that Kulkarni could not translate it nor could I. Taking you as God I worshipped you and here you are standing like beggars. Signs of indigence! Do one thing at the least, on your own; rise above this form and have such mindset as to, "We are the people of self esteem. Why should anyone spend money on us?" Then you will see, verily Shri Lakshmi shall be at your service. But do not do it just for this. Or you will go back to earlier mindset, that we do it because Shri Mataji has told us and I will get a ten page letter from you," Shri Mataji you told us but Shri Lakshmi is not at our service. On the contrary I have lost Lakshmi. I am left with no money, I am in indebt, my wife has run away etc."Sahaja Yoga is to be established in such terrible circumstances. It is like a tornado. And the need is for those who will take care of the sapling of Sahaja Yoga in this storm. But, where have those people gone? Have they all gone with Shivaji Maharaj or finished with the rule of the Peshwas? Prepare the people who will take care of the sapling. I will do it if you don't. They will put you all right. Despite having the potential you are not preparing them, then where will I bring them from? So, the Puneits have big responsibility. I have already cleared the Mumbaites. They need not be cleared again. But the Mumbaits should move from their places. They are sticking to a place in Mumbai like Shri Ganapati's idol. But unless they move they will not get

any benefits. They don't move at all! They must move. Everybody should make a resolve and after I go back, every Sahaja Yogi from Mumbai should visit all centers of Maharashtra. Every Sahaja Yogi. Money is available and the people at those centers will not leave you starving. Take leave or do anything but everyone must visit at least 2-4 centers. Then you will say," Shri Mataji has said 2to 4. So we will go to two centers. Since it's two, one should suffice. So, going to Kalwa is all right. There is a center at Kalwa and it is located out of Mumbai. They confirm from the map that Kalwa is outside the borders of Mumbai. So a visit to Kalwa is enough. Then they will tell, "Shri Mataji we had been to Kalwa." I see! Will you now go to Thana? Go to Thana, like bats! It will suit you better. A number of them are already there. How will it suit you? Best? But, such arrangement should not be for Sahaja Yogis. They are my children.

What are you doing with yourselves? Watch yourselves. You are my children and you should not go into the state of bats. Never! So take care of yourselves. Time has come when you should be careful. Now, many more people than these will come. Will you rob them too? Are you thugs on roads? Have thugs of that time been born in Maharashtra? If so, say that all of them have been born here and all thugs together are robbing the people. Open your hearts, live with open hearts. Sahaja Yogis will arrive tomorrow. Every one of you should give them some gifts. The last time I spent my money and on behalf of Pune Sahaja Yogis gave the gifts of mangos, brass jugs, and tumblers. It was on the Puneits' behalf and what did the Puneits do? "Shri Mataji we gave them company, had full meals with them". Everyone must give at least one present to them. Every one of you should make friends with them. But friendship should not be of this type, " Please lend me Rupees five hundred, I have taken loan, my mother has expired and I have no cloth to cover her." Instead of indulging into such things you should try to understand what impression this behavior shall create about you. I am doing plain speaking. It is better to do it today. Never indulge into such low type of behavior. You should make friends with them. Show them your magnanimity. They have come for your Darshan. It is like, you go for God's Darshan and find him begging! What is this state? Try to understand! Do not distort Sahaja Yoga to this extent. So please do something for them. They have brought a number of presents for you. They have also spent a lot of money for coming here. If not anything, at least you understand money. So these people have come here by spending so much money. If you give them a present they will always remember it. So hug them with love. Invite them with love to your homes. See how large hearted are Delhi Sahaja Yogis! They said, "Shri Mataji we will keep them with us for seven days. You may do anything but we will not agree. We will have them with us for seven days. We will divide the group amongst us. We live in one room, so what, we will divide them." This is how Delhites are.

The Mumbaites are also generous, no doubt. They are generous but do not move. Delhi Sahaja Yogis will come to Lonavla. Tell me, although we are having the Puja on Sunday, how many Sahaja Yogis have come here ((Lonavla) from Mumbai? They can be counted on finger tips. What has stopped them? Shri Mataji is having the puja today, these people have come from faraway places and you cannot come here from Mumbai! Give me a list of those who have come from Mumbai. Why have others not come today? Why could they not come by a morning train and return by an evening train? Is Lonavla very far? Now if program is held at Kalwa they will attend. They do not have the inner feeling, no longing. If your mother (by birth) had been here you certainly would have come to meet her. Am I not your mother. I am your mothers' mother. Can you do without me? The Mumbaites do not have the inner feeling. What is a benefit of generosity? The inner feelings should be there. It is not possible to buy everything by spending money. The inner feelings can get them. Do you have them? Introspect, "Are we having the inner feelings? You should feel from the hearts. I do not say that all are without the feelings, but some do not have at all. They may say, "Shri Mataji, since you have arrived we have had this benefit." But let me see what benefit I have got. Now, if four persons come to Mumbai, I have to think in whose house I should put them. I notice that if I put a visiting Sahaja Yogi in somebody's house, he transfers that person to somebody else's house. He has come to us, okay, pass him to another family. I cannot understand what is happening! If they cannot understand your ways, explain to them. But the inner feelings are missing. They are necessary. Everything cannot be purchased by paying money.

On the other hand when I go to villages, it is like a blossom time there. They have inner feelings, everything is so beautiful and joyous. Let it be a bullock cart or some other conveyance. What, if one has to walk! What, if one has to walk barefoot! When love flows in torrents, one does not need anything more and no desires are left. This is how it should be and it should be learnt from those people. They have open hearts. They will not take even a paisa from me., will not trouble me at all. All arrangements are in place. All after their baths are ready and waiting properly. Then it is felt, "This is my Maharashtra." So, the Mumbaites and the Puneites have very great responsibility. You are sitting here (highest) like crowns, wielding swords. Let those swords not rust. I want to tell all; go and stay in villages for some time and learn from those people. They may not have in the houses anything to prepare eats, yet with great love they would offer," Shri Mataji, have a cup of tea, have something, not just a glass of water." Their love evokes love in one's heart! This is how it should be. The inner feeling is necessary. When you meet these people your hearts

should be full of love for them. You should think, " They have come with love to meet our spirits, where should we keep them, how should we make them comfortable" When they are about to leave , you should feel, " Now these people who are our relations of hearts are going. When shall we meet them again?" Do not think, "What and how much can we extract from them?" Now forget all that has happened. Forget the bygone and proceed further. As you proceed rise higher and higher. Unless you rise from duality to unity it will not work. Still we are in the duality. A few thorns exist in that duality and they need to be removed. Throw away the load of money which is on your head and you will have money in lacs of rupees. It is said,"Yogakshemam vahaamyaham" I shall take care of your Yoga and kshema i.e. benevolence. Detach yourselves and see what happens. Give love to these people, spend money on them. Not much is required. You will not get in debt. I do not want anything. But give them. They have come from foreign countries and you should give them love.

1982-1222, Procession from Lonavala to Paud

View [online](#).

22 December 1982

Visit

Paud (India)

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

English Transcript and Translation from Marathi - Procession Before Public Program in Paud 1982-1222

[Before the procession. Shri Mataji is walking with Indian and foreign Sahaja Yogis, handing out guava fruits to all. Paud locals and several school children dressed in their school uniforms are also part of the crowd. Paud used to be a small village near Pune in Maharashtra, now grown due to proximity to a hub of international schools].

Shri Mataji (in Marathi): You all are giving coconuts. No Hindustani is coming. Do you not have enough guavas?

Shri Mataji (handing guava to Sahaja Yogi): You are Hindustani?

Sahaja Yogi: No, Mexican.

Shri Mataji (in English): Mexican? He looks like an Indian, absolutely.

Sahaja Yogi: Jai Shri Mataji.

Shri Mataji: All right. Come along. What is there to feel shy? Come along. Come along. Have it.

[Mother is now distributing leafy bundles of green gram (known as "harbhara" in Marathi) to the Sahaja Yogis. The green grams can be peeled, like peas and eaten raw. Sahaja Yogis are talking to one another about distributing the harbhara].

Shri Mataji: Two more. Distribute it. All of you can eat. One more.

[Procession has started. A tractor has a small cotton canopy over it and is festooned with garlands. Shri Mataji is seated on the tractor. The local village group is playing "dholki" (drum) and "taal" (handheld cymbals). A "tutari" (blowhorn) sounds Sahaja Yogis and villagers are walking alongside with chants of "Jai Mataji, Jai Mataji".

Sahaja Yogi (who is filming): If you see anybody in front of me, can you point him from the line?

[A group of schoolboys are rhythmically performing "lezim" to the sound of a marching band and a bugle. Sahaja Yogis are dancing and singing "Jai Jagdambe". The school band has joined in with drums].

[Sahaja Yogi films the entire panorama of hills and green fields, as instructed by Shri Mataji. It is a pleasant winter day, everyone is walking comfortably on an unpaved road. The hamlet of Paud is seen to the left. Lots of enthusiastic dancing and jumping by Sahaja Yogis and Yoginis, along with local women. A very festive and cool atmosphere prevails in the air.

Sahaja Yogi children are riding alongside the tractor with Shri Mataji and Sahaja Yogis are walking by the side. Mother points out a proliferation of thorny trees which were actually weeds sent from America to India and which turned out to be poisonous and harmful to children.

The procession ends near the precincts of a temple. A large assembly of school children and adults is sitting all around. Break-in

recording. A Sahaja Yogi has concluded the introductory address].

Shri Mataji (in Marathi): In this scenic location of Paud, you had invited us last year too and we had also come. It was a great pleasure to come here then.

But coming again here today, truly, it is now starting to feel that Sahaja Yoga has slowly begun establishing itself in the small villages.

Sahaja Yoga is difficult to explain through the intellect. One can say it is impossible. But a farmer can understand Sahaja Yoga. If a seed has to transform into a tree, then a farmer knows it has to be planted in Mother Earth. There is no other solution.

You can break your head, write books, say mantras or stand on your head, it is not going to germinate. To germinate, it has to be handed in the lap of Mother Earth. He knows that this is the simple, clean truth. That there is no other way because it is a living process.

[Break in recording. When it resumes, Mother has given realisation to the assembly and is blowing into the microphone].

Pay attention to the "tal" (fontanel bone area/crown of the head). Place your right hand over the crown of your head. Left hand towards Me. Now open your eyes. Hold your hand above. Can you feel the cool breeze?

Getting the cool breeze? Now put both hands towards Me. And see if you are getting the cool breeze from your hands.

(In English): All those who have got the cool breeze, raise your hands. All of them.

(In Marathi): You are realised. Now see here, front and down. Take your hands in front and raise them three times like this (showing the raising of Kundalini). Up, all the way to the top. And move your arms. Up above your head. Not in the opposite direction. Many people are moving their opposite.

One more time. Hold this hand (left) and move (right hand) in front and then down. In front and then down. Front, down, back and up. Come. Now move it vigorously. Raise it high up over your head. And tie it three times.

And take it high up one more time. And move your hands vigorously and tie it one..again rotate..two..and three. Done. Now see your hands.

Sahaja Yogis: Adishakti Mataji Shri Nirmala Devi Ki Jai.

[Applause. End of recording].

1982-1224, Christmas Eve Talk: Christianity

View [online](#).

24 December 1982

Christianity

Christmas Puja

Pune (India)

Talk Language: English | Transcript (English) – VERIFIED

Speech on Christmas Eve, Pune (India), 24 December 1982.

Before we start, the celebrations of the birth of Christ, we have to little bit review what we have done after his Birth, so that we understand where we stand in relation to him. He was the son of a virgin, so that even the slightest blot on his name should not be created. Because he was to do the greatest job of creating for us Agnya awareness which would help us to suck in all our sins, all our conditionings and all our egos.

And this great personality was created for such a great work within ourselves. But, unfortunately, we have spoilt both these institutions within us to such an extent that it's the most difficult task to give realisation to Christians.

On the one side we have too much conditioning, as you know, through Catholicism and other ideas about Christianity which created a horrible conditioning in our superego, which is just like a solid rock, I think, sometimes. And those who have been to Catholic churches still get stuck up with it. I mean, if they are facing me, I find their eyes are blinking and the Agnya is not straight.

You have to give up all that conditioning completely if you have to really get to Sahaj Yog. To that extent we went that we tried to create institutions. Of course, we collected money, no doubt about it, lot of money, all kinds of drama, of a papal order and of archbishop order and all these archbishops and of tomfoolery. All kinds of nonsensical donkey people were created, absolutely. They have nothing to do with the Christ, they have nothing to do with God, they have no idea of Divine Life. And to them prohibiting people from doing something was, only, religion. And this has taken the West into such darkness that Sahaja Yoga has to be worked out in a very great speed and in a very expansive way, otherwise you cannot get over these horrible ideas of archbishops, and the bishops and the popes.

The other side is the ego part. Then people like Mr. Freud came in and they put absolutely anti-God ideas into people, absolutely anti-God; is against the Mother, against the Son. Absolutely, it is absurd. These anti-God devilish ideas penetrated and people started saying, "What's wrong?", "This is all conditioning, we should remove all conditioning!" So they became ego-oriented, which is the other side which Christ had to work out. So I mean, after Christ has been established in the West, they have seen to it that they create all hurdles, that are possible under the sun, for the Agnya Chakra to open out.

Despite that, I find that all Sahaja yogis who are from the West are still attached to Christianity and not to Christ. There is a lingering Christianity still within you and that Christianity has to drop out. While Indians are very good at dropping out all nonsensical ideas, because we have had lots of challenges in this country for everything: for the conditioning we have had challenges; for the ego oriented we have had challenges. So people are used to this kind of a "giving-up". But in the West, we still are very much attached to that nonsense of Christianity. It has nothing to do with Christ, believe me! And this fanaticism which is lingering still in your minds must be given-up otherwise you do not do any justice to Christ. That by no chance means that you take to another religion like Hinduism or any nonsensical Jainism, or anything.

The essence, the tattwa, of Christianity is Christ, and it is so thickly clouded by all these nonsensical things that you really have to drop out this word 'Christianity' from your vocabulary completely, and from your mind, otherwise you can never go to that principle. It's a fact, take it from me. And even now the attention of all the people is on what Christ said, or Mother Mary has said,

and which has come through these horrible people to us. So to learn about other Deities and other Great Incarnations, you neutralise this. You must try to neutralise this too much attention by learning about other Deities - say, Shri Ganesha. If you talk about Shri Ganesha, he's the essence of Christ. You understand that. Ganesha is the essence of Christ, and Christ is the manifestation of Shri Ganesha's powers. So, if you go to the essence-most thing, that's better. Then, of course, Christ is there but we must see him as he is; which very few people have seen before. But now in Sahaja Yoga you should see him as he was. He was the holiest of holy, first of all you accept that position. Then this Freud nonsense has nothing to do [with Christ]. Those who call themselves Christians: five days they do all nonsensical of Freud and sixth day they talk of Christianity, and seventh day they go to Church. How can they go? I mean, how can they call themselves Christians? By what standard? Just tell me! I mean, just think of it! And the Indians have asked them to get out because they won't understand what it is. It's so nonsensical, it's filth. The holiest of the holy, we have brought him down to such a low level by our nonsensical ideas.

So one has to understand that these conditionings of Catholicism made us so repulsive to ourselves that we took to the other side which is even worse, much worse than the conditioning itself. And you come in contact with these people [from] morning till evening. Either they are Freudians or they are so-called Christians; even after realisation! But you must know you are special people. You are above them. You've risen above them. Christ is awakened in you.

So, to do justice to Christ, you must get over all your conditionings, to begin with, of Christianity, if you have any. Or if you have been freudian get rid of that horrible fellow, absolutely. He was anti-Christ - sick, sick, sick! We have nothing to do with Freud's ideas, even this much - believe me! We are not to justify him at any point for anything. He took full advantage of the repulsion people developed out of the conditionings. And then he built up all these stories, because he was himself a very low level man; not to be counted as a human being from any standard. You see, Christ came for human beings but not for these low level people. Even the lepers were better than him, I think. Horrible it is! Even to think about the whole thing makes me [feel] nauseating; it's very unholy. So, for all practical purposes, we have to understand that we have nothing to do with Mr. Freud. He is filth, he is dirt, he is absolutely a low level man. We have nothing to learn from him nor from his ideas.

Now, the other side of it is the conditioning of the churches. There are still many Sahaja yogis still confused with it. Of course, if you have to save the Christians, so-called, you have to take them out of the conditioning. Luckily, we have someone who is writing a thesis about these things, how these things are dangerous to society. But still nobody realises this is anti-Christ activity. To condition you is a anti-Christ activity. Christ came on this Earth where Moses has laid down the dharma; after him, so many years later. He thought people would be in balance and he has to give the message of his resurrection and ascent. That's how he came on Earth. But then they created even worse things than the shariat. Shariat is in the Bible. All these laws are in the Bible where they say that: anybody who does this thing should be killed, anybody who does like that should be beheaded. It's all in the Bible. Whatever these Muslims are doing is all in the Bible, it's coming from Bible. So, to neutralise all that, Mr. Freud started another style.

