

1977-0101, Shri Krishna and the divine diplomacy

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Shri Krishna And The Divine Diplomacy

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This center (Vishuddi) represents the greatest leap of evolution where the quadruped animal lifted the head up. So the lifting of the head in erect position, in line with your spinal cord, is a very big development in the living evolutionary process. Now, the problem could be that we cannot understand why God had to do all this. Why didn't He create a man just directly like that? Why did He use this method by which He makes him raise his own head? The answer to this comes from the life of Shri Krishna, who was the incarnation of Virata, of the Great Primordial Being. He is the only incarnation of Virata. Of course as Vishnu He was there, and He had his other nine incarnations which were dealing with the different aspects of the evolutionary process. But the perfected symbol of the Virata was Shri Krishna. That's why He's called as a one who is "sampuure" meaning the complete. So he completed the circle. Without completing the circle, the ruling doesn't start. And the ruling started for man after the Vishuddi chakra was strengthened by the advent of Shri Krishna. Or we can say that when man lifted his head straight erect, that was the beginning of the modern man, of the modern person. You see, man can be called as (man), even if there have been missing links. You see? And we can say that they can also be called as human beings. Because you are calling them homo sapiens, you see? But it's this part the demarcating part. It actually means that the lift of your head means you stand on your own. That means that you will be made capable to take things on your own. That's a different growth in the awareness. And only because the head was lifted, the ego and superego could meet in the center. Because before man came into this position he was more superego, his brain was covered with the superego part.

Now think of someone like God who wants to create a living human being. It is rather difficult for human beings to think of something being created, which is living, because they have never done it. But when you have to do a living human being, you have to use a method by which it grows like a living thing. This is a process not known to man. That's why he questioned the credibility of God's behavior. But the simple principle is that every living thing has to grow. Artificially you can make a seed which looks like a real seed. Simultaneously you can make a tree which looks like a real tree. And both these things you can create in no time. But a living thing has to grow. Hence man's question has no place. And when we say that it is the reflector which has to be perfected, and human beings are the reflectors, we always think in terms of the kind of reflector we have, that the human beings have created. So we cannot understand why God Almighty has to take so much time to improve onto the reflectors. This is the basic reason when you denounce God, then you must know that He has done a living job. And for doing the thing living, you have to give something, some sustainers of permanent value, and that has to be handled this way, only the living process. If you once understand that you cannot do anything like that, at all. You have to accept the One who has done it, must have done it the best way. But we can understand by a little analogy. For example, I want you to learn drive. Then I cannot just make you a driver, I cannot brand you as a driver when it has to be a permanent wealth, as we call it in sanskrit "sampadah". It has going to be your own quality, a permanent quality, that has to be imbibed into you. Then you take time, even the deftness of doing something which you cannot do normally, you have to work on it. We call as a "bhaas", you have to work on it. So to make you the driver of your mind, God had to train you. He had to teach you how to use the different parts of your being and make that knowledge as your permanent wealth.

Krishna came onto this earth about 6000 years back, as a human being, with a human body. So, as I told you, that every incarnation, whenever He comes on this earth He works out his way, or He plots out his way with the human being, from whatever level they are. And because of that, you see, you see them, not as Gods, but as human beings, and then you start wondering: why He was a God? Why didn't you do like that? People can ask why didn't Christ stop all that crucifixion. He came for that. It was all plotted out. And He came for that, and He had to show that limitation that you human beings can also be crucified, means that you can be resurrected. It was just his plotting, that He was crucified, that means He was killed. See,

actually we can say that He was the one who was sacrificed. He was the leader, so first he was cut out, so now you go ahead. He cut his throat first, He went ahead because you were afraid to do that. So they have also plotted their way, and they have been seeing which way to do it, where to be born, how to be born, in what place, where to be placed for them, there's nothing like riches or poverty, and these are all human ideas about one status, and things do not go into the head of an incarnation. Incarnation doesn't understand these things and He doesn't need it. He is, because He is there. But the thing is, they have to even plan, plan out that, so that people understand them better. You see, at the time when Christ came, He was more appreciated because he came as a poor man. If He had came as a king, He would not be accepted. So He came as a poor man because after that, egoistical human beings were to come up and they only have just the opposite of them, a very poor man. That's very satisfying for an egoistical man, because if He was a rich man, they would never have bowed. So in this confusion, when I'm born, I had to be a middle, what do you say?, middle class.

So Krishna came to show the way to human beings, how to be a witness. Now, at his time, all the Mahakali power was achieved of destruction, I can say "samhaara". Complete perfection of the Mahakali power is the killing of the demons. Any kind of demon you see, with that power, you can kill. He perfected on that, that He had already perfected. The second one was, that He had also perfected, the Mahasaraswati power. What is the perfection of Mahasaraswati power? You tell me know, I'll put the question to you. You should call it the divine diplomacy. Divine diplomacy means absolute correct. Divine means absolutely correct. I mean that's what it is Divine. And that's what Krishna came into this world. There is a dodging in diplomacy. One example of his diplomacy, I'll tell you: that people asked him where that it is said that you must tell the truth and something that is also appreciated, means "pryamdeyet". I've told you these things before also, "pryamdeyet?" on September 8th. "Pryam" means something dear, and the truth, that cannot not be the same. If you tell someone the truth, it may not be light. Most people really don't like the truth. That's a factual thing.

-Can you keep it there? So, are you coming here and put your hands wherever you have a bab? Now it's coming. Just get it direct. Was it you to her? Vishuddi? Alright you put your hand from that side, take it down, come on. Yeah, from this side. Right? Sit down here. So, now it's moving all right with you. It's coming into you. It's easier.-

They asked the question whether to tell the truth or whether to tell the thing it'll be liked and appreciated "pryam", which will be dear. This is the example Krishna's diplomatic answer that He said you should tell the "saptya" and "hitam" and "pryam". He put, you see, the diplomatic word "hita" meaning the one that is good for your spirit. For example, supposing you ask Me some questions, and I tell you the truth which you don't like. Supposing you do something wrong and you come and ask Me and I say it's wrong. Alright? You don't like it, but in the end, you will like it because I have told you whatever it was good for your spirit, isn't it? For example, you can say like this, somebody comes from outside and ask Me, did you see a person like this and this? And I know he's going to kill that person. He's bringing the dead in his hands. Should I tell him the truth? No. According to Khrisna, we cannot, you should not, because it is "anatikar" means he has no right to take to trust. So two things you put there: that it should be for the good of the spirit, and it should be indeed right. Means I don't need to tell the truth to all the world, don't throw words before the right. You don't have any right to know the truth. For example, Mister Raja, he has no right to know the truth. You see? So, if he ask the truth and if I don't tell him, I'm not wrong, you must have the right to know the truth. And if you have a right, it should be told the truth which is good for your spirit, and ultimately it's going to be good for you, liked by you, appreciated, and you'll respect such a person. So this is the beauty of the Khrisna's said that diplomacy, when it becomes divine, it is the best way of integrating people, so cleverly, so intelligently, that they start feeling the oneness, the brotherhood among themselves. As result, you can say now that we can say that Krisha has manifested as one of you and all the system nothing but that. He's doing nothing else than diplomacy. But unless and until they get into divine diplomacy they cannot do much. Because divine diplomacy is absolute. You cannot challenge it.

His lifetime, as I told you, that his childhood, his diplomacy, and last as a ruler, you see, these three things we can divide Him. So, in the first part of his life, He showed "samhaara". The power of "samhaara" He showed. At age of five years he killed a big serpent known as Scalia, He killed two rakshasas know as "sundoendokoes", I mean He killed many such people, He killed "kidputana", another lady who came to poison Him, because His own uncle was a rakshasa, and he wanted to kill Him. So He showed all these things, which are not shown in any of the incarnations of anyone like that. The child is a little boy of 5 years, you see, without any trouble. So, first half of his life, his childhood, you can see his play. Rama never displayed this attitude of being a

witness, a play, the whole play going on a drama. He saw Sahaja Yoga for him was also just a play, with ordinary people as household, he played Sahaja Yoga with them. I will tell you how He played and all those things sometimes.

Now let us see how Mahakali and Mahasaraswati helped this child. It's very interesting. His foster mother, Yeshoda, was nobody else but the incarnation of Saraswati. Once, He ate a little bit of soil, like a child and child, all children eat it. So He ate it. They said it is due to calcium deficiency sort of things they say, but no, He ate it and He had all over on the face, you see all that mud applied. So, His mother said "From where did you get all this? Why did you eat?" "You see, I eat anything! I didn't ate anything" "Open your mouth, take it out!" And He opened the mouth, She had the vision of the complete universe, Vishuddi chakra, the complete universe. She just felt at His feet, peaceful, something so beautiful it is, so beautiful, and then the Maya has to play. She used to treat him or She used to tie him down, She used to punish Him just as you would to a child. For money's sake you should not deprive your children of what they need. And butter is so much needed for children. So He used to steal it. His stealing had a meaning, He wanted to teach these women that they should not sell the butter that they have in the market and get some money and buy something material, instead of giving to your children because they have to grow. In everything He did as a child, He tried to express one side of the "lila", the play, of a divine child, of incarnation of the Virata itself. Can you imagine? Behaving like a little baby for your sake, doing all kinds of this pranky things and so beautifully.

Description of Khrisna has been done by one blind poets Surdaasa, and if you read it, I tell you, the mood of love for children, which is know as "vatsayala", that mood is not here, I mean, is not in english language described. But you know that when you describe about a child, the relationship of a child, you see of (unclear), and how mist he was, and how he used to trouble the mother, and how he used to trouble other ladies of the place, and how he hid their clothes. He hid their clothes, because, you see, He wanted to kiss them and He was a child. He had no idea about the sex. He was an innocent child. So He hid their clothes just to tease them. But some people are using that as a lever for doing all kinds of non-sensical things. So He did it at that age. And in the whole play there is what you call the sweetness of "vatsayala", of that mood. I mean, you cannot describe it what it is, but how you feel about a child. You see, that "maaduria" that He generated, that He sort put it, that was given in the awareness. See, sort of it, it gave a beautiful borderline to human endeavour at that time, it's the "maaduria", how to teach your children with sweetness and how to understand their pranks and how they move about. You see, the understanding of children. Rama was more concerned about his wife, his wife looked after her two children. But Khrisna gave a beautiful childhood idea, as to how a child behaves. And sure that was the mother, you know, she would get angry with him when He would come out with some sort of very prank thing, then she would just cry and take him to her heart and she would love him. Like once He stole a lot of butter that she had put (away). Bearings must understand the beauty. You see, He brought out all the beauty of children, because children don't talk. You see, sort of He became that, and He suggested what the children feel about and how they behave and how the innocence plays the whole tricks. It's a beautiful thing. I mean, you cannot describe it, but you can just enjoy the beauty. And the diplomacy in the childhood you see, how the children play their diplomacy.

Then He grow up when He killed "Konza". But when He was adolescent, when He became a man, in the sense that He grew up, He and Rada both played a role, see, of the Shakti and the Virata himself. She's the Virat'ngana. They were married by Brahmadeva himself, even on this earth. And you will be amazed how they were married, I don't know if you know that. You see, He was brought by his father in a basket on his head, and He crossed the river Jmna. You know his birth story I've told you. When He was born everyone went to sleep and his father because that was told that the child will be killed. The eight child will kill Kmsa. So this Kmsa put his sister and her husband in jail and killed all other children. Now, this was the eight child will be a man who will kill. So you see, that day what happened, everybody stepped off, everyone, and all their shackles were broken. And He carried the child in a basket in the river Ganges, in the river Jamna, which was in spate. And when he started crossing, when His feet touched the Jamna river, it went down. You see, because the basket was not so big, so his feet were coming out and He touched (the river), imagine the sweetness of the whole thing, and the Jamna went down, because He was the Virata himself. So Jamna went down and he crossed the thing and then he came and he was so tired that he put Krishna there at that point, you see, and he just went off to sleep. When he slept off, Krishna came into his own form, Radha came in, and they got married to each other. That is the time when Brahmadeva married them.

I've already told you one story, if I remember that, about ragas. This thing that one one, in Naruda, He (Krishna) was a great person who would go around and create problem in the (unclear) stages, he would go around and tell a story to him, and one

story to him, a story to him. He was like that. And He came down, and He told all his wives that He just loves Radha, you are just for formal show, but He really loves Radha, doesn't care for you. So they were very angry. So Krishna, as usual, you see, another diplomat, see? So He said "oh, I've got a terrible pain in my stomach. Just I can't bear it. Now, there must be some treatment for that". So all these asked "what is the treatment?" He said "the treatment is that you all have to donate the dust of your feet and I have to eat it". It's very nice, very clever. "You are the Virata, you are the Lord, we know you are God, and now you want to eat the dust of our feet, all spoiling all our protocol? So we become really sinners and we are useless? So we are not going to do that, we are not going to give up our punyae, punya means all our good deeds, to finish off, to do this to a person before whom you have to always keep our head low (unclear)... No we should give this dust of Her feet for you to eat. We are not going to come into your traps", they just refused. So He told "you go to Radha and tell her" So when went told Her that "He's got a stomach cramp, that it's terrible, and He says that it's only you who can treat" "So what did He suggest?" "He suggested you give the dust of your feet" Ban is the place where, you see, is all yellow color. So she took out all her yellow colour thing and She gave it to Him. And She said "I take it" So they said "aren't you worried about your punyas? We'll be degraded. He, you know, He's the Lord. Whatever you may be, how can you, after all, He's your husband. If He's the man you cannot give Him". I mean, I cannot ask my husband to fall at my feet sort of thing. It's your worst to take out the dust and eat it. She said "as for the punya concern, He's the one that knows it, I'm not bothered how". She said "I don't know, but you go and tell Him this, is the best of my future". So when He took it, He said "Oh, I know She'll do it". She said "Before I give you this dust, I would like to know why She said like this, that He knows all my punyas and He turns all my pops, that is all since that is His job. I'm not bothered. He makes me all kind of pops and He makes me do all kinds of punyas, and I'm just dancing at stew, that's all." See the diplomacy, the beauty of the diplomacy. So Krishna says "all right, we just see the fragrance of that" He started taking the fragrance and beautiful lotus, He started seeing the lotus, in the heart of Krishna He saw a lotus and in that lotus was sitting Radha, and afraid they were touching all the poland (unclear) of that lotus and they were beating around. They said "when She's in your heart how can She do any punyas? And when her feet are in your heart in your pool, and they're rubbing there?" I mean, what is the question of punyas and all these things, it doesn't arise. And the all thing you see, now you will see the divine degrees. See the clarification, so beautiful, it's musical, it's poetic. So the whole divine diplomacy becomes a poetic thing. And ultimately you start seeing it again where you end up in that sweetness, maadhurya, as we call it maadhurya. Maadhurya is His form, you should say is the substance of which He's made of. Maadhurya, it's sweetness, but sweetness is not the word, you see, this feeling. What did you get just now within yourself? That's the word. So sweet. You see how sweet it is? It's what you say. It's common to say that, all over the world, it is said. But maadhurya has got beauty, has got sweetness, the kind of a ripple in the heart; this cannot be expressed. So sweet, you see, you can say like that. I must see that part also.

You see now He would dance with all the girls who were there, gopis, but all his chitta, all his mind, was with Radha. But one day He started dancing with a girl too much, her name was Ratna, so Radha was jealous. Her jealousy, the jealousy of Radha it suggested that that the love of husband and wife is sanctified thing, and even divine incarnations would not tolerate the sharing. But the understanding was so great that in the second part of his life, when He became the King, it's expressed the understanding. The father divided herself into two halves, and her majesty took a form of Rukmini, who was formally married to Krishna, who was the king, because She didn't want to become queen. Now Rukmini knew she was a part of Radha, so there was no story of jealousy between Rukmini and Radha, nowhere, just surprising.

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Talk to Sahaja Yogis

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[The Spirit is] the most precious thing that we have within ourselves. The preciousness of your Spirit is immeasurable and that's why it is called as a thing of eternal value – because it is infinite. You cannot measure [it].

Now God, The Almighty, we say is Sat-Chit-Anand.

'Sat' means 'the Truth'. The truth we understand in human terminology is relative.

But the Sat I am telling you [about] is the Absolute from where all the relations start. Example I will tell you how to understand [it]: This Earth has got oceans and rivers and all kinds of waters, you can say. But Earth is enveloping all of them. If the Mother Earth was not there, there could not have been any of these existing.

So we can say that Mother Earth is the support of all the things that exist on her. She is enveloping us. In the atoms she exists. In the big mountains she exists. Because the elements are part of that Earth.

In the same way God Almighty, the Sat part of Him, the Truth, is the support of all the things that are created or not created.

Another example you try to understand: how the Sat is the Purusha, is the God, who does not take actual part in The Creation itself but is a catalyst. The example can be like this: that I am doing all the work, I am creating everything but I have a light in my hand. Without the light I cannot do anything. Light is the support of my work.

But the light does not in any way do anything about what I do. In the same way God Almighty is just a witness like a light.

But His another quality is His Chitta, is His attention. When it is excited – in Sanskrit there is a very good word sphurana, is 'pulsates' – when it pulsates, His attention when it pulsates, then through His attention He starts creating.

And He has [a] third quality which we call as Anand. Anand is the feeling of joy that He gets by His perception by His creation. The joy that He gets.

All these three things, when they are at a zero point where they meet, then they become the Principle of Brahma; where these three things are one, where there is complete silence. Nothing is created, nothing is manifested, but the joy is one with the attention. Because attention has reached and merged into joy and joy has become one with the Truth. This combination of three qualities separates and creates three types of phenomena.

The Anand, the joy, in God, moves with His creation and with the Truth. When the joy starts moving with the creation, the creation starts moving down, from first the Truth stage to asat [untruth], from Sat to untruth, to maya, to illusion.

And [at] that time the creation starts on the right-hand side (7.31). The creative forces start working out, and when it starts working out, the joy in it, which is on the left-hand side – is the emotional side of God – also starts becoming grosser and grosser. The Creation starts becoming grosser and the joy in it also starts becoming grosser, and the Sat, the light of God, also starts becoming grosser and grosser and grosser till they reach a stage where there is, we can say, a complete darkness of Tamo guna, the complete creation [may Shri Mataji mean 'cessation'] of the creativity. And the complete sleeping of the joy

element exists.

Clearer? Do you understand now Mahakali, Mahalakshmi, Mahasaraswati?

That's why Christ has said, "I am the light." Because He represents the Sat, the light of God. And light of God becomes absolutely gross, dormant, dead, when it reaches the seventh stage of creation.

All these things go deeper and deeper becoming grosser and grosser. That's one part of the parabola.

Now, the another part of the parabola starts when you are ascending back to God Almighty.

That grossness now gradually starts becoming higher and higher, subtler and subtler and finer and finer. In that refinement you find, ultimately, [that] the light works for the evolutionary process.

Gradually the grosser parts start becoming enlightened. You find the lower animal is not that much enlightened as the higher animal is. Gradually even the joy starts becoming subtler and we can call it 'beautiful'. Human joys are much more beautiful than that of animals.

So the joys also start changing their manifestation, in the sense [that] you start seeing more and more and wider range of joy comes into your hand.

For example: to a dog, beauty has no meaning, decency has no meaning. So at a stage when you reach, when you are a human being, to that extent you develop your Sat, which is awareness. To that extent you also develop your joy. And to that extent you also develop your creative action.

Now you see how the creativity of God passes into the hand of man when He turns around; how the joy of God passes into the hand of man and how His light comes into the heart of man as Spirit. It's beautiful!

And at that stage when you have become a human being – people say human beings have a soul. Not that others do not have but the light starts burning in a human being only. Because of that light we talk of religion, we talk of God and we talk of eternal things.

But it's a very precarious stage that is to be human beings because at this stage you have to jump only a little bit that side while you start jumping this side and that side.

Because this jumping is not possible unless and until the awareness reaches that stage where you become independent and in that independence you find your own glory.

This is the position, because your glory cannot be yours unless and until you are independent.

As long as you are slaves or under bondage of something that is gross, how can you enjoy that eternal joy that is within you?

So it is for you to expose yourself more to that joy by opening out yourself [your Self] more and more, getting subtler and cleaner, so that you feel that joy.

Once you know this point that, after getting Self-realisation, unless and until these three things start merging together, you cannot feel that you have established yourself.

The joy within you must be felt through your awareness, otherwise you cannot feel it.

Supposing you had no eyes, how can you see me? If you were not aware to see me, how will you feel me? If you are not aware to feel me, how can you see me?

If you are not aware to hear me, how can you understand me?

And, once that awareness comes in and comes to you, then only the joy awakens within you because only through these subtle feelings of awareness you are going to absorb the joy.

As just now you felt Him and you said, "Oh, what a beautiful thing it is!" You felt very happy.

You are feeling the joy of this Creation that is there. And man is the summit of Creation. But only the crowning part is such a little thing, very little it is. It's a very little distance. It crosses in no time. But only thing is that these three things have to be combined. And that's why I find that, even you get Realisation, you do not feel the silence because you have not become the light. You did not feel the joy because you have not become the Anand. That is the left side of yourself [your Self].

In everything there is joy. As human beings, only, you start seeing joys in the patterns.

You see a tree bark, you open it out, you see the patterns – you call it the veneer, you call it the roughness and the smoothness – and the harmony of it! You start seeing in the matter the joy of its creation.

But now, after realisation, you start feeling the joy of Creation.

The summit of Creation is the human being. And that's why, for a Sahaja Yogi, he must realise that if he tries to be say friendly or interested or involved in a person who is at a lower level, he can never get joy from that person.

Only thing, what he can do, is to raise that person higher to his own level and make him also feel the same joy as you are getting.

Supposing a man who is an artist marries a blind girl – what's the use? She cannot enjoy the art created by this man. In the same way, if you are interested say in your family people, in your relations, in your friends, the first thing and the highest and the greatest thing that you can give is to give them Self-realisation – means the joy of your Spirit. Expose them to the joy of their Spirit which is the most precious thing.

And this is the reason why people flicker and they fiddle and they feel uneasy. They lose their joy very easily at a small thing that has passed and finished. It's like the Ocean before you and I am there and I want you all to come into it and enjoy. It is all for you, the whole thing was created for your enjoyment. You have to become subtler and subtler. We are wasting lot of time here on very gross things. You have noticed it.

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It is inaction. When you say how we should do it, then you are thinking, that is not Sahaj. You cannot go back saying that I don't do anything. You are all the time forward, moving forward, saying how?