For us Divine laws are binding because we know that's the only way one can rise. It is not compulsory, but voluntary acceptance that we have to rise, that we have to be alright. There are no conditionings in Sahaja Yoga but this is how we improve, this is how we go further, so we accept the situation, and we move forward with it. That's why realisation should give you that strength to fight anti-Christ activities within your mind. You have to face yourself, is the point I am saying. Not only that you have to face yourself, but you have to face the so-called society that is around you and see for yourself that these conditionings and these anti-Christ activities, into which you have indulged, are completely detrimental to your growth and to your ascent. And as you are special people who have got realisation you have to argue it out with yourself and reach proper conclusions. No use arguing out with others.

As you know, with the conditioning, people get quiet, they don't talk, but the conditioning is growing inside. With the ego people they talk too much and they aggress others with their talking and the ego is growing too much. So one has to be in the witness state. That means wherever you have to talk, you have to talk and wherever you have to keep quiet, you have to keep quiet. This is at the Vishuddhi level.

At the Agnya level, you have to detest all that is ugly, all that is unholy, all that is filth. Because now a new sensitivity has

developed within you, a new sensitivity to holiness, to auspiciousness. Try to improve this auspiciousness within you. I find people get very easily attached to negative people, they get identified with negative people. It's very common. And they think that they have been sympathetic. It is a sympathy they are working in. It could be your sister, could be your brother, mother, or could be your wife, your child. It can be anyone. But by getting attached to such people, you are really harming that person because that person will go down to hell, and you will also go down to hell. So if you want to do any good to the person, best thing is not to be attached to that person and tell that person that these are anti-Christ activities. And get attached to that group which is positive, which is doing auspicious work, which is doing holy work. And understand that the strength lies in getting attached to that group than getting attached to one, some singled-out, negative personality.

Now, every one of you has had some experience of this. I'll give you an example of Warren's wife - she's not here, neither he is here. But it's nice to understand what happened, in her case. He was very attached to her. He married her. He asked me. I was really shocked that he's so insensitive, "Why can't he see her? Why can't he understand her?" But I did not know what to say now. I said, if I say, "Don't marry," he will think that Mother is trying to force him down or something. I did know what to say but I was really shocked and for about two minutes, I didn't say anything. And she also played her cards very well. And I said, "Alright, you can marry. You'll get happiness. If you think you can get happiness," that's all. I didn't say 'joy'. "If you think you can get happiness, marry him." Now she got married to him. Then he said she must come with him to England. He brought her. He tried to avoid. I told him "Warren be careful." Then they lost their passports. He found his passport, she did not. But he got after my life - he said, "Please ask Mr. Shrivastava. Somehow get her passport. Passport should be there." I said, "Alright." Then they made her passport. Then she came with me. Still she was continuing. I told that, "Please send away this lady. I don't want her to be with me. It's a headache. All the 24 hours she is with me. I must have some time without these horrible bhoots around me. Please get rid of her, she is bad." But he couldn't understand it. Still he was siding with her. Then one day it happened that she attacked my heart. The heart got into a big fist. I said, "Now you put hand on my heart and see it," it was throbbing like anything. He couldn't put his hand, couldn't even bring it near it. I said, "Now please ask her to get down." Then she got down and it stopped. Then he realised this is the thing. But still he did not give her up, he did not give her up. I went to Los Angeles, everywhere she followed me. The sympathy, you see. She could have gone away, she was quite a robust lady, no problem.

But in Los Angeles, then she started showing her teeth to him, gradually. And then, ultimately, he got into trouble. He started getting the pains. But as soon as I left Los Angeles, she got her epilepsy. And he realised how dangerous it was to carry her all the time with me. Now he can't send her away because she has epilepsy, so he took her back. She tried to disrupt all the ashram by telling them her sympathy story, "Oh, you know, my husband, he wants to leave me," this, that, nonsense - and all of them fell for it.

Now, she's a bhoot, and a bhoot, and a bhoot; and the bhoot started increasing. One more bhoot added [for] sympathy you give them, one more bhoot added, once you give her sympathy. One more bhoot added. And she was creating problems, "This is not good, he is not good, he is against me. This family is against me. That is against me." Then he got heart attack, Terrence got heart attack - that's it. So then he sent her away. Now you do not repeat all that nonsense.

Negativity is not to be tolerated, nor to be carried on with. Discretion is the better part of valour. One need not be afraid, but discretion is better part of valour. Alright? If you have negativity, better get rid of it. If somebody is so negative, better have nothing to do with that person, whatever may be the relationship. Just have nothing to do with them. Because no use going down. If you are a seeker, you are a responsible seeker and a Sahaja yogi, one has to be careful.

This is on a Christmas day, I have to say, because there only the fight starts - at the Agnya Chakra. Because if you shift from the principle of Christ you start giving argument in support of the negativity - always - in the opposite direction. Alright?

And you have all the arguments which works against Christ. The same Agnya Chakra, when it goes funny, you start seeing things [as] very reasonable which are absolutely false and wrong. So we have to be alert.

We have to be with Christ. Now, they will say, also, about getting vibrations, "Mother, alright. I am also very much there. It's true, we saw the vibrations." Nothing doing! I feel embarrassed. Sometimes I do not tell [but] I feel embarrassed. And people also try

to manoeuvre me by playing tricks on me, so that I am rather worried, sometimes, how to tell people. Because I have seen ego-oriented people are extremely sensitive. Now they are not arrogant, that's one thing is there, but they are extremely sensitive. And if you tell them anything they will not accept. Like yesterday, I lashed all the Poona people, they said, "It was for our good." Nobody said that, "Mother why did you say such and such thing?" No, Not one word. Everybody said, "It was for our good." But in the West if you lash them, then you will be lashed. Nobody is going to take it that way.

So I have to tell you one thing to have your ego problems settled, first of all, see that you are not playing to your ego. And also, to see your conditioning which are now bhoots, all these conditionings have become bhoots in you. All the Church bhoots have got into your heads. They are all there. So you must see that these bhoots are not there because we have to be holy, we have to be clean, we have to be resurrected. We are resurrected people, Christ has resurrected us. But you have to think how much he has to work for us. The more you try to be in unison with negativity, we harm him more, we torture him more, we trouble him more. The one who was born in the manger in the most difficult circumstances. Where everybody requires comfort, who was from the very beginning, went through hazardous life till his death. His birth itself, you can see, was in a cowshed. None of you are born in a cowshed. And while the Christians are so particular about comforts, most surprising is, while Christ was born in a cowshed. In a very, very cold night Christ was born. Nothing much to cover: sparkling, beauty it was.

Now we have to keep him, within ourselves, comfortable. We are not going to give him that manger in our Agnya Chakra. Manger of thoughts and a crown of thoughts – that we are not going to give him. We are going to make him comfortable by not accepting negativity as a sympathy. You have to be kind towards your auspiciousness and holiness so that Christ enjoys his stay there in your Agnya - that we do not torture him by our useless ideas, uncomfortable behaviours, inauspicious appearances and unholy acceptance of wrong ideas.

Try to respect Him. There he stands, try to make him very comfortable. I wish I could do that but he resides in everybody's Agnya Chakra. If he was only in my Agnya I would have given him the greatest comfort. But he wants to be manifested in everybody's Agnya. So I have to request you, as a Mother, to look after him. Give him a nice cradle, give him a comfortable time because he's born to give you your resurrection. He's taken up such a great responsibility to suck all your conditioning and to suck all your ego, but that does not mean that you put stones on top of him.

It's like, sometimes I find the conditioning of some of the people in the West is so great that a big mountain is falling on this little child. And sometimes I find a bad breath, horrible breath of ego, which stinks, blowing like a big wind towards him, and a horrible stink coming out of this terrible type of a ego which is absolutely not the way to treat the King of Kings who is born within you. You are so respected that Christ is born within your Agnya but you must respect your Agnya Chakra. Your attention should be in the centre so there's no wobbliness. Imagine put a child, like they say - a child is to put on the winds.

So this Agnya Chakra is to be kept very clean, healthy and holy. The attention should be holy. The attention outside is still not very holy, should be detached attention. If you start seeing through your Agnya it should project a power of holiness so that anybody who looks at your eyes should know that serenity is flowing from these eyes and not lust and greed and aggression. All this we can achieve because we've got Christ within our Agnya. Accept him there. He's born - let him grow. I am sure Sahaja yogis will understand the importance of the Agnya Chakra.

In the East [it's] no problem because to them he is only Ganesha. Ganesha is a child and they know for definite [that] the childhood has no contaminations, no problems, nothing. So they are still children as far as sin is concerned. There is a story: one pastor went to a village, and gave a big lecture to them, and the villagers had to thank. So he got up and he said, "Thank you very much for telling us all about it, we did not know what was sin and thank God you have told us that there is sin!" So this awareness is not in their heads, they don't understand it. You will be surprised, you can't outdo Indians. They won't understand what it means. They may say it's Freud, this, that, but they don't understand [because] it is so anti-God. Actually I did not know till the other day, when Rustom told me, with great hesitation, what it means, really. So that is what it is and we have to understand this.

Today is the great day of holiness. Let us celebrate the birth of Christ in our Agnya Chakra. And let us sing praise of him so that

he, in his pure essence, in his holy body, he should be there. Not Christianity and neither Freudian nonsense. Christianity is equally bad as Freud. There is no difference, I find. Whether you kill the child with the mountains falling on him or with a horrible stinky, dirty-smelling breeze blowing on him, it's just the same. So please get rid of both the ideas – absolutely. And in purity you respect him. Absolutely in purity, because he is purity.

Now you may say that, "Mother if he is purity.." – there are some stupid people who ask me – "...if he's purity, then how can we make him impure?" But, I mean, if you do not respect him, why will he be there? He will disappear. He likes purity. He will disappear from there! It is not good for you. So better create a cradle, a beautiful cradle, of love, of honesty, as his Mother prepared for Him, with all sweetness and kindness and assurance that you will nurture the beauty and the auspiciousness of Christ.

May God bless you all.

You can sing. After food we will have a bonfire here and then we can sing a nice some carols, till twelve o'clock and then our great friend who is here, Mehrotra, he has decided to give you some cakes and tea - we'll have some cakes and tea and then you can sleep off. And tomorrow morning, as I told you, is the celebration of his birth - in a full way - by all the people. Not only by you but by Indians and other people who are here. We all have to celebrate. It's a very great thing. And unless and until you show the signs of holiness and auspiciousness Indians are not going to be impressed by him, I can tell you this much, not going to be impressed. They can't understand these pastors coming here and these padres telling them about Christ - they just cannot believe it - how can he be like that.

There's another interesting story: once there was a fellow from a village: so his name was Bura, means a blondie and he came and they said, "You become a Christian," So he said, "Oh, I'll become a Christian." He made him a Christian. He said, "We have to change the name," he said, "But my name is blondie." He said, "Alright, we'll give you another name." He called him 'Alexander'. So his name was Mr. Blondie Alexander, Bura Alexander. Now this Bura Alexander used to come to Allahabad where always he would go and have his bath in the river Ganges. So the pastor said, "Now you can't do it. Now you are a Christian you can't go and have a bath in the river Ganges." He said, "Why? I have become a sahib, I have become an Englishman now but I have not given up my religion." In his own language he said, "I have not given up my religion. It's alright, I know the river Ganges is my Mother and She has got vibrations. I am not going to give up that. Of course, I have become a 'sahib' now. I have become an Englishman." So that's the idea they had about Christianity.

Any questions you have, you can ask me and then the food is ready, you better go and have your food.

Alexander: When I am in thoughtless awareness, I can't see clearly.

Shri Mataji: I think you must be seeing more than what you seen normally! Alexander is correct. When you are thoughtlessly aware your eyes, the pupils, are dilated. It's correct. But you [must] take it higher – the Kundalini – slightly higher. Push it up. Alright? If Kundalini is staying at thoughtless awareness means just dilated, and the eyes can become black, but there's no sparkle. But when it comes out [above Sahasrara], then you find a sparkle in the eyes; there is a difference in the eyes, if you see. The eyes get dilated, the pupils get dilated, when the Agnya Chakra is being just penetrated, and still here it is - then you can't see clearly. Correct. But at thoughtless awareness is all this part (Agnya and above). So if you push it, little up, higher – you know how to push Kundalini with your attention – or you watch here (Sahasrara), or you think of me - Kundalini will go up. Alright?

So thoughtless awareness is just the beginning. And it's a great area, up to this point, up to Shri Krishna point, where you become the witness. From the witness point, when you become, then there is a sparkle in your eyes, your eyes sparkle. And the sparkle in the eyes is a sign that Kundalini is flowing well. That time you see more than you see normally. I mean the stars start looking bigger, everything starts looking much clearer. Alright? Better now. It's correct, dilatation of the pupil takes place. Some people really at that time have opened their eyes and they said, "Oh we have become blind." That's true. It happens. It's correct. Alright, now what else? It's a good question....

Yogi: Mother, is there any relation between the numbers 888 and Christ?

Shri Mataji: 888? There could be. But what is the relationship you have found out?

Yogi: Many years ago I was looking at the Hebrew Kabbalah and they had a system of different numbers that they combine.

Shri Mataji: That is [OK]. That they must be having 888 is alright. Because, you see, their chakras don't move in 6 form. That is that they should move, but they move in 888 because the 8 we don't have any chakra, so they are on the sides. They are on the Left Side, Kabbalah is on the Left Side, so they work it out from 8 - means from the outside. 7, 3, 4 are in the centre. Now at the 6th point, if you have 666 - means absolutely both the Swadishthana on both the sides you occupy. And also in the centre, so you hit all these three, that's why this number is not good. And 888, you go onto Left Swadishthana more and use your Mooladhara, it works out with Mooladhara. It's a funny one, because 4 into 2 is 8, alright? And 4 into 2 comes where your 4 is Mooladhara. Instead of going to Swadishthana, you just combine Agnya and Mooladhara, in such a way that you go outside. Alright? So you put your Agnya, is 2, from 2 you move this side. That's how it is. Kabbalah is a very dangerous thing, one should never try. Then you start seeing things, future and all that, isn't it? That's not a good thing at all. So, for us, the number is 7, 3, is the best number - 7 and 3 number.

What else?

Yogi: I would like to pick up on Alexander's question. Now I can see longer distance than I used to, does that have something to do with Agnya?

Shri Mataji: Yes, yes of course. I mean, Agnya is very important and best way is to take your Kundalini up. Don't roam about in Agnya - it's very dangerous. You can be thrown as he said on the 4, 4, 4 side, or you can go this side 6, 6, 6, 6. It works out 6, 6, 6, 6 this side and 4, 4, 4, 4 this side - it's dangerous. Never go. [With] Agnya you should be very careful. You should never roam about in Agnya because it's thrown out, the attention is thrown out, projected. You start seeing things; all problematic, very problematic.

Try to take your Kundalini out all the time. See that it's coming out. Put your attention there. And the best is, now, is to put your attention to me, because I am at Sahasrara. And don't allow your Kundalini to remain in Agnya part; it's dangerous, no doubt. You have become subtler and you can start moving left and right if you want to, and if you try to.

Any other question?

Robert Ruigrok: I don't understand one thing: that is the connection of images like are described in certain books and our thoughtless state.

Shri Mataji: Alright, I'll tell you. If you start closing your eyes, say you are sleepy, and you start seeing images at that time. That means you are going on to the Left Side - they are dead bodies, you start seeing their faces, this, that - you are going to the Left Side. Now supposing you start seeing lights and stars and this and that - all sorts of things, I mean, more the colours, we should say - you are moving on the right hand side. So try to avoid it. "Just I don't want it," you should say. And you try to put your Agnya - if it is left, you put it to your right side or if it is right - just by pushing it. Like this and like that. But what happens that, after some time, when you have achieved a certain state of higher consciousness then, if you want, you can penetrate into these areas, you can see all these things. But then certain different types of things you see, for example, you might see from my Sahasrara - huge, big these valayas coming out, or something like that. That's a different point altogether. And also sometimes you might see a little flame, that's a good sign, that means somebody's guiding you. But you have to be careful not to indulge into these things because there is a guidance for you and you are all followed by great Deities, no doubt, but you should not try to hanker after that. If they are there, let it be, because your Agnya is very important. You should not allow your Agnya to be attracted by these things. You might just find a flame, like that. Sometime you might just find a little dot: standing dot. They are

all actually angels who are with you and trying to assure you. But that's not important. What is important is, on your way, you should go further and do not go this side or that side.

But if you are seeing every day those images then try to push it back, or this way, whichever way it is and try to finish them so that you go further. That means you are sticking on to the same point or you are moving in the other direction on the sides. Because direction should be further and further and further.

Alexander: How should we protect our subconscious as we cannot be conscious about it?

Shri Mataji: You need not. I mean, you don't have to worry! You just keep to the conscious. Alright? You don't protect anything, actually you don't do anything! Actually, if you see; what do you do?

Alexander: We are just enjoying!

Shri Mataji: Yes, just enjoy. That's the best part. Just enjoy! Just I want you to enjoy. Don't create problems for yourself that's all, and just enjoy. Alright? Just don't create problems for yourself.

Don't be ambitious. Don't be aggressive. And don't be, I mean that's rarely so, but [don't be] submissive too much to others. That's rarely so. But be submissive to Sahaja Yoga. Be surrendered to Sahaj Yog.

I would like to know who are the people from Perth (Australia), give me your names.

(Mother continues to ask for the names of all the people who are seeing her for the first time in person, mostly from Australia. She then continues with informal conversation and discussion about the tour.)

1982-1224, Workshop with Seekers

View [online](#).