[Hindi to English Translation]

How will you go forward? Accepting that this event takes place towards consciousness and that consciousness itself makes it happen, we should stop trying to make any effort completely. When we are in inaction / akarma then only this consciousness happens. That means you don't have to do anything at all. This is a very difficult task for human being. If nothing else, man keeps thinking. But when this event takes place then your thoughts stop as well because till now whatever sadhana (daily spiritual practice / effort) you have seen involves some kind of an action from you, and these actions/efforts take you outwards. Sahaja Yoga is an event that happens inside. When people ask how do you surrender, it is straight-forward, you do not have to do anything, then you are surrendered.

Human beings have never walked on this path or in this direction, so this is a new thing and a new way for man in which he does not have to do anything. Instead, things happen on their own. Because man has done a lot and has gone very far away from his inner self, and that is why it is very difficult to pull such a person inwards. That is why someone's Kundalini gets awakened instantaneously and they get their self-realization, whereas for some even their awakened Kundalini falls down again. Not doing anything, that is what surrender is. If you reach that point where you don't do anything, where you are wordless, thoughtless. But this also is an action. For human beings, even this is doing something. So leave it all to the one who will do it. You do not have to do anything. Just leave it.

If someone new has come and asks what do we need to do, then just open your palms towards me, that is it. Just keep your hands straight like this and it will happen. For those for whom this does not happen, these people here will help you afterwards. Today there are so many Sahaja Yogis here and each of them have achieved their self-realization. Not only that, they have a very deep knowledge of the Kundalini science / shastra. Each person seated here is proficient in the Kundalini science and can raise the Kundalini of thousands of people by just using their hand and finger movements, and not only that, they can also give them self-realization. And you may ask why don't they do it then?

The reason is that people do not come to Sahaja Yoga very easily. It is very difficult for a human being to come to such a place where it is told that you don't have to give any money, where you don't have to do anything, but just have to sit in silence. But when they are sinking, then they come. That is why Sahaja Yoga cannot work too fast because you have to give up some things in Sahaja Yoga. Meaning that all the time thinking we have to do something, we have to think about something, or we have to stand on our head or we have to perform some dravidi pranayam (Hatha yoga) or we have to read some books or we have to memorize some texts or we have to say some mantras, just leave all of this. Then after getting your self-realization you become deserving. Then whatever needs to be done happens.

Akarma / Inaction only comes into action, karm rath (karm = action, rath = chariot) takes place. So how? See for yourself. Whatever has to happen will happen and whatever should not will not. There is no compulsion in this, no arguments. For whom it

has to happen will happen, and for whom it doesn't have to it won't. If someone has blockages in chakras preventing self-realization so be it. These chakra blockages can be cleared but not argued with. People have various issues. People say we did not do it. But if they have issues then they do. These issues should be cleared. Now look out for your own swartha / selfishness. Know the meaning of Swa (Swa means self and artha means meaning).

This is not going to benefit me, it benefits only you, fully. Only you are going to get all the benefit. Understand this and open your palms like this. When the event takes place, then first the kundalini rises and crosses the agnya chakra. When this happens you become thoughtless / Nirvichar. It can be called Samadhi, but Samadhi does not mean being unconscious, going into trance. But instead, you are totally conscious and aware. You are fully alert but at the same time you are thoughtless and silent. But you are listening to everything and there are no thoughts arising inside from your ego or superego. You are in peace and joy. And when Kundalini pierces your Brahmarastra / Fontanel bone then inside you these chaitanya / vibrations, about which Shankaracharya has spoken, start flowing. It is so straight-forward. You don't have to do anything in this. Like one lit lamp can instantaneously light another, and takes the lamp from the finite to the infinite, this happens in the same way. There is no role of intelligence in this.

Everyone keep your hands like this and sit comfortably. Those who have not received their self-realization yet should keep their eyes open for some time. If you have a problem sitting down, you can sit on chair. Are you sitting comfortably? If someone's hands are shaking then keep eyes open, otherwise keep your eyes closed. Even with the eyes closed if the eye-lids are moving then you can open your eyes. Those who are swimmers they will first teach you how to swim. So keep sitting peacefully. Don't move your hands or feet. They will come and teach you. Close your eyes. Close your eyes. Are your eyes moving? Do you have any guru?

1977-0126, Collectivity and Responsibility

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26 January 1977

Collectivity And Responsibility

Talk to Sahaja Yogis

Bordi (India)

Talk Language: English | Transcript (English) – VERIFIED

How they work it out. This is the reason why when Mohammad Sahib came in, he preached that you should not bow to anyone, whatsoever. Because bowing he knew that when the real person will come, you will recognize him in any case. But there was a general view, even Nanak Sahib could not change. And Nanak Sahib organized [UNCLEAR a book] just a symbol of wisdom of many great souls that you can only go and bow to that and not to anybody else. Preaching of Mohammad Sahib was just the same, but the followers as usual have committed such blunders that it appears that they are not the followers, but they are the enemies of these great incarnations.

It is nice that in Sahaja Yoga when you get self-realization, in the beginning, may not be but little later, you start yourself feeling the pangs of sin, and also of the sinful people. So you avoid the company of sinful people. You have to. If you remain in the company of sinful people then you know you get headaches, you get agnya catching, you get all kinds of complications and you want to run away from such a place. And nobody tells you that you run away but you just run away you can't bear it, your body has become different.

But the best way to strengthen yourself is to be together as Sahaja Yogis. You must attend the programs when there is a collective, aarti or puja or meditation. You are seeing that when you collect together something happens to you. If you sit at home and do something, nothing works out much. Anywhere, when there are people sitting together in meditation, Sahaja Yoga itself manifests, because it is a collective phenomenon. It is such a collective phenomenon. I will give an example of Gregoire, one day he was sitting with me and he was not feeling any vibrations and he was very much worried about it. I was looking out from the window and he was just facing me, and another Sahaja Yogi was coming up the hill to my house. Immediately he said I am getting the vibrations. He said how is it suddenly the vibrations have started? I said look back and see who is coming. And he saw another Sahaja Yogi plodding up the hill. His presence there, his coming only, added to his vibrations. It is a collective phenomenon.

How it works out collectively, why it works out collectively, is again a question which is my job, it's not yours. But I can say there's a mathematics about it. There is a mathematics about it! You must know that for everything there is a Mathematics. Everything works out in a mathematics. Why it is so? It is being made like that. And Sahaja Yoga works out after, actually, there are more than seven people. [Talks in Marathi].

You have to understand that how a collective phenomenon works out. If there is a realized soul, then he is surrounded by at least [UNCLEAR 2 or 3] divine [UNCLEAR beings], at least. But in certain cases when there is a realized soul and he is not yet, say that good, say for example if he smokes, take an example. And let's say there is only one following such a man. If all his chakras are bad and despite he smokes also and he also drinks and things like that. Then maybe there is only one, maybe with him or may not be even one sometimes. But mostly there's at least one, minimum one you can put it. So every realized soul has got some people with them. And if somebody does some sinful act for a short time say for example, he does something bad, actually very bad. Then all of them might depart for the time being but they again come back to him. Now when such a man is struggling to have a, an experience, if there is another positive person, a very positive person comes in, he may be having more people with him, so he may be able to spare some of his people to prop up this man.

So it acts like a, just like the valencies of the atoms. But the only difference is between the two is that human beings can accumulate as much as they want, they can change, but the atoms cannot change. Those people who just innocently commit some mistakes and something like that and they are very active in Sahaja Yoga and good people, they also find it difficult, hard,

sometimes to overcome their habits, it is so. So they must know if at that time if they go to another Sahaja Yogi who does not have this habit, a particular habit, say of eating the snuff, snuff taking. Another person does not have this habit of snuff taking. Then the other person's guides who are hovering on him can help this man much more than the another person who is about to take a snuff and if you go next to him, then he's already occupied and he'll take away all the three that you had. So you both will have a nice snuff taking. See. But they do not enter into your psyche, the difference is this. They do not enter into your psyche, but they bring about a cosmic change around.

But supposing a person is suffering from bhoot badha (negativity), or he has been to some gurus, so the guru will also fix certain entities with that fellow. They tell us like that. Now, when this one is trying to do something bad then he will be supported by another bhoot badha wala (a negative person). The fraternity works very hard. You have seen the example of that in our groups. You see, if there is one person who has a bhoot badha, you must ask Pradhan because his son is suffering from that. He is so much interested in people who have got bhoot badha. So, what happens such a person when he goes and talks about his bhoot badha, the another one will come immediately to support him. He will be forced up. There will be no freedom in it. He will just go, just like a magnet he will be attracted towards that person who has a bhoot badha, immediately. And he becomes weak. Not only that, it can be that a person who has a stronger bhoot badha will attract a person of a smaller bhoot badha and will influence and spoil that person.

Now what is the difference? In first case you have to choose to be in the company of a Sahaja Yogi who does not have these habits. Say for example somebody is a hot-tempered fellow. Such a man when he gets into hot-temper, if he can think of somebody who is a very silent by temperament, immediately he will be surprised, his temper will go away. If a man who is so silent that he does not even mind his Mother being insulted and he feels bad about it that I can't say anything about it then such a man, if he thinks of someone who would not tolerate stuff like this then immediately he gets the power. But the difference is very big. There is tremendous difference between the two. One you have to choose with freedom, another you have forced it. But you'll find so many Sahaja Yogis also, they get attracted to negativity just like this. They don't know how they get interested into that, but to positivity they have to exert themselves. This is a thing and it is a system which works out sometimes. That's why I tell people that do not keep combinations of the people who have the same weakness. When I say that people feel hurt sometimes. But you'll find always, friendship is there.

Say there are two Sahaja Yogis who talk ill of Sahaja Yoga, morning till evening finding faults with Sahaja Yoga. They will combine together because they keep a good company, you see. It is better to have diverse company so that you supplement each other better than to be attracted towards people who are of the same nature especially from one family. Supposing they are people of one family, so you don't discuss Sahaja Yoga among them. Either they will fight or they will combine together in Sahaja Yoga.

So best thing to do in Sahaja Yoga is to first find out your faults, sitting down. Write it down what are my faults? These are my defects. Somebody is a show off, he shows off all the time. You see he must say something to show off, now another show off should run away from him. He should sit with a person who is a shy person. And this is another style which is very different from that of the negative people, because in negativity, two negatives must join together nicely to become real negative. But in Sahaja Yoga two opposites must meet to be good Sahaja Yogis. But this must be done in complete freedom, in complete understanding. [He must do it in freedom talks in Marathi].

What is the realm of being good Sahaja Yogis? In one word you can understand. Only one small thing is to be responsible. If you are a responsible Sahaja Yogi, you will find your own way. If you are not, you will go to doom. Because if you are responsible then only God is going to give you more. If you behave irresponsibly, you talk irresponsibly, if you do not think what you can do for Sahaja Yoga, you just come to Sahaja Yoga as a sort of a liability on Sahaja Yoga, and you always go like those are responsible... [They have not done it so how can I do-talks in Marathi]. She should have done it, why should I? What can I do? I mean who is he, who are you? He is a Sahaja Yogi, you are also a Sahaja Yogi. The people who are responsible in every way, in their behaviour.

Mohammad Sahib has been very very particular on this and he did say very clearly that while doing Namaz in the presence of the divine you should not budge even from where you are sitting, you should not move, your eyes should not rove about, you should not yawn. There are so many things if you ask me I can't even tell you how many things he has said it. To all the details in

behaviour he has said great things. Once you start feeling responsible you yourself will know how to behave, what to do, what not to do. Then, when you are responsible you will be amazed you will drop out most of your habits, automatically, any habit. Supposing somebody is a very talkative person. That habit will drop out because you will find out that by talking too much sometimes you are committing mistakes. So it comes to a balance. If somebody doesn't talk at all, he will find being responsible that it doesn't help, you have to talk. He starts talking. Only one word is to be responsible.

Once you take the responsibility of Sahaja yoga on your shoulders, immediately all the dimensions of your new life will open out. Knowledge will pour into you. You will get related to life in a new way. And a new style of understanding will develop. The subtleties of life will open out before you. The joy will pour onto you, when you will sleep, you feel as if the Ganges (a holy river) is flowing over your Sahasrara, the Jamuna (a holy river) is washing your feet. You really feel that. But you have to be responsible. I see very young people also being very... our Moresco is a very responsible boy, he is so young. Whatever is possible he would like to do for Sahaja Yogis, he is so very young, he is so responsible. For that you don't have to have money, don't have to have anything but to be responsible. That doesn't mean that if you come to my house ten times and if you are with me, next to my room, then you are responsible. This is a wrong idea.

Responsible also means that others should be given chance, others should be there, why should I? And when you start leading a responsible Sahaja Yogi life, thousands of evolved souls will hover around you. You will have a different light on your face. You will be amazed when you speak you will be amazed that how you are speaking. How things are happening, how at every moment how things are working out. As it is you know how things are Sahaja, how it works out, you know that every moment it is working.

Only you are for a simple to be responsible on the stage, otherwise there will be thousands of them working for you. There are very few people on the stage. Behind the stage, there are thousands. The example is of these three people in Rahuri (India). How responsible they are and how responsibly they have behaved. And when you start thinking on those lines that I am responsible for this, just find out ways and methods. If you think you are responsible for your family, you will find out all the ways and methods for running your family. But now you are responsible for Sahaja Yoga.

The sense of responsibility can only come through your freedom, this is the problem of Sahaja Yoga. But for a negative person it comes to him automatically jolly well. Everyone I have seen these guru is negatively charged, he just starts talking about it. He may not have seen his guru at all, he may not have got one pie worth of things of, but he will be talking about it. You ask him what has happened, what is he good at and nothing. Because he is negatively charged, there is no freedom. Does that mean that in freedom human beings cannot be responsible? Is it that human beings are not yet evolved to be responsible? They must be dominated by somebody or driven by somebody otherwise they cannot do something responsibly. So in Sahaja Yoga when we think of our own development and our own emancipation. We have to be responsible. I did not say anything to you at all. I even feel very hurt while saying anything to you. I don't like it. Because it is not a good taste for me to say anything to anyone.

I know many a times, many things I know about because it is not good for me to talk like that. After all it is very hard to be a mother and a teacher. It is a very very difficult task. You have no idea. Because I love you so much I can't bear to say something harsh to you. If I say anything I feel very hurt and I weep sometimes I have to say. If you could be little responsible more every day. Every person must think that at least 10 persons I must bring to Sahaja yoga. It is our responsibility. Ten persons I must bring to Sahaja yoga and in such a manner that they are done up well. They are prepared well. They are ready. Find out the ways and methods.. Nobody has given me any schemes as to how to increase the activities of Sahaja Yoga. Sit down, think about it. I have already told that one method would be to have a program in a house of a Sahaja Yogi and all of you should go there and invite the neighbors saying that in our house we are going to have a program. Even for a small haldi-kumkum you can get at least 500 women easily. So for Sahaja you can. Find out ways and methods. Find out ways and methods. How you can bring more people to Sahaja Yoga? One person is more responsible than another. It should not be so. And there are so many other things which you should also understand. For example, people write letters to me about lots of things I have to meditate, I have to do some penances so I have to write book, like that, I am busy. You know I do not spare myself much. I do not write letters back. Sometimes I cannot. Even if you do not receive a letter you will be looked after. Remember that. But you must write letters. There are people who just do not write letters. I have seen it. Just do not write. You must learn to write letters. Today I received a very sweet letter from Mrs Knight and her husband. It is like a puja. So beautiful it was. You must write beautiful letters This is not the

way to be responsible. Just you do not write. At least minimum you should write letters to me and to other Sahaja Yogis that I would say Shirayu she is very responsible. I never write to her, seldom I have time. She writes to me. She has so many problems. She has her children, she has her husband. But she writes to me beautiful letters. And even if I do not write to her she never minds me. [UNCLEAR] If she was not have written letters to me she would not have composed such beautiful poems.

Another is Raul Bai. I seldom have time to write to her. But she writes to me. If I cannot answer you, you should not feel bad about it. This is one thing you must decide. That your Mother is very pre-occupied, and She is very busy. Your letters of course give me great happiness and you must write to me. But people seldom write. Seldom. Very few people really write to me. And they have no time for writing letters you see. This is not the way.

Now I will tell you the secret. It is very very simple. You have read so many scriptures and you have read Ishwar Stuti or Devi Stuti all these things you have read. What do we write on our invitation cards? Come [UNCLEAR]. Jagadamba Prasanna (pleased). That is the Mother is in such pleasures you can say. She has been so happy. Or She is very happy about it. So you must just find out what will make Mother happy. What makes me happy. When you do something just weigh it out, will She be happy if we do like this. If we talk like this and say like these things. Will She be happy? It is very simple. You know me too well that I am not going to like it. I may not say about it, I may keep quiet. But I am not going to like it. That is a very good judging point. Do not do what you want to do and you like it. That is a wrong style. Absolutely wrong. But you must do what I would like you to do. And you know Me very well. And that is what it should be that Mataji Prasanna(pleased). This is a sort of a certificate as we take as we write Mataji Prasanna. In our house such and such wedding is going to take place. That She is happy. So do everything with that permission.

As it is I am very happy I must say this time because you have opened out very much this time and there has been a big progress. There is a big rise. But it should be done regularly, and it must be kept up. I do not know how to tell you what has happened to you actually because it is a very big process which came into play. And it has worked out very well. And now you will be seeing your small small faults of your chakras which you are separated from and you are not bothered about it. So, when you have a problem on your chakras try to clear them and keep them clean. And respect yourself and your responsibilities as Sahaja yogis. This is a very historical meeting of very very few people. And everything that we have done here has been of great help. Carry no malice in your heart but joy that you found a place where there is a goodwill of so many Sahaja yogis who are realized souls. And when they increase in number the ratio increases of the evolved souls who surround them in multiple proportions. Or you can say geometrical proportions, that is the correct way, that is mathematics. So, the more you are the better it is and it is now your responsibility to be wise and to show some results till I am in Bombay and also in India. Let us see now everybody, how he goes about.

And the programs are going to be in Bharatiya Vidhya Bhawan. Sometimes it shocks Me when I see that in big programs Sahaja yogis are the last to come. All the rest of the people are there and Sahaja yogis are missing. So first of all find out ten people who will come for Sahaja yoga. Next program I do not know he will announce it where it is I do not know we have not yet decided. [3 & 4 in Bhartiya Vidya Bhavan & 2 - 4 in Ghatkopar- talks in MarathiConversation with another yogi in Marathi]. In Bharatiya Vidhya Bhawan three and four. So you should find out people why they are doing like this. Why should not they come into it and go ahead with it. I even know Sahaja yogis which are lost you can go and talk to them and work it out if possible. If not, forget them. Let new people talk to them and tell them about Sahaja yoga. And I hope this three and four will be a very good program.

Now everybody should be responsible. Should find out if somebody needs flowers somebody can bring flowers. Somebody can bring UdBatti (Incense sticks), somebody can bring something for the program. And somebody can bring... You see even when I go there then the adjustment starts of the radio and there this thing and that thing and such a waste of time and that is not good. But it is you see we find faults with others. We never find out ourselves what we have done about it. You see supposing somebody has not brought say the loudspeaker. So that fellow has not brought the loudspeaker so it is very wrong you see. But what have you done about it? Have you done something about it, have you found out something about it? And if everybody works it out, how to decorate, how to put it right and everything, how we are going to expand it, then the things will be alright.

Another program which all of you should know is on the 21st of March and I would like all the other people to also come. You

can bring some people from Rahuri, those people who want to come. 21st of March. 19, 20 and 21. At least if you can come for one day it is alright [if you come in 2-3 days then also fine upto that we will find place to live so problem of living will get solve-conversation with another yogi in Marathi]. 19, 20, 21 we can have regular three-day program in that place. But in any case we organize something better this time 19, 20, 21. [Now we have program in Delhi, ask those people - conversation with another yogi in Hindi].

1977-0126, Seminar Day 1, Questions and Answers, Advice to Realised Souls

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26 January 1977

Talk to Sahaja Yogis

Bordi (India)

Talk Language: English | Transcript (English) – VERIFIED

Advice to Realised Souls, Bordi (India), 26 January 1977.

I'll try to cover most of the points that you have asked but I must say that I was very happy to hear most of the questions because that shows that your enquiry is getting subtler and subtler; that you already know about the gross side of chakras and now you want to know the subtler forms.

Now the first question, which should be taken up first, is the one - "How the chakras come into human beings? What time? What stage of life?" because that should be the first question.

This question is something like if we ask, "What time a primule comes into the being of a seed?" is something like that, that, a human being, when he dies - as I have told you before, he does not die fully - only a part of him dies, which is mostly the Earth element, and the rest of the elements remain there. The rest of the body disappears and we can't see it because it is not a complete human form. It goes on decreasing in size and the Kundalini leaves the body and stays outside, outside the body. And the Atma, what we call the Spirit, also leaves the body, and stays outside the body, which is the remaining body.

The constitution of this new body is different from our constitution. A light that is extinguished has all the body except for the light. But the light goes out of that body now. In the same way, in a human being who dies, the Spirit and the Kundalini leave the body, but they are around that body. And it's a great procedure that follows which is fantastic. It's unbelievable how the body disappears into different elements also.

But first of all, let us see, when such bodies which remain like that, they go into what you call the Pretalok (- Spirit world). There they become seeds or they become smaller and smaller and smaller till one body forms an ova and what you know as a sperm. In one body it is formed. I don't know if you have seen the division of chromosomes how it takes place? It's a complete division. If the chromosome is like that, it's a complete vertical division and a complete separation takes place. That is why marriages and selection of partners, all these have a great place. For ordinary bodies it does not matter for the Divine; they take place in such a manner that there can be at random connections established. For example an ova of one may combine with the sperm of another. It happens at a very lower stage of evolution; among human beings also it happens like that for some people who are just not very evolved.

But mostly the ova rejects the sperms. It only accepts that sperm which is meant to be accepted. Now it is such a minute work. It is so fantastic that it is unbelievable. We have no idea as to how God works out in those. It's absolutely tremendous that even the ova, rejects, goes on rejecting, the sperm that is not the second part of itself! And that's how so many sperms are wasted and so many ova's are wasted.

So you can imagine that there is a tremendous machinery, which is working out this. Specially people who are realised, when they are reborn, all the forces of the Divine combine to see that these, this ova is placed with a person who is ultimately going to meet the person who has the proper sperm so that there is no problem as far as the meeting is concerned. And the Divine takes all the care of these great souls.

The work of the Divine is very, very fantastic and it is beyond human conception to understand how the awareness of God can look after all the minute small things of the world. You cannot do even a small thing like attaching this to this one, unless and

until you pay some human attention. So you can imagine the attention of God, who embeds so many seeds in this Mother Earth and gives you such huge, big trees! I mean, you have taken them for granted, but if you watch you will see this Fantastic, Dynamic Force behind it also, which thinks it, which does it, so perfectly. But we think that it is all automatic and that's how we can bear it, and that's how we can bear Sahaj yoga also, thinking that it is all automatic.

The second question is, "When did the chakras that are in the body [get] embedded?" They exist in the body and they go on existing. Of course they get corrected every time the body takes birth and goes into a new seeking. And the Kundalini also, every birth you are born, is watching you as to what you are doing, how your chakras are developing, how it is working out. And through the method of balancing you or [by your] parasympathetic system, or you can call universal unconscious, the chakras are brought to its proper shape and to its proper condition by evolution.

A man makes mistakes. He makes searches. He searches from one place to another. For example, he may start his search in money, then he starts his search in power, then he starts his search in love, I mean the carnal love, or he may start his search in some emotional expressions, then in art and all those things. Ultimately he finds that the search has not been alright because he has not been able to achieve any state of joyous existence. And with his search these chakras go on evolving and understanding.

Now we have to know that these chakras are absolutely living entities. Because when a person is supposed to be dead, that time, all the Deities are not in the working state. But the living man has the chakras, which has got the Deities, which work out the different functions of the chakra. And it's a very, very subtle working and these can be called as the reflecting mirrors, at different levels of our awareness, where the Deities, which are placed in the Primordial Being, the Viraata, are reflected and they, once awakened, start working out the plans of the Divine.

In some of the human beings, when they are searching, these chakras find that the person or the subject is going to the extremes of things and this comes because a human being has got freedom to choose. And in his freedom he goes to the extremes, and by going to the extremes the chakras get damaged. Going to the extremes is what we call is 'sin'. To be in the centre, to lead a moderate, simple, balanced life and stick to the values of our sustenance, is the best life. But if you start going to the extremes then the sin starts. And the sin, in the Bible it is written that, "The wages of sin is death." So the death occurs. Now the death actually doesn't take place but what happens is that the part of the chakra gets damaged. It can be a physical hankering, it can be mental, it can be emotional, it can be spiritual, it can be anything. If you go on working out an imbalanced solution then these chakras get spoilt at different points. That's how your chakras get spoilt.

The chakras are, according to our awareness, in different states. For example for a doctor or for all of us, we know that we have plexuses in our body, we know we have different plexuses. Like you can say pelvic plexus, we have got solar plexus, we've got aortic plexus, we have got cardiac plexus, we have got cervical plexus, we have got optic chiasma, we've got limbic area to act, or we can say pituitary and pineal bodies at optic chiasma, and then we have got limbic area where we have got certain points which are active. This every doctor knows because they have even tested the limbic area of some monkeys and they found that, if you excite the limbic area of the monkeys, with electricity, they feel very joyous.

So all these chakras, in the body of a human being, are only felt as gross expressions, which we call as 'plexuses' in the parasympathetic and sympathetic channels. They are all connected as I have told you, that, the sympathetic comes from both the sides and creates the central channel, and that is the parasympathetic. So it depends on the balance of both these sympathetics that the parasympathetic works out well. When the balance breaks up, any imbalance can upset both of them and, when it is completely broken, then they become on their own, and that is how it is the complete so-called, 'liberation' of man from Gods grace.

Once he's completely 'liberated' from that thing he starts falling into the state of, as you call them, rakshasas. He goes to hell, he goes to the other kind of awareness where there is no feeling, no consciousness of conscience. He doesn't think twice. He can kill a hundred people without even feeling bad about it. He loses all his emotional side and also he loses all his wisdom. What remains in him is his own ambitions and his own desires or his depravity. And he goes on without feeling any compunction or any binding from the Divine or his own dharma.

So these chakras are very important for us because, first of all, they give us the balance for our everyday existence. They give us... (break in recording)...God, and we can think of subtle things and abstract things. This all comes through the help of the chakras. If you ask Me if the animals have the chakras - they have. But they don't have all of them separated, sometimes they are confused chakras and all the chakras are not separated from each other and they are not all opened out because their evolutionary process is not yet complete. But some animals I have seen have got an awakened Kundalini and they are realised animals I have seen it. So it is possible, even for animals, to be very [much more] dharmic than men are. And sometimes it's surprising how they can discriminate better than human beings can. Apart from that animals are kept under the bondage of God and whatever is their sustenance is done by them; they don't have to think about it. For example a dog is a dog, a cat is a cat, and a tiger is a tiger. It's only the human beings can be a dog, can be a scorpion, can be a snake and can be a saint. So it's only a possibility in the human being that you can find all the animals existing side by side, and can be any time [that] these animals can come out and you may be surprised at yourself the way they suddenly jump out and start barking at you! So that is what human beings are because whatever has been in our past is within us; whatever animals we have been, is within us. So all that is there but whatever we are going to be, also is there. And whatever we are going to achieve is also there.

For human beings the future, past, present exists, but for God it does not. So for Him to plan and to organise and arrange is a very easy stuff because, if you do not have such demarcating things, you just organise things much better. And His methods are because of His own awareness, status, almightiness; or it's just His nature that He's like that, that He can manage things very well. And you cannot explain them with one event after another event, how He has managed and how it has happened. He does it just because He is capable of doing that. He need not do it, all that, with understanding or thinking about it, as human beings do, because he does not have to think either, because He is that. He is the power and He does everything. He is the consciousness, so he does everything without putting any effort into it. And is a very different state, which perhaps you can understand, as Sahaja Yogis that, just you move your hands and you find the Kundalini moving the other side! And you may say, "Why is it moving?" after all, you must think about it. You are realised so you can do it, but not a person who is not realised; if he put's hand like that a hundred times nothing is going to work out. Only you can raise the Kundalini. The reason is: your awareness is different and his awareness is different; your powers are different and his powers are different.

So, in the same way, God, who is All Powerful, for Him, even [by] moving His finger He can move the whole Universe, after all He is God. And that's why for human beings it is said that you better have faith in God, because that's the best way you can solve your problem.

If you go on thinking about Him you'll all go crazy! So we have to go to a point where we can understand Him otherwise we will all go crazy understanding Him (laughing) and we all will become mad thinking, "What all these things? It's beyond us, it is too much!"

But, because in Sahaja Yoga, now your awareness has come really to such subtler forms, one can understand so many things and can understand the subtler ways of God's doing and also understand what is possible for you through subtle methods. We can talk on subtler things but talking this to anybody who is not a Sahaja Yogi would be something madness! They wouldn't understand a word that I'm saying. It's only meant for the people who are Sahaja Yogis.

So we came to a point where I said that, "In the gross they are expressed as plexuses in the human being." Now this is known as the gross way. Now the subtle form you have seen, the sukshma as they call it - the subtle form. The subtle form exists in the human being, which you can see - you have seen it - the subtle form as energy when it starts pulsating, you have seen the pulsation. But this subtle form is in two forms: one is a sukshma and [the other is] ati sukshma (very subtle). Because in the sukshma you can see and a person who is a realised soul, if you are a realised soul then you see even the chakras, in the sense you can feel the chakras on your fingers.

A unrealised soul can see the pulsation of the Kundalini and the different chakras with his own eyes. He can, if he watches it clearly, he can see the different chakras clearly. And you as Sahaja Yogis can feel them on your fingers and also can feel them

within yourself in the collective consciousness. There is, you can say, in the second stage of sukshma, there are three stages as you can say: sukshma (), sukshmatara (- subtler) and sukshmatam (- very subtle, subtlest). These three things you can see. The first stage you see is on your fingers is the sukshmatara. But with the eyes [what] you see is a sukshma. And if your fingers or on your chakras when you feel, it is sukshmatam. So you see them in three forms. If some of the people do not feel it on the fingers [they] can feel it on the chakras also. So you can feel it in three ways.

But there's a fourth way where you can say it is in the karana, karana state. That's a higher state where a realised soul can feel it, who is born as a realised soul can feel it. And in that state they just know like a computer. They don't bother as to which is the one, and they don't put hands or anything, they just feel it, it is so. As you have seen in my granddaughter's case, she just knows what is what. Just see, you ask her, she'll immediately say, "This is this, this is this," - like that. It comes plain to them, absolutely - "This is this." Now you may say that how do they know? But this procedure becomes such a compact thing - it just happens to you. Like [if] you pin prick me here and immediately the hand goes back. The whole reflex action is so quick that we can say there's no procedure as such but it's just a reflex action. In the same way it acts as a reflex action, so that you don't have to worry about the purpose of it.

That is the state where we say the karana state is reached. And the mahakarana state. Now this is the third stage is it? And even in the karana stage there are three stages into which one feels it. Now that is, I would say that, I need not explain because that's beyond you people. But if you are born realised you will understand that imbalance in a personality of the three gunas is immediately perceived by a born realised person - immediately perceived! He can see through. That's the wisdom he has gained in his previous lives and previous births and immediately they can see the imbalance that comes in. And whatever they say is so wise and they understand because they can see the imbalance of these three gunas.

And, according to their own gunas, whichever are prevalent in them, these three stages exist in them the way they say.

For example, some people are more tamogunis: means the ones who are very emotional type people, among them some are very emotional. So they see a person through the emotions, the way they feel in themselves. They call it a feeling. "I had a feeling for such a person. I felt that way." That is the word they use.

But supposing the person is a rajoguni, he has been working on the rajoguna, like praying to Surya and doing Gayatri [mantras] and praying to all the heavenly bodies and also the five elements, like that. If he has been doing yAgyas and all those things he's a rajoguni. Such people see them as lights, as electrical forms; so they see them as colours and things. So one sees it as an emotional thing another sees it as a colour or as any form. They see them as forms, as colours, lights. They see as electrical currents and some them as a different flowers.

Now they are feelings and also they are these rajoguni expressions, which you can see with your eye [like] The Creation itself.

But they are also feelings. So those who can see feelings more, a person who has been very loving and has dealt in this side of life, who has been a bhakti man, a dedicated man, who has been praying to God and crying for Him and asking for His help and weeping before Him with all his heart - such a man will feel a person more and a person who is a more dedicated to forms and things, [he] will see them in a different way as forms. So then they see them in colours because they're also colours. They're also colours and they're also sounds.

So the sound is also one of the elements, so they can see a sound. And they also see them when their Kundalini moves, they see the sound moving. Most of the people who have seen this have been the people who have been meditating through the Patanjali style of meditation where they were single people - Parashurama style (austere). And they saw these forms and they saw the movement of the Kundalini through the chakras; when it passes, it creates a sound, a word. And so they studied every sound how, which sound was created, what sound was created what colour was there. And so it is the one-sided knowledge of the right-hand side, of the people who went to the right-hand side that they say that, "This thing was created, that thing was created and then this sound was created."

Then they formed the language - it's the original Sanskrit language which was formed. That's why it's called as a Devavani. And that's why these Deities understand Sanskrit the best. When you say Sanskrit mantras they absolutely understand them very fast because this has come originally from there. They studied that and then it closed off. But other languages in India, most of the languages, were taken from Sanskrit converted into something else, brought to another form and then another Sanskrit came in - Takruta Sanskrit, then these five languages - Magadi, Paishachi, Marathi, all these languages came in. So it is derivation [of Sanskrit].

Other languages in other countries that came up was also of course the expression of the Kundalini, but they learnt it more from say, the words came from the outside; the sound of the air flowing they call it 'ssss', so they call it 's' like that. And from the nature, whatever they learnt from outside because the approach has been more objective. So objective approach is always little less than the subjective because subjective is from inside and objective is from outside. So when you go from the objective, the deviation into the main sound that are coming from the inside, the purity is little bit deviated. And you know what is objective and subjectivity approach.

So this has happened with some languages. Some languages are very, very close to Sanskrit but they too took a turn according to their gunas.

Now, the Satvaguni (), the central path or the Satvaguni as they call it, they are also the people who have Satvaguna more in them; they see chakras in the right form. But Satvagunis should not be confused with the people who believe that if you eat this then this is satvik (centred), if you eat that that is tamasik (left-sided) or if you say this, this is satvik or if you do not kill anybody then it is satvik. In this the right perception comes in. For example, you have to explain why Krishna killed so many rakshasas. It was absolutely satva; is dharmic, absolutely dharmic. Why Durga killed so many rakshasas? She had to eat the blood of so many rakshasas.

So whatever is dharmic, the wisdom, the right path comes through such people who are neither too much this side, neither that side and they know exactly what is the right way of looking at life.

Such born realised people: this is a very, very far-fetched stuff; they are very few. I would say perhaps Buddha and Mahavira are the only two human beings who have gone through many lives. From one extreme to another they went and ultimately they found out that going to the extremes is not proper. Still they have not reached the complete height of an incarnation.

So a model was to be created who would all the time be giving a fixed point for a person to rise to that. And these are the different models which are placed within us on our chakras. And these models are perfect points belonging to those chakras. So according to the nature of the person who is watching these chakras, one sees them and gives them importance also.

Now for a person like say, [Adi] Shankacharya: Shankacharya is a born realised soul many a times. He's not born realised once, but many a times he's born realised, and he's in the centre of it you can say. One of them, you can call him. So when he talks of his Mooladhara chakra, he has already done the path many-a-times and now he's going to the subtler and subtler and subtler form. So when he says that, the Mooladhara chakra [when it] is opened out then you can walk on the water it's correct. Because he is at that subtle stage of ascendance. One has to ascend once, second time, third time, forth time, and then you reach a stage where you start ascending. But even then it is not so important to walk on the water. What is so important to walk on the water? It's nothing so important because it's easy, you can take a boat and walk! It's nothing so important! So walking on the [water], means also on the right hand side; it's a right-hand side [power] to walk on the water or to fly in the air, all this is the right-hand side things which also can be done with the help of a boat, or what you call an aircraft or even you can use a bhoot! For that you can use a dead entity and we can make him take us to any place we feel like. It can be done! This ESP business is only that. So it can be done by other methods also. So it is nothing important.

It's sometimes very confusing when we see that some people can fly in the air! They say [that] in the subtle form they have gone. You don't see the body moving but you see that they can feel it. The difference being that the people who are realised can guide

themselves and can see the body moving but those who are not realised they find that their subtle-being is being taken out and their consciousness going with them somewhere else and they're sitting on top of the house; from there watching themselves and they're sitting there and they see themselves sitting down like that. These phenomenon take place. That is absolutely nothing but a soul being ridden by a dead entity. So there's nothing great about it. That is also right-side stuff.

The left hand side as I told you is the emotional feeling about things. You feel tremendous love for others and sometimes people, I would say Sainath was one of them who had this left hand side gift with him, and he was love personified. And he was so much full of love for people that once there was a woman who was very poor and she couldn't celebrate her Diwali day and he couldn't bear it so he gave her some water and the water became like oil and she burnt lights in that; and it's a fact, you can do that, it's possible. And with this power you can increase food, you increase the food stuff, like Christ did it. That's also [using] one side (left side).

So all these things come in a personality; some people have one more, another has some more, and some people have all these qualities. Some, those who are incarnations have everything. They can do everything that they want to. And they will use whatever they want to do and if they don't want use any powers they will not use. So it's nothing important. Supposing you see something, alright, there you can see it is a good thing. But that doesn't mean that you should stick on to those things but you must try to do what you don't see. For example, now you see the light coming out of somebody's head, now that's one side of looking at things. Another is that you can feel the another person. Don't you feel the another person? How he is, how he meets you, how you are coming closer to that person. Can you feel that compassion for him that he's not where you are? That also is another balancing stuff. But this should be done [only when you are solid]. This is very dangerous for some people who try to be helpful to others when they are not themselves solidified properly.

So I would again warn you that when you start seeing lights and all that, try to remember that you are going on one side - you are seeing more. Then be more compassionate in your tongues, in your talking, in your behaviour. Try to have more love. Means right hand side is more developing, the left is less; is the heart. So you have to raise your Kundalini from right and left. But this is all mechanical it works out. It's only thinking about it, "Oh, I have to develop my heart more," the balance has to be there. This also should be there, the feeling for others.

Now the feeling for others cannot be explained as I feel for others. I just, if somebody is crying anywhere, I get tears into my eyes automatically. Even if you are not crying and if you are feeling hurt about things I get this hurt feeling within Myself. Like that, you should really feel that hurt feeling and that desperate feeling and that cry. Of course it comes to some people too much but they do not have the other side.

So you should have both the sides and both the balancing directors within you. So those who are seeing things more should not go on bothering about what they are seeing. "It's coming that way, alright" because they have done that kind of tapasya so they see things. And it helps Sahaja Yoga very much because you can see for yourself who is realised who's not realised, this thing, that thing.

But still the dryness is in you. So, if it is in you, you should try to develop it. So whatever you don't have you try to develop that. Whatever you have don't be satisfied with that. That's the best way you can rise. Those people who can see things should try to feel others. Those who can feel others should try to see things and it will work out that way. So this is what it is.

And in the mahakarana state where the mahakarana is, that is a very, very subtlest form of state where the chakras which have got the Deities are connected with, are a reflection of, the Deities of the Viraata. Now these Deities in the Viraata are reflected in you, are awakened in you and they start moving and making the whole thing work out as it should be. Up to the karana state it is very good. But mahakarana state is the stage where it is the real - what you call the object - object and reflection. When you can come up to the object which is a really deep state of mind where you are with the object and when you are at the object you are very close to an incarnation state.

So as far as you people are concerned, you should try to understand up to karana state, because beyond that how to jump and

how to go is not the question just now. What's the use of telling you about something which is a far-fetched stuff? So we'll talk about it later. But this is how it is the four states of chakras.

Now, tentza prashna? Ah, te chakra. Ha. (Marathi: His question? Ah, about chakras, yes.) He says you see it [moving] anti-clockwise. You do see, because most of the people who have seen it have seen it on other people and when you see on other people from the backside, you see it on the anti-clockwise side. But, if you see it from the front, it is clockwise, that's why.

Yogi: No, what I am saying is - you feel the chakras moving, you are outside your own body, still the chakras are moving in an anti-clockwise manner.

Shri Mataji: Yes it depends on, you know, what I've just now told you: that the chakras, say for example, for an ordinary human being the chakras are nothing but ordinary plexuses; for a realised soul it is more than that. So the more you move into a greater wheel of your own awareness that's how the chakras start manifesting. Now for example my chakras are working all over. All over. Do you see the difference? So it depends on the awareness of the person. As much as the light now say; that much is the extension of the light, as much [as] is the power. So that is what it is.

Now is there are any questions left on chakras?

Yogi: About the number of petals.

Shri Mataji: Yes, yes. Number of petals is also gross stuff. Till you go to a certain stage where your petals are being created, because there's a little mathematics about it, little mathematics. And all this mathematics has been worked out in a human being - how it is. But these are the...we can say that now for example, in a person now, a light is there: say 25 watts. Now 25 watts are to be converted to 60 watts or something like that. So you have to see the dimension into which the person is, [that] that portion is going to grow. It's a big mathematics about you - the dimension to which that can grow and into what sphere it is going to penetrate. For example, the Mooladhara chakra you can take for an example now. Mooladhara chakra is actually fourth that way, because it covers the four sides of the human personality. It's in the abstract calculation, it is the fourth side of the personality. And the fifth side, the movement in the fifth dimension, doesn't take in the Mooladhara chakra. It takes above the Mooladhara chakra.

So the fourth dimensions as shown by that. These are the different dimensions of a man. At those levels how many dimensions you touch by these tattwas (principles) - it is calculated like that. In My book I have given most of these in very great details as to what are the dimensions one touches in this state and how far you go.

But the same Mooladhara becomes only two later on. But it is such a subtle and sharp two, which penetrates just like this, all over.

So it depends on...you can say in a machine you have different types of bones and different types of screws and with different dents. Now what is the calculation? Is there an engineer who can say why it is so? So it is a very detailed work and it's all worked out because the dimensions into which a human being will be going, all that is worked out and on that chakra only these is dimensions you achieve. So it has a meaning. But it's not only four [sub] chakras. It's not only four. It has got many petals inside and it's a very interesting one. Actually on Mooladhara I have written a big chapter, complete. How many folds are inside and how these things work out and how many folds, what do they suggest and how far they open out, because it's all a dimension which is worked out.

For example, if you take a banyan tree, the seed is so small. A banyan tree has the smallest seed. Now why is it so? And why is it so microscopic? Because it is so dynamic. For you this is all worked out like a capsule. And it's a capsule which is to work this dimension [and] it has to work that dimension. So it is rather a calculated stuff - which I have described. I have only described Mooladhara really in the full [way] because it makes such a big volume of one Mooladhara chakra, that I gave up about others. I have just mentioned [briefly] about them.

But only Mooladhara itself, when I started describing, it became such a big, huge thing. So I gave in I said, "Now better not do other ones (chakras)." But it's quite a complicated stuff and, God has his own stage or style of planning and we can't question Him. He does it according to His own whim. He has his own style. But [even] His whim has understanding - everything has.

You will find that sometimes, if you try to study, that if you ask Me certain things I try to answer it in a different way. Because there are His ways of doing things and He understands and that's how He does it. But still I have tried to bring out at least Mooladhara chakra, so that human beings must understand that how complicated they are made, how God has been so careful to place their Mooladhara so well and how He has put the force there, how it's a living machinery, how it's working out so that people should understand the importance of their chakras and importance of their being, how important you are. You are not ordinary people.

Even if there's an ordinary tape recorder we are so careful about it. How much we should be careful about our own machinery, which is being created in ages with such great understanding, with such mechanism! Every chakra if you take up, even if you take up three yugas (ages), you won't understand one chakra - it is such a tremendous working inside. I have of course given only the description of it and the reason why is a stage which will make you really mad! But I have tried to explain in that. You have read my [description of] Mooladhara did you? It's quite an elaborate stuff.

Gregoire: In Delhi, the question was "what is the purpose of life?"

Buddhism said the purpose, I mean, of all these incarnations is to go in nirvana, which is nothingness, where nothing happens. Then in the Christian tradition, it is also 'perfection' which is perceived as a total union with God which is immobility. Now you said it is not like this, you are going to incarnate again and again. Then the question I would like to ask in connection with the chakra is 'What is the purpose of life?' I understood before that the supreme thing is to be united with God, whatever this means, and when I am united because there is no movement anymore but...

Shri Mataji: But that stage I never cancelled it, that stage is not today. You see, when I said it that - just now you have to incarnate again and again - you are not at that stage. But when the whole thing...you see, nothing is wrong in any one of these. When they say, "There is a day of judgement." But before that God is going to give you a chance. He is going to give you full chance to improve yourself [and] go to that position. Like that, we can say that, first the trees are brought into being by sowing the seeds. Then the trees grow up. Then there are flowers, then the flowers are again, they become seeds. Then again the trees and again this thing, until again they reach a certain stage, till they have completely ripened then they remove the whole thing and the whole thing becomes the Brahma itself. And whatever is a waste matter is thrown out.