24 December 1982

Workshop

Pune (India)

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

Workshop with Seekers 1982/12/24

Sahaja Yogi: Varicose veins

SY: [MARATHI]

SY: [MARATHI]

Shri Mataji: Hmm, [IN HINDI - What did you say?]

Annh?

SY: [MARATHI]

Shri Mataji: [MARATHI]

SY: [MARATHI]

Shri Mataji: [MARATHI]

SY: [MARATHI]

Shri Mataji: [MARATHI]

SY: [MARATHI]

Shri Mataji: [HINDI - You do one work] Anyone. Anyone of the Sahaja yogis, please put your hand at her back, where she has a pain and put your right hand towards Me.

[MARATHI]

Another sahaja yogi, please come this side and put your left hand, left hand [MARATHI]

[IN HINDI - Be happy, bless you] Just ... Namastey..namastey

[HINDI - You took so much trouble - annh? Hunh.] Now any other sahaja yogi who's there, please come. Put your left hand on her back, wherever she has pain and right hand towards Me.

SY: [MARATHI]

Shri Mataji: [MARATHI] You come and put your hand on her left nabhi.

SY: [HINDI - Mrs. C P has come and her friend] [IN HINDI - Namastey, come. I was not able to meet you.

Where is Siddhu? Sit down for some time.] [IN HINDI - Okay, what problem do you have? Are you alright? Then sit here. Yes]

Shri Mataji: [IN HINDI - Come. What problem do you have?]

Another SY: [IN HINDI - I have some trouble of the heart]

Shri Mataji: Heart Another

SY: [IN HINDI - It happened in 1964 for the first time] Any sahaja yogi who'd like to help a polio patient. Sahaja yogi should not sit down taking vibrations.... in a way or just try to help them now is to put them.. His boy has got polio, so you rub him on the left hand side - the sciatica nerve is completely full. You ask Warren he'll tell you all about it.

They'll help you with your polio and even Dhumaal, if he's here.

SYogi: Yes, Mother Warren, this boy is suffering from polio. Just try to help him out with this. You can take him in the room and let him lie down on the bed and just rub it out. Warren: Kerosene treatment

Shri Mataji: Now.. [IN HINDI - Yes]

Shri Mataji: [IN HINDI - You child, what problem do you have?]

SY: [IN HINDI - I have the problem of the lower back. If I sit down, can't get up]

SY: [IN HINDI - If I sit down on the ground, very difficult to get up]

Shri Mataji: [IN HINDI - You sit here in front of Me. What problem do you have?]

SY: [MARATHI]

Shri Mataji: [MARATHI]

SY: [MARATHI]

Shri Mataji: [MARATHI]

SY: [MARATHI]

SY: [MARATHI]

Shri Mataji: [MARATHI]

SY: [MARATHI]

Shri Mataji: [MARATHI]

SY: [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI]

SY: [MARATHI]

Shri Mataji: Just turn around, turn around

SY: [MARATHI]

Shri Mataji: [IN HINDI - What?]

SY: [MARATHI]

Shri Mataji: [MARATHI]

SY: [MARATHI]

Shri Mataji: [MARATHI] [IN HINDI - Sit comfortably putting your legs in front]

Shri Mataji: [IN HINDI - Yes, rest your back. Come back. Come back. Shift further back]

Shri Mataji: [IN HINDI - yes, and sit straight, please. Okay]

Shri Mataji: [MARATHI]

SY: [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [IN HINDI - Now see Doctor saab] these people call it migraine. It's something so much miraculous trouble called migraine and migraine can be with two problems. One, either the stomach or the brain; It cannot be third problem, so because you see, we call it the Vishnu tatwa, the evolving force, you see, is in the brain

Shri Mataji: [IN HINDI - Just move forward] which gives us the awareness. [HINDI - No, no this portion you keep like this. Come back a little, yes. Now keep] [HINDI - both hands in front, yes sit like this. Yes, Now], what happens, that there is a principle of evolution within us.

The principle evolution starts from the stomach. We start evolving when we feel hungry to begin with. Then we start growing in that principle; Our awareness starts improving so that our brain also develops. According to Sahaja yoga, according to Sahaja yog - I don't know, if Medical Science would accept or not - but according to Sahaja yog the fat of the stomach is converted into brain cells by the aortic plexus - not actually aortic plexus by Swadhishtan Chakra - which is used by the brain because brain is using it's energy all the time and it has to be replaced, so these special cells come from the stomach. So, there are only two things that can give you a headache - one is of the brain or the stomach. Now, the stomach problem could be the liver. See, liver is something we do not understand much because liver is supposed to be a very secretive stuff but for Sahaja Yoga liver is very

simple. Liver is caused because of too much thinking, because of too much of attention outside because when you start thinking too much, then the same cells which are required for the brain which are to be produced by one center, has to look after the brain and then, it neglects other organs like liver, like spleen, like pancreas, like kidneys so, such a person can get a high blood pressure, can get diabetes, can get troubles with the, say, with the spleen or other troubles that are caused by being, even leukemia it can [UNCLEAR - COPE TO?]. Then, with the pancreas you can get diabetes - like that - so, because that is neglected, the balance has to be brought in and such a person has to be brought to the balanced state. Such a person, who thinks too much, is, we call him as a right-sided man and a right-sided man must be brought to the left side a little bit.

So what we do, you see, if you are too right-sided, your left side is neglected - emotionally you become dry or frozen and the left side becomes over-excited - it requires more sustenance, so what we do, is to raise your left side, like this for all this and ultimately the heart because heart is also neglected because ego is created too much and it engulfs the heart and that's how people get heart troubles because your attention is outside, in the heart resides the Spirit - you don't pay any attention to your Spirit, so the heart also collapses; It is so simple as that. At the root point, I'm saying, so what you have to do, is to put left to the right or under all these circumstances when you suffer from the right side activity. So, what you do, is to put your left hand like this and put it up like that and bring it down right. Those who have got, not all, not all. Those who have got right-sided problem must - high blood pressure or diabetes have to do like this. Say about, those who have to do intensively should do 108 times. Just like this, if you think too much, like this 108 times. So, your thinking will be first reduced. First you have to come to balance. Now the balance also about dharma, if you start thinking too much, then you also are imbalanced.

Dharma is to be established within yourself. This is only possible in Sahaja Yoga, when you get your realization, when your Prana pratishtha is done, then you try to try to balance yourself and then the ascent is better, so the central path of Sushumna, which is actually expressed as Para Sympathetic, becomes wider and the Kundalini rises better and you are stabilized in Sahaj yoga. So, you start from the left hand side. Now, raise it up and put it on your head and put it down. Again you raise it, so you give yourself a balance. Again you raise it up - at least three times. Three times [MARATHI]. Three times, seven times or twenty-one times, fifty-one times and 108 times, depending on the intensity of the trouble. Now, if your attention is not on the Spirit and outside too much, then the Spirit recedes back. When it recedes back, you get heart attack.

All heart troubles are caused because of that. Now supposing a child [MARATHI] then the parents [MARATHI] [MARATHI] [MARATHI] futuristic, very futuristic. [HINDI - The whole day and night do you think only this,] [HINDI - 'What should we cook today, what should we cook tomorrow? What to cook in the evening?'] [HINDI - The children get troubles because of this.]

SY: [MARATHI]

Shri Mataji: [MARATHI] [MARATHI] [MARATHI] [MARATHI] [MARATHI] And also it goes, it is, these diseases are mostly found in the people, who are in certain communities, you see, those who have such ideas. In India also you'll find people, who are very futuristic, extremely futuristic, you see, specially in Punjab - extremely futuristic - materialistic and futuristic; Such people get heart attacks. Heart is first because their attention is not on the Spirit. [HINDI - Did you understand?] Now, those people are, who are too much crying type, weeping type, thinking of the past, ritualistic - they get the left side problems.

Left side problems are that you get possessed, all types of things happen to you and also, those who are very futuristic, people also, if somehow or the other, they get to people, who are dealing with the left side black magic or whatever it is, they can get into troubles like, leukemia or they're triggered - they're triggered into this. I saw a very nice program from BBC - the doctors did it - very wonderful program, I should say and they said that, "In our being there is an area built-in since our creation," and that is, of course, according to us is Collective Subconscious - alright? "So, from that area an attack comes by some proteins;" They call it Protein 52, 58 - name anything - I mean, you could call it by any name, "and these attack. Once they attack then the cancer is triggered." Very near our point is that we call them the spirits and they call them Protein 58. Whatever you call them but we call them spirits. Even virus infection is from the, from such vegetables which have gone out of the circulation of evolution. Even these things like leukemia and cancer and all these diseases are triggered by these dead spirits you can call them or dead things, which have gone out of the circulation of evolution because, if you start moving towards the left too much, you are very emotional type, you cry and weep too much and all that, you move that side. Once you start moving that side, you become aware

of the Collective Subconscious, then they attack you. If you are very ambitious and all that, you can go to the right side too much and then you can become like Hitler.

For example, what Hitler did, that he created an atmosphere of Collective Supra Conscious - charged them with great ambitions and future and then attacked them and these people could not even think what they were doing, you see, the way they behaved and killed people. So, there are two types of people in this world basically - one who are left-sided, one who are right-sided. So, in Sanskrit language they are called as Tamogunis and Rajogunis. The central ones are the Satwagunis - the one who keep the balance. Balancing people are Satwagunis - not those who eat vegetables. This is a wrong idea people have that, if you eat vegetable, you become Satwaguni. You have seen we have communities, who are just, don't even eat garlic but they are extremely aggressive people; So, is not true - is the balance of the temperament that is important. Balance of the temperament, balance in life - a person who leads a balanced life, is really a dharmic person. The one who's an extremist, for example, some people who are very radical or they are fanatic and they believe into one idea that, "This is the truth, this is the truth," you see, such people become extremely charged and they can be very much in imbalance and if they ever are triggered by the left side Proteins 58 and 52, then they can catch cancer. So, fanaticism is also against nature - any extreme behavior or extreme belief.

Now, many people say, "Mother, but it is written in this book, written in that book." Alright, so, so many things are written in these books but we have seen it doesn't do any good. What does, what is the thing you should expect in life is, what happens to you really, what do you achieve out of it, not what your mental projection is. Now you believe that, this pole is the tree. Supposing you believe in it. Who can tell you it is not, unless and until you see yourself. If you believe into something just by mental projection, then you cannot reach the truth. You have to keep yourself open and see for yourself because beyond this mind, beyond this mind, is the realm of Eternity because this mind is limited. This is a limited mind and this mind, if it has to go to unlimited, you have to go beyond that. How do you go?

By thinking about it, again you are in the same bondage. With the bondage you cannot go, so the bondage has to be broken, something has to trigger it and for that triggering, God has given you this great thing called Kundalini. She's within you, within all of you and you all have to take advantage of it. There is nothing like believing in Sahaja Yoga because it's all mental projection. Don't believe in anything, first of all. First of all, you get to your Spirit. Then Spirit is Absolute. Then the Spirit tells you what to believe in because you start feeling the cool breeze in the hand with that. Now, for example, our doctor was there yesterday - she immediately started feeling the different centers - immediately, because you just Absolute. You don't say anything, nothing.

You don't have to say, it just works out. If you say, "Oh, this is burning." It just works out and if this works out, what does that mean. If this works out, what does that mean? That is the only thing I have to do is to decode it and you have to understand after I have decoded it, how to cure - is as simple as that. In Sahaja yoga there's no aggression and there's no regression. You are just standing on reality. To see thing how it works out and how it is going to help humanity.

Shri Mataji:[IN HINDI - You are alright now, get up. How are you feeling?]

SY: [IN HINDI - I am able to get up now]

Shri Mataji: [IN HINDI - Can get up now - it's started.] You just see his left nabhi. [IN HINDI - Where is your wife?]

SY: [IN HINDI: She's not there.]

Shri Mataji: [IN HINDI -When did she die?]

SY: [IN HINDI - She's not dead.]

Shri Mataji: [IN HINDI - Then where is she?]

SY: [IN HINDI - She's left.]

Shri Mataji: [IN HINDI - That's the problem] Now this nobody can believe [UNCLEAR] that his wife has gone away that's why he's suffering from the Left Nabhi because Left Nabhi - this is Left Nabhi and Left Nabhi is here. Is the place of the Grihalaxmi, is the woman of the house.

If your Gruhalaxmi is not respectable, you might get it or if she is not respected also you'll get it. She must be respectable and is to be respected. Specially in India most of them get this because we don't respect our Gruhalaxmis so much while in England people get it right because women don't respect their husbands. It's a question of imbalance. The women have to be respectable and men have to respect them. [IN SANSKRIT - Yatra narya poojyante, tatra ramante devta] The women if they are respected and if they are not respectable, they are no use. So you have to be respectable and you are to be respected. [IN HINDI - And this is left nabhi, you got it from your wife. What is your wife's name?]

SY: [HINDI - In English, She's called Tricoza but in Hebrew she's called Tofaha]

Shri Mataji: Tofaha?

SY: Tofaha.

Shri Mataji: [HINDI - Then what's she, Jew?]

SY: [HINDI - She's Jew]

Shri Mataji: [HINDI - Now your leg is okay. You can walk straight.]

SY: Hmm

Shri Mataji: Thinking her name also. [HINDI - Then where has she gone? Has she gone to Israel?]

SY: [HINDI - No, she's here only. She married someone else.]

Shri Mataji: Annh?

SY: [HINDI - She's here only - married someone else]

Shri Mataji: [HINDI - Then leave such a woman]

SY: [HINDI - Have left her. 20 years have passed at least - 22 years]

Shri Mataji: [HINDI - And children?]

SY: England

Shri Mataji: [HINDI - Now it has started happening in India also.] [HINDI - Your leg is alright now. Lift it, raise it above. See, you are alright now? You are alright now. Now leave her] [MARATHI] [HINDI - Okay, now you.] [HINDI - Is your hand shaking now, see? See which finger of yours? No, keep hand like this.]

[HINDI - It's not any such thing. It's obvious. You have got nervous trouble, nervous trouble is there.] [HINDI - In nervous trouble, see your left side is shaking more. We have to rectify that first] [HINDI - On the ground. Bow to Mother Earth first and keep your hand on it] She will suck your problem. [HINDI - All problems of the nerves are sucked by Mother Earth. Yesterday there was a

man - he has gone?] [HINDI - His hands were shaking a lot. He just put one hand towards Me and put] [HINDI - one hand on the Mother Earth.

Keep like this, on the ground. No, no on the ground outside] [HINDI - You come from the front. On the open ground, yes, it's alright] [MARATHI] [HINDI - Yes, brother keep this hand towards Me. Yes, now see. The ground that is,] [HINDI - you have respected it. Do you believe in this Holy land?]

SY: [HINDI - Yes, I believe]

Shri Mataji: [HINDI - India is a very big, pure,] [HINDI - holy land. Okay. so what have you done for this holy land. What have you done for your country?]

[HINDI - What have you done for this India?]

SY: [HINDI - Actually, I was in service with [HINDI - the Government of India, after that I did some business but actually, for the] [HINDI - Mother Earth, I have done nothing.]

Shri Mataji: [HINDI - Okay you were in the Government of India?]

SY: [HINDI - Yes]

Shri Mataji: [HINDI - So you've done that,] [HINDI - that is enough. Government of India is also made of this Mother Earth only] [HINDI - Everything is made from this earth only. We have no right on the sky,] SY: [HINDI - Yes, please]

Shri Mataji: [HINDI - it's only on the Earth that we have a right] [HINDI - So, in which department were you?] SY: [HINDI - I was in the Railways.]

Shri Mataji: [HINDI - What?]

SY: Railway department.

Shri Mataji: [HINDI - Actually, the government servants work more than required] [HINDI - and, I don't mean that you don't do, you should work.

It's very important to work [HINDI - but they don't look after their wife and children. Isn't it right?] [HINDI - They neglect their household and thus they don't look after their emotional side, isn't it?]

SY: [HINDI - Emotional [UNCLEAR] not much]

Shri Mataji: [HINDI - Then you have to be emotional.] [HINDI - When you do government job, do it emotionally with the thought that you are] [HINDI - serving your mother. If you do like this, you will never have any problem] [HINDI - But if you work with the thought that you are developing it, you are developing] [HINDI - the country or I am serving the Railways, then there's an issue.] [HINDI - I am serving my country, Mother India, if you do your government job with this feeling,] [HINDI - then the effect will not be so much. You should be attached emotionally.]

SY: [HINDI - Would like to tell You this also, that after service of 25 years and leaving it] SY: [HINDI - I did poultry farming for 20 years, here in Poona. 20 years poultry farming,]

SY: [HINDI - poultry breeding, and in that I can say that I served Mother Earth little bit]

Shri Mataji: [HINDI - Served or gained out of it?]

SY: [HINDI - Gained also a lot, gained a lot]

Shri Mataji: [HINDI - So, this give and take of the Mother Earth remains] [HINDI - How much we gain from it, we should give back. You should decide in your life] [HINDI - that you have done a lot. Now I will do something for India too, for the world also.] [HINDI - We all always think about ourselves only - isn't it?]

SY: [HINDI - Yes, but since the last 2 years, I'm totally retired. Now I'm doing nothing.]

Shri Mataji: [HINDI - No, then you do something. Now you do Sahaja yog and serve God for sometime]

SY: [HINDI - Thinking of serving God]

Shri Mataji: [HINDI - Will you do? Then it's okay] [HINDI - You serve God, every problem will go away. Okay?]