So ultimately it's the union. But the union of your being means with God. It's a much greater state. First of all it's the purification point. For your purification you are to be born again. You have not reached that stage where you should become mahanirvana, have you? If you become, might be [that] you might land up in hell so better not try that! See, you must understand that just now, at this stage you have to go further, purifying yourself till you reach a certain stage where, when you reach a certain stage, at that time, God has given you enough chance, enough chance to improve yourself. [But if] still you are rakshasas then you are not going to be tried any more. But it's quite near, I must say. You cannot now allow it to take to chance it's not, it's quite near. One of the butchery is going to be very close, is very close; I mean I would say can be anytime. So you be careful! I mean, it's just there. So many have to be neutralised because they are just very troublesome. So it can be quite close. So just be careful about it.

So, if everything fits into everything else but what happens is every religion, part of it is said so this cuts out the other. Supposing I say, "You have to go to this room," now if I say that, "You have to come two steps that side," and then I say, "You have to come three steps this side," these are all connected stuff but because it is said only three steps here so you say, "Then in that religion it is said three steps inside you and what about those two steps?" I have to tell about them also. Because I have to tell about all those two steps [that] you have to take first, I better not tell about these three steps because you'll put your eyes, "oh, very nice!" It's not going to come in a plate (easily). You have to work it out consciously. Understand now.

Yogi: Where do the chakras go after death?

Shri Mataji: Chakras exist within you, chakras is a play. They just only exist within you.

Yogi: Within the Earth element?

Shri Mataji: No, no, no. They are in the body only, they are in the body. The body is itself like a seed, you become like a seed. But they are potent (potential?). You can't see them. Chakra is a state.

Yogi: I think chakra and Kundalini must be together?

Shri Mataji: No, no. It is something like a light going out and the tube is still there. It is like that the Kundalini. But it stays on top of the head of the person. The only difference is, supposing, the light goes out and stays nearby. You see the potential is there in the light. It is like that. The place for the light to pass is there.

Question: And one more thing you have said about sympathetic and parasympathetic, when they separate out then that person goes to the extremities, the extremes and in that case, you know what happens, before our realisation whether they are separated.

Shri Mataji: No, no. They're already separated in the gross they are separated; inside also they're separated but there's a void because yes, that is the only problem. The Kundalini gets enlightened when it faces me and it immediately starts rising. Or when you people [also], because you are also Sahaja Yogis. It doesn't happen with anybody else you will be amazed you know.

So now what is the other question?

Question: How do the chakras move in the body; is it horizontally?

Shri Mataji: Yes, yes. That is true, they are moving horizontally. They are moving horizontal but when you move them like this, you see; like you have seen the wheel...

Question: Why not you go this way?

Shri Mataji: No it doesn't work out. It works out better this way. Because these are the things that are emitting. If you do it like this it goes down. This way these are moving you can move this. You have seen that in a watch there are some like this parallel and some are like this.

Ata dusra kai prashna ahe? (Marathi: now what other question is there?)

Yogini: Mataji, the fake gurus have damaged the chakras. How do they do it? And what should be done about it?

Shri Mataji: You see, what gurus do is they use different chakras for introducing into the sympathetic nervous system some entities which they have controlled. They do not control many entities as such, but what happens, for example now I would say, during war many people died just like that; killed there. In those countries, those souls, they never had a [normal] human life and they were treated just like animals and they were very much tortured. So they had that feeling in their minds that, "We should also torture these people." So when they die they do not die really and they do not get into the pretloka. They stay in the atmosphere and that's why wars are very bad things, because wars create such human beings much more, with accidents and people who are very depraved in life, very dissatisfied who are doing all kinds of depraved actions and secretive things and all kinds of horrid things. All such people, all of them, when they die they do not really go to pretaloka because they don't think of their salvation but

they are just thinking of their lust, greed or possessions, those who are grabbing things, thieves and all sorts of people. We can call 'evil' people and satanic people, when they die they find they become much more subtler and they can be better off if they act in a subtle body. So they use their subtle body for acting into people and such people are easily available.

So these gurus, what they do, that they themselves are evil geniuses, and they have a way of capturing those people and they use them. And they introduce to you through your different chakras. For example, Ravana had a capacity to speak and in his speech he used to introduce rakshasas into the human beings in Ceylon. Otherwise imagine in Lanka, people should never fight Rama, because at that time the sensitivity of people was so great that they knew that Rama was an incarnation. They were not gross as today they are, that one has to tell that, "Oh, here I am the incarnation." That time it was not Kali Yuga so they knew he was an incarnation. And so many of them, I mean some of them did not, but quite a lot of them knew and despite that nobody could oppose it because their mind was captured by these entities put [into them] by Ravana and they fought Him.

So, it was so, even at the time of Krishna: people knew who He was at least they had quite an idea, even Kauravas knew about it.

But this Kali Yuga is a wretched thing, nobody sees anything clearly. But those times were not like that. People knew who was an incarnation and they understood it.

And that time also, these people had to use some sort of a way of putting them off and they used this method of enticement. And when they used this method of enticement, in that use, they learned also subtler ways and subtler ways which they are using in the Kali Yuga very well. They are actually rakshasas and they know these methods how to entice people. There are so many ways of doing it. And when you bend your head before them that is the best time when they can put it into your ego and they can finish you off for once and for all. So that's how they do it. And you are no more yourself!

First of all they act on your heart: you become a nervous person your hands start shaking your feet start shaking; they act on your heart chakra. You lose the power of raksha (- protection) which is the basic point of the heart chakra. And then, once you start losing the grip over your nerves you find that [it's] as if somebody is doing for you. And if you take somebody's name you start jumping and you don't know anything - it's an experience. There are so many things they do like that - thousand and one.

But human beings, as a whole in the Kali Yuga, instead of improving has gone down absolutely in his conception of Divinity and in everything, I mean he's a hopeless case otherwise! But by God's grace Sahaja Yoga may save him. The way it is I mean he's very, very blunt, he cannot think, he's very insensitive. And he carries on all kinds of his malpractices thinking that he's the rarest saint ever born. That's another great quality of Kali Yuga! This is the problem. They have no conscience left now to tell them that this is wrong or that is wrong, they've killed it. Everywhere it is so.

Tumhi shalid chi mulad ka? (Marathi: your kids are in school?)

Yogi: Ho. (yes)

Shri Mataji: Achcha (ok). Ata dusra prashna (Marathi: now another question)

Yogi: How music works on the five chakras?

Shri Mataji: All these five elements are very important in our body and they are the body of the chakras also as I have told you. So what happens that, when you sing the music, the vibrations can go through the musical sound and can excite certain chakras. For example, for the hrday (heart) chakra it is very good or also for the Vishuddhi chakra it is very good. Not for all the chakras. But certain chakras it does. But supposing you say a mantra, that's the sound, with beautiful music and a realised soul then it is very effective. For example, Ganesha you can excite him with a beautiful sloka if you are a realised soul and if your Ganesha is correct, you can excite the Ganesha of another person very easily, I mean such a person can do it.

So music, sound, all these things have an effect and we are now using that method very extensively. But supposing now, we go

in a mass meditation and many people are there and some chakra is caught, say Vishuddhi is caught, I can correct their Vishuddhi by just putting My finger on this, like this, because this has the sound, this is in the chakras, there is a micro-sound which is carrying the vibrations. Actually the part of the vibrations is the micro-sound also, micro-light, micro-sound and all the five elements are micro there. So when I put my finger the micro sound can carry the rest of them and the person can be corrected. We can do it. Specially Vishuddhi. Very easy to correct Vishuddhi on that. You can correct most of the things but certain things are very easily corrected. Vishuddhi, which is responsible for the sound, made from the sound element.

As we have seen that water element is very good for treating people for the lower chakras, up to the heart chakra, because the water and salt can help you for the Nabhi chakra because salt is the earth element and it is essence of the ocean and the essence of the ocean is in the bhavasagara. So we can use salt water for clearing the lower chakras. We can use light for the eyes because, this is made out of the prakash, the light, light element.

Like that different things can be done. And with these different elements if you use them, you can make all the dirt or all the obstructions, which are collected in your particular chakra by putting them back into the same element and cleansing them out so the element takes it away.

For Mother Earth also, She has so many elements in Her that She can take away so many of your problems which are troubling you, in your being, because of some imbalance of the Mother Earth element. This is all due to the imbalance of these elements in you, accumulated more beyond than what you want it. That's why I said, "the extreme of it."

Bhu tattwa (Earth element) is expressed through Shri Ganesh and Shri Ganesh is the form of the purified principle of the Earth element and is the same. In a flute you have two notes -the first and the last are the same. In the same way in a human being the seven notes, the first one is a Ganesha and the last one is also a Ganesha. So these seven notes are the same. And these seven notes make the Earth element and not completely Earth element but started with earth element purified. When it loses its Earth element problems completely it is Parabrahma, it becomes all Brahma. Because Earth element is, outside is the Earth element but inside is dhara, is dhara, is dharana - is the power to sustain, is the power to sustain. And that power is the purest form of Earth principle (tattwa). So, that you become later on; gradually the whole Earth element drops down and you become that.

So it is the dharana shakti as they call it: the power of sustenance. Is the Ganesha. So, like that, in every chakra you have a very subtle and subtle-most point. And that subtle-most point is the note that the Divine is playing at that point, because every note has a different frequency, a different intonation, a different sound, which helps in the melody of this Universe.

So, like that, we have seven chakras and the seven notes. And they are different notes but these notes then create permutations and combinations and that is how a chakra gets into a swara (musical note) and then it becomes a sound, and from a sound it becomes a word, and from word it becomes a language and like that it goes on and the same subtle form starts becoming something else. For example if I have love for my children: how [do] I express it? I make a house for them, I make a place to live for them, I cook food for them, I make a bed for them. It's a gross expression of that subtle love I have. In the same way whatever is subtle within us is expressed outside with the help of the elements that are outside, to express the subtle through our gross behaviour or gross material things we do.

So, it's the same subtle which is expressing outside. But then we become so gross later on that we forget the inner part of it. A Mother may create something, all these things and then she becomes so possessive of her children, she'll think, "I've done so much for my children," that she wouldn't even think why she has made it! She forgets the love part of it and she becomes nothing but the gross thing. She just starts scolding the children, even for breaking a small thing here and there. She does this for love, and then she forgets it. That's what is an extreme behaviour. Extreme behaviour means, from the subtle, you get to the gross and the gross, and the grosser. Once you become grosser you are dead.

Ata kai prashna? (Marathi: Now what question?)

Yogi: (asks question about badhas)

Shri Mataji: Those who can see badhas are on the emotional side. They can see the badhas. There also you can see two types of people. Those who already themselves in badha, they can see badhas, very clearly; they can see the dead persons. Those who are already badha can see that another person has got a badha because they are in the collective subconscious themselves, so they can see. And a person can see, the one who is a drunkard - he can see. A person who is drunk can see a badha in another person because he is a subconscious type, he likes it.

But some people can achieve a state in an emotional way that they can see badha clearly. If they are realised souls, the emotional state, people say, the bhakti people can see a badha there. But even the supra-conscious people can see a light coming before them, they can see somebody standing before them like a light and then say that, "There's a light coming." They might get fragrance or things like that can happen. They are called as tanmatras (- subtle element) is the causal principle of all the Universe, causal - tanmatras. Means for Earth the causal principle is fragrance. So, supposing somebody has done a lot of search in the field of say, Earth element, so such a person can get a lot of fragrance, he can. It is a variety everywhere created because of their different searches and because of their different seeking.

You see badha, just say somebody has a badha or not. If he has Agnya and a heart it's definitely a badha. And you just ask the person to put their hands before the photograph and he starts shaking. Normally he shakes.

I don't know how you should make it out but it's very easy you can make out; they cannot put their eyes towards my photograph. If you ask them to close their eyes their eyes will start flickering, hands will start shaking, eyes will always flicker. slightest ?? will show on the eyelids - like this. Badha, can be of many types. Some people just have for the time being, some people have permanent residence, some have bags full! So you just can't say what it will be.

You just don't worry about these things.

The thing is, people think that there's only one type of badha - is emotional badha. There can be both types. A person who is very egotistical also is dominated by somebody else. Abnormal area, abnormal behaviour, who is not a normal person, can come from anywhere.

There is no difference between sunlight and sun, moonlight and moon. So there is no difference at all. It is only the human beings who think there are two stuffs. It is an advaita (-non-duality), which one and the same thing. For example, now, this bangle is beautifying my hand. So what is the difference between this bangle and the beautification? Is the quality of a person. Is the quality. It's like the ?? and ??. You will take out the rest of it and you will say that this is all useless. It's not that. In everything this is all there, it's one. What is the essence of sunlight and sun? Sun has no meaning without sunlight. Sunlight has no meaning without sun. It is not essence, it is everything but. You can say water and a ice. There is no difference at all. Human beings cannot conceive it, that's the trouble with the human mind, because it is an advaita. Human beings cannot see it, they think of two (manifold) things always. Through perception it is not possible for you to perceive it, but you can understand by analogies. Many things human beings can't understand. You just cannot, because you have a limited brain, you have a limited awareness, you have limited love.

1977-0127, Seminar Day 2, Attention and Joy

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27 January 1977

Talk to Sahaja Yogis

Bordi (India)

Talk Language: English | Transcript (English) – VERIFIED

Attention and joy, (2nd Day of 3 day shibir), Bordi (India), 27 January 1977.

...wobbling too much and how to fix the attention. Now the quality of attention changes according to the state of your evolution. For example, in an animal...

So where is the attention placed in the human being? It is not a fixed point. You can say, attention is the surface or the edge of awareness. Wherever we are made aware, the attention gets diverted to that point. If you can find some analogy, all the files (filings) of iron have got a power to be attracted towards the magnet. Where is that power, you cannot locate - it is all over. Wherever the magnet is placed the files are attracted. Our attention is also like that, that wherever we are attracted, our attention goes there.

It is existing in the whole body, in the sense that it can be diverted anywhere, outside the body. Also inside the body, in case if there is any pain or there is any trouble. It floats over the nerves, it floats over the whole nervous system, but there is a controlling centre in the brain. If it is hit then we can remain conscious, but without any attention. Also, if somebody is hit on the Vishuddhi Chakra, it can happen. It can happen even in the lower chakras if somebody is hit. That portion will lose its attention because you cannot feel, in that part.

The difference is this, that you can pay attention to those points, if you want to, even if they are numbed. For example, if my hand is numb I can pay attention to that, means I can look at it, I can think of it. But there is a point in our being [which], if that is hit then we cannot even think, we are just lying unconscious they say, but eyes are open, hands are moving, legs are moving. That point is at the point of Vishuddhi Chakra here. And if you can draw a line from here to the point where is the peetha of Vishuddhi Chakra is inside, inside the brain; along that line if you are hit anywhere you become attention-less, you cannot pay attention anywhere. This line passes through, also, Agnya Chakra. Because when this point is connected with Vishuddhi Chakra at the back, in here, and at the peetha inside, then a kind of a triangle is formed and all this line or this area can affect your attention. Your heart is moving, your limbs are moving but you are not paying attention anywhere.

So when you pay attention to something, actually you pay attention, normally - when you are not realised - through your brain centres. After realisation, you can pay attention through your other centres also. You do pay. This is a very big difference between a person who is realised and who is not realised. Or you can say that you can become effective through your other centres by paying attention to them. You can feel the centres which are obstructed in your body, which you never felt before. Not only that, but you can feel the centres of other people. That means your central nervous system is being blessed by a new awareness by which it can convey to you, communicate to you, the attention paid by your centres and also it can take your attention in a subtler way into the centres of others.

So, first thing that happens to you is that your attention becomes subtler. Attention becoming subtler means you start understanding deeper things. For example, a bird can see a flower but cannot feel the beauty of a flower. And a unrealised person can see the beauty of a flower, but cannot see the vibrations of the flower. So you become subtler, your attention becomes subtler. You definitely are at a higher evolutionary stage than the other people are.

Now we have to see how we use our attention.

You have seen, even when you were not realised, that, supposing you start developing an art in your hand from your very childhood, then you develop the deftness of that particular art, because a kind of a myelin sheath grows on the nerves. In the same way, when you are realised, I would say when you are a newly born person, if you start respecting your attention then gradually you develop a deftness for Sahaja Yoga. But so many people, when they get realised, they hardly come second time. Even if they come second time, they do not develop the feeling of vibrations more, they still go on being busy with their day-to-day work, wasting their attention on things which do not give you the subtler feeling. So the subtleness, the deftness of the art of Sahaja does not develop itself.

For example, I would say a person who is over-read, as soon as he gets his realisation he starts tallying it with what he has read, this makes his attention again wasted. As it is, his attention has been fixed by these conventional ideas; some of them are correct, some are incorrect, some are absolutely faulty, some are useless. Some are only because they wanted to make money, they have published some trash.

As soon as you get realisation, you go back to your own gross awareness and start tallying this subtle with the gross, so you start again losing your vibrations. Actually after getting realisation I have seen, with small children, they sleep for very long hours. They become little inactive for some time. But if an elder gets it he will immediately go to the book store, buy one book on Kundalini and start reading about it.

Then some of you, not understanding that you have become somebody else, take it for granted, "Alright, Mataji has been very kind; She says I am far, but how am I to believe?" As if by believing it they are going to give some money to Me or I don't know what they are going to give. "I can see the vibrations coming, but what's the use of getting the vibrations? Why did She give us vibrations?" Again come back to the gross idea of utility, because that's human nature, has been so far, to make everything into utility. Everything must be utilised, you see. Man thinks no end of himself. So he starts putting his realisation into utility. "What utility it has? How many people are going to get it? What is going to happen? What is the ratio? What is the schedule? What is this? What is that?"

You have been given this subtleness to enjoy. Like, if we enjoy the beauty of flower, we just enjoy. Do we go to the books and find out, "What we should do about with this enjoyment of ours? How to enjoy this flower?" And then "What to do?" And, "Who has described about the flowers, so let us see if this is fitting into that?" But is done very commonly and I really don't know how to say, because it's such a foolish thing. And I am only afraid that, sometimes, if I say, they will feel hurt, and, as human beings are, they get hurt for nothing at all. That's very foolish.

Children are very sensible that way. Once they get it they start enjoying it. They just enjoy it. They just sleep off! They are not bothered. They think, that it's something that is to be enjoyed, "Let us enjoy it." So at the very outset it happens like that.

And the man doesn't know that how he has made himself even much more gross than he was ever in this Kali Yuga, in these modern times: by organising things according to his own ideas and conceptions. He has become so unnatural, so foolish that discrimination between joy and ugliness, he does not have. He's so confused.

So, first of all, it is not only one reason but there are many reasons. And as I described to you, inherently, it is the human, gross activities before realisation. If you understand the disease, from where it has come, sometimes it's easier to correct it. You cannot just correct the disease without understanding the history behind it. If you are a student of history you will know how human beings have behaved. I mean, you just start wondering, what's wrong with these people? God created one world! I mean just think, a person like Me coming on this earth, suddenly you find there are so many countries being created. Alright created, you can have separate countries if you cannot manage the whole world together, but then the fighting going on, killing each other. All kinds of problems for nothing at all, I mean it's such a madhouse!

So historically if you see how man has made himself mad - it's not easy (laughing) to compile all that in one lecture, you'll have to write volumes. I think there are already written volumes. So, there is [a] historical background, which has spoilt your attention. Physically, those who come for physical handicap or physical trouble or something like that because they are sick, are sometime

little better than the people who do not have this, because they definitely get the relief part of the joy. If they get their relief, there is a little shadow of joy that they feel and, then they start understanding that it is to be enjoyed. But I would say, they too once they get the relief they just disappear. Not understanding that there is something greater than this to be tasted and enjoyed. And the physical enjoyment in Sahaja Yoga, itself, is sufficient to keep your attention subtler. You do not have to fix your attention but you have to get subtler and subtler in your attention.

Fixing up of your attention, as you know, is a very wrong method. That was done by some yogis and you know what is the result of that: their chakras were all broken and finished. When they fixed their attention onto Agnya Chakra, you have seen that Agnya Chakra is broken. You are not to fix any attention but you have to make your attention subtler and subtler.

As I told you that a magnet, when brought say near the stones nothing happens to the stones, they are just there; you move the magnet any way you like. But when you take it to the iron filings, only, the filings are attracted towards the magnet. In the same way the attention of a Sahaja Yogi should be so subtle that he should feel the vibrations, he should think of vibrations, he should eat vibration, drink vibration and enjoy them.

On the physical side, many people tell Me that, "We went to their house and they offered me laddoos and I had to eat. What can you do, Mataji?" Actually, you see, they felt attracted towards the shape of the laddoos. They ate it, but they didn't see the vibrations of those laddoos, they just ate it off and then they had a stomach trouble. When they have a stomach trouble, then they said, "Mataji, we have lost our vibrations, now what to do? We ate the laddoos." But if you had seen that there are no vibrations in that laddoo, you should have said that, "Today I am not supposed to eat anything," or something like that, and you should not have eaten them!

If you see a born-realised child, he will never eat. Even the mother beats the child, he'll say, "Alright, beat me but I'm not going to eat it!" Because they are not going to eat the filth, such children are supposed to be very obstinate, they think they are obstinate. Because they know, "There is no vibration, so why should we eat because we are not going to enjoy."

So on the physical side, there are so many such mistakes you have committed. If you take to now, say habits you have, supposing you have a habit of say, pulling your hair. There was some lady who had a habit of pulling her hair and she used to become bald here, then bald here, then bald here and the hair used to grow this side, then she used to have a bald head here. Then she will pull her hair here. Such a person! So she came to Me for treatment. Imagine! So I told her, "Why do you do like this?" She says, "Now my attention is like that, it always starts pulling my hair." I said, "What to do? Such an attention you have got!" So, you know her elder sister used to beat her on her hand, any time she put her hand. She said, "You must beat me, if you don't beat me I'll beat you." But the beating was on and everybody used to look at them, "What are they doing between each other?" And still, you see, she could not stop it! All habits are like this monkey business. All of them are like that, because the matter is trying to sit on top of our attention, all the time, and so we form habits. Certain habits are alright, convenient, and convenience like that.

I mean some people to break habits, you know, they say "We'll not sit on the ground nor sit on the chair." "So where will you sit?" "We'll sit in a sitting pose and we'll practice that sort of a thing."

I mean you need not do such a nonsense. I'm meaning that certain things are alright, don't go to extremes. But certain habits that we acquired, is mostly because of fashions. And we start, because somebody's smoking, he forces you, he says "Alright", and one bad habit we have got, is not to say no to anyone.

"How to say 'No', you see, they were all drinking and they offered us drinks and we said 'No,' but they were just forcing us. Then it looked very bad, you know, not to drink and... And they offered one cup, glass of drink to me and then I said, 'Alright, I'll have very little sip,' you know one day and then I had it like that. And then my relations, you see, they came and they invited us for dinner and we had to go, and then they started a cabaret dance, you know, and we had to see, after all it would look very bad not to see a naked woman." (laughing)

"Oh, we are very innocent people!" So we go on explaining, "What to do now, this is the society, this is the fashion, this is the style, this is how it is."

But a Sahaja Yogi is a special one, he's a chosen one. Because you haven't got your own value. tumala kimat nai sataji (Marathi)

You have not valued yourself as I have valued you. This is a fact which very few realise really, that to get realisation like this, there must be something tremendous that Mataji must have done. She must have put in lot of labour, to work this out Herself; She must have done tremendous tapasyas in all Her lives. And even in this life She must have worked very hard, day in and day out. And here we are when we get it, how common place the whole thing is, how we are about it.

I thought by giving realisation you will immediately see your value and you'll think that you are something great and that you have got this realisation and the sakshatkar, but it is not so. And you start compromising with gross things in life.

There is a huge populace which is to be led by one of you. One of you can lead all of them. Leaders do not compromise, leaders do not solve the problems of the people whom they lead, but they give them problems to be solved. They stand above them, they are much above them, they do not compromise, they do not bend. Others bend before them.

If the light starts falling and faltering on the roads, what will the person do who is carrying the light in the hand? You all are like the torches and what kind of life you should have and a personality you should have, it is for you to decide. That's the attention - gives the priorities.

When you understand how your physical bringing, presence, this body of yours, has to be clean, has to be beautiful, has to be soft, kind, has to be elegant, dignified.

I have seen people in groups, when you are sitting down, behaving in a manner [that] even an ordinarily educated person won't behave. The reason is, you have not yet realised that you are the leaders and people are watching you. There should be a kind of a masti, should be satisfied with yourself.

So on the physical aspect, what you eat, what you see, what you like, the whole priorities must change. What should be most important is Sahaja; in every circumstance, in every method, a habit - sahaja.

Sahaja means is born with you, Sahaja doesn't mean easy. Many people confuse. You have now got your right; that one was born with you. So for you, it is necessary to know that you are a Sahaja and that you are not going to accept anything that is asahaja. Sahaja means that! Sahaja means that you take the light of Sahaja above everything else over the darkness and not to accept darkness which is asahaja. So how can you have any habits which give you sympathetic bondage? Sahaja means you have a special, subtle awareness. A king doesn't clean the streets.

On the physical side your attention is lost like that, because you indulge into all asahaja methods that you had before, that others have. You get lost into the asahaja system of life. You have to change the complete system of the whole world in which people become Sahaja and not asahaja. Then only the whole thing will become a Sahaja for you.

It is a big misunderstanding about Sahaja Yogis. They think "Oh! When it will come sahaja, then we will do this work, then we'll go around and talk to people - it should come sahaja," nothing doing. This is a very wrong attitude. 'Sahaja' means that you have got the light of Sahaja within you and how can you tolerate anything...

(break in recording)

...of your life is concerned, means you must know what to dress up, how to talk, where to go, whom to meet, who are your brothers, who are your sisters, who are your sons and who are your parents. That is how your attention is lost.

Then your gross habits: your old life that was there which has to be just chiseled out, is to be finished. And you cannot go on, because if you go on, you will catch up here and catch up there, then you'll break your neck, you'll come to Me, "Mother, I have broken my back and this has happened, that has happened, it's paining, I'm getting hot, I'm getting headache, I am doing this." Till you become Sahaja it will go on working on you. But why not become your Self?

For example a human being cannot sleep like a dog, for example. If he starts sleeping like a dog because there are all dogs around, then he is going to get the pain. In the same way if you are going to be asahaja because all are asahajas, you are going to get into trouble. Because the dog doesn't feel, though he might be getting pain, but he doesn't feel it. But you definitely feel it.

The person who is not yet to be reborn, doesn't feel it, he gets the problem but he doesn't feel it, you can feel it, and you jolly-well have to give it up, sooner the better! If you don't give it up then you are again going back to the same darkness and this new darkness may be hellish, it can be terrible.

It's better to die as human beings then, because then you can go on being born again as animals, this, that. But to be born again and knowing [the Truth], [if] you go on back again to your former habits, it can be very dangerous. That's how I fix your attention, with little fear into your mind, to your subtler being. The subtler being can only enjoy. In the morning you did enjoy the meditation, you had become subtler, I pushed you down there. But you have to keep yourself subtler by remembering, by remembering what has happened, how physically you felt nice.

One of the worst habits that human beings have is to see the watch. It's so painful to Me when I'm talking, people see the watch. I just can't bear it! Because now you are beyond time, beyond space. What are you going to do by saving time? What have you done so far? That shows your priorities. Our priorities must change and you can change them easily once you start enjoying. Once you have tasted the nectar of Divine Love, the Amruta, then you are not going to drink dirty water. But you first of all remember that, the joy that you enjoyed. That is one way of fixing, so-called fixing, your subtleties.

It's the attention which gets covered by gross things of life, even in the emotional side of it, for example, you have relationships. We have seen some Sahaja Yogis being lost like that. They had some very gross relationships with people, even gurus and some of them were friends and some other dirty relationships, you can say, and they couldn't give up and they are lost.

So you have to sit down and find out, "Why am I not enjoying myself? I am the loser. Because those things, if they were joy-giving, I would not have run towards them from one to another. They never satisfied me fully; so why to go back to them again?"

The emotional enjoyments, which you regard as something very important, are also to be weighed in the new dimension of your attention and the subtleties. You consider somebody as your very-near-and-dear and you have a business relationship, or some sort of a...I don't know, what sorts of human relations people have. You must know that it is very superficial and you cannot have any joy out of it. Like you drink water from a cup, now the cup itself is superficial, the water is superficial; the most important thing is your tongue which can feel the water. If the tongue cannot feel the water and if the water feels like stones, what's the use of taking water? So the most important thing is the taste in the tongue, in the essence.

In the same way the essence of our enjoyment is the joy and the joy is in feeling the vibrations. So wherever you get the joy, you should have it. But the new awareness is not so much gone into your being, that's why this is a problem. Otherwise for human beings it is not difficult to tell him that, "This is nice, you drink." He takes it and he knows it is nice. He won't eat something that is bitter. If you have to give him something horrible tasting, you'll have to give him chocolate first and chocolate later. But human beings, when they become evolved, I have seen that they are more prone towards the horrible things because of their previous attractions. So, put your attention fully towards divine, pull it out, completely towards It. So that there is no attention left towards the gross side.

Even now I find people coming and asking Me, "Mataji, I have a problem, I want a job, what should I do? Mother, this is to be done, that is to be done?" Of Course that is by-the-way is alright. But if that attracts your attention, means you have lost sense of your understanding that you are a Sahaja Yogi and that your joy is in the subtler form, and you can enjoy it. So these gross things are never going to give you joy, so why not ask for something that is going to give you that subtle joy which you can enjoy; only you can enjoy.

So this is what happens to our attention. We get lost because of our previous ideas and our emotional bindings. And we can also say that our spiritual bindings, so-called, "We are Hindus, Muslims, Christians; we are vegetarians, non-vegetarians; we are -" I don't know, "We are Brahmins, non-Brahmins, and all kind of things we are", but we are not what we are.

And, all these things again also come back to you that, "We are Jains, so we are Jains, so we are very great people." You get Me any Jain from anywhere or anyone from anywhere, does he have the sense of vibrations? Then how is it that person becomes your guru or that person can teach you about these things. You are now a master. Does the headmaster come and learns from the boys who are admitted in the schools?

I have seen even a newcomer who comes in, if he has a badha, he can entice away at least 5% of Sahaja Yogis, easily. He will talk big, he will show-off and he can bring some guru inside and five percent will run after that, minimum. How do you explain it? Only

thing is that you should not be one of them. Everyone should think for oneself and not for others. You should think that this, you are capable of or not? So in spiritual bindings also your attention is lost like that and all these dimensions are outside.

Now in a description of Gokul, of Vrindavan, you must have read that when Krishna used to play His flute, all the women who were working - the gopis in the household - would leave every work, everything. The milk would be while boiling and they - work was half-done or full-done; they were eating their food or in whatever pose they were sitting, they would just get up and run towards that murli (flute). And when they would go there; they would stand just like a picture, chitrawat se thade - just like a picture, no movement in the body, nothing, just standing and listening with full attention. What was so...? He was not even speaking. Just a murli being played and all of them just listening, like a picture. What was it? The enjoyment that they were feeling; the enjoyment they were enjoying within themselves, the joy that was pouring into them with that murli - just standing and listening, that's all. What is that? That is the subtleness of that enjoyment. Just like meditation they would stand. In the same way your attention and mind should be on Sahaja, on your being one with God.

You are one with God; put your centrifugal force towards God, completely. Put yourself in connection, all the time, with God and the rest of the work is done, yantrawat, just like instruments, the whole thing will start working.

The human mind is used to do things in a ritual way. That they think that, if you have to raise this house now you have to dig the...first the foundation, then the pile, piling up and then you have those pillars and then you have to have the roof. And, that is how, one after another they plan out things. But in God's own kingdom there is no planning, you just sit down and you just enjoy!

If your attention is there, all the work is done. Full attention and then He takes out work. And give full priority to that! Do not compromise your way through. You have to help others also to come up, so [you] must remember, for that also, your attention should be on your Atma, on your Spirit, on God - completely one with Him in that joy. The whole heart is there and with your both hands and with your both feet, with all your attention you can pull out people, because your attention is all the time fed, nurtured and looked after. Then you will enjoy also the lifting of the people.

Nothing can be alright, unless and until you develop the subtleties of your attention. And, they develop, by receding your attention from all that is gross. Recede your attention! Whenever it goes too much into any thought like that, "Oh, Forget it!" But into vibrations pay full attention. Seeing vibrations, you pay full attention; seeing your own vibrations, pay full attention. Other things you need not worry, they will be all looked after. That is how your attention is subtler in the Kingdom of God. The style is different.

When the lotus is in the mud and it has to come out. It finds its way through many crevices and many holes in that mud. But when it is out, out in the open, absolutely liberated, free, then it does not go on dashing here and there, but just opens out and receives the beautiful dew. And the dew melts the fragrance in the lotus; automatically the fragrance starts flowing. It's a different style altogether, its different method; it's a different way of life - that is being Sahaja. Just whether you are sleeping or you are awake, keep your attention...

1977-0129, Letter

View [online](#).

29 January 1977

Letter / Poem

Mumbai (India)

Talk Language: English | Transcript (English) – Draft

Letter

The other argument that I gave in my book is about a doctor who thought that the second birth is possible only through sex and I told him that: “you were born because of your parent and not by your own activity. To say that, when you love fully you must have sex that means you love someone for sex and that without it your love is not expressed. The absolute value of love is thus challenged. Also, how can you have sex with all the people all the time? It is not possible. Then how can you love the people “fully” all the time?,,,it so foolish and absurd that I cannot argue on such empty grounds.

<http://www.sakshi.org/River/kathman.htm>

1977-0201, Nabhi Chakra

View [online](#).

1 February 1977

Talk to Sahaja Yogis

Regent Park Street Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Nabhi Chakra. February 1977

The Nabhi chakra, is placed at the center of gravity of every human being. If it is not there, that means it is going to be a little problem for you to get it in its right place.

There is a kind of a trouble which most of you suffer from, is maybe due to drugs or maybe nervous problems, due to war, or maybe some sort of a shock to your sustenance.

For example, during war people lost their values. Because they lost faith in God. Chaste women who believed in chastity were brutally assaulted. Very religious people were persecuted, families were broken, many men were killed and children, women, and old people were scattered. A very horrible atmosphere of insecurity overpowered all these nations.

Then came the concentration camps you see, also. Which shattered human beings because human beings are very delicate instruments. They are the coveted creations; they are the highest and they were dominated by things like bombs which are matter. Thus, the Spirit in man died out. People lost faith in righteousness, in love.

Then a new pattern of securities were built up. The industrial revolution followed it as a result and the artificial sense of joy, of security, of love was accepted by the society. This is what man did with his freedom because wars are created by man. This is not God's doing. But along with it, very great seeking souls took their birth on this Earth. They started seeking beyond these artificial securities like materialism. The seekers had no proper leaders to organize them and to lead them to the right path. So, the mistakes committed by them created a hurdle. So, apart from the hurdles of human awareness, so many other hurdles were added [Aside Shri Mataji : Yes] so many other hurdles were added, which made Sahaja Yoga a difficult process for them.

The countries who took part in the war, only became the developed countries. As a reaction, not its a reaction, they are the only developed people who are actually taking part in the war. And those who did not, are underdeveloped. So, on one side, we have countries who are trying to seek because they are overdeveloped, because they are affluent, but their seekers have lost their moorings because of anti-feeling. Alright? While other countries are not yet developed, so the seekers there are still seeking in money. At this juncture, Sahaja Yoga was found out. This was the stage by which the promised union of human awareness with God is established, through which you feel your unconscious, the Power of God, which is All-pervading, which thinks, organizes, and plans. Only through Kundalini Yoga of Sahaja, Sahaja Kundalini Yoga, only through Sahaja Kundalini Yoga, human beings are going to evolve. But those who are going to evolve, have to have their dharma intact.

1977-0203, Public Program Evening

View [online](#).

3 February 1977

Public Program

Bharatiya Vidya Bhavan, Mumbai (India)

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

There is a self-driven power inside us which is called the Autonomous Nervous System in English. It's located subtly in the medulla oblongata, inside the spinal cord in our back. I told you that these are the three subtle powers which make our Autonomous Nervous System work. Those two powers which are on the left and right, one is called Ida and the other Pingala and the one in the middle is called Sushumna. They are the three channels and the three powers on these three channels are namely, the one on the left side is Mahakali, the one on the right is Mahasaraswati and the one in the middle is Mahalakshmi. Our existence and dissolution is due to Mahakali Shakti, our body is formed by Mahasaraswati as well as all our thinking work/thought process - whatever suggestions we have for the future, whatever planning we do, we think, we implement, whatever creative capacities we have, are all displayed and manifested through it. And the power in between which we call the power of Mahalakshmi, in which the people of this city of Bombay believe very much, it is through this Mahalakshmi power that our evolution takes place. We have evolved from amoeba to the human form today because of this power only. Because of this power we sustain ourselves; Dhaarana means to sustain. The qualities of every single substance, as I told you yesterday that carbon has four valencies, the nature of every single substance, or it's, what we say, properties all come through this power and the sustenance of religion in a human being is also due to this. A human being does also have some religion/attributes of his own, otherwise why would he be called a human being?

He has ten attributes/virtues, which can in a simpler way be said, that the Ten Commandments in the Bible are those ten virtues. These ten dharmas have many more subtle forms about which we have mention in our scriptures since ancient times. Many saints and sages found out and have written a lot on it. The last thing I was telling you yesterday about Dharma, because while describing the three Chakras, when we came to the navel chakra, I said that Lakshmi has a very close connection with dharma because religion is in our stomach. Religion is not in the thought/mind. The person who practices religion with the mind is not religious. Religion is not through thoughts, it is in our stomach. Like, I tell you a simple thing, that if there is a truly religious man, that is, one who should be called a realized soul - I don't consider that person religious who walks around with a big mark or badge but one who is a dedicated person from within, one who has become one with God, who is a Yogi in the true sense, who is a realized soul, if that person goes to the house of someone who has committed murder and harassed people, as soon as he eats food at that man's house, he will start vomiting. He will not be able to bear it. He will not be able to see any naked woman.

As soon as he sees her, he will feel like vomiting. His stomach won't be able to bear it. There must be many people among you who can't even eat food at someone else's house. Going to their houses, they will definitely feel like vomiting. No one can tell the reason for this. The simple reason is that your religion[dharma] is not compatible with the religion which is in that house. You may also have experienced many such things in your life for which you might not have found the answer. When our Dharma becomes weak or when man's Dharma starts declining, the moment his religion starts declining, gradually he starts compromising with life. When his compromise begins, he gradually becomes weak. As soon as he becomes weak, sometimes some evil spirits also come upon him.

Sometimes he himself becomes a evil spirit. When man falls from Dharma, he can only descend into the devilish/subhuman form. Because now he can neither be born as an animal nor can he be born as a deity. So being a human when he falls/strays from his religion then where will he go? He has to go to the demonic form or he has to go to the state of Hell. Now whether Hell exists or not, is there any proof of this or not, what is it's proof, Mataji please show us scientifically. So that cannot be done, but yes, for sure it is, that I showed it to you even today morning and yesterday too, I showed you the pulsation of the Kundalini, which you can see. You can see the pulsation of the Kundalini with your own eyes, even though you have not been realized yet. And those who have been realized have also experienced the peace about which I am talking, that thoughtlessness where a

person becomes silent and within him all his thoughts stop and he becomes a witness and starts watching. This happening takes place.

What scientific proof can be given for what happens inside you? Suppose you are listening to some nice, beautiful music and you say you are enjoying it give some scientific proof for this, then how can it be given? You become, this happens within you, and cool vibrations start flowing through you. This happened to many among you yesterday and you experienced it too and many people must have benefited from it too and should move ahead in this. Those people who have understood this matter deeply and have moved forward have reached great heights today. While living in this world, they have become superior to many sages and saints, and how many people they are giving realization, and curing many of them also. Even diseases like cancer - we have a simple school teacher here, he has cured cancer of so many people. And he is a very accomplished man, although he is a very simple teacher. He has reached great heights and in Kundalini Shastra, he is absolutely very [wise and] knowledgeable. He has acquired so much knowledge about Kundalini Shastra that you'll be surprised as to where this man has gained so much knowledge from.

You have not known anything till now. When you start knowing, then whatever deep/profound knowledge there is, everything starts flowing from within because first there must be the power to know. One who doesn't have the power to know - if you do not have the power to listen, then how will you understand what I am saying. If you don't have the power to see, then how will you be able to see what I'm showing you? Therefore this cannot happen without your consciousness becoming subtle first. Yesterday a gentleman came and told me, "My brother's sickness, one of your disciples was not able to cure," and I have no faith in You," So I said, "If you don't even have any faith in Me, then what brought you here?" "If I cure your brother, you will have faith in Me; What compulsion is this." "I have not taken any money from you, what right do you have over Me, that you can tell Me, 'I should cure your brother.'" You are saying to Me with so much authority, "Awaken my Kundalini," so what right do you have after all? Your right is that you have accepted Me as your Mother, you have faith in Me, otherwise, I have nothing to take from you, nor can you give Me anything.

But if you don't have faith at all, then you just think, all these Deities sitting on the chakras, will they accept the fact that you have absolutely no faith in Me, no faith in these Gods, you don't have faith in God, you abuse everyone morning-evening, and will they run around and work for you? If there is an ordinary officer, then he has so much protocol, then how much protocol will that God Almighty have! We have become so egoistic that we think that, "Our Kundalini should be awakened, this should happen for us, that should happen for us, and we have absolutely no faith in God, we are big shots," - so be where you are. It is very difficult for such people to get realization. Let me tell you before hand. It is important that you come with faith. Farmers have a lot of faith. I had gone to Rahuri, I was surprised thousands of people had come; Crowds of five-five, six-six thousand were getting realization just like that. (UNCLEAR) was saying, "What kind of sons of Mother Earth are they, how quickly they are getting it." There were some educated people, some rich people too - it was not that they were all completely illiterate - there were some illiterate people too, but everyone was getting realization very quickly.

So I asked them, "What is the matter?" They said, "Mother, we have great reverence for You." So I asked, "Why do you have faith?" They replied, "We do have. We are farming people." "How can we do farming without faith? Farming cannot be done without faith." It is correct. Farming can't be done without faith. When a man thinks about how the land/earth makes a seed grow, on her own She gives us so many fruits and doesn't want us to give her anything.

Seeing it, man is certainly amazed and realizes what a great miracle it is, what a great wonder it is! And when we go to the market here and buy things, we take it for granted. We don't feel that something special is happening or is a miracle. Having faith in God is a natural thing, very natural, because whatever we have got, just think; today we have become human beings from an amoeba, we have not evolved on our own. God Himself has incarnated in the world many times. - He took ten incarnations in the world and in those ten Incarnations, He has worked very hard in every Incarnation and has helped you people to reach to this state. This is correct. Whether it is or not we will later make you realize. We told you yesterday itself that as a scientist, you just keep your minds open. After that we will show you each and every thing.

Before such an Almighty God we must come with our heads bowed down. The person who thinks himself to be higher than God

should stay at his place. But he is in one sense. God has made man higher than Himself. This is true in one sense, where even God is at a loss and I also am. That is, God has given you freedom. You have to choose your own evolution when you come to the level of a human being, upon reaching this plane, you will have to search it in your freedom. We cannot force you, that if we want we enchant you, that we make you unconscious, that we put you in a trance, that we befool you, it cannot happen like this. You have to choose it, you have to take this decision in full consciousness, in full awareness, this has to be accepted that, 'Yes, I am going to go on the path of God, I want to know the power of God.' Only then will it happen.

In this sense you are the highest. This question does not arise in other creatures, this question is of human beings. And that is why God bows down before man because his evolution, his development, on reaching this state, just can't happen without freedom. Because if I want to make you kings, then only in your freedom can I make you kings. If you yourself are dependent, and if you are doing something because of Me, then how can we make you a king. This is the greatest liberation, the greatest freedom, and for the greatest liberation, first the intellect of man must be somewhat free. His decision should be made freely. Every person should in complete freedom must accept that, 'Yes, we want this.' Absolute faith means absolute freedom. Yesterday I told you about the three chakras - today many new people have come - and among them I told that Mooladhara Chakra is at the bottom.

It contains the power of Shri Ganesha, which is Eternal Childhood. And the important point of this I told is that the Mooladhar, which is of The Goddess, of Gauriji, or what should be called the triangular place of Kundalini Shakti - is below it, not above it, it is below it. So if Kundalini has to be raised, then the Mooladhara Chakra, which controls sex, should not be touched. Mooladhara Chakra is related to sex because Shri Ganesha is a small child and He, small children, do not know anything regarding this. They are innocent, they have innocence. Sex has no role to play in the Kundalini awakening or in the evolution of humans. He is already sublimated. But man at this time has an opposite relationship. It is such that when he spreads his hands in front of God and desires that his Kundalini be awakened, he should know that Kundalini is my Mother. She is my Holy Mother who is forever with me.