Just take him out and put him left to the right and he has a heart. Just, please. [HINDI - Take him inside.] [HINDI - Sahaja yogis will see you. It's alright, they'll see you - make you feel lighter.] [HINDI - Get up, please. Get up slowly, they'll see you] [MARATHI]

SY: [MARATHI]

Shri Mataji: [MARATHI] [MARATHI] [MARATHI] [MARATHI] [HINDI - Should be. You Gujaratis, have you become English? Annh?. You should learn to] [HINDI - live in the Indian style, properly.

Indians have become very English] [MARATHI] [HINDI - Live like Indians. Whichever country you belong to, you should live like that only] [HINDI - Shouldn't uproot. English become Indians, no use. Can you grow] [HINDI - any other fruit from mango. Only mango will grow out of mango tree.] [HINDI - Whichever country you belong to, live like that only. God has made a variety] [HINDI - of people, different types of faces, different types of [UNCLEAR], in that] [HINDI - why do you want to change that variety? Everything different looks beautiful] [HINDI - If everybody looks the same, it will appear like military people coming forward] [HINDI - Isn't it, just tell? There'll be no fun in life. Various types of people should be there] [HINDI - and Gujaratis are turning very English.

And in London I'm seeing them] [HINDI - Making themselves very peculiar. No need to become English. Live like Indians] [HINDI - We are Indians, live like Indians - understood? We should live like Indians] [HINDI - No need to live in English style. Let English people live in their style] [HINDI - Let Indians live in Indian style, let Chinese live in Chinese style.] [HINDI - What's the use. Wherever a dress is made, for that dress whatever suits,] [HINDI - whatever is beneficial, wear that. In our country those dresses come and] [HINDI - finish off very soon. They do come but do not stay because they are not suitable here] [HINDI - in the heat. If we ask for those warm dresses from there, they go waste] [HINDI - as people can't use them and discard them.

How many days will they last,] [HINDI - you only tell Me. Here only kurta pyjama will only suit and if you wear suit etc] [HINDI - you'll feel uneasy due to the heat. Doesn't it happen? Either they have to make in cotton.] [HINDI - Can't wear warm clothes. Thus the traditional dresses made here for us] [HINDI - which are useful for us, should be worn. And if possible, we should wear dresses] [HINDI - of our country, no need to follow any one else, no need to uproot yourself] [HINDI - It's useless. Is it alright now?]

SY: [MARATHI]

Shri Mataji: Annh?

SY: [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI] [HINDI - What problem does he have?]

SY: Diabetes, diabetes

Shri Mataji: [HINDI - Only diabetes, nothing else? How many people have diabetes come in front.] [HINDI - All, who have diabetes.]

SYogi: All those with diabetes, come forward. Please stand]

Shri Mataji: [HINDI - This you found out good. Diabetes - only three people]

SYogi: All those who have diabetes, please come up.

Shri Mataji: I must say, Poona is great, you have very few diabetes patients.

SYogi: [HINDI - People with diabetes, please stand up. People with diabetes.]

Shri Mataji: [HINDI - Okay, come here.

Sit down. Only 2-3. It's okay - diabetes] [HINDI - Nothing difficult, do come, do come. Come in front]

SYogi: Sugar trouble, diabetes

Shri Mataji: [HINDI - Okay.]

Shri Mataji: [HINDI - Come sit down] SY: Sugar trouble?

Shri Mataji: [HINDI - Sit down comfortably] [HINDI - Okay, now all people keep hand here (Left upper abdomen), those who have sugar trouble] [HINDI - here, here, this place left side, no, this place left side, no this side] [HINDI - like this, yes this side - where we have our spleen, that place and keep the left hand towards Me, right] [MARATHI] Let him come here. Ravi, you come this side, come along.

SY: [MARATHI]

Shri Mataji: [MARATHI] [HINDI - Okay doctor sahab listen, she has liver but diagnosis can't be done] [HINDI - but she has liver. You have to diagnose through vibrations]

SYogi: Hands towards Her

Shri Mataji: You'll get a burning here(middle finger) [HINDI - Keep both your legs on the ground and see] You'll get a burning on this finger [MARATHI] [MARATHI] liver [MARATHI] [HINDI - Those who are right sided, they should forgive everyone.] [HINDI - With that the thoughts will decrease.

You three forgive everyone] [HINDI - All those with diabetes, should forgive everyone. People with paralysis, forgive everyone] [HINDI - People with heart trouble, forgive everyone - are you listening? Forgive everyone] [HINDI - Hmm, you are benefiting, isn't it? Forgive, say, "Mother, I forgive everyone."] SYogi: [HINDI - Forgive with a true heart.]

Shri Mataji: [HINDI - With pure heart, this is correct] [HINDI - You should forgive with a true heart. See how much you'll be at ease, entirely peaceful] [HINDI - You say, "Mother, I forgive everyone," you'll be very relieved. Are you feeling good?] [MARATHI] Left Nabhi [HINDI - Hmm, is your relation to your husband okay?

SY: Yes

Shri Mataji: [HINDI - Where is your husband, where?

Is she okay with you? Annh?] [HINDI - Or you both keep fighting?]

SY: [HINDI - No]

Shri Mataji: [HINDI: You both never fought?]

SYogi: [HINDI - Come this side]

Shri Mataji: [HINDI - Come this side] [MARATHI]

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI] [MARATHI] [HINDI - Don't keep anger in your heart towards anybody] [MARATHI] Is the palpitation reduced somewhat? [HINDI - Are you feeling good? You are Vaishnav, isn't it? Then become a Vaishnav.] [HINDI - What is being a Vaishnav? Vaishnav means, being an evolved soul] [HINDI - (ATTHA CHAAP?)

You belong to them only, isn't it? Hmm, Vallabhacharya did it.] [HINDI - Nobody knows him now it seems. Vaishnavas have taken themselves where nobody knows] [HINDI - He was a a very great evolved soul. People can be realized only by taking his name] [HINDI - You should not have had diabetes. Yes, did you feel cool in the hand?]

SYogi: [HINDI - Did you feel any coolness in your hand?]

Shri Mataji: [HINDI - Only by taking his name, I told you, he was a very, great person.] [HINDI - Vallabhacharya was a very great man, who started this sect and this Vishnu path(way), which is for evolution.] [HINDI - He gave such a big name, started such a great work, wrote down so much but that had no effect.]

[MARATHI] [HINDI - Are you getting some thing cool in your hands? It's enough] [HINDI - Are you also Vaishnav?]

SY: Jain

Shri Mataji: [HINDI - Then what?]

SY: Jain

Shri Mataji: Jain

SYogi: [HINDI - That's why there's a catch] [HINDI - Now who has understood Mahavira? No body understood] [HINDI - Mahavira never asked to make temples, did He ever say? He never said] [HINDI - He only said to meditate and be one with God. This is

what He said, isn't it?] [HINDI - He never asked to make temples. All Jainis are only making temples.] [HINDI - Make yourself into temples.

So many temples these Jainis have built and all sorts of work they do there] [HINDI - Putting such absurd statues in Jain temples. In such beautiful places,] [HINDI - these Jainis put such dirty(obscene) statues. Did Mahavira say such a thing?] [HINDI - He never said such a thing. So pure, such an evolved soul on coming to this world] [HINDI - what have we done to Him.] [HINDI - Son keep your right hand on the ground, right hand. Left hand towards Me] [HINDI - Hold My foot from below with your right hand. Is it slightly better?] [HINDI - Has the palpitation reduced little bit? Is it happening?]

SY: [HINDI - Little bit]

Shri Mataji: [HINDI - It's reduced, isn't it?] [HINDI - Brother are you feeling cool breeze? Not coming. Okay, now you forgive everyone] [HINDI - First forgive the army people as you are in the army, forgive the army men first.]

SYogi: [HINDI - No, he's not in the army, Mother]

Shri Mataji: [HINDI - Then in what is he?]

SYogi: [HINDI - He's a civilian, a contractor]

Shri Mataji: [HINDI - He's a contractor?]

SYogi: [HINDI - Yes]

Shri Mataji: [HINDI - Then whom should I say are those he should forgive?]

SYogi: [HINDI - He should forgive everyone]

Shri Mataji: [HINDI - Forgive all government employees then] [HINDI - Who troubles the contractors?]

SYogi: [HINDI - All those only trouble]

Shri Mataji: [HINDI - Forgive the government servants] [HINDI - See you are benefiting from it. Forgive all those who have troubled you.]

[HINDI - No, I thought he's wearing khaki clothes, so I thought of saying military] [HINDI - Are you okay? Feeling good? Now put your right hand towards Me, like this] [HINDI - Now see, it will be a little hot. It is hot? Will cool down. And you son?] [HINDI - Are you benefiting? Is the palpitation reduced somewhat from before?] [HINDI - Is her valve absent? What do the doctors say?]

SY: [HINDI - The valve is to be replaced]

Shri Mataji: [HINDI - Valve is to be replaced. Did you bring the prescription?] [HINDI - Child, you catch hold of My feet. Doctor, just see what it is.] [HINDI - Now in your heart you say, "I am the Spirit."]

SY: [HINDI - I am the Spirit]

Shri Mataji: [HINDI - Hmm, say it again, "Mother, I am the Spirit."] [HINDI - Are you improving? You don't feel coolness now? Okay, now you take the contract of God - okay?] [HINDI - There is no problem that place. There is welfare of the world. You are alright.] He's got it. Now just see him here, he has diabetes. Where are the doctors? Will you take him down? Alexander, just take him and see to him, that his spleen is given full vibrations and that his chakras are cleaned up. [HINDI - You see, they will take you]

SYogini: [UNCLEAR]

Shri Mataji: Matric in Computer?

SYogini: [UNCLEAR] [HINDI - It's alright. Keep on saying, "I am the Spirit." What problem do you have, son?]

SYogini: [HINDI - There is too much pain in the back, throbbing pains like someone is hitting] [HINDI - at the back. It feels like that. Can't sleep at night also.]

Shri Mataji: [HINDI - It's spondylosis]

SY: [HINDI - Mother, my back is actually numb since yesterday]

Shri Mataji: [MARATHI] Spondylosis

SY: [HINDI - It's Spondylosis]

Shri Mataji: [HINDI - You?]

SYogini: [HINDI - They've removed piles from the rectum but they say, it's herpes] [HINDI - It feels pricking frequently. Some times it's okay but sometimes it pricks]

Shri Mataji: [HINDI - Do you apply some cream to it?]

SYogini: [HINDI - Many creams. Whatever ointment they give, I apply] [HINDI - Get temporary relief]

Shri Mataji: [HINDI - Bring the ointment they give. I will vibrate it then it will help] [HINDI - Okay, whichever ointment they give]

SY: [HINDI - Have to apply any ointment]

Shri Mataji: [HINDI - Whichever ointment is there, bring it to me. I will vibrate it then the essence of it will come.]

SYogini: [HINDI - I don't live here. Live in some village outside]

Shri Mataji: [HINDI - Where do you live?]

SYogini: [HINDI - Khandesh, Jalgaon side]

Shri Mataji: [HINDI - You've come from Jalgaon. Come to Dhulia]

SYogini: [HINDI - Who, when?]

Shri Mataji: [HINDI - On the 12th. [MARATHI] [HINDI - Did you bring any type of oil etc or anything?]

SY: [HINDI - No]

Shri Mataji: [HINDI - Then bring it here. Vibrate that]

SY: [UNCLEAR]

Shri Mataji: Achcha! Curative

SY: [UNCLEAR]

Shri Mataji: What?

SY: [UNCLEAR] not to take to curative cure

Shri Mataji: Who said?

SY: You only. Doesn't matter.

Shri Mataji: Take it, it's alright, doesn't matter Only it's for the Sahaja yogis. [HINDI - Come, sit down here.] Now come along, sit down. Now, what you have to do, is to work for Me - alright? You help Me out - isn't it? Put your hand down there. Did you get cool breeze?

SY: No.

Shri Mataji: No - in your heart. Put your hand there. Put this, sit down, sit down on the ground. Sit down comfortably. Now put it on your heart and just say that, "I'm not shabd-jalam, I'm the Spirit." Slowly, inside your heart. "I'm not shabd-jalam, I'm the Spirit."

SYogi: We shouldn't form different groups after this so that the....

Shri Mataji: [HINDI - There's for diabetes also. Are you feeling the cool breeze?]

[HINDI - Getting it. You? Getting it. It will come, keep the hand in place. Achcha, who's there? Spondylitis,] [HINDI - You also. Who else is there?]

SYogi: Any other cases of Spondylitis? Please come on one side.

SY: Spine?

Shri Mataji: Spondylosis. [HINDI - If there're any in Spondylitis, it's quite long.]

SYogi: [UNCLEAR]

Shri Mataji: [HINDI - Wait for some time more]

SYogi: I'm almost done

Shri Mataji: [HINDI - How are you now?]

SY: [UNCLEAR]

SYogi: Spondylosis [HINDI - Come this side]

Shri Mataji: What's happening? Keep your eyes open. Hmm, keep your eyes open [MARATHI] You see because this is the heart

center here represented. You see, this is the heart center and she is still not getting through because the heart is weak, you see, so it's not. This is representation in the limbic area of the seven chakras, see. And now this one is the Vishuddhi, is this one and this is the heart - it's not coming out [HINDI - Now is there palpitation in your heart? Do you have a guru?

Did you have a guru?] [HINDI - You should tell Me that. Tell the truth]

SY: [MARATHI]

Shri Mataji: Annh?

SY: [MARATHI]

Shri Mataji: [HINDI - Which Padmavati?]

Shri Mataji: [MARATHI] Annh?

SYogini: [MARATHI]

Shri Mataji: [MARATHI] [CONVERSATION IN MARATHI]

Shri Mataji: [MARATHI] [HINDI - It's badha, it's bhoot [MARATHI]

Shri Mataji: [MARATHI]

SY: [MARATHI]

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI] [HINDI - This is another myth of this place]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI] [HINDI - It's bhoot, it's bhoot]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI] Now, [HINDI - alright?] [HINDI - Now are you feeling okay? Are you getting cool breeze?]

SYogi: [HINDI - One or two cases of cancer.]

Shri Mataji: [HINDI - Which one?]

SYogi: [HINDI - He's sitting in front (UNCLEAR)]

Shri Mataji: [HINDI - Is he sitting?]

SYogi: [HINDI - There, in front]

Shri Mataji: [HINDI - There, near the ladies]

SYogi: [HINDI - The lady who is sitting on the sofa]

Shri Mataji: [HINDI - Cancer, which cancer is it?] [HINDI - Is it of the breast?]

SYogi: I think it's [HINDI - Breast and lungs. It went from the breast to the lungs]

Shri Mataji: [HINDI - Breast, I did before]

SYogi: [HINDI - You saw her just yesterday]

Shri Mataji: [HINDI - She is better]

SYogi: She's much better

Shri Mataji: [HINDI - He is still outside.] Give her vibrations on her left arm, anyone, on her left arm.

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI] [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI] Hmm, now better? Still not coming up, the Kundalini. Has to come up. [MARATHI] [MARATHI] You take him inside, I think, would be better.

[MARATHI] He has got, I think, jaundice sort of a thing, liver. Give him some [HINDI - Radish leaves]

SYogi: [HINDI - Radish leaves (UNCLEAR), radish leaves]

Shri Mataji: [MARATHI] [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI] [MARATHI] [MARATHI] Hmm [MARATHI] relax [MARATHI] Can somebody see her now? She's much better. Come along. [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [CONVERSATION IN MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [CONVERSATION IN MARATHI]

Shri Mataji: Your eyes are not alright?

SYogini: Yes Turn around. [UNCLEAR] You can't see?

SYogini: No, I can see [UNCLEAR]

Shri Mataji: [NAME UNCLEAR] turn around [HINDI - Are you getting cool breeze? Getting cool breeze. Are you getting it?]

Shri Mataji: [CONVERSATION IN MARATHI]

Shri Mataji: [CONVERSATION IN MARATHI] [HINDI - Keep your hand on your stomach. Left hand. Towards the left side?] [HINDI - Keep hand on the left side, on spleen. Keep your right hand, left hand towards Me. Yes, it's alright]

Shri Mataji: Hmm [MARATHI] What'it?

SYogi: Much better now, Mother, the polio boy

Shri Mataji: What boy?

SYogi: Polio

Shri Mataji: [HINDI - Yes]

SYogi: Much better

Shri Mataji: Much better.

Shri Mataji: Take out your [HINDI - Spectacles] If you can bring some light for him. I would like to cure his Agnya.

SYogi: Mother,

Shri Mataji: Hmm

SYogi: What does he want, light?

Shri Mataji: [HINDI - Yes. In his this portion there is darkness. If this is shown light, it will be cured]

Shri Mataji: [MARATHI] [HINDI - Where has My handkerchief fallen?]

Shri Mataji: [MARATHI]

Shri Mataji: [CONVERSATION IN MARATHI]

Shri Mataji: [CONVERSATION IN MARATHI]

Shri Mataji: [CONVERSATION IN MARATHI] Dry ginger powder and sugar to be taken early in the morning during winter time, to be taken by this kind of migraine. It is due to liver problems. You feel [HINDI - like we say, nauseated] you feel that [UNCLEAR], feel like vomiting and you, you don't like the Sun and you get headache - all this is a sign of a bad liver. We have two types of livers. One is a liver [ASIDE - MARATHI] One - one liver which is the thought and one liver we call it as the cold liver - two types. That means, a liver that is sluggish and liver over active.