And he should have thoughts towards Her like an extremely pure child, just like Shri Ganesha had towards Gauri Ji. Later on, Tantrikas came to our country and negated the efforts/did the opposite. If I get time someday, I will tell you about tantric as well, but the thing is, that by doing such negative things they have spread total destruction in this country. But whatever is the Truth, remains indestructible and persists. Our country, India, is the real land of Yoga. This is such a huge land of Yoga that no falsehood can last long here. This thing is correct and that is why this work can be done in this country even today. Otherwise, many attempts have been made in this country to break the sanctity of this country but it could not be broken. Many people did. Uptil now there have been such people who are spreading bad things.

But this country could not break down in the way other Western countries got completely destroyed. How amazing it is that this sacred relationship between mother and son still exists in our country! I told you about our second chakra, Swadhisthana Chakra, through which we do all our creative work and whose power is Saraswati. The third chakra, I told you was of Lakshmi ji and Narayan, i.e. Vishnu ji. In the space formed around this chakra, Brahmaji has created the entire universe. And this universe which has been created in today's condition/stage is called Bhavsagar. It has many conditions, stages - in this stage it is called Bhava Sagar. That is why we say that 'Make us cross the ocean of illusion, save us from the ocean of illusion' - the world is an ocean, whatever has happened, the ocean remains. In this ocean, this world in which we have come and this world in which we are living, this should be called Bhavasagar.

And it is also true that presently it is Kalyug. Now it is Kalyug, a very terrible kind of Kalyug, and simultaneously the Satyug has also begun. Kaliyug is going on, along with it Satyayug has also begun. In this ocean of illusion a very great power has incarnated within us repeatedly. This is the picture of Virata and this is the Bhavsagara. The name of this power is Guru Sampada. Adi Guru Dattatreya has taken birth many times in this world. Adinath, in whom Jains believe, is His Incarnation. After that Dattatreya ji is also His incarnation. King Janaka is His incarnation.

Whom we call Nanaka and Nanaki are also Janaka and Janaki. And Mohammed Saheb was also His incarnation and His daughter Fatima was also Janaki. Her two sons were Luv and Kush. Later on, they are born many a times after coming to this

world. First they were Luv and Kush. After Luv and Kush, they came into this world as Mahavira and Buddha. And later on they took birth as Hasan and Hussain, the two sons of Fatima. Whether this is true or not, you should test it again on Kundalini. Like, a Muslim doctor who lives in Iran, came to Me in London and said to Me That, "Mother, I have a really bad type of cancer and how do I cure it?" I said, "You are a Muslim and you will not have faith in any other Guru except Mohammed Saheb."

So he said, 'Yes.' I said, "Then I can't cure your cancer." Started saying, 'Why?' I said, "It is caused by imbalance - cancer is always caused by imbalance." This feeling is so strong and deeply embedded within you that Mohammed Saheb is the only Incarnation and can't there be other incarnations of Him? Although Mohammed Saheb has said a thousand times that, 'Many more like Me will come.' He has said this many times, but Muslims are not ready to accept that many like Him have come and will come. So he said, 'He has said so but I haven't seen anyone.' I said, "Well, if you chant the mantra of Dattatreya, I can cure you." At first that Muslim gentleman got very angry, he went away, annoyed with Me.

After that - but cancer is such a disease that what to do - he came back again running and said, "Okay Mother, I am ready to do whatever You say." Now his health is fine, because Dattatreya Himself cannot accept this that why are we dividing Him into so many divisions? Man wants to divide himself in this way. God does not want to divide Himself. Man wants that, 'I am a Muslim, I am a Hindu' - this is disgusting for God. It's weird to say, 'I am the nose, I am the eye, I am the ear.' - to talk stupidly like that. God has created man in the whole universe; Not to mould him into different shapes. There are many flowers blooming on the same tree. After taking those flowers and plucking them, after killing them you people are fighting amongst yourselves that, 'This religion is different, that religion is different.'

Just yesterday a gentleman had come from Delhi – let me tell you his story. He too is in a lot of problem; he is realized but he said, "This void of mine," what we call the void, Bhavasagar, "Is caught." I said, I asked him many things. I said, "Is this your problem, is that yours?" He said, "No," I said, "Are you a Jan Sanghi?" He said, "Yes, I am a great Jan Sanghi at heart." I said, "That is why it is happening - now sit down and do namaaz to Mohammad Saheb." "Become a Muslim for a while." He said, "Mataji, what are You saying?" I said, "Be and see."

Try being a Muslim for a few days," and soon after, [MARATHI] "Try becoming a Muslim and then you will see that you will be alright/fine." I said, "Okay, you take the name of Mohammed Saheb for a while." As soon as he took the name, vibrations started coming from within him. Vibrations start. If what I am saying is false, you can know it on vibrations. Your vibrations will immediately tell you what is truth and what is falsehood. You do not know the Absolute thing yet. Mother is saying this is true, he is saying that that is true, you check each and everything. It is evident before us. You people are just like computers; only your computer needs to be put into the mains now.

As soon as you are put to the mains, you will immediately know which thing is true and which thing is false. I told about some Gurus that, 'These Gurus are not good', then that gentleman got very angry. I said, "Okay, you get your realization, then see." After that, his condition is such that whenever anyone takes the name of that Guru, he says, 'Oh God, whose name have you taken?' They run away from there. One must recognize who is true and who is false. Should I not say who is truthful is truthful and who is false is false? If you read Kabir Das, in all his verses that he has written, he has said in all of them that these people wearing robes and those who instigate quarrels and these monks who take money and these fraudsters and those who are tantriks all these, he has lashed out at one and all and those who do khichari, everything, he has set everyone right, but who will read Kabir Das? I tell you that no one among the Hindi speaking people would have read Kabirdas. Manohar Kahaniyaan - Even if he is an M.A.

in Hindi, he will still keep reading Manohar Kahaniyaan [A MAGAZINE]. This is the disposition/inclination of man today. The disposition of the people of India has become very shallow. When you read Kabirdas, you get goosebumps. A single man, being at the level of a weaver, has lashed out at everyone in such a manner, what is called lashing. He has exposed every single person, those who show magic and witchcraft. Look at Nanak. Nanak has written chapters after chapters on these hypocrites. There are chapters after chapters written on those who make money, on those who show miracles. Why does one need to go anywhere; Read these people.

Marathi people must have read Tukaram a lot but nobody knows how much he has written on it. And even if they know, they will close their eyes and say 'This is our guru'. For Marathi people, Gurus gets stuck to them like stamps. Then you can't say anything about them. Who is your Guru? So, he is the Guru of that place. Well, what is his name? Now you have accepted him. "And even if he runs away with my wife, it doesn't matter - she has become my mother." And Gujaratis don't have time at all - they're all just collecting money.

Where is God? Shown some lamp, work's done, let's go. We have come to this state, this land of Yoga, in seriousness, to the country in which we have our living, where we live, how serious/solemn we should be there, how devoted should we be to God. Nobody thinks how deeply one should delve into it. Nobody has time for God. There is time to do all the works, but there is no time for God. And that is where all the joy lies, son. There is no joy anywhere else, let Me tell you the truth. You may search for anything. This very Guru Sampada was very powerful in our country, India.

There have been great teachers elsewhere too - no one can say that - Confucius is his incarnation. There are many great Gurus in other places too, but in our country it has been a great asset. There was Gyaneshwarji - there were so many great Gurus - there was Ramdas Swami. But their only influence on us was just singing songs. Take their hymns and keep singing from morning to evening 'Search your heart, brother', 'Search your heart, brother', 'Search your heart, brother'. Okay, they just gave a prescription to search for the pot(heart). You people just go on singing the same that, 'Search the pot only, search the pot(Heart) only' - but when will you search? People sing Kabir Das' Bhajans with great enthusiasm. He has sung that 'Song(Beats) of the heart can be heard on the silent top of our head'. The complete description of Kundalini is already given by him.

Meaning I'm not going to tell you anything new. He has sung and said everything 'Ida, Pingla, Sukhman Nadi re'. People will sit with a harmonium, play the tabla and sing loudly. 'Oh people, what are you singing?' 'Kabir Das.' What are you singing? What is written in it? Meaning this has also become a means of entertainment. Singers' group means, people are crazily engaged in it. Oh, what are you singing, what are you doing, what are you thinking - there is no integration/propriety in that.

That is why there is a need to know the Guru heritage of our country in depth. Now let me tell you about the Sikh people. In London, the Sikhs staged a huge opposition. They have done it because they have to tie those turbans on their head. Because if they are going by bike, motorbike somewhere and they happen to fall, their heads will crack. So one has to wear a helmet. So they said, 'It's forbidden in our religion.' 'Where is it written?' Ask them. Now the poor Englishmen have not read it.

They say, "Their religion is strange. When their heads will break, why can't they wear a helmet?" And raised this very serious/big question to the Parliament, to the Parliament. And one thing which has been absolutely and completely forbidden by Mohammad Sahab and Guru Nanak, that any kind of intoxication, of any type, alcohol, cigarette, any type of intoxication, is prohibited. They are number one among them - the British also have lost to them. If a Sardarji is coming from one side after consuming alcohol and an Englishman is coming from the other side, the Englishman will run away. 'As long as,' they say, 'the Sardarjis stay here, our Scotch whisky will never run out.' 'It's business will continue.' This is the name we people have earned there. And they're called Nanak's special people and they reached the Parliament that they don't want the helmet.

To this condition have they brought our Guru Sampada[heritage], the Great Power which God had incarnated within us. We have made it such that by creating different groups, and by making different things, and we are saying that, 'Yes, this only is our religion.' And what can be said about the amount of alcohol that Muslims drink! No one is more fond of alcohol than them; not only this, they have written poetry too. Many poets, one greater than the other, are praising this alcohol, this devil, so much. Definitely alcohol is a demon. Demons enter fermented alcohol. It turns a man into a demon. Maybe you people may not like this but I am telling you that alcohol within is a man-made atom bomb. Such a stupid thing it is!

I don't know how and when this came into their minds and they started making liquor and just now a gentleman came to tell Me that even the gods used to drink Somras. So I told them that's why they had a fall. And from where did they bring this scripture that the gods used to drink Somras. I said, "Were you there to see it?" But you don't drink. If you drink, you will become a devil and even after seeing those who drink, you start drinking again. There is no need to bring any prohibition policy for this. Think about

this idea from your own mind. Think about it, how dirty it is! The biggest thing forbidden in Guru Sampada[Heritage] is intoxication.

Every Guru, who has come into this world, has strictly forbidden intoxication. Because this was not thought of in other incarnations, hence, those with Guru Sampada, did it. It was absolutely forbidden. And Christians will say that why did Jesus Christ not forbid it? He did, but a person named Moses of His time has clearly written that no intoxicating substance should be consumed because He was, He was a person of Guru Sampada[Heritage]. He has clarified this, but these great followers of Jesus Christ say, that, "We are great followers of Jesus Christ." Nobody in the world can insult Him as much as these people have. Because the one who has spent His whole life in celibacy, these are His disciples - just look at their faces. You have no idea in what pit these people are entrapped. These people call themselves disciples of Jesus Christ.

These people who insult Him are His worst enemies. We are like this only. We are no less. Whenever we think about religion, it is related to Guru Sampada. One thing has been told to us that every human being has the same light of the Spirit within him. Therein lies the vision/sight of God and every human being can be reborn. Then how can we say that a person is a Brahmin by caste only. And in that they say that it is written in the Gita. So you go and ask them this question, 'Who wrote the Gita?' 'Vyasa.'

'Whose son was Vyasa?' He was definitely the son of sage Parashar but his mother was from some lower caste - and that too illegitimate. Everyone knows. He was not the son of a Brahmin. His parents were not even married and their son born was Vyasa. Could he write that one should be a Brahmin by birth. This is an allegation. Who was Valmiki? You all know. Then chortle like this, 'A person can be a Brahmin by birth only,' is a very wrong thing.

People have made this dirty method of breaking all their paths. Brahmin means one who knows Brahma; 'Dwij', who has been born for the second time. He who has not been realised, cannot be a Brahmin. At our places, you can keep a Brahmin to cook food in your house. Done - Brahmin cooks food in the house 'We are holy people, we have kept a Brahmin in our house to cook food in the house.' Keep a Brahmin to perform the puja. A hired person cannot be a Brahmin. Brahmin is a condition, a tendency, One who is searching for Brahma. You are all Brahmins because you have come to Me searching for Brahma. One who seeks Brahma is a Brahmin, one who seeks power is a Kshatriya.

Thus, all this is based on one's disposition. But such dirty practices have been in vogue in India, how much have we troubled our teachers[Gurus]. Gyaneshwarji, because he was the son of a sanyasi - it's what these people said - took his life. Till recently, our Sai Nath of Shirdi, who was the incarnation of Dattatreya Himself, was persecuted because he was a Muslim. And now when He is dead, then before Him His enemies, the very people who tortured Him, are standing with their fat bellies and performing aarti to Him. Created means to make money. He has been enclosed from all sides - has been blunted. A day will come when His Spirit will leave that place. They have made a business out of Him. They have come out to sell God.

We are selling these Gurus. When they are alive, they torture Them and kill Them. Whatever, whatever can be, whatever evil and cruel of the world, all happens with Them. And when they're no more - when we die, then we know because we go into the collective subconscious - about which I'm going to tell you all tomorrow morning - When we go into the collective subconscious then we come to know, that we have done this evil deed, we have done this cruelty, and come back and start singing their bhajans[Hymns]. And if we can get some money along with it, is a very good thing. What is the state of religion we have made! This religious wealth is also within us in our Bhavsagara, therefore a person should have correct ideas about it. The greatest correct idea should be that religion is an innate thing inside us, something within us. And in every major religion and its founders, there is only one religious power. It has come in different forms, at different places and it is a continuous process.

Just as a tree first blossoms, then its buds come, then its leaves come, then its fruits come, seeds come, it comes in various forms, but the power within them is the same. Similarly in this tree of Dharma, in the great tree, which is the same thing, several things happened at numerous times and in diverse ways, but all are driven by the same power within. And we have no right to divide it or call it different and we become it's proclaimers. We say that we are so and so and we are so and so. Adi Shankaracharya's - just see, among all the Shankaracharyas today - except for one Shankaracharya, all the others Adishankaracharya, who had said, 'Neither yoga nor Sankhya' this is not going to happen through any means; Only by the Grace

of the Mother can a man transcend[Be realized]. Shankaracharya has been tied up and thrown into the jungle. And all these people are roaming around with gold umbrellas on their heads. You know a gold umbrella is needed. Seen how their face looks inside? Shankaracharya means - such a big thing.

What comparison can there be between the Incarnation of Dattatreya Himself and these Bhadotris [Hired People] of today! Then comes its reaction. It should be understood that if you do not understand this power properly - its reaction has come today itself that none of our young boys are being seen here. All are wasting time in college. Nobody is going to come here. They have nothing to do with religion. They think, "Our parents are stupid people, let them go, let them do what they have to do, it doesn't matter to us." They think, 'We are very intelligent.' They are also going in foolishness. They get away from one thing so are going into another.

But if you also want to establish religion, there must be awakening, there must be transcendence, but you must bring some balance in your thoughts. Balance has to be attained. And have to think that if we carry on with any extreme ideas, then it's not going to be beneficial in Sahaja Yoga. You have to be in the center. Any extreme person cannot benefit in Sahaja Yoga. If you are very close to that person and you don't want realisation, then we can't do anything. There are many people who say that, "Whether we get self-realization or not, we are still Jan Sanghis[Some Political group]," "And we will stick to them. We will kill wherever we find a Muslim." So they'll remain stuck. When they'll go before God, God will ask you, "Yes, what's the matter?"

They will say, "Oh, we were Jan Sanghis and we had a guru; we used to give him money." "Okay!" And he told us, "You do smuggling or whatever, give the money here. Hand me the purse." "So I used to give him money. Then I got caught while smuggling and now I am dead, and now I am in front of You." So God will say, "Now go to Hell." His Guru will also be sitting there and he will also sit there. Gurus will never say, "You don't do this, don't do that." No, no, no, no, no, no, no.

If he says this, then everything will be lost for him. Only a mother can say so, 'Son, don't do this.' 'This is prohibited, it is wrong.' Why should he say so? He is only interested in your purse, keep your purse here and sit comfortably. 'You consider me your Guru, right? Worship me and give me your purse.' Work done. They don't think what will happen after you die, after you meet God. They themselves have no idea what will happen to them.

Are they going to carry the burden of this money and all the things they have collected here? These people themselves will go and sit in the most dark Hell. There's no doubt in this that their utter destruction is also going to happen. But they will take you along with them and drown. You yourself know that they can't carry their bundles/burdens with them. If any person asks you for money in the name of God, then understand beforehand that God cannot be found here. It's another thing that suppose we have to build this Bharatiya Vidya Bhavan today - it's okay. Bharatiya Vidya Bhavan has no connection with God. This building needs to be built, collect money for it, make it, it's done. It can have no connection with God.

If someone says, 'Give for God.' What can you give for God? What do you have? What can you give? When everything is His, there is nothing worth giving Him. What can we give Him except our heart, our devotion to Him, there is nothing else to give. And those who - just today a gentleman was telling Me that, "Mataji, you should charge some fee." "You don't charge a single penny, that's why people don't value it at all." I said, "Wow, what to say about you!" I said, "Tell Me, for how much money would you sell your mother's love?"

Put a price." "Today you've said such a thing, never say it again." No one can think of all these things because everything we think of in terms of money. There are some in something of Balaji, they apply some mark on their head - putting up a bid for that. There is a bid for moving the fan. Everything has become a share market. Are you people out to sell even your Mother's love. Just think how very disgusting the concepts of our religion have become. Think about it. Do we not know anything about love at all?

Did we not have mothers at all? Have we not seen love in this world? Have we become so stupid that we cannot understand this? All these thoughts were put before us by our Gurus and they told and taught us, how much the poor things suffered! The chakras above that, all those gurus are located within us. All those Gurus, all the Gurus, reside within us and guide us. If we have gone on the wrong path - I mean, in Sahaja Yoga I don't tell this to anyone I don't tell anyone that 'You should not drink alcohol, you should

not smoke cigarettes.' When you get realized you give up yourself. 90% of the people leave on their own. There is no habit left.

The reason is that when you start enjoying yourself, then where do you have the time to enjoy anything else. You forget to be bored. The joy in your heart starts becoming so intense that you forget this thing altogether. That's why I don't tell anyone but it happens, automatically it happens. After that you'll see that the chakra above is called the heart chakra, in this heart chakra Jagdamba resides. You know Jagdamba Ji is Shiva, Shri Shiv's consort. Shri Shiv resides in the heart. Shiva resides in everyone's heart. The spark of the Spirit is inside our hearts, which is the reflection of God Almighty. Whether it is there or not, you see later on.

It is there. Inside this reflective form, the Spirit form is a light, like a flame, which stays in our heart and watches all our actions. It keeps watching us all the time, it does not get involved anywhere, it's just a witness, keeps watching. And the Kundalini which is kept in our triangular bone records everything. Whatever it sees, our whatever action the light of the Spirit knows, it watches It knows our every action - we can't hide anything from it. It's a witness, keeps watching. Like a reporter, and all it's light keeps falling on the Kundalini and the Kundalini keeps knowing. There is a triangle formed from the heart to here. Above the forehead is the seat of Shri Sadashiva. From there, the information goes to the Kundalini and just like a tape recorder, the Kundalini keeps noting down everything.

Many people, sometimes [when] I ask them something, they ask with great surprise, "Mataji, how do you know?" So I know about you from your Kundalini, I can play the whole tape. Just played your tape - finished/done. And whatever I want - don't even have to pull the tape - everything is revealed. Everything is stored in the Kundalini and this flame of the Spirit keeps burning alone, lonely. When the Kundalini is awakened, when the Kundalini rises and pierces the Bramharandhra, then The seat of Shri Sadashiva which is here above the head, remains forever above you all the time. Because of this you have the wisdom to discriminate between truth and falsehood. Conscience exists because of this. And then when it goes there and touches it - it's like a small light which keeps burning in the gas - and when the force of the gas comes and mixes with it, then the whole thing gets lit up. In the same way, the feeling comes into your entire consciousness, it's awareness comes.

The vibrations that come to your hands later on are the effects of that consciousness. And only after that does a man become a witness. This happening has to take place. This is not going to happen with any lecture. Even now when I am giving you a speech, My vibrations are still flowing and they are coming and the happening, whatever it is, is taking place within you. But it doesn't work out with all those people who give speeches and read books. For this, a highly authorised person is needed and the authorised person should be such who is completely united with God in love. Authorized means he should be someone spectacular who is sitting on the seventh floor everyone should bend and touch his feet. When the guru comes, one comes and puts his head on the guru's feet, then the other comes, he too puts his head on the feet. Put twenty five rupees there, someone put five hundred rupees there, and he with four feathers and two horns attached, is sitting there.

No. The one who is authorized is very simple. We believe Radhaji to be Adishakti, we believe in Sitaji too - what speciality did Sitaji have? We believe in Mary, the Mother of Christ, to be Adishakti - what was in Her? They were very ordinary Mothers, very ordinary, but strong/powerful from within. People had to be Realized to know Their powers otherwise people don't know it. In Sitaji's time, people were so sensitive, they were quite sensitive - today such a thing can't be seen. I had just been to Satara and I realised that the people of that sensitivity are here. Otherwise I have never seen such anywhere else who seemed to know exactly what the thing is. They were such sensitive people that they got realized in no time.

Their king's mother was so sensitive that I was very surprised. I said, 'In a small place like Satara - this might there due to the virtuous deeds of Shivaji - but people were so sensitive as if the lamps were fully ready and thus they lit instantly. Instantly - so very beautiful! When such people are there, this work gets done. There must be sensitivity for this thing, that a person is sensitive. Otherwise, I work hard and have done it. Now, among the upper Chakras, that I have told, the Chakra of Jagdamba, You know that Jagdamba ji many times after incarnating came to the Bhavasagara [ocean of existence] and has protected all Her devotees; you too are among them. Today in Kaliyuga, you are searching for the same. You too have come from among them. Without you having some assets, you would not have come and would not get realization.

If you know that this is your cheque which I am encashing, it's all your deposited wealth which I'm giving; nothing is mine I'm sitting in the center. As a mediator is, I'm sitting in the middle. It is yours, you take it, but it's only that I can't give you unauthorized. Will give it to whosoever is authorized and whatever I can do, how much I can put with the power of My love, I will. It happens, has happened to many, and has happened to thousands and should happen to you too. Now above that, the Chakra that is on it's side, you can say that it is the Chakra of Shri Ram and Sita because in evolution when He incarnated ten times, one of those incarnations was of Shri Ram and Sita. And Shri Ram was incarnated that it should be told to the world what an ideal king should be like. Now I cannot tell you much about this because time is short. And the chakra above it, which we call Agnya Chakra, is the optic thalamus. Where the nerves of our two eyes meet, there in the middle is a center through which both the pituitary and pineal glands are controlled, due to which the ego and superego which is formed in the head of a human being, is controlled and apart from this, this chakra, in it's center, now here, look here one is this Agnya Chakra, and here in the center is the Chakra of Shri Krishna.

This is Shri Krishna's Chakra, because this Chakra tells us that when man raised his neck, he set his eyes towards God. As long as his neck was towards the earth, till then his sight was not towards Virat or God Almighty. When he raised his neck, when he became a human from an animal, when he raised his neck, then here in the throat Shri Krishna resided. And Radhaji is the power of Shri Krishna. You know Ra-Dha, Ra means power, and Dha means the one who sustains. And because of this power, due to this power only, you become a witness. Now these are very deep matters; and now I'm just telling you the names of the Chakras and their presiding deities. What happens beyond that, what are its subtleties, what is its subtleness, what else is there in it, there is a lot to tell. We have some people who have attained mastery in this. You people should also try.

Nearly, if you, there are frequent programmes here in Bharatiya Vidya Bhavan. You people come, know/learn and understand; Some have written books too. I haven't written anything yet but everyone has written something, look at it. Listen to my lectures and understand them and use your hands, then you will know whether what I'm saying is correct or not. Now the above Agnya Chakra, which I had told, has the incarnation of MahaVishnu in it. If you read Devi Bhagavat, then you will know that MahaVishnu is a very big incarnation of the Son. And in that he has considered Shri Ganesha as the main principle. Considering Shri Ganesha as the main principle that incarnation was sent into the world, whose name is Jesus Christ. Jesus Christ is none other but the incarnation of Shri Mahavishnu, whom we call Bauddha. He is the incarnation of Jesus Christ and His mother was Radhaji Herself.

It's evident that the name Jesus which they have given, this name Jesu, is from Yashoda. Yashoda's name is not mentioned anywhere so they have named Him Jesu and His name, which is Christ, is from none other than Krishna, because Krishna was His father. Repeatedly He describes His Father, you should read Devi Mahatma, in Devi Mahatma it is completely written about This Child. There is only a difference in the name. It says MahaVishnu and His name is Jesus Christ. If you read them, you will know exactly that these are His descriptions only. Fully it is His description that He came into the world and the things He did and the way He forgave; Forgiveness was His key principle. In forgiveness, whatever weapons there were He dissolved them and put them into forgiveness. He has given forgiveness as the greatest weapon that man has. Now the reality of this too, it's feeling, of everything, you can realize through Kundalini awakening that when the Kundalini rises and when it stops at any Chakra, then the name of that Deity has to be taken.

If you do not take it's name then the Kundalini will not rise. You can see this yourself. When the Kundalini rises, gradually you will notice that you will keep getting vibrations on the chakras. You can also see it with your eyes. There you will have to take the name of that very Deity which I am saying. If you do not take the name then the Kundalini will not rise and when the Kundalini rises you should know that the Deity there is happy. After that comes Sahasrara. Kalki is considered to be the incarnation of Sahasrara. Kalki means, the One who is the master of all the seven chakras, the master of all the seven chakras is Kalki. And hence Her incarnation is believed to be in Sahasrara and this is the highest incarnation of Adi Shakti. Because only due to this, because of Adi Shakti only, Sahasrara can be opened here.

Otherwise it could never be opened. Along side, all the Gods reside on this Chakra and this is the incarnation of Sahasrara. Now I have told you enough regarding this matter. We will now meditate a little and see what is our state.

1977-0203, Public Program Morning

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3 February 1977

Public Program

Bharatiya Vidya Bhavan, Mumbai (India)

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

[Short Introduction English]

I will be giving you the information about Kundalini. At the same time, the Kundalini would be rising. You won't feel the rising of the Kundalini. So please put your hands like this. The hands are asking for realization, so in the hands, there should be a feeling, I mean you must ask, the hands should be placed in such a manner that you are asking- Straight like this not like that and on your laps.

[Hindi translation]

Keep hands towards me. Humans should ponder, why has Paramatma made us? Is there a purpose for our life or God has made us just like that from amoeba to human? After taking so much trouble for so many yugas, after passing through so many vagaries, Paramatma has made a beautiful handiwork of human beings, He must have done this for some reason. Maybe he (human) has not reached that state where he can know this- why has this handiwork been made? Maybe he has not understood why he has been created. But there definitely must be some or other reason why humans have been made from amoeba. If there is a reason, it is absolutely necessary for the human to find it out. When he cannot find it out, cannot know it, it is quite natural for him to be upset. It is natural that he is worried, upset and nervous. He does not know what is causing this nervousness. Why is he so busy and moving about with anger? Sahaja Yoga is the answer to this question.

Sahaja- Saha means with you, ja means born. The right which was born with you to entitle you to yoga, to become one with Paramatma, that is called Sahaja Yoga. Sahaja Yoga was there when he was primitive and when he was an amoeba. And when he became four-legged it was there, when he became two-legged it was there, when he became human then also it was there. The purpose of today's Sahaja Yoga is to show the human, the meaning of his life, the ultimate goal.

Research has been carried out in India from time immemorial by the sages and they found out many things which are inside us through meditation. In the time of Parashuram (sixth incarnation of Lord Vishnu), when he was born, people tried to find an answer in the jungles. Keeping away from the world, observing gross celibacy, hiding in a small cave, they have done penance for many years. And after that, they found the subtle, hidden secrets inside the human. From their finding, very few people could benefit. Because this job was very subtle and doing this being in society was difficult. These people had described these subtle things in many ways in the scriptures and books. But in kali yuga, in these modern times, now the time has come which we can call the spring. Like on a tree in the beginning only a few flowers bloom, only a few fruits are present. This keeps happening for many years. When the spring arrives subsequently many flowers bloom, and many flowers bloom and suddenly they turn into fruits. Easily their fruition happens. How it happens, why it happens nobody knows. Today they are all flowers and tomorrow they will turn into fruits. Today in the same way in this kali yuga, spring has arrived. And your right to know who you are, what does your existence mean and why you have come into this world. Know this thing. This is your own wealth.

Like a lamp is fully readied, oil is poured in it and the wick is placed and during the festival day of Diwali, they are placed in one line. Then with one lighted lamp, you can light many lamps. In the same way, Sahaja Yoga is an extremely simple, natural method. And human should not wonder why it is so simple. In matters of religion, human always thinks in the opposite way. Earlier if you had to go to Kasi you had to walk for three to four months. But today if you have to go to Kasi, you are here in the morning and by evening you can reach Kasi. Why does not a human think, we hear, we have to gather a lot of articles, we have to do tough penance, only then we may reach. If in the matter of Sahaja Yoga also if some special arrangement has been made,

why should there be so much discussion. If you are going to get something important and if you are going to definitely benefit from it, why should you doubt it so much? And also you should doubt only in cases where there is some give and take. Or if something is demanded. Or if someone is saying for this you have to do a three-year course, you have to come every day, you have to give this much fee, or you have to die of hunger. Or if we ask you to stand on your head. We don't say all these things. Then why should doubt and think- how can this happen? It can happen. In this hall, there are at least 50% of people who have experienced this. And it should happen to you also. But human's thinking goes along these lines. Now, in reality, is such an arrangement present inside us? Is there such a germ inside us, like it is present in all seeds and as a result of which you get your rebirth.

Gyaneshwar, Janak, Nanak, Kabir Das Ji, Yog Vashist, Markandeya Ji, and above all Adi Shankaracharya Ji, have described many times about Kundalini. If you read Devi Mahatmyam or Devi Sahasranam, in the description it is written about where all She is present, on what chakras She is present, through which path She raises, etc. We have become English and for us, this appears Greek and Latin to us and we don't know anything about our own things. Some mantras are being recited in the house, we listen and we give ten or fifteen rupees to the pandit and that is the end of it. He has recited the mantras and gone and the puja is over, all the ceremony is over and we have pleased Devi. Because of this thought process, we do not identify with any of our religion's thoughts. In the western countries where people have progressed a lot, they have earned a lot of power and fortune, who have collections of all types of gadgets, whatever they could amass on the material front, they have done it. Now they turn back and say, the joy we were looking for, where have we lost it? We have not obtained that joy. Let us leave aside all these- material things, what for- there is no joy. This is some maze. We are lost in this, this is some illusion, let us leave it. Their children have left it. They have given their homes and all they are wearing the clothes of sanyasis and have started consuming ganja-marijuana. Is this proper? You notice thousands loiter here, they are all sadhus. They are seeking Paramatma. They also consume ganja and think that in that process they can reach God.

In such times Sahaja Yoga became available. You have to seek it inside not outside. Many times reputed poets have said Nanak was the incarnation of Raja Janak and Nanak said, 'kahe re vana khojan jayi, sada nivasi sada alepa tohe sang samaye', he is saying it is all built-in you, why are you going out. Inside you it is in Atma Swaroop, why are you looking for it outside? What is that thing? Who is it? How is it? I will tell you all about it. Sahaja Yogis should not come late. People's attention gets disturbed. Sir, You look here, have you not seen women? Put your attention here for a minute. I am telling you to seek yourself. It is a matter of taking your attention to you. If you take your attention here and there, how can I pull your attention inwards? Put your attention here for some time. Be calm, because this is very subtle. This is extremely subtle and attained with absolute devotion.

Inside our body there is an arrangement called an autonomous nervous system- we call it a self-propelled system. This system is present in three ways. Doctors know it by the names of the right and left sympathetic nervous system and parasympathetic nervous system. According to Sahaja Yoga Shastra, all these three systems are made of matter, appearing outside as gross. The driving system for these is located in the spine as I am showing here by means of these three lines. You see it here. These are the three nadis. Among these, one is called Ida, the other is called Pingla and the central one is called Sushumna. These three nadis are present or not, whether these are inside our body are not, whether these are active in the subtle form are not, because you can see the sympathetic and parasympathetic. These subtle nadis you can't see. They can only manifest in Sahaja Yoga. But to see anything subtle, first, you have to become subtle. This is indisputable. Without becoming subtle how will you see, know a subtle thing? Even then you have eyes and you are at the human level, I can show you the pulsation of Kundalini. You can see the movement of Kundalini. You can see the rising of Kundalini if you are a human whether you are realised or not. In our body the subtle system which is made in us, these three powers dwell in us. The power which is on the right side and crosses over to the left side is called Mahakali Shakti. Now you will find this name strange, how is Shri Mataji calling it Mahakali. The English could not discover it, how can I tell the English name? This is the Mahakali power because of which the whole world exists. This is responsible for the rhythm in the world, an apocalypse happens. Like we are alive because of our heart, when the heart stops we can die. This Shakti nourishes your heart. Its name is Mahakali Shakti. It is our emotional side which the English call Psyche. This is activated by the left side sympathetic nervous system. Doctors will not agree with this. They do not know the difference between the right and the left. Even the doctor and psychologist don't agree with each other. I do not have any quarrel with them. But they have their differences. The psychologist will not be able to convince the doctor and the doctor will not be able to convince the psychologist. A human is psychology, psyche and the body, and the emotion and the mind also. He is everything.

Sahaja Yoga looks at the human as complete and analyses, it does not analyse each differently as done in science. But on every aspect of science, it fits in properly. The nadi on the left-hand side, we call it Mahakali Shakti. The position of a human is governed by this power. The position of the entire world is also governed by this power. If this position is not present if this power is not present, his position can't be made, he can't exist, the whole world can't exist. But you take it that it is the emotional side of Paramatma. It is not active, it is a state. When it is activated in us, whatever is dead, whatever thoughts come, rise and perish, whatever past is there it is operated by this. It keeps storing it. All the conditioning in us is stored by this, recorded by this. We consider this as Mahakali Shakti.

And the other power which passes through the left and comes to the right, we call that Mahasaraswati shakti. All our work gets done through Mahasaraswati shakti. Creation, thinking, movement of limbs and whatever work we do for the future and whatever planning we do, whatever thinking we do for the future, all that happens with the right-hand side power which we call Mahasaraswati shakti. The power which is in the center is called Mahalaxmi shakti. Our growth happens because of this power. Our evolution takes place and today we have become human from amoeba only because of this power. The present-day human form is also because of this power. The power establishes its particular dharm-attribute in each material. When I say, do not be upset. Dharm means its innate nature. Like the nature of gold, it doesn't get spoiled. It is untarnishable. Carbon has a valency of four. Every molecule and atom has its nature. A scorpion is like a scorpion. A snake is like a snake. Likewise human behaves like a human. Human dharma is also established by this power. Only because his dharma is established he has reached his present state. There are different qualities of humans that keep coming and going and when the ten dharmas are established in him, he gets created. Because of this Mahalaxmi Shakti, he can reach his mandated destination – evolutionary power. This is your today's present, what you are now, that power. In this manner, all the three times past, future and present exist inside you at this very moment. This way the three powers exist in a human and only because of these three powers he has reached his present state.

Now as we know this mike is made or any other machine is made, we do not understand its use till we take out the coil from inside and connect to the mains, its use is not evident. In the same way, until the human is connected to the mains, till such time there can be no purpose for his existence. After that there is only one purpose for this, mike, my voice has to flow through this, it becomes a hollow thing. This instrument has been made so that it can carry my voice. Later we realise that we also become a hollow thing and through us, that power is transmitted from inside us and starts flowing. Inside this becomes Chaitanya ki Lahren-waves of enlightenment and flow through our hands, which we believe is the all-pervading power of the divine and that is the power of love which is flowing beyond these three powers, taking with it all the powers and flowing as one; it has all the three Shaktis. If we look at this picture of Paramatma's, if we are the reflection of Paramatma, then these three powers are operational in Paramatma. And as if we are tiny cells made inside Him. Like if this is a macrocosm, we are a microcosm. This way we are sitting inside Him like Him. We have to just get awakened for the all-pervading Paramatma's shakti to flow through us. Until this happens you can't get the joy. Until you do not get the movement, you cannot reach your life's goal. You may possess whatever material thing of this world, still you will not get happiness. You will not be joyful.

You are watching in front of you, I have shown you many chakras and Kundalini rises only after passing through these chakras. Now I will describe the seven chakras which are inside this. Don't keep doubting whether they are there or not or Mataji is just talking like that. Even if you are a scientist, you must have an open mind. I am placing before you a hypothesis. You accept, you look at it. If it happens, if it is good, if it manifests, then you accept it. These seven subtle chakras inside us can definitely be seen from outside and the doctors call them plexus. Simultaneously, I will also tell their names which are present in their subtle manifestation in the form of plexus, a gross matter, which can be seen. You can understand that there are some arrangements inside us over which we have no control. Like your heart, it is working on its own. Your stomach's movement is happening by itself. Your breathing is happening on its own. There are many tasks which are happening by themselves. Out of these, you can increase your heart rate. If you start running, your heart rate can go up. But it comes down by itself, you can't reduce it. You can increase your breathing rate but can't reduce it. The process of reduction is also self-propelled. One is which you can increase, bring into use in an emergency, which you can grab, that is the sympathetic nervous system. There is another over which you have no control that is the parasympathetic nervous system. And as I said, the sympathetic nervous system is propelled by Ida and Pingala nadis and the Parasympathetic nervous system in the center is propelled by the Sushumna nadi.

There are some centers inside us that are sustained by these three nadis. In these centers, many deities are seated. Many will

say, Mataji don't talk about deities, this is not scientific. But can people of science answer all the questions? If you ask a simple question, ask a doctor. If any foreign thing is introduced in our body, it is thrown out by the body immediately. It makes all efforts to throw it out of the body. But when a mother has a baby in her womb that is not thrown out. It is groomed, taken care of, and nourished. Who does this? Who takes this decision? Where does this discretion come from? Does anybody think about this? How does this happen? When a baby comes into a mother's womb, the grooming starts instead of throwing that out. There are so many questions like this and doctors can't give a reply to any of these questions. There are two chemicals by the name acetylcholine and adrenaline and when they enter our body or when they operate in our body their action is different. Like when it has to relax, i.e. augment, it cuts down. Doctors say we can't explain the action mode of these. In such matters, they give a stereotyped reply, 'We can't explain it'. Alright, their reply is also true. In this there is an important truth, at least they accept it. Because their search is from outside, in the dark when you go somewhere, you can't see the totality, you get one thing, then another, etc. they can't be connected. When you take one thing and keep on analysing it, you reach a point where you forget the whole thing. You know that one doctor examines one eye and another doctor examines the other eye. If you have to get your whole body examined, you have to pay at least 60 doctors. When a human is one and his art, his music, his poetry where do they come from? No one has any idea about it. Because when a man searches from outside this is what happens. But one thing is possible; if in this dark room there is illuminated suddenly, everything can be known at once. This is our Sahaja Yoga.

Inside us is placed at the bottom part in a triangular bone- can you see here?- in three and a half coils, a Shakti called Kundalini. I have already told you whether it is there or not, I will show it. This power is in a dormant state. It will be in a dormant state till an authorised person comes before it. The authorised person will very rarely be there, almost non-existent. I have not found anyone at least since my birth, in this janma. There are some people in this world whom I can say are realised, but no one is around, they are in jungles. Very few. Almost negligible-may be one or two. When someone comes in, it will manifest, because it is Chaitanya, awareness. This thinks, understands, organises. We cannot think of a power that thinks, understands and coordinates and loves. We cannot understand any such power. But if we can do all these there must be some or other source. After all, how do we do all these works? What is not present in the tree, how can it be there in the fruit? There must be a source for this, it must be located somewhere, which we love, think, and does all works. A small trace of that power flows through you and everyone in the Sushumna nadi and is seated in these three and a half coils- there are math and shastra in this also- and there is a beautiful arrangement inside. And it remains dormant. Many claim that we can awaken Kundalini. I come across many. Many have also written books. If you come here after reading those books, you will be jittery, 'Mataji Kundalini is a frightening thing'. If it is your mother, can your mother be frightening? The entire world can be frightening, but not a mother. She is your mother and is born with you in all your lives. The mother who gave you birth may change, but she will not change. The kundalini moves with you, stays with you, it stays inside you, she knows you, she knows your mistakes, she knows your good deeds, she is familiar with your deeds. Such an entity, can it harm you? How can it? But one who is not authorised only can talk ill.

If you see below Kundalini, there is a center with four petals. Where Kundalini is seated, it is called Mooladhar, because the base of the origin is located there; It is its residence. Placed outside this residence, much below is a center called Mooladhara Chakra. There is a big difference between Mooladhar and Mooladhara chakra. Mooladhara chakra is below and Mooldhar is above. In Mooladhar, your mother kundalini is seated in the Gouri shakti form. Gouri is taking a bath and below Ganesha is protecting Her. In this first center, Shri Ganesha dwells. Someone may say how is Shri Ganesha coming into the picture. Whether Shri Ganesha is there or not we will see later. Shri Ganesha is a symbolic form. He is symbolic of an eternal child. Shri Ganesha is an eternal child. We have many symbolisms in us, this the psychologists believe. They have worked hard on this. They say there is an all-pervading universal unconscious, which is inside us in a symbolic form and gives us dreams. They didn't have the power of meditation, otherwise, they would have seen it. But if one can have the power to go into meditation, he can see it; the existence of Shri Ganesha at this place. Whether it is true or not I Will show you as we proceed in the Kundalini Yoga. All those who are here have experienced it. You have not. You will also experience it. Shri Ganesha has his place here. Shri Ganesha is seated in this chakra because when you want Kundalini to be awakened, your Maa Gouri to be awakened, you should have towards your mother the innocence of a child, you should have the same innocence towards sex. Because Shri Ganesha who is sitting on the four-petalled chakra, sex is also controlled from this chakra. There is no other way for going towards Paramatma, absolutely not. If someone trespasses into this path Shri Ganesha gets angry; Can you have sex with your mother? Those who are talking about sex this way, they are teaching this - you can have sex with your mother. A Hindustani (Indian) can easily understand this; there can be no greater misdeed ,sin, curse than this. In the Mooladhara chakra, Shri Ganesha is protecting His mother's modesty.

These days lots of people go around claiming to be Krishna Ji and they are propagating dirty ideas like sublimate your sex. You are already sublimated, note it. Mooladhara chakra is below and Kundalini is seated above. Only because you indulge in such activities, you feel the heat inside you which is due to Shri Ganesha's anger. He gets angry with you and only because of his anger Kundalini gets lightened. Kundalini does do anything, It is stationed at its place. Kundalini does not move. It is because of Shri Ganesha's anger, beyond Kundalini-there being no role of Kundalini- the sympathetic nervous system is damaged and you will have many types of discomforts inside you. Some will get blisters all over. I have seen it. I have to treat those who are affected by this. Blisters appear all over the body. Such is the anger of Shri Ganesha. Many have problems with their hands and legs. Some people start shouting, some start screaming. Some undress themselves. Some get intoxicated. Some start murmuring, some start seeing light. All kinds of things happen.

I went to a place called Kolhapur. A person was sitting with his legs towards me. People told him, you should not sit with your legs facing Shri Mataji. He said, 'Let me sit like this, otherwise I will jump like a frog'. I asked why do you jump like a frog? He said, 'My guru has raised my Kundalini and that is why I jump like a frog'. Do not raise Kundalini by mere talk. What more disrespect can be shown towards something Which is there for your benefit, your happiness, your joy than this. There should be no such symptoms. Yes, if your health is not okay, maybe your Kundalini raises a little bit and goes to the place where there is a problem and stops there. It will stay there for one or two days. It may so happen that you have some heat in the body. There was a person who had a complaint, and he had his thumb shaking like this, not much. Because you should have Indications also.

When this Kundalini is awakened, it passes through six chakras because the seventh one, Mooladhara chakra is at the bottom and it can't be pierced. That is why we call shat chakra-six chakras- See how real this is, the Mooladhara chakra can't be pierced. That is why we should not talk about it when referring to the Kundalini. Yes, if you are an impure person and licentious, if you have not cared for your Ganesh Ji even a little bit, if you have spent your life foolishly, then surely a vacuum will form inside you and whenever the Kundalini tries to ascend, it slides down immediately. This can happen. That is another matter. If you have not cared for Ganesh Ji, this can happen. But in Sahaja Yoga this is forgiven, I have seen. Even if you were like this before, you are forgiven. It is very important that when you are in front of Paramatma and you desire His blessings, you check your purity. Do I have purity? You understand the difference between a mother and a sister or not. It is very important. When Mooladhar chakra deteriorates, one gets many problems related to sex. You can have problems such as constipation etc. because this chakra is just below the anus.