The person who has a very over-active liver, will be a thin person. The one who has a sluggish, will be a person with a bigger body. The one who has got very active liver, will have this kind of problems. He'll think too much, he'll vomit - we have many here[LAUGHS] and he'll vomit and he will also do, sort of, over-activity, you see, and he can't bear the Sun - all these things. Anything fried such a person eats or anything, he gets into vomit. The other is the sluggish one. In the sluggish one, you get allergies, allergies are with that kind of, which is a sluggish one. So that's how we have two types of livers. For the first one, you have to give for the first one, you have to give, what you call this ... [HINDI - dry ginger powder] and sugar or during winter time and summer time you have to give kokum water with sugar but lot of sugar is needed for such a person and for the left side - sugar sustains the attention. Generally, we doctors say that don't take sugar - is not possible.

For the right-sided person, sugar is very essential, the left-sided person - salt. Now for the left-sided person, you have to give something like geru, which is a Calcium in a very fine form, and it's a geru. Is very good to apply, if they do not get rid of their allergies, to have some in, to get rid of your allergies with Calcium but in childhood, if the children are given Calcinol or Calcium something, and Vitamin A and D from the age of say, 8 years to 12 years, you'll seldom, you'll not get this allergic conditions. These allergic conditions only come in because you do not have sufficient Calcium but after 12 years or 14 years, you can't take much Calcium, you see. So the Calcium if it is given - not injections but something that you eat in Calcium form in milk - but milk is sometimes not sufficient, so give something - I think this Calcinol children like very much, so best is to give all of them Calcium. I told, I mean when I went to Japan, I told people, why don't you take to Calcium? I was surprised, they are, now see how Japanese have grown in heights, you get height and you develop a balance.

SYogi: This boy is light now, Mother.

Shri Mataji: Are you feeling the cool breeze in both the hands? Good.

[HINDI - Brother are you feeling good? Are you getting cool breeze on your head?] [HINDI - Keep your hand like this and see] Just see this gentleman with diabetes - put him left to the right. Can you. John, take him. Alright, this lady also [UNCLEAR] you look after her. She has got diabetes. Put her left to the right and tell them what is to be done with the photograph. Now which one is another diabetic patient?

SYogi: Diabetes - any diabetic patient?

Shri Mataji: No, no, no. [HINDI - His Kundalini is at the base, doesn't rise. Raise the Kundalini, raise it.] [HINDI - Still, still at the back. Hmm] Are you feeling nice and joy? [HINDI - Yes, keep your hands open] so that you get more vibrations, alright? [HINDI -This is Chaitanya Lehri] You've read Swananda lehri, Chaitanya Lehri, have you read Saundarya Lehri - these are the books you should read, alright? We should not create Shabd-jalam.

SY: Shri Aurobindo

Shri Mataji: Hmm?

SY: Shri Aurobindo

Shri Mataji: No, no, no that's all shabd jalam again.

Shri Aurobindo - just talk, talk, talk, talk, talk, talk - alright? That makes you mad. That's why Kabira has said, [Hindi - 'Padhi, Padhi pandit moorakh bhayo']. I didn't understand what he meant at that time but I've seen now, people who read too much, it all goes into your head and they're all inside, you're outside, you're nowhere. Too much reading isn't [UNCLEAR - USEFUL?]

SYogi: Experience is the best

Shri Mataji: Experience alright. So now you should try to experience, alright?

Shri Mataji: [HINDI - Which problem do you say?]

SYogini: Spondylosis [HINDI - and fell from the stairs]

Shri Mataji: [HINDI - Okay, will have to see you personally. And?

SYogini: [MARATHI]

Shri Mataji: Hmm

SYogini: [MARATHI]

Shri Mataji: Hmm [MARATHI] Hmm? Memory is on the left hand side. See, if your memory is short, best is to raise your left and put it to the right.

SYogi: [HINDI - You do like this [UNCLEAR]

Shri Mataji: [UNCLEAR] [MARATHI] [HINDI - Son, is the cool breeze coming?] Are you feeling cool breeze in the hand?

SY: No

SYogini: You said light for him

Shri Mataji: [HINDI - What?]

SYogini: [HINDI - You said light for him]

Shri Mataji: [HINDI - Wait, I'll do it just now, I'll raise it. Don't worry for him, have concern for yourself]

Shri Mataji: [HINDI - Put both hands towards Me. Concern for yourself]

SY: [HINDI - Mother, my back is good now but this is paining]

Shri Mataji: [HINDI - I'll do it just now] [HINDI - Everything is happening. Your back is good just like that only.

I'll do it in sometime.] [HINDI - I'm seeing everyone, isn't it? Don't hurry. Just worry about yourself.] [HINDI - Okay, if I settle your back, what will you do after that?]

SY: [HINDI - I will serve Mother]

Shri Mataji: [HINDI - I don't need any service] [HINDI - I'm, Myself, serving all the people, what is there to serve Me]

SY: [HINDI - Keep Mother in my heart]

Shri Mataji: [HINDI - I don't need anything My child but will you serve others, is the point] [HINDI - Will you serve others?]

SYogini: [HINDI - I do]

Shri Mataji: [HINDI - What?]

SYogini: [HINDI - I already do]

Shri Mataji: [HINDI - What?]

SYogini: [HINDI - Taking care of everyone]

Shri Mataji: [HINDI - Like?]

SYogini: [HINDI - At home]

Shri Mataji: [HINDI - Not at home.

Everyone looks after at home. Something outside also] [HINDI - Will you do, unnh? Will you help everyone? Then it's okay, it has a meaning] [HINDI - otherwise what's the use of lighting such lamps, which burn out at home only. Unnh?] What's it?

SYogi: Right Nabhi is still catching.

Shri Mataji: Only?

SYogi: Left Agnya is much better. Still bad, much better.

Your hand is clearing that. [HINDI - Hmm, now it's alright. Are you feeling the cool breeze, son?]

SY: [HINDI - Yes]

Shri Mataji: [HINDI - No. you are worrying for him. Nothing to worry.] [HINDI - I'm seeing/taking care of him. Don't worry for him. My foot is on his back only.] [HINDI - Okay, you get your realization.

Hmm. You? Just worried for the child.] [HINDI - First get your realization so that you don't ever get sick, child will also not be sick] [HINDI - You can cure the child also. You have only one child, I have thousands.] [HINDI - For who all to worry, tell? For one child you all are so concerned,] [HINDI - worry about the One who has thousands. Leave it. The child will be completely well.] [HINDI - Leave the concern absolutely.

The child will be cured, taken up for that only, yes] [HINDI - You should be able to give up also. Till you keep holding on, the work will not be done] [HINDI - Do you know the tale of Draupadi? Draupadi's tale is such] [HINDI - that when the Pandavas lost her and when she saw that now her chastity is at risk] [HINDI - when they started pulling her sari, then she held her sari by her teeth, saying 'Kri'] [HINDI - Why didn't she say, 'shna' because she thought that the end of her sari would slip] [HINDI - so she kept on holding between her teeth at 'Kri'. Till she] [HINDI - kept on holding at 'Kri' till then, Krishna was sitting comfortably. As soon as] [HINDI - she left her sari and said, 'shna', then 'Shankh, chakra, gada, padma, garuda, lei sidhare'] [HINDI - At the moment she said 'shna', then] [HINDI - 'Dwarika mein shor bhayo, shor bhayo bhari, Shankh, chakra, gada, padma, garud lei sidhari'] [HINDI - So, you should be able to leave or give up also. Just now,] [HINDI - till you keep holding on, the work will not be done. Just give it up.] Done. Better now? Annh, is it alright?

SYogi: Yes, Mother.

Shri Mataji: It's coming out?

SYogi: Left agnya is clear, so it's coming out.

Shri Mataji: So see, coming out, good! Now don't think, don't think, don't think, don't think.

SYogi: Still heat coming from Left Nabhi.

Shri Mataji: Hmm, left nabhi. Left nabhi right, doesn't matter. Still left is coming.

SYogi: Heat is coming out.

Shri Mataji: Heat is coming out quite a lot. Annh, now what you do, you sit down here with left hand towards Me and right hand on the ground, on the, on the.

SYogi: [UNCLEAR] Swadhishtana.]

Shri Mataji: Alright, [UNCLEAR]

Shri Mataji: Now put it. Mahishasur Mardini will work out on him. Haan! [HINDI - Are you getting the cool breeze? Close your eyes]

SYogi: Let's take the mantras - Mahishasur Mardini. Om Twameva Saakshat

Shri Mataji: No, slowly

SYogi: Mahishasur Mardini Sakshat

Shri Mataji: You see, the thing is, if you say it loudly, everybody will be disturbed, so better take him there and let him put his left hand

SYogi: Okay

Shri Mataji: Hmm [HINDI - Did you get the cool breeze, child? Did you get cool breeze in your hands?]

Christine, the one who is in front of you, just see if he's got his realization? And as there was another one who was sitting here [HINDI - Where did that gentleman go?] [HINDI - Has he come? He's coming?] Hmm, he's got it [HINDI - You are now realized] [HINDI - Now what is it to be realized, what happened, how did it happen, for all this take the book and know it] [HINDI - Come, I'm seeing you only. Come here and get your realization. Are you both realized?] [HINDI - Not yet? Get them] Get them realization. Some men should work on men and women should work on women.

That's the style in India. So these two gentlemen, some two gentleman should come and work on them. Come along Fogarty, and who else Mia, you can work also. [HINDI - Now this condition has come that people come from outside and work on us] [HINDI - It's not a good thing. At least in this we should go out. In everything else it is alright] [HINDI - Did you get it child, cool in the hands?] Can you look after her? This lady. [MARATHI] Who else is not realized? [HINDI - Did you get it Mrs. Siddhu - realization?

Did you get it child?] No - let her have it. [MARATHI] Who else? Is she alright?

SYogini: [UNCLEAR]

Shri Mataji: [HINDI - Alright but you have not been realized, get your realization] [HINDI - You should be realized] You must get to your Spirit, alright? One minute, just go there. Yes, that's not the thing. You must get your realization - alright? Yes, who else? [HINDI - You child, did you get cool breeze - no.

You? Getting little. Okay] Just work on these two ladies. Who will work on these two? [HINDI - You go at the back] They will work on you. Now, is she alright? What do you say? [HINDI - Did you get cool breeze, child?]

SYogi: [HINDI - Come, sit here.]

Shri Mataji: [HINDI - What?]

SYogi: [HINDI - Mrs. Michael Singh's, her daughter is there. Some problem in heart]

Shri Mataji: [HINDI - Don't ever wear anything black around the neck, any talisman] [HINDI - Never wear a talisman or mascot. Leave it. Okay, alright.] [HINDI - You come here. You come here.] [HINDI - Are you alright child? Just look this side.] Turn round. [HINDI - What is this?]

SY: [UNCLEAR]

Shri Mataji: [HINDI - What? Aright, but take it out for a minute] [UNCLEAR] [HINDI - But take it out for a minute because this no, not here but in front, there, hmm] [HINDI - You keep your hand on the liver. I will see him also. Child, look here. Look towards Me] Hmm. Are you getting cool breeze in the hand? Hmm [UNCLEAR] You have got? [HINDI - What's there in the heart?]

SYogini: [UNCLEAR] Shri Mataji: [HINDI - Annh, what happens?]

SYogini: [UNCLEAR] Watch Me.

[HINDI - Close your eyes Mrs. C. Kumar] [HINDI - Where is your son?] [UNCLEAR] Hmm, seeing better? Now, you're seeing better. Put your eyes like this. Better now? Seeing better now? Good, May God bless you! [HINDI - Mrs Siddhu, now he's alright.] Annh, yes. These are the photographs and we will tell you what is to be done.

Come here to the left side, please. She's realized now. Have to put the

SYogi: Bandhan

Shri Mataji: Bandhan, yes

Shri Mataji: [HINDI - Also you should tell Dr. Vikram, she should know of this] because she's dealing with it and we have got fully cured. How to cure nicely [UNCLEAR] I will just see to your spondylitis. Umm? [HINDI - Come sit here] [MARATHI] SY: [MARATHI]

Shri Mataji: [MARATHI] [HINDI - Sit facing that side] [MARATHI] SY: [HINDI - Naughtiness]

Shri Mataji: [HINDI - Naughtiness? Children should be naughty] Hmm, nice music, you see at this time, say raag 'saarang'. Alright, good they've found out [UNCLEAR] No, but you have to tell them, you see, hmm, what is to be done. [HINDI - Now is it slightly better?] [HINDI - Still there is problem in the liver.

Keep your left hand on the liver.] [HINDI - Still there is too much liver - keep from inside, hmm. Did you feel the cool breeze or not?] [HINDI - Stop worrying about the child. You have to get the cool breeze first] Give her realization - this lady, with a blue sari. How you feel?

SYogi: They're charging, Mother. We don't charge anything.

Shri Mataji: Who is charging? Which year did it happen?

SYogi: Mr. Kulkarni is.

Shri Mataji: [UNCLEAR] [MARATHI]

SYogi: The new one, Mother, the brand new one. You told the chakras he's mentioned

Shri Mataji: But he's a Marathi or an English. Marathi one may be [HINDI - It's in hindi]

SYogi: Mr. Kulkarni,

Shri Mataji: [UNCLEAR] [MARATHI]

SYogi: Where is the Marathi copy of this? Marathi copy?

SYogi: Marathi copy is stolen

Shri Mataji: [MARATHI]

SYogi: [HINDI - Five rupees]

Shri Mataji: [MARATHI]

SYogi: [MARATHI]

Shri Mataji: [MARATHI] [HINDI - It's alright. Five rupees you say.] [HINDI - It's a whole book on Sahaja Yog. Is five rupees alright? The cost of printing] [HINDI - Among 1500 children [UNCLEAR] [HINDI - Okay, you asked, five rupees. Is it alright?] [MARATHI] [MARATHI] [HINDI - And open your eyes] [MARATHI] [MARATHI] [MARATHI] [HINDI - No, this is not Golden Amla but it's Ramtirth. It appears some kerosene oil is mixed in this] [MARATHI] [HINDI - Put in Golden Amla. This doesn't look right. Name is such - Ramtirth - so big. There is some kerosene oil in this] [HINDI - Okay, you can put some of this in that. There are vibrations in it.] [MARATHI]

SYogi: Change the music.

Shri Mataji: [HINDI - What's this music - chant the name of Rama and do your work?] [HINDI - What will happen by chanting the name?]

[HINDI - Sit down, sit down. Sit on the chair, sit on the chair. Sit comfortably. I'm going to see everyone] [HINDI - Now the diseases are also not from the past one or two years. They're since many years]

SYogi: [HINDI - See how black smoke is coming out?]

Shri Mataji: [MARATHI] What is her situation? Is alright? [HINDI - Very strange case] - great person

SYogi: [HINDI - See, how black is coming out]

Shri Mataji: [HINDI - Are you alright?] [HINDI - If you're getting well by sitting down only, then keep on sitting comfortably] [HINDI - Put your attention here. You'll get well even by sitting here. It happens, isn't it, then why trouble Mother?]

SY: [HINDI - Mother put this right yesterday. Today this is paining]

Shri Mataji: [HINDI - Will be fine. Put one hand down. Right hand towards Me, left hand..] [HINDI - Whichever side pains, put that hand towards Me, the other hand down.] [HINDI - the hand that pains put towards Me, the other hand put on the ground] [MARATHI] [HINDI - One you are not getting well. Did you have some guru? How did you wear saffron clothes?] [HINDI - This one. I get nervous with saffron color, remember Ravan] [MARATHI] [HINDI - Just see, in this age how pink the face has become, just sitting here]

SYogi: [HINDI - Hmm.

See the eyes, see the eyes also]

Shri Mataji: [MARATHI] Keep your hand like this [MARATHI] [MARATHI] [HINDI - Take the photo and work with it. Hmm, your wife is fine. That oil is not right] [HINDI - Yes, take another oil and put this vibrated oil in it and apply.] [HINDI - See, otherwise hibiscus oil is good] You try Hibiscus oil - the pure one, okay

SY: She'll be alright, Mother?

Shri Mataji: She'll be alright, she's already alright.

SYogi: [MARATHI]

Shri Mataji: [MARATHI] [HINDI - Just hold your breath, doctor sahab] [HINDI - Now leave it. Is it right heart? Yes, leave it. Do you have some breathing trouble?] [HINDI - Again hold your breath.

Leave it. Now again hold your breath. Now leave it] [HINDI - Now see your neck. Lot of difference] much looser. Unnh? Turn around. It's alright, much better. Just, I'll ask somebody to fix it up even better, annh? Got it.

SYogi: Vision she's much worried about it

Shri Mataji: Take out your spectacles. Now see. Warren

SYogi: Dr. Warren

Shri Mataji: [HINDI - You should apply sindur in our culture, whatever be the state] [HINDI - We don't believe in all this. We don't believe in widowhood in Sahaja yoga] [HINDI - We should not come before Mother like this. Do the husbands practice widowhood?] [HINDI - Then why should ladies believe in widowhood? Whatever there is, is in the heart - why outside?] We have to fix her up. Yes, she's alright now but just fix it up.

SYogi: Yes Alright, doctor sahab, see your eyes. Do it like that.

Hard, again, again. Your eyesight has improved. See now, see My hand. Hmm. [HINDI - Now you have it tested and see. See the smoke, how black it is coming out] You have wept a lot. [HINDI - Am I right? Did you cry emotionally] Now you won't fall. I made a hole there. [LAUGHS] See, how younger she is looking now.

SYogi: She has to do lot of sahaja yog work, she has to be younger. She's going to do. She's very simple. Now, with testing you will know. Alright? He'll fix up your spondylitis completely. It's alright, much better, but he'll just fix it up nicely. Doctor...

SYogini: Am I allowed to take that course that [UNCLEAR]

Shri Mataji: Umm? Yes, yes, please. Give her a book and a picture.

Bye-bye [HINDI - Yes, you come. How are you?]

SYogini: [HINDI - Spondylosis hurts a lot and eyes seem dim]

Shri Mataji: [HINDI - Eyes, what?]

SYogini: [HINDI - Seem dim]

Shri Mataji: [UNCLEAR] [HINDI - Okay face that side]

SYogi: [HINDI - Child what's happened to you?]

Shri Mataji: [HINDI - I'll see her just now. Keep your hand on her heart, right hand] [HINDI - How are you?] Better now?

SYogi: This is Fazalbai.

Shri Mataji: Let Me have [MARATHI]. See on your face is less now.

Yes, ask him. Where is your husband? Just see on your hand. Less now and the nose is much less. [MARATHI]

SYogi: [HINDI - This Fazalbai is a prominent person from Maharashtra]

Shri Mataji: [HINDI - What?]

SYogi: [HINDI - Mr. Fazalbhai, who has come

Shri Mataji: [HINDI - I know him very well.] Mr. Fazalbhai, do you remember Me? No. I came to you for yoga and wanted to do a lot. Nothing was done.

Now I would request you to do something about it. Alright? You have to organize something, isn't it?

SYogi: He's one of the sahaja yogis.

Shri Mataji: I know he's also. You see, he knows Me very well, Mr. Fazalbhai and who told Me was this gentleman from Singapore. [HINDI - What's his name - Salilbhoj.] He asked Me to see you but he's so much possessed by so many other people. You see, all the rich people are always invaded by people who want money and somehow or other, they think, he's so much invaded by people impossible. I don't want any money, you know that very well but we have to organize it in a way where you don't need money, don't need money much, but this now, see how Ahuja has arranged.

We have paid for everything, he's not paid for anything you can ask. We have not, he's not paid for [HINDI - Did you pay for anything ever? We never took any money from you]

SYogi: [HINDI - No]

Shri Mataji: Never but only thing, we all have to organize it properly, which was not done. You have to organize it. You are such a well-known person in yoga - this is real yoga, alright? Please try to help Me. Actually, we don't need any money - nothing - but organize it. Now, somebody has given Me a very beautiful land in Powai, absolutely free - can you imagine - because I was insisting that, "I will not take anything with black money," so somebody very kindly, has donated Me a free land - not to Me but to this organization. As it is we have no organization, it's a living organization but we had to have a Trustee, so we had some trustees and by God's Grace, I'm sure, we'll be able to build something here but you have to talk to people about it, you have to bring them out. He has done it.

You see, I cured his heart, alright - I cured the heart of so many people who have... but I must say, it's special about him. The way he took it up upon himself. You are so influential, you can do a lot, alright? Please try because this is the only way you can help others in the genuine way. All other organizations of helping, is very superficial. So I have to request you, God has put you in that position to do His job, alright. You are specially posted.

SYogi: Now he's always forward,

Shri Mataji: He's very good but [HINDI - the thing is]

SYogi: he's never behind, he's always forward

Shri Mataji: [HINDI - but what happens] wrong type of people always grab these things [HINDI - doesn't it happen, it happened to you also] [HINDI - and we should take the genuine and it should be given to those who deserve it] [HINDI - If you had not organized it here] I mean, I would have done it - I'm doing already for thousands of people in the villages but say Poona city, I would say, you have done a good thing for Poona city. In the same way, he can do a lot in Bombay, I tell you - Mr. Fazalbai can. I've met him thrice.

You're better. [HINDI - Aren't you? Come here behind] Now you see this Dhumaal. He's just a ordinary, we should say, a farmer and he has given realization to ten thousand people and cured, I don't know, how many. So many have been cured but curing is not the main thing. It's first to get to God. That's what Zoroaster has said that, "You have to become." Becoming is the point. We have one very great Parsi doctor here. I don't know if you have met him.

Where is Rustom? Rustom Burjorjee

SY: He's inside

SYogi: He's attending to some patient

Shri Mataji: He's gone out somewhere. You must meet him. He's a Psychiatrist, he's also a doctor who, he's the consultant in London, very big hospital, St. Thomas' Hospital and he's working it very well. This is absolutely genuine. There's no question of money or anything What money can one pay for God's love - isn't it? Very simple. Now this is extremely simple thing I gave you vibrated. Now you put it in a katori(bowl) or something and put some water. It will never be spoilt.

All the time you can use it as a cream. Always whenever you want, you can put some water but don't use soap at all. Just put this, leave it there and wash it off. The whole thing will come out and also good for your liver, you can put it on your liver, little bit and then take it out. It will take out your heat. But I would like you to take some sugar vibrated also, which you both should take because both have liver problems and it will help you. Ask them to put their hands on the liver, both of them - the right hand towards Me. [HINDI - Are you alright?] SY: [HINDI - Anything doesn't come]

Shri Mataji: Spondylytis

SY: [HINDI - I have spondylytis and migraine]

Shri Mataji: [HINDI - It happens because of that]

SYogi: Migraine

Shri Mataji: [HINDI - It will happen] [MARATHI] You go to Dr. Warren. [HINDI - He will fix it just now.

Given you vibrations. Now go, okay]

SY: [MARATHI]

Shri Mataji: [MARATHI] [HINDI - No, no it's alright]

SY: [HINDI - Can nothing be done for the eyes?]

Shri Mataji: [HINDI - All that he will fix] [HINDI - You go and see him. This should be fixed first. I have given vibrations and cured it

but he will turn your neck and fix it] Doctor Warren - Child: [HINDI - Grandmother]

Shri Mataji: [HINDI - What's the matter child?]

Child: [Hindi - Grandmother, Sudha didi has come and she's asking me to go to the park]

Shri Mataji: [HINDI - How is Anand?]

Child: He's much better.

Shri Mataji: [HINDI - Give his sweater, the other one, torna sweater]

Child: [HINDI - I'm asking [UNCLEAR]

SYogi: Yes, Mother

Shri Mataji: [HINDI - Yes there is]

Child: [HINDI - Should I go or not?]

Shri Mataji: [HINDI - Go]

SY: [UNCLEAR]

Shri Mataji: [HINDI - Anthony, who is the driver, go to that] [HINDI - Go soon and come back]

SYogi: [MARATHI]

Shri Mataji: [MARATHI] You fix up her

SYogi: Spondylitis

Shri Mataji: and tell her how to improve her eyesight. [HINDI - You come and listen] Now Pradhan, you won't believe he's 79 years of age and he's B.G.Pradhan, and he's been working for Sahaja yoga for the last

SYogi: 12 years

Shri Mataji: 12 years and he has seen Me working also.

He's come to America, last year also he came and, still he's going strong. He's one of the trustees we have. Still he's [UNCLEAR], he's 79. Mr. B.G.Pradhan: Power, Mataji is the Power. [UNCLEAR] is here

Shri Mataji: Just see his liver. What's it? [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [HINDI - Are you realized, annh? Did you get the cool breeze?

SY: [HINDI - Got it.]

Shri Mataji: [HINDI - And you?

Okay, then take the photograph and work hard. You have to establish] [HINDI - yourself otherwise you'll again catch some disease and come to Me. Did you feel the cool breeze properly? Okay] [HINDI - Those who didn't feel the cool breeze, ask these people to help you. Who all didn't feel the cool breeze? Raise your hand] [HINDI - Just now you are not well] Just see [HINDI - and are you okay? Good. Give him realization] Just see her, this lady. [HINDI - You get up, child] Give her realization, this one. [HINDI - And who didn't feel the cool breeze?]

This is Rustom Burjorgee. He's just standing there. Meet him there. [HINDI - You both didn't feel the cool breeze?] Just give them realization, these two persons. [HINDI - You get up and go and sit there, you'll receive it] Take them in the cold and what are they doing, Sahaja yogis. Ask them to give realization. [MARATHI] [MARATHI]

SY: [HINDI - No, Shri Mataji]

Shri Mataji: [MARATHI] [MARATHI] [HINDI - Sardarji, you got the cool breeze. Did you feel the cool breeze or not? No] [HINDI - Then you go to get your realization, I will see him.

Sit down. You go and get your realization] [MARATHI] [HINDI - Did you get your realization? Annh? No, you're not realized? Go and get your realization. [MARATHI] [HINDI- Go and get your realization. What fun is there in life without realization?] [HINDI - Are you realized, son?]

SY: [HINDI - Yes, he is [UNCLEAR] Slightly warm]

Shri Mataji: [HINDI - No, okay, they will see you] Just see this lady also here, can you? Come along Mary, come along.

Just see this lady. Flavia, why don't you see this lady? [HINDI - Yes, hand like this] This lady and this one also. [HINDI - You have to be realized.] [HINDI - Realization you have to get. You have so much problem of the liver, isn't it? Yes] [HINDI - Be realized. By being realized all problems, diseases etc will vanish soon] [HINDI - because once you've got to your Spirit, then nothing left to be had. Are you realized?] What's the problem?

Annh?

SY: [UNCLEAR]

Shri Mataji: Where's the problem? Annh? Both the nabhis. Give bandhan to their nabhis. This lady? You've got it. Okay, give bandhan to her nabhi. [MARATHI] [HINDI - Bless you.]

SYogini: [HINDI - Have to ask You [UNCLEAR

Shri Mataji: [HINDI - What?

Now leave it.]

SYogini: [UNCLEAR]

Shri Mataji: [HINDI - No, no leave it. He will not say also. Leave it]

SYogini: [MARATHI]

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI]

SYogi: [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI]

Shri Mataji: [MARATHI] Just look at him These children, have they got realization? You got cool breeze? Annh? Did you feel the cool breeze? What's the matter with the child? [MARATHI]

SYogini: I have got diabetes

Shri Mataji: [MARATHI] [MARATHI] [CONVERSATION IN MARATHI] [MARATHI] Did you have any guru?

SYogini: [HINDI - No guru]

Shri Mataji: [HINDI - You never had]

SYogini: [HINDI - Never]

SYogini: [HINDI - Okay, I have to bring my husband also to You.

When should I bring?]

Shri Mataji: [HINDI - Now the session is over today]

SYogi: [HINDI - Today it is finished]

SYogini: [HINDI - Then, when should I bring?]

Shri Mataji: [HINDI - We are not here now]

SYogini: [HINDI - I can bring immediately]

Shri Mataji: [MARATHI]

SYogini: [MARATHI]

Shri Mataji: [MARATHI] [MARATHI] [MARATHI] [MARATHI] [HINDI - Hmm, now are you well? Can you turn your neck? Could you turn? Annh?

SYogini: [HINDI - Too much pain in the head]

Shri Mataji: [HINDI - Everything will go. The pain is due to this only] [HINDI - Now you have to be a Muslim. Put these fingers in your ears and say, 'Allah ho Akhbar'] [HINDI - Put your fingers, raise your head and say, "Allah ho Akhbar."] [HINDI - Raise your head and say, yes]

SYogini: 'Allah ho Akhbar' chanting

Shri Mataji: [HINDI - and forgive all the Muslims who have taken away your property.

Now it's alright] [HINDI - Are you feeling good? This will cure your headache. You go to Dr. Warren for sometime] [UNCLEAR CONVERSATION] Rustom, can you get somebody to explain this lady, how to cure her diabetes. She's got her realization alright but how to do it, can you explain? [MARATHI CONVERSATION] [MARATHI CONVERSATION] [MARATHI CONVERSATION]

SYogini: [HINDI - Can I bring my husband to see You?]

Shri Mataji: [HINDI - Go and bring him. It's good if he comes just now]

SYogi: [HINDI - Come just now if you have to]

Shri Mataji: [HINDI - Bring him soon] [HINDI - And you first learn from him how to cure yourself] [MARATHI] [MARATHI CONVERSATION] [MARATHI CONVERSATION] [MARATHI CONVERSATION] Better, better she is. [MARATHI] [MARATHI] [MARATHI] [MARATHI] [HINDI - Is it alright?] Feeling peaceful [MARATHI CONVERSATION] [MARATHI CONVERSATION]

SYogi: [HINDI - Come in front. From that side]

Shri Mataji: [MARATHI] [HINDI - Are you feeling good?]

[HINDI - She also. Whom do you believe in?]

SY: [HINDI - The Mother, Ambabai]

Shri Mataji: [HINDI - Hmm? The Goddess]

SYogi: [HINDI - Ask, 'Mataji are You sakshat Shri Amba?'] [HINDI - "Are You sakshat Shri Ambaji?" Ask yourself, don't doubt]

SYogini: [HINDI - Mataji, are You sakshat Ambaji?]

Shri Mataji: Say

SYogini: [HINDI - Mataji, are You sakshat Ambaji?]

SYogi: [HINDI - What are you wearing around your neck?]

Shri Mataji: [HINDI - My hand [UNCLEAR], what? It's alright.]

[HINDI - You are getting the cool breeze. Are you feeling in your hand? Not feeling the cool breeze?] [HINDI - Whose daughter is this? Your daughter?]

SYogini: [HINDI - No, my elder brother-in-law's]

SYogi: [HINDI - [UNCLEAR] said that he has to learn all of this. I said, "Surely learn it."]

Shri Mataji: [HINDI - If he learns, the whole military will change. Will also put you there]

SYogi: [HINDI - Do we make such promises?]

Shri Mataji: [MARATHI]

SYogi: [HINDI - Promise in the heart, that I will teach others]

Shri Mataji: [HINDI - Is it alright, are you getting it?

What's happening to you?]

SYogini: [HINDI - I told You (UNCLEAR)]

Shri Mataji: [HINDI - Okay, stand up, stand up] [MARATHI] Vishuddhi - You should not feel guilty, alright? Don't feel guilty.

SY: [MARATHI]

Shri Mataji: [HINDI - It's there. Are you feeling the cool breeze?] [HINDI - Now do God's work. He will give you a lot of strength. Will you do?] [MARATHI]

SYogi: [HINDI - You've asked her to stand there]

Shri Mataji: [HINDI - Whom? Yes] [MARATHI]

SYogi: [HINDI - Can happen even if you are at a distance.

Go back, more back, about 2 feet] Why don't the Sahaja yogis hold the hands instead of these people because they are not realized souls? Hold his hand. It's Vishuddhi. Ask somebody to put the, put the hand on the Vishuddhi.

SYogi: Non-sahaja yogis should not interfere.

Shri Mataji: Hmm, should not because they'll catch, have problems. Put your [MARATHI CONVERSATION] [HINDI - She's like Mehtani's daughter, this child]

SYogi: [HINDI - Yes, yes] Let him not feel the pain. Are you feeling the pain? [MARATHI CONVERSATION

SYogi: [HINDI - In 2 minutes we'll shift in front] [HINDI - Enough. Is it alright?

Are you feeling the cool breeze. Be happy, bless you.] [HINDI - Now left hand towards the photograph and right hand] outside and you have to say, "You are Durga," okay?

SYogini: [HINDI - I will take]

Shri Mataji: "You are Amba"

SYogi: [HINDI - Don't wear black now]

Shri Mataji: [MARATHI] [MARATHI]

SYogi: [MARATHI]

Shri Mataji: [MARATHI] You are better now?

SYogi: Feeling little better. Nice to see you. [HINDI - See the movement of the Kundalini in the nabhi. Wait. See. Is it there in both sides?]

[HINDI - Problem of Rajneesh]

SYogi: [HINDI - Mother, please take it out]

Shri Mataji: [HINDI - He's evil] You should oppose all that nonsense. See, I saw him, I went to him, I saw him, he's horrid. He's a horrid person. I mean, people must use their brains. He says something, does something. Must understand

SYogi: [HINDI - What is this in the hand? Take it out]

Shri Mataji: [HINDI - Take that out also]

SYogi: Raksha bandhan

Shri Mataji: [HINDI - Take it out for a minute. Now Raksha bandhan is over. Take it out] [HINDI - Because you catch by anything.] Put your left hand towards Me

SYogi: [HINDI - Anything in your neck? What?]

Shri Mataji: [HINDI - Oh my! Take it out then, remove it] [HINDI - Ambaji also is wrong because they give with money. Okay, now keep the left hand] [HINDI - Left hand towards Me and right hand on the ground.]

1982-1225, Christmas Puja: We have to imbibe all His qualities

View [online](#).

25 December 1982

We Have To Imbibe All His Qualities

Christmas Puja

Pune (India)

Talk Language: English | Transcript (English) – VERIFIED

1982-1225 Christmas Puja, Pune

Today we are celebrating the birth of Christ, which was a very big event in the realm of human awareness.

As you know that when he's born in the Agnya chakra, he sucks the ego and superego that's the conditioning within us and our ego.

Such a great happening has taken place, about two thousand years back.

But today is the time for us to use utilize that great advent on this Earth. To understand Christ, first of all we have to know that he was just nothing but Omkara. He was just made of vibrations. And that is why he was resurrected. And he was detached because of his very nature. And so we too, have to understand that we have to be detached, first from our thoughts and that as you know is achieved if you know how to forgive others.

But there's another very subtle attachment people have that, those who are born in the Christian religion think that Christ is their own and that he resides in their pocket. On the contrary it's just the other way round: that he has nothing to do with them and he's against them. As Christ has said, "You'll be calling me 'Christ, Christ' and I will not know you."

So it is important that Christians should never think that Christ is our own and that he is ours, because all your life you have lived like Christians. Actually you have not; you have not lived like Christians. So those who have not lived like Christians only have taken the name of Christianity, are not in the real sense the people who follow Christ. So now we have to change ourselves and follow him in our lives. Unless and until we imbibe him in our lives we have not understood the greatness of his advent.

Just because we are Christians or so-called Christians – to believe, we have much to do about him and to be identified with him is absolutely wrong. And that's what I warned you before that we have to imbibe all his qualities. It was a living example of a very great advent that he came on this Earth and led such a pure and holy life.

Try to develop your purity and holiness and a powerful holiness and a powerful auspiciousness which does not get contaminated, but fights whatever is anti-God, whatever is anti-Christ.

So today is a day when you are celebrating his birthday again. And on this day let him be born within us. Let him be born in our character, in our behavior, in our temperament. He was a detached man, not attached to material things, nothing of the kind; he lived like a carpenter's son, in a very uncomfortable life, absolutely, and he never bothered about small things of life.

Actually you know a carpenter's house is one of the most dangerous places to live in because you have all kinds of nails, you have all kinds of funny types of instruments that you use. Any day you can topple onto anything and can get hurt, and there's hardly any place where you can sleep, the whole place is filled with wood and people mostly sleep on wood; but just the other way round, we the so-called Christians are so particular about our comfort and it is very easy for us to condemn others. It's very easy.

It's something so absurd, I mean, it's so absurd! You see anything, they'll go, say, to a market place, "Oh it is horrid!" They'll go to some place and say, "That's bad!" What about you? What is within yourself? Just see within yourself. And this is the thing we have to develop now. We have to cleanse ourselves from within. You have to be uncomfortable with yourself not from without. You have to be uncomfortable with what bad things we have within ourselves and not from without. Take your attention from outside inward. As Christ lived a life which was inward. He was not living outside. He was living inside himself.

And that's what we have to today understand, on this day, that our new birth should take us inward. Our worry should be for our inward comfort and not for outward comfort. Like yesterday, if you didn't like the picture, it's a good sign that you can't live with dirt and filth. But that is still outside. But what about the inward dirt and filth? What about the inward thoughts that are contaminating us? What about the silly ideas that are still on our heads? Take them away! Throw them away! And be again born like a lotus, like Christ, who all his life lived like this, died for us and was resurrected.

So we have such a great example to be imbibed within ourselves in our character, in our lives. This is I am saying again and again because we really get confused. We think if we have a, sort of a 'passport', we are alright. No that is not so! It is the becoming within yourself of Christ-like behavior. And the greatest of all is forgiving, the forgiveness, the forgiveness, which is so lacking in us. You see, unless and until we develop that...this ego has to go away. If we have to be Christians, we have to be ego-less!

And that's what one has to understand that when we talk of Christ birth – such a beautiful time. Though he was born in complete discomfort. He could have born in a king's place. He could have born anywhere but why he did it? Because he knew that, when Christians will come they will seek the best beds for themselves, the best houses for themselves, and little bit here and there they won't tolerate. They'll be shouting for little things: the carpet is spoiled, this is spoiled that – it's so low minded.

So for you it is important that you must rise higher. Higher and see how he was born in the manger; in a such an uncomfortable place where there were all kinds of cows and cow dung and everything was spread there and he just didn't bother. He just got his birth in a place which you would not like to even visit, or to sit there! And the Mother cleaned the whole thing for him and he was born there – a sparkling star of the heavens – to cleanse. Because if you are clean you clean others.

So, this, today, the great day of his advent, let us celebrate in this great country of yoga – specially this bhoomi - of Poona which is the punya-bhoomi – that the auspiciousness, the holiness, and the complete detached temperament of Christ we are going to imbibe within ourselves. And we are going to live like real followers of Christ and his life. Today you are Sahaja yogis so you have no cast, no custom, you have no religion now.

Now you have only one universal religion that is Sahaja Yoga. And there, Christ is worshipped, everybody worships Christ because he came not for one person, two persons or ten persons. But those who worship him must express his character, his life. A materialist, how can they talk of Christ I just can't understand, because there was no material thing in his body. He had no matter in him. He was just vibrations. That's how he walked on the water. So how can materialist ever claim anything about Christ? I can't understand. This is the problem one faces when one see – how we are juxtaposition of what we proclaim.

Now this is the part which we have to achieve and once you achieve it, you will be amazed that God looks after you. How a flower flourishes in the wilderness, how it gets its water, how it is looked after, how it is so beautiful – it's not bothered. In the same way when you become that beautiful being which is the Spirit you are looked after.

You get all the blessings, all the joy, because the source of joy is that, absolutely. But when you cover it with your ego that joy, you cannot get. So just try to clean that ego somehow, see your ego, "Oh Mr. Ego, you are there? Get out!" Take it out! With affection, with kindness towards yourself and towards others, try to rise, rise higher and higher into that Realm which Christ has created for us in the limbic area where it is the Kingdom of God.

May God bless you all that you follow his life and imbibe all his qualities within yourself. I am also your Mother. And I am here to

teach you all those things and to tell you how to do it. And you have to see to it. How I am detached, in the same way try to be detached. You try to please Me by giving me this and that but you know I am a very detached person, I don't understand attachment, I don't understand attachment, and I just sometimes smile at people when they try to say, "Mother we would like to give you this, that," alright give. But I am not attached. I cannot get attached there is nothing that is within Me that can stick on to anything, nothing! I am just a moving force of Kundalini, how can I stick on anyone.

I am just moving all the time so it is not possible for Me to get attached to anything. In the same way, you just get inside this force and move with Me and just forget about all the rest of the things which stop your progress.

You must progress. With dignity you must rise. I am sure it is going to happen. This time people have been very sensible, they have been least critical – though some are still like that, doesn't matter – but most of them have been very sweet and very dignified and collectivity is good and I am very happy that people are doing so well in this puja. I am very happy.

May God Bless you.

(puja starts with mantras)

The mantras should be in rhythm.

Yogi: 'Mokshada' (giver of moksha)

Shri Mataji: Today is the day which is called the ekadashi means the eleventh day of the moon and the name of this special 11th day is ekadashi but we have different ekadashis but today's ekadashi is called as 'Mokshada' - the one which is the giver of Moksha. See what a Sahaja system is that on the day of Christ is Mokshada and now you will know why I did not celebrate it yesterday. Alright? I don't see panchang (book of auspicious timings) but I know everything!

Now some more from Europe, you washed it. You are not from Europe. Now who is from Europe?

Yogi: No, Australia Mother.

Shri Mataji: Alright, come along! Now who is from Europe? No, no, Englebert. You come along.

One person who has not done it, alright? Now who else? Yes. Now from England? You have not done it? Belgium? But we want somebody... alright come along come along.

Wash!

Now we get one lady from Australia. Australia with him, one lady who has not washed, alright now wash both of you. Wash My feet, rub it, rub it hard, rub it hard.

(mantras continue)

You see, shivayoge Mokshada ekadashi, what else do you want. Did you understand? Today's day is such a great day very auspicious.

26:58 Puja continues

30:12

We have done Europe, alright. Now England. Mary you sit down at your level because nobody can see at your back. You have to

sit at your own level. Don't just stand up alright, now who is that, from England. John Watkinson and Cathy come along.

30:46 Puja continues.

32:50 in Marathi

Distribute the water everywhere around all the corners.

33:40 in Marathi

Give him the translation to read (the Australian) where is he. Woran or anyone. Why don't you come? let him read, behind.

35:00 in Marathi

Now he will say, now give him, 2-3 persons can read. You can also read with them.

58:14

After this now, gregoir has got some names, could you please, no you haven't got.

A yogi: 108 names of Lord Jesus Christ Mother which recently came from London I think Patricia might have a copy.

Shri Mataji: Patricia have you got this. Now you have got the 8 names of the Goddess which you always say. Those 8 names have you got them

A yogi: 108

In Marathi:

Shri Mataji: You say the names. You hold this; you hold this, see to it that your hand doesn't go inside. Now take the yoghurt. In the last sugar. Give everyone, the panchamrut. Ask for water and ghee. Did you ask for the milk? Keep adding the yogurt.

A yogi: Shri Mataji we have the names of the Virgin Mary in Latin which Gregoire prepared we also have the English names of the lord Jesus Christ.

Shri Mataji: alright you say that then we will say the names of the goddess.

A yogi: Would like to read the virgin names.

Shri Mataji: alright. come along gregoir come along. In Latin is good Latin is Sanskrit. It has the same effect. You see when Latin became holy became Sanskrit.

1:01:20

Spirita sancta they have said that you see.

1:01:26 Marathi

Adi Shakti they said to the Devi.

1:01:56

You read in Latin the vibrations flow.

1:06:35

A yogi: to he who is conceived in the heart of Shri Mataji.

Shri Mataji: Created by Shri Radha.

1:07:28

A yogi: to he whose mother is Jashoda.

Shri Mataji: no no, Shri Radha.

1:16:10 in Marathi

Now say the Mahalakshmi Stotrum. First call the unmarried ladies and then the married. Unmarried ladies about 4-5-7 should be there. I mean unmarried girls.

Now we shall start with the Sri Sukta, then sing.

Please sing Sri Sukta.

1:25:08

Have you got the 108 names? Lalitasahasranam, have you got that. Alright you know it in Sanskrit. Do you have it? All of you have to read it. Come along, go ahead. We are going to read and you all are going to follow. Have you got it? These are selected 108 names. Say those. Give him, along with translation.

1:32:05 in Marathi

Now call the married ladies. Seven married women.

1:44:32

From the foreigners, where are you from.

Hindi

You all sit down now, when required will call you. When there is some work for you then will call you. There is work again and again. Women are also Brahmins, without them the puja of Mother will not be complete.

2:02:58 in Marathi

Is the Mr. Jadhav here who wanted to play the music? He was going to play shehnai what happened. Mr. Mane what happened, we had asked for him, why did he not come. Ask Gaikwad, I had told him to come today. Has not arrived yet, must call him. How did he not come, I had asked him to come? If someone knows his house, send somebody to collect him. He had said that Shri

Mataji I will come. You might not have told him. Go bring him.

2:08:52 in Marathi

Today something special, I never take 2 saris at a time. But I think it is a tremendous day today. Mokshada, everyone should stay in meditation.

You must keep in meditative mood. When all this is happening just keep in meditative mood because all the centres are being getting decorated all the powers are being decorated so you have to be in meditative mood so that you receive you see, the blessings on your centre. It is very cooling, and nice, alright. Be in meditative mood.

2:14:10

Not like that 4 and a half, like fighting the bhoots. Please be seated now. After the aarti, you can take My photograph.

2:35:00 in Hindi

Please go for 5 minutes in meditation.

Go into meditation for 5 minutes. Very deep silence. Close your eyes.

2:39:20 in Marathi

May God Bless you all, May God Bless you all

1982-1226, There is a universal unconscious within us

View [online](#).

26 December 1982

There Is A Universal Unconscious Within Us

Public Program

Lion's Club, Pune (India)

Talk Language: English | Transcript (English) – Draft

Public Program. Pune (India), 26 December 1982.

The organizers of Lion Club, the members of Lion Club, and the seekers of truth who are lions and otherwise. The name "lion" has come to us since long. In this country, lion has been respected as the King of the Forest. And this King of the Forest is the one who has that dignity, that sense of authority, and benevolence which is expected of a king like a lion.

I'm very fortunate that you have given Me this chance to talk to so many lions today and I'm extremely grateful to all the organizers that they have found time for Me. I've been following the working of Lion Club, though I have not been a member of any club like that, to find out what are the principles on which this club has been formed. As it is, it is human nature to club together. Clubbing together comes to us from the unconscious force of which we are not aware. When the unconscious force, which tries to make us form groups, to form certain collective organizations, which work out for the good of the collective.

So, person like Jung, who was a disciple of Freud to begin with and who revolted against him later on, said that "There is a universal unconscious within us." And the universal unconscious, he tried to prove with the help of dreams. He found out that in the dreams, he get symbols which are of universal nature. And these dreams, when they are depicted, it is found out that they have the same message whether you dream it in Japan or in America or in India. So there is some sort of an area within us which is unconscious, means it is not in our conscious mind, in our central nervous system which guides us as to what is wrong and what is right. So we can say, in a way, that Jung has created that stage for us.

Now this country of ours, this great yogabhoomi of ours, has been working it out since long to find out about the inner side of human being. The reason, I think, is this that in the West the life, every day to day life, is really very difficult. For example, if you have to go out of the house in London, you have to get ready 15 minutes ahead. You have to wear your shoes. You have to wear your socks. You have to wear at least one sweater and a coat and something to cover your head. And then you have to rush into your car or whatever you have to do, it has to be done very carefully. All the time you feel that the climate around is just trying to overpower. While in this country of ours, the life is much easy. The atmosphere is much easy. You can walk about without much clothing. You can live under a tree also with great satisfaction. There is no problem of the weather. First I didn't understand when the English started saying "Good morning! Good evening!" What it means? But now, in London, when I went there I realized it has a big meaning. So, for us it was such a blessing that we had an atmosphere which we did not have to fight. So, then people had time to find out about the inner side of life.

To find out the inner side of life, they went into the, you can say, into forest or on to Himalayas or all to these places of seclusion where they could devote some time to find out what's within us. Now this is the knowledge of the roots. While in the West, all the knowledge of science and all the knowledge about outside is about the shoot. When the shoot is obviously there, we can see it so clearly. It's apparently existing. It's very easy to deal with the shoot. And so it is very easy to believe that the shoot is there and it is growing and it has a function. It has a different, we can say, different forms. In the same way, about science we can say that whatever we seek, whatever we find out, is there. But science cannot explain many things. First of all, it cannot explain universal love. It cannot explain. It does not believe in it. Science has decided not to believe in certain things which they cannot explain. But there is universal love. Out of this universal unconscious love only we create these clubs. Even United Nations also has come out of that force which is unconscious, that we have created these things to be benevolent to others.

Now this unconscious force is within us. Actually God is love and love is God. But our idea of love is very limited. Because we are limited. We have not reached that state of unlimited. Our mind is limited. We think in a limited way. So far as we love our children, we love our family, we love our parents or we love our country. Like that it goes on expanding. But it is not a limited thing. So what is that love which is really universal? We should try to find out. This love is the one, is the power, which is called as the Holy Ghost. It's called as the Adi Shakti, or they say it's Ruh. In Koran, it's called as Ruh. This power is all pervading power. It's called as Chaitanya and is described as Soundara Lehari by Adi Shankaracharya. Everybody has described it. Whether it is Lao Tse or it is, we can say, Zen system or any system which has still survived has described this as the Brahm or we can call the power of God which is all pervading. But as human beings, we cannot feel it. We may feel the force of it. We may work because of it. Like Lion Club is one of the, we can say, the sprouting of that love. But this love, which is acting, which is manifesting, we cannot feel it.

Now where does it manifest? It manifests everywhere. Like a flower becomes a fruit. How does it become? Nobody can say. No scientist can say. If you have to, say, sprout a seed, you have to put it in the mother earth. So the mother earth has that love by which she sprouts it. It's a living force. And the living force is not understood unless and until we become one with that universal force which is all pervading. This is all around us but it's a big belief. People talk about it: "You have to become. You have to be reborn. You have to become Self-Realized. You have to know God." It's all talk, talk, talk, talk, talk. And so far, it has not worked out on en-mass scale. Only a few people got it. They were called as saints, [1 word INAUDIBLE], they were [in a DEL] as Christ and other great people came on this earth. And today is a great day of the birth of Christ. I would say it was Christ who brought this message to us that "You have to be born again." He Himself in His resurrection has shown that something has to happen to us. Even Mohammed Saab had said that when there will be the time of resurrections, your hands will speak. Clearly He said it. But what it means, nobody has tried to find out. We go on singing the praise. We go on saying the thing like "[30-40 word Sanskrit prayer]" Then where is it? Why don't we find it out? So, to find it out, to know about it, there has been no curiosity. Just like scientist, we had said, "All right. We will sing the song. We'll do the bhajans." Finished.

But all these great saints came on this earth with one purpose, to begin with, that they should give a balance to human beings. And this balancing force is within us, again. We call it as dharma. You may call it by any name but it is the sustenance, or you can say, it is the balancing of human beings. As you know that in the matter there are valencies up to eight only. Carbon has valency of four. And some carbon, the human, we can say, the livings, living beings started and we have come out of that carbon—that beginning started with carbon—from four valencies. Now it has reached to ten valencies we have when we are human beings. Now if something is missing in these ten valencies, we get imbalanced. And we then form some sort of a compound with a negative or a positive force and we become little abnormal human beings. We are no more normal people. For example, we can say that we had people who were very ambitious. So ambitious that they lost certain balance within themselves. When they lost that balance, they could be charmed by people like Hitler. And when Hitler combined with them that funny type of an idea, that their race was a very special one and they have a right to kill all other races, a combination of a very satanic idea started building up with human beings. And then human beings became so satanic that they can't believe it. And even now, they say that it was a political mistake. I do not say it's a political mistake. It was an imbalance. So, we call this in Sahaja Yoga the imbalance of the right side. And there could be the imbalance of the left side. Where people are too emotional and start becoming, you see, suppressed by others. They take suppression from others and become slavish. That type of another left sided behavior could be there also in human beings.

So, this religion was given to us by these prophets just to give us strength, to have our valencies, to have our sustenance, to be in complete balance. But then a question can be asked, "Why balance? For what?" Even, "Why balance? Why to have a balance life? What is the need to have this balance? And all your life, you struggle to have balance for nothing at all?" It's not so. Now you have seen that in our lifetime, we have seen people are going shooting out to moon. And when they are shooting out to moon, somebody must be going to the spirit also. Because if there is a growth of the shoot [3 sec microphone failure] and that, then the question "Why Self-Realization?" will be solved.

Sahaja, "saha" means with, "ja" means born. It's spontaneous. It's with you. As your nose is with you, as eyes, everything we take for granted, we have this spontaneous method of uniting with God Almighty or this Divine Power built in within us, which is a

living force, which is lying within us. Now this force is the Kundalini. It's a force lying in the triangular bone. And it resides there. Sometimes in the course of Sahaja Yoga practices, you can see the pulsation in people where there is a problem of its ascent or there is a [blockade ?]. You can see this Kundalini just behaving like a heart and pulsating in the stethoscope. You can feel one by one on the centers the way it stops. You can even feel here on the head, on this fontanel bone area which we call as Taloo in Sanskrit language, a kind of a throbbing in the beginning and then the throbbing disappears. And then you start feeling a kind of a cool breeze from your hands. Now this happening is a living happening. You can't do it. You can jump. You can dance. All sorts of things these gurus teach you, all that you believe in. But that you can't do. Everything can be done but for this that you feel the cool breeze coming out of your head.

Like [UNKNOWN] has clearly said [UNKNOWN HINDI OR SANSKRIT]. Now, these people were not false people. They were not trying to cheat us. Why did they say this? So we should try to see also what is behind this knowledge. We should not be only satisfied with the Western knowledge. That is one of the things our intellectuals and educated people are doing because we have had nothing but this Western knowledge so far. We must turn back and see what do we have. We are in trust of this great knowledge that is in our country, which is now in the hands of some very bad people, we can say, Western interest people, who are trying to use it for wrong purpose. Of course Kundalini rising cannot be used for wrong purpose. Because you cannot make the Kundalini rise unless and until you are the right type of a person. But people who know about it, can talk about it, try to do some sort of a nasty thing, try to harm you and call themselves to be great sadhus and saints. But actually everyone of you has a power to become the spirit. Everyone of you, as long as you are a human being, it can happen to you. Once you become the spirit, you are amazed that this starts flowing. Then the universal love, real universal love starts flowing.

Now, as you must have heard that I've cured some people, they will tell you. Actually I have not done anything like that. I've not cured anyone. I cured Myself. Because: who is the other? Because everything is within Myself. If I cure Myself, if I feel the pain in this finger and I cure My finger then I'm curing Myself. But that finger is actually say this thing to Me that this gentleman has this problem, but to Me, he is not the other. So in universal love, you do not think it mentally. It's not a mental projection, "Oh, he's very poor. You must help. Oh, he is very much suffering. You must do something about it." It just flows. It just works. It's not mental. It's beyond mental. It's what you call unlimited love. It just flows and works out. You don't have to think about it, "Oh, I must help this man." Actually this might build up your ego.

And most of the social workers, you know, are terribly ego oriented, terribly ego oriented. You have to keep away from them because they can be so ego oriented. I've seen one lady. I shouldn't name her but she's got a very big position in social work. But I've seen her jumping with [temper?] from here to there and there to there for a little thing like that. I was amazed. How can this lady be given some sort of a prize for peace and thing, and she's so hot tempered. There is no love in her. This is such a hot tempered lady. And she is just building up her ego. And she is trying to do some sort of work which, she thinks, is helping people.

We must understand that this power resides within us. Holy thing we should try to exploit. We should try to work it out. That this power of our spirit should .. We don't have to argue with anyone. We don't have to say anything about it, just works. Even little, little children, if they are realized souls, you put them together, tie them up and ask them, "Now, what is the problem with this person who is facing you?" Immediately they raise a finger and tell you, this is the problem. And everybody would say that this problem means this. And if you ask the person, "Do you have this problem?" "Yes", he said, "I have. But how do these children know? They are not doctors." So the children are the persons who will diagnose it. They are the ones who will cure it. And they are the ones who are enjoying. It's a different realm about which I'm telling you. It sounds very fantastic. It sounds very funny. And many people have told Me that, "How is it, in such a short time, it has to happen?"

Now the blossom time has come. They use to give Me one of the flowers in olden days. For example at the time of Jalaka [DOES NOT SOUND LIKE Janaka], we had one fellow [5 syllables UNCLEAR] I'm going to Jalaka. And he said, "You give me Self-Realization." He said, "If you want to take my whole kingdom, but don't ask me for Self-Realization." But ultimately he gave him. One. Now today the time of blossom has come. The blossom time has come. Krishna did his Krishi, means He sowed the seeds. Christ did his job. He put this awareness of resurrection within us. Now the time has come for us to reap the fruits of all these incarnations and these saints and all these people who worked it out, the blossom time when the flowers become the fruits without much difficulty.

It's very simple, especially if you are simple people, if you are in balance. If you are a little imbalance, the Kundalini puts you into balances and you get it. As a result of that, as a result of this happening, you get first your physical fitness. As a result of that. Now for doctors, it is very easy to understand. If I tell them that you become the master of parasympathetic. Now how? They will ask, "How do you become master of parasympathetic?" Because doctors don't know much about parasympathetic nervous system. But you talk about autonomous nervous system. Now I say, "Who is this 'auto'?" Supposing you become the auto. A simple example could be that we have an accelerator within us and we have got a brake. Now we are learning how to run this machine of ours or with this car of ours. First we make mistake. We go this side. We make another mistake. We go the other side. Then we become drivers, in the sense we know automatically, without thinking we work it out. But then we become the master of the driving. So we see the driver within us and we see those two things and we enjoy it. That state, when it comes to us, then we are not to bother. Physical happiness comes to us without much difficulty.

Now how cancer can be cured is very simple. If you want, I would like to tell you. If you don't think it's going to take too much time. It's very simple how to cure cancer. Now, within us there are seven basic, seven basic chakras. They are subtle centers. And they express outside. I mean you may not believe. It's a hypothesis for you, doesn't matter. But, if it is proved then you have to believe. As scientists, you must keep your minds open to receive this hypothesis and if I prove it to you then you have to believe. Now these subtle centers manifest outside all the plexuses we know about. These seven centers, these subtle centers are called as chakras. And they reside within us, in the Medulla oblongata [Transcriber's Note: lower portion of the brainstem], in the brain and in the limbic area. Now if you know how to handle them or reach them by any chance, you can work it out from the roots.

Now, why cancer is caused? Nobody knows how cancer is caused. But I saw a very [interested MAYBE] feature by some doctors which the BBC showed a very nice feature film about the, about, I mean they showed lots of things in that, about cancer also, that they have found out that within us there is an area built in which is built since our creation. We call it collective subconscious. We, the Sahaja yogis, we call it as collective subconscious. And from this area, there is an attack on the being by some proteins which the doctors call [as it MAYBE] protein 52, protein 58. See they have no name so they call it by protein this and that. Now this triggers cancer. And we say that these are dead spirits which attack. Virus, according to us, is the attack of the all kinds of vegetables which have gone out of the circulation of evolution. If they attack then the virus is caused. But virus comes and goes away. [1 or 2 words INAUDIBLE] it's effects on us. Then there is an attack of the dead spirits, as we call them, of [this PROBABLY] proteins - [5 syllables UNCLEAR] protein 52, protein 58. You see, if you call them by those names, nobody is shocked. But if I say these are dead spirits, people are shocked.

So it triggers cancer. By some chance, if we can get rid of those attackers and put your system into proper shape, we can manage cancer all right. So first the attack [2 words UNCLEAR], to begin with. Secondly, what happens that supposing this is a left side sympathetic and the right side sympathetic and [these PROBABLY] sympathetic nervous systems are in the center, as you can call it, this is the [vertical line MAYBE], the center, is the central line, what we call as the parasympathetic nervous system. Now, when there is too much of pressure on these sides because of over activity of the sympathetic nervous system due to emergencies then they brake [2 syllables UNCLEAR] between these centers. And this, being connected with the whole, the connection with the whole is lost and you become on your own.

So a person becomes on his own. What's wrong? There are many people who say, "What's wrong? Let us get out of the society, do what we like, be abnormal. What's wrong?" But actually you become malignant. And such a person touches another person, he also becomes malignant. Then the third person becomes malignant. You see, you can say, like people who have no idea of the whole. They start behaving on their own. In the same way, the cells become. And when they become malignant, they start attacking other cells, other cells also become malignant. Then the triggering comes again from the left side as said by protein 52 and protein 58. So, by any chance, if we can remove the ones who are triggering it and also we can put these back and give energy, sufficient energy for them to act together, they are again put with the whole and the system starts working. And that's how cancer can be cured sometimes in ten minutes. In ten [minutes PROBABLY] you can do it, Leukemia in five minutes. Diabetes, you can put it right in no time. But then you have to continue with it to maintain. It's very simple to create this kind of an

atmosphere by which you become really absolutely a healthy person.

Then, mental conditions: same. A person who is mentally affected is also affected by the spirits. All the mental cases are affected by spirits. I haven't seen one which is not. If you can remove the spirits, the person can be all right. Today I saw a child who was blind. Suddenly he became blind. His eyes are open but he can't see. There is no light. It's absolutely a spirit sitting down here. If you can remove the spirit from there, he can see. But the doctors don't believe in it nor they know how to do it. Psychologists are really absolutely children. [2 words UNCLEAR] have no sense at all how to conduct therapy to the mind. They are so outward. I mean, I call them unauthorized. They have no authority to deal with the mind of human beings because they do not know how to penetrate into the mind. So, we have the patients who are suffering from, say, mental troubles. They can be put right. Your mental problems can be brought round. No doubt you can do it. You can be cured of [1 word INAUDIBLE] mental troubles.

Now, then we have another problems of intellectual problems that you go on thinking, thinking too much. [Thinking there are MAYBE] I met a doctor in Switzerland. He said, "Mother, you cut my throat or cut my head but stop this thinking." Because we get into the habit of thinking. And we are all the time jumping on the cusp of every thought. Now, we have to make this thought so tired by some means that they get elongated and there is a space in between. But the other way it could be: to raise the Kundalini and the Kundalini takes you into the realm of the present. So neither you live in the past or the future but you live in the present.

That's impossible. If I tell you, "Live in the present." You said, "Mother, how to live? It's impossible." Because as soon as you try to live in the present, a thought from the past comes in or thought from the future comes in. But that time you become thoughtlessly aware. There's no thought and you see everything. If you want to think, you can think, but you can absolutely peaceful. That bliss which is described as the divine bliss starts pouring into you and you become absolutely blissful. With this, with this [1 word UNCLEAR], you become much younger or 20 years younger. How many people who were even bareheaded, got their hair? Many people who had spectacles, you see, they lost the use of that. All kinds of things have happened. It's so miraculous.

Now the highest thing that one has to achieve is the spiritual life. In the West, I must say, men of God are born much more. They are seekers. They are real seekers. Because they had enough of all this. They've had enough of affluence. They know what is the advantage of affluence. Affluence has taken them nowhere. They've made all kinds of mistakes. Their family are spoiled. All the old people are numb lying [in the MAYBE] orphanages and all that. They have seen to the end of it. They are fed up with it. The scientists have reached a conclusion that now we are waiting for the shock, that's all. The shock of the science. They are worried now, "why we have created these big, big things like atomic things and all these things to go to moon," Because they have achieve nothing out of it. Just waiting for the ultimate shock when everybody will be destroyed.

And this kind of thing, [when MAYBE] happen, that people are so agitated that they look backwards. How to go [forward PROBABLY]? We have come to the precipice now. We have to fall down. Now, how to save ourselves? So the developing [3 syllables UNCLEAR], they are much better off in this respect and they want to go back. But in this country we, being Indians, we are doubly blessed. [There is a DEL] there is a yoga boon, we say. What is the yoga boon? Every Indian, he maybe a [4 syllables UNCLEAR], in his heart of heart he knows what is wrong what is right. This is what we have. He may do, he may try every trick but still in our heart of heart we know it is wrong.

I say, there are to types of sins we commit. In the West, they are committing the sin against the Mother. They have no sense of Mother. They commit it and now they are absolutely fed up of it. Here we commit the sin against the Father. Father, the God Almighty, is so powerful. He's going to look after us. Krishna has said "Yoga Kshema Vahamayam." You just take to yoga and [Transcriber's Note: God will] look after your Kskema, is your wellbeing. But here we are not bothered. We are doing all sort of cheating, all kind of nonsense--for what? For a little gain. If you believe that there is God and you get to your yoga, all your material problems will be solved for practical purposes. You may not become very rich because it's a headache to be a rich person, very big headache. So you'll become a rich person in your heart like a bhatch.

I can give you My example Myself, you see. I am, I don't know, people say I'm born in a rich family. Of course I'm this according to

normal standards I am. Maybe My husband is a rich man maybe, whatever it is. But as far as I'm concerned, I don't care for any comforts. I can sleep on the street. I can sleep in the villages. I can take bath in the rivers. I've no problem. I've no problem of any kind. I just don't understand. I've no problems of bathrooms or comfort on a bed or anything. Because I think, "I am Myself. Myself the bhatcha Myself." What can dominate Me? There's nothing can dominate Me. And I live in that joy of My own being and I just don't bother. I'm not bothered. Nothing can make Me subjugate to that or in any way enslaving. No habit. I have no habits, I mean. As such I don't know how people form habits. I tried to form habits. I cannot. I just cannot form habits because nothing can overpower Me.

And this is what is going to happen to all of us when we become the spirit. Because spirit is detached, is not bothered. It is absolutely above all the things, like a lotus. It's like a lotus above the dust and the dirt and the filth [and that PROBABLY]. It just sees the thing like a drama and it just watches and it just emits fragrance. By that fragrance, it clears and cleans all that is dirt and filth and also it makes it beautiful. It covers the complete point which is suppose to be so dirty and ultimately makes it cleaning. It is that which is [to OR should MAYBE] happen to every human being. It is for the emancipation for all human beings. To Lion Club, if it is to happen, let it happen. We are all great people with great ideas and the time has come for you to get the special power of enlightenment which will make even Lion Clubs roar with enlightenment, the joy of happiness that you received from your spiritual blossoming. May God bless you.

[Transcriber's Note: There is a break in the recording of unknown length.] questions and as he has directed, I would like to know what we have to ask for [Transcriber's Note: There might be another break in the recording here.] is to bring the unconscious to the conscious. Now, in our evolutionary process, whatever we have achieved, we have achieved in the conscious mind. That means in the central nervous system, actually.

For example, if you have a dog. The dog can pass through any dirty lane. It doesn't smell any dirt, filth or anything, doesn't even see the beauty of the place. Whether it's a dachshund or a big collie or some sort of a very, very great dog, all dogs are absolute immune to all the dirt and filth. But for a human being [Transcriber's Note: There is a break in the recording here.]

central nervous system. So now, whatever has to happen in the evolutionary process follows logically that should happen in our conscious mind. Whatever is in the unconscious has to come to our conscious mind. Now, what is subconscious within us is the one which we have experienced before and has gone into the past. So, for all practical purposes, the past doesn't exist. But, if you want to go into the past, you can, but's dangerous. Because from past, you go to the collective subconscious and it's a very dangerous thing which area you should not go any further because that's finished for you. The ascent is through the conscious mind, through the present, and that's how the spirit which is the source of your joy should start expressing itself or manifesting itself through your conscious mind so that on your central nervous system you should feel the existence of spirit. That's one thing.

Now the second question is about the parama and all those people are that how the secular state of our senator that is going to work out, now [Transcriber's Note: 5 sec dialog with another person] the religions which are formed outside are all artificial. It has no meaning to real religion because Hinduism as such if you see, Adi Shankaracharya has said "Na [4 syllables]." He has just talked about the Mother. He just talked about Self-Realization. He never talked about all these nonsensical things that Hindus are following now and they think that this is Hinduism. Or if you say any other, say, Islam. Islam is [sales MAYBE] now. I mean, everywhere what I find that all these so called religions are nothing but the projection of Western interests. There is no reality.

For example the Christians. The Christ has said, "You have to be born again." So they get a person and baptize him, put some water on his head, and he is realized. We say he's become a Brahmin without knowing the Brahma. We just put some sort of a thread on him and [if you give PROBABLY] some money to the Brahmin, he becomes a Brahmin. Same with Jains, with all of them. We are not doing--what we are supposed to do--is to seek the truth and become the spirit as every religion has said. And then, once you become the spirit then you will be amazed that these all incarnations and all of them are so related to each other that we are just quarreling with each other for nothing.

Like Christ has very clearly said that those who are not against Me are with Me. Who are they? And so for Tukarama or