Just above this chakra in the center of stomach, you will see what we call the Nabhi chakra. This is also called Manipura chakra- Nabhi chakra or Manipura chakra. Manipura chakra is behind the Nabhi- navel in the spine in this place (the chart is shown). And the plexus which is operated by this chakra is called solar plexus. The chakra is in the spine but the plexus is in the front. It is located outside the spine and this is gross. The subtle chakra is inside the spine and is called the medulla oblongata. It is in the medulla oblongata in the spine. The solar plexus operates all the organs in the stomach. You will see another chakra that comes out of this chakra and moves all around. This is called Swadishthan chakra. This chakra has six petals. Shri Brahmadev dwells here and Shri Saraswati is his shakti. In the Nabhi chakra dwells Shri Vishnu and Laxmiji is his shakti. If someone is very poor, it is possible his Nabhi chakra is impaired. Nabhi chakra of our country is impaired. That is why there is so much poverty here. You do lots of pujas on Laxmiji, do anything, you will not gain. Till such time your Nabhi chakra is not alright, your condition will not be good. But Laxmiji does not mean money. Listen carefully. Today I will tell you about these two chakras and make you meditate and tomorrow I will tell the rest. I will tell only about Laxmi Ji and Saraswatiji.

This is not imagination, it is real, actual. Because Nabhi chakra establishes righteousness in us. There are ten dharmas of humans. They should be there. If one is unable to follow all of them, he is not useful for Sahaja Yoga. His dharmas have to be bound. He can't be awakened. These are the ten dharmas. These should be inside us, as a minimum. Only when he has these he can go beyond dharma. Laxmiji is in feminine form. It means She should have a mother's heart, who has money. One can be called Laxmipati only when he is extremely good-hearted and who has a motherly instinct. Secondly, Laxmiji is standing on a lotus, light. That means that a Laxmipati should be very light about himself, So much simplicity that he can stand even on a lotus. I observe that if someone has a little money, he becomes so arrogant. He will tell me, 'Look Mataji, I want to get realisation but I can't come to that hall and be among those people, You have to come to my house'. I said why is it because you have more money? And you can't sit with others? Such a person shouldn't have even a wee bit of arrogance, then only he is a Laxmipati. If

he has arrogance because of money, then he is ruined. Then how is he rich? One who is actually rich, he has everything of his own, he is never arrogant of anything. Only when he has knocked it from others, he will become arrogant. Or he lacks something that is why he is arrogant. If he has everything he is never arrogant. Do we go around showing arrogance that we have noses, eyes, ears? Laxmiji has pink coloured lotuses in her both hands. These pink lotuses are fully bloomed. Like that Laxmipati should have an open heart like these lotuses. He should be an open-hearted man. If someone comes, he starts barking, how can he be Laxmipati? He is a dog then; He can't be a Laxmipati. Like a lotus whose fragrance is spread in the whole world, people will know that there lives Laxmipati here and they bow to him.. Laxmi has all over this man. He is a moneyed man, he can't be Laxmipati. Behind his back they will say he is a drunkard, he is that, etc.,.He is a black marketer and so on. No one praises him. He has no grace. There is no beauty. There are some people like that.

Where I was born there was a person. He was called Laxminarayan, a very rich man. You can call him Laxmipati. Extremely unassuming, very simple, His nature was like that of a child. I have seen many but very few are like him. And their house should be like a lotus, beautiful, rose-like, in which there should be rose shade in the heart, pull of the heart, people accept him, people should visit that house. Coral like creature also finds a place in the lotus. And make them feel comfortable and make them rest and they feel cozy. The heart should be soft. Have you seen anyone like that? If you come across one, please let me know. Very difficult. They got money and became donkeys. If not anything, they will drink or gamble. What kind of nature is that? Once he makes money his wisdom takes a beating, his intellect is worse than that of a horse. I am surprised when I think of it. If he can't get a good sense from money, what is the use of such money? Only such money is of value which gives good sense to the human. His righteousness is awakened. Paramatma gives you more money for you to take up religious works. The world is blessed. I will tell you that there is a close relationship between religion and money, whether you believe it or not. Yesterday I told you that I went to someone's house and they said you must definitely come here, there is important work here. They are very rich people etc.I said I don't understand money, I will go. They said, 'It is in your way'. As soon I stepped in I said this house is cursed, you may be rich or whatever. They said how? I said it is cursed. When I saw their young two adolescent children and they were seated in the chairs all the time, legs and hands spread like this. They are like this from the time they are born. What do you do with that money? You move around on an elephant. Your two children are like this. Outside the house itself, I could feel that this house is cursed. You are cursed with money, your earning, your spending has no religion involved. In the same way, many houses have been cursed. Someone's wife has gone mad, some had this problem, some had some other problem. Someone says we did not get a child, some other person says this has happened. Not having children is not a curse. But the way it affects them is the curse. That is why there is a tight relation between money and religion.

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..... anybody picks up a pen and starts writing. Most of the writers, most of them, have self-interests vested. They have some or other interests like befooling people, making money or showing off etc. By grace of almighty few great saints have been there and they also wrote something.

However, they did not publish anything themselves but later their scripts were published, for example Kabir Das ji, Guru Nanak, Ramdas Swami, Tukaram.

In ancient times, we had Sage Valmiki, Yog Vashishtha and many other saints. But people would find it difficult to identify right and wrong ones amongst them all.

Thirdly we have Swami Markandey and Adi Shankaracharya. We call ourselves Hindu, this and that but no one reads Adi Shankaracharya's work. Even after reading it no one could understand him well. He was such a big devotee of Mother that he won't do anything other than offering prayers to Mother. All the time he kept praying to Mother Bhagwati and he knew nothing else. He would suggest only to pray to the Mother and anything shall be done. And this is absolutely correct. He said whatever Yoga etc. you do, will not help you find Divine. You can find [divine] only when Mother endows Her blessings, otherwise you just can't find Him. He mentioned this very clearly.

But in our country, everyone is practicing Hatha-Yoga. What Hatha yoga you people are practicing? It is something not meant for family people. Here they have made it compulsory. Yesterday cops came to check out, if we teach Hatha-yoga.

It's like Hindi Idiom: Karela Neem Chadha – Bitter gourd flavoured with Neem." Hath Yogis are so angry people that God save us. Their wives just run away. You look at any Hath Yogi, Hath Yoga enters the house and wife runs away, and the man runs after with stick. And if wife becomes Hath Yogini then God save, her man is in trouble.

Because it is prohibited to practice it while leading a worldly life. It is practiced very carefully in celibacy under guidance of a Guru, following six strict regimes of Rules and regulations [Yam, Niyam] etc.

Now, whoever studies Hath-Yoga, comes over and starts lecturing me on this matter that, "Mataji so is written in that book." Oh dear, who has authored that book?

Now amongst those people who is right or wrong, who is real or fake? Amongst real ones also there are two types. One, who are still searching for God and second those who have found.

Those who are still searching, what's the point in studying their work, as they are still searching? If a blind follows another blind person, what's the point?

Those who have already found the God, study their work, e.g., Kabir Das ji, Guru Nanak ji. If you talk about Surdasji, I would say no. Surdasji wrote good poetry of separation [emotional/virah]. He sang separation [emotional poetry], but you must read one,

who talks about Union. One who talks about Union, actually only such person can show you the path because he has already found it.

Nowadays everyone is like that, so many such people have cropped up all over. You just mentioned about J. Krishnamurty. But he does not talk about Union. He is actually a very disconcerted individual. He knows nothing. He is just seeking in dark and making everyone else (his followers) fall down flat. And whoever reads his books, starts singing the same tune.

Just by talking you don't get God Almighty, this event has to happen within. In Sahaja, this event takes place within us, due to which our Attention enters a new dimension, a new event takes place within.

Until this happens, what are we talking? Just singing Krishnamurty's tunes? He is like a blind man and so are you. I keep listening with surprise to all big things this boy is talking all over, that this happens, that happens in this. If I ask who said this, answer is Krishnamurty. Now, Krishnamurty is not realized soul for sure. If he was in real, won't talk like this. A realized soul talks with authority that, "It's like this, that, and see this."

Take case of anyone. Krishna said "Leave all Religions [Dharmas], duties, and come in my shelter [surrender to me]." He had no fears and said very clearly. Christ said "I am the door, I am the path, (inaudible), I am the Light". He was not afraid of anyone, just said that, "I AM". How Kabira has said, "I will take control of all five elements, will tie them all with a single thread". How courageous! He said.. "I will DO it." It's not that he had to coax in front of Almighty "Hey God, I did not..." One who has found it, why would he sing song of separation [Viraha]?

So, if you say that we must read all, it's wrong. If you are seeking, then read someone who has already found it.

Now if you are seeking and the other person [author/writer] is also seeking, if you read such a person's work, you will also go into ditch along with that person. Assume that he is already in ditch, then you will also fall.

How would you know whether he is right or not? So now you have read J. Krishnamurty, he has not mentioned anywhere that, "I have found it" or "I had such experience." The enjoyment we get in reading work of such people is because he is in sorrow and we are also in sorrow just like him. We enjoy Surdas's bhajans because we are seeking God and he is also seeking in a way coaxing to Almighty that, "When will you meet?" And if someone is singing songs of union [with God], we don't like it. Because one feels jealous that, "See he has already found God and see we are still just here."

New Seeker: Krishnamurty talks of fundamental revolution (not clear) too.

Shri Mataji: He just talks. Right! Ya ya. Son, talking is one thing and actually doing is another. He only talks. How does it help? You will also talk. Talks and only talks. Blah blah blah... Times of just talks is behind us. Now it's time to do something, to act, to see something.

New seeker: Until someone shows us something practically, we don't know what's right or wrong, we just keep studying all.

Shri Mataji (amusingly): See, I am working so hard on you, I have already poured so much of oil upon you. If you say I will massage you too. (Jokes and laughs.)

See it is like this, one has to be 'Nirachir Vichar' [not sure of meaning]. If you say that, "I want to try everything", then how your Mother would be able to stop you? You try everything, how can I stop you? I will not so No to everyone. But Divine is only one and finding him is also only one thing. Being one with Him is the only work we have, rest all is meaningless, this is true.

Anything else if you want to do, then keep trying... You will try all in this birth or next but when will you try this thing?

If someone asks me, I would say that follow only this and get it. I have nothing to do with anything else. Alright. And if trying

something else benefits you, I would definitely say go ahead, Son. But it does not work, see it has only caused damage. Now you see, you have been trying hard three days and right in front of you so many people have got it, but only you could not get. Is it not true? I don't have to settle any scores with you, right? But you have not got it. But okay, on first day I think you had got it but later you caught up [negativity].

Other seeker: I have the same problem.

Shri Mataji: Yes, you also have same issue and there is a reason behind it. You have studied it all and they all are sitting inside your minds. That's why I call them bhoots [ghosts, negativity].

Seeker: Please cleanse me today.

Shri Mataji: That's fine. I will cleanse you today but you should follow a different route to home today, not only this I will get your dress also changed. (Mother laughs and then reassures seekers) Don't worry, it's okay, today I will cleanse you.

Actually, what to say but falsehood sticks very quickly but truth does not. One has to earn it hard and establish himself in truth. Truth has its own prestige. Mosquitos will be after you, wherever you go, because they have to suck your blood. But if you have to visit a king then one has to take permission, it would have some protocols, one has to buy good clothes, take prior appointment, one has to go very gracefully and bow your head before king.

Truth is one like that, which is self-glorified. That Truth has such a big prestige that you have to bow your head. If you show arrogance, Truth will not accept you but you have to accept the truth. But falsehood will catch you very quick. If you just found Truth here, you visit that place and falsehood will immediately catch you. This falsehood catches so fast. just like dust. This dust sticks very fast but cleansing takes time. That's the problem and that's how you caught some negativity yesterday. You had got it yesterday but then again you had some catches.

One should not catch, if you go little deep inside then you would not catch again. You must go deep, Sahaja Yoga is for those who have depth, not for superficial people. Those who know everything superficially, Sahaja yoga is not for such people. If you want your welfare/bliss, then you must go down deep. Have to go deep.

However, I don't test you people like other Gurus, I don't torture you. Just look at other Gurus.

Let me tell you an instance, in Ambarnath [holy place of Lord Shiva] there was a Guru and he had a poor disciple Jagannath Ji called Baba Jagannathji. He sent Jagannathji to a place near Bombay, known as Ambarnath. He was told to do penance for 12 years there. After 12 years Shri Mataji will herself come there and clear his Agnya Chakra, which was caught. Just think about it. After 12 years, I went to Ambarnath, as I had a program there. Jagannathji arrived there and said, "Shri Mataji my Guru had told me like this before and he himself has arrived here too." I said okay. When I went there, asked his Guruji that his Agnya Chakra had to be cleared, "Why didn't you do that?" On this he replied, "Let him die." I asked, "Why let him die?". He says, "I have earned it so hard and was able to open my Agnya Chakra after so long. Why should I grant him just like that?". There was no Love. Then I cleared his Agnya Chakra.

So Guruji said, "He will catch again." Then I asked, "Why will he catch?" On this Guruji replied that because he smokes. I asked him, "Why don't you ask him not to smoke?" He says, "Let him die." He had reservations even in telling to that person not to smoke. He says, "Why should I tell him? Let him learn himself. He must learn himself."

And if I say something to you people, you feel bad about it. I tell you people just because this is against your Dharma [righteousness], This, this is not right, you should not do it.

All those [Gurus] tell me, there are many such. One is in Pondicherry, another in Kalikat. Instead, other way round they tell me that there is no use of working on these people, these people belong to this world [society] are all very worldly [materialistic]. They will

get it today and get lost tomorrow, then again get it just to lose it again. They are not going to be established in it (realization).

And I have to show them that these same people will get it. And they have got it, they are well established. You have seen how these people are, these 6-7 people have come from England, like them there are others too, about 20-25 in all. They are very solid, well established people [Sahaja Yogis].

To find Divine, one has to establish himself. It's not something like, you can buy it from any shop. It's not like that. One has to establish himself.

And for whom, our own benevolence. What benevolence will happen to Mataji? I am one beyond benevolence, only you have to be blessed. You only are going to get it, you must establish in it, go little deep. Some or the other deformity is anyways there. However, many people get realization but then their boat keeps tottering unsteadily, they don't get established.

Now I told some of them after they got realization that we do take a treatment of photograph. This photograph of mine emits vibrations, just keep your hands opened towards photograph, your both legs in water and add some salt in water. Do this for seven days so that you will get established to good extent. Because by doing this, your faith improves as vibrations get better and all those impurities [internal] are cleansed [in water]. It's because you come across many impure things every day in this world.

There is another person, who lives in Gagangarh. He told these people that he has been doing penance ever since he was in state of a frog, "I did penance for thousands of years, only then I got these vibrations and Shri Mataji is giving you vibrations so early. What have you done? All of you are useless. Tell me how many of you would give life for Mataji?"

Now all these boys got scared. Not these people but there was a poor man, who used to trouble me a lot, so I told him to go and see this Maharaj as he had asked to send someone. Then after 15-20 days this poor man returned, he walked up to me with both legs hanging by his neck. I said, "What's all this?" On this he started saying, "This Maharaj is a showman or what?" I asked, "What did he do?" He told, "This Maharaj roams around riding on a lion and his lion threw me down. He did not give me food for 4 days, broke my both legs, starved me for four days, then on fifth day he offered me four rotis [bread]. After that he told me, 'To carry these broken legs on my neck to your Mataji, only she will cure you. I will throw you down again otherwise'."

Therefore, you must also cooperate little bit and you must understand that while living in this world, walking amid amongst common people many types of negative thoughts, negative powers are all active around us.

In this Kali Yuga sixteen devils have taken birth, the big ones who were killed by Devi. Even killing them is of no use, as they all are back with all their weapons. They have returned in even more nasty forms and trying to enter into your psyche. All kinds of businesses are going on, some of them have come in disguise of gods, and they are very affluent. They have so much of money that they can buy you also. And when you pour money who will say a word? Once money is shown, you get sold out.

They have very big organisations; our very senior retired officers are their secretaries. They can buy anyone on their wish but they all are devils. Definitely devils! They are worst of devils and are well described in Devi-mahatma [holy book]. They all are sitting on our heads and we have to honour/accept them. Because they have earned great publicity, their style is different, they would hypnotise you, mesmerise you and you all start running after them. It's okay for them as they don't have any conscious, wisdom or intellect. They have no fear of God, they have been to hell thousands of times and have built immunity now. They feel nothing, what can be done? Anyways hell is all full there and what's point in sending them to hell now?

Only you people will have to accept Truth in your total freedom. In Total freedom. How can I enforce it on you? Even if we make someone a king forcefully, would he sit there?

In Sahaja Yoga, many things have become very simple in its current form. Sahaja Yoga has been there since eternity. I will tell you later in what all forms Sahaja yoga has been there. But in current form of Sahaja Yoga, many things have become simple

except one thing is scarce, or as in English language we call it 'loophole', is that even Divine is surrendered to the freedom on human being. In this, my hypnosis is not at all possible. I can't put you in any illusion. You must remain in your conscious, follow your own intellect. You must take full permission of Self before stepping towards Divine, nobody can push you for this. If you understand this thing, Sahaja yoga will be very beneficial to you within no time that, "Your freedom is well respected."

[English]

Today I'm going to tell you, yesterday I told you, what are the mental stratas or what is the totality of man. Whatever I have told you about it, about the totality of man, all his four sides, is: on top is the super-consciousness, on the right-hand side is the supra-conscious state, and this side is the sub-conscious state, and down below is the hell. You can see that after Realisation, not before.

Before it, if I tell you that this man is not correct, that man is correct, you are not going to like it. You will think that I am criticising someone. Why should I criticise? One person I say he's good, another person is not good.

Later on, once you are Realised and you have gone deep into it, then you become so sensitive that even the name of such a person gives you a heat in the hand, you start burning, you don't like it.

So, this strata of super-consciousness, I told you, I will be discussing today. Because yesterday we discussed it too.

Now you might say that, "We must do even the collective subconscious and also this collective supra-conscious, we should try to do everything."

But you are side-tracked. Not only [that] but you are affected, you are hurt. But the worst part of the whole thing is that after human state, if you go to any one of these stratas, you go to the pishacha state. On the left-hand side you become a pishacha, and on the right-hand side you become a rakshasa.

Even after Realisation a person like Ravana became a rakshasa. He was a Realised-soul. He was a Brahmin, no doubt, he was. But even after that, you see, he had such a weakness for women. When he tried to do that, again he fell down, he became a rakshasa. The trouble is, after this state, you become either a superman, or a what you call 'the devata' or, you can say, the Realised-soul, or you become a rakshasa. So, you have to choose.

Now human state is such a state that either you go this way, that way, or you go to hell. And when you go to the extremes you come down to hell.

Supposing you have been to somebody who has been a tantrika. Take the case of a tantrika. He has been trying all these things and all that – unknowing. Also, he does not know he's a tantrika. Supposing you have been to him. [When] you come to me, immediately we find out that there has been a problem with you. If you go to a Realised-soul, immediately I will know that he has been.

Today one gentleman came to me. I asked him, "Who is your Guru?" And he told me his name. He's a Realised-soul, I know. In Kanchi, the Shankaracharya of Kanchi, the old one. He's a Realised-soul. Not the new one. The new one is not. None of them are, except for one, the Kanchi one. When he told me I said, "You will get your Realisation, no problem!" Because if he's a Realised-soul, they will have no complications. He got his Realisation; he was alright in no time. So, no question.

But if you go to, say, somebody else who is a tantrika, bend your head before that, you can't get your Realisation.

Now, there is nothing to criticise. Why should I? I mean, I am not a politician. I don't want anything. I don't want any money. Nothing. I don't have to know even about Kundalini. I know each and every thing about it! Absolutely complete! I don't have to have anything from you. Then why should I say that this man is not alright? Because I can, even a child can, say it. If a child is

Realised, he will say it.

My granddaughter she went in Ladakh to see some lama. She went to Ladakh and saw the lamas' place. These lamas are, none of them are Realised. Surprisingly none of them are Realised! It's a fact. I am telling you. If they were Realised, I would have said, "They are Realised," but if they are not, I will say, "They are not." Pope is not a Realised person. This is not politics. This is Absolute Truth. So, this little girl – she was hardly that time three or four years of age – so she looked at him and said, "Yeh, kya sar munay ke chauga pinaa ke, aise ban ki waite hai. Karam kaige." Immediately she said it because she could feel it. She's a child!

We had once a program, and another granddaughter of mine she had come, and a big "sadhu baba" in Bombay. I will not name him, because you all know him. He is not a Guruji but he's running a big mission there. He was sitting on the dais [stage] and this my granddaughter was sitting with someone in front – she's a small girl, very small; now she's hardly five-and-a-half; that time she might be about four-and-a-half or so. She saw from there this gentleman sitting there. They had called me as a chief guest and he was the Chairman or something like that. So, she saw from there. She said, "Nanny, nanny yeh jo maxi-panti baitha, is ko бага bahar to sab garam garam aar raha hai. Waha se chill aa rahe!" It was so embarrassing

(Hindi)

He's telling you the Truth; why do you call him obstinate? He's a very brilliant boy, very brilliant. (Hindi) He's so particular and one day he was saying that, "(Hindi)." Just he can't bear it.

One father came to see my brother, and my brother was about to touch his feet. He said, "If you would have touched his feet otherwise, I would have hit the father very nicely. Why should you touch his feet?"

So, you see, the thing is, this is the Absolute Knowledge. It is the Knowledge by which you know what is the Truth, what is not the Truth.

Seeker: We people, having limited consciousness, anybody talks about wisdom...

Shri Mataji: I know. That is the reason why I am so sorry. You see, why my attitude is very different from these Gurus is, I don't say that you spoil yourself, "Go to this one, go to this one. Alright, die there!" You see, I don't say like that. I am looking after you because I know you are seekers. And I feel sorry because the seekers have suffered. I feel very sorry.

Now the hippies abroad – you see my centre is just in the centre of the hippie village. Why? Because I know they are the seekers. Poor things, they are suffering because they are the seekers. All my sympathies, all my heart goes to them because they are the seekers. You know how much I am working with you. You know that very well. Because I realise that you are a seeker and, in your ignorance, you have gone to these people.

Now you can say that, "Why didn't God give us this sensitivity?"

God had. God had given you. Human beings, you were very sensitive at the time of Sitaji. At the time of Radhaji also they were very sensitive. But now man, in his freedom, has become so materialistic. What impresses is a good dress, good features, big car. Somebody coming in a big car – "Oh big thing!" We are becoming, day-by-day, very gross. This is the reason. And this grossness has grown into us. That's why you do not feel it.

But there are many people, I tell you, who could not bear J. Krishnamurti. They said, "Oh he's singing! What are we to get from him?" It's a simple [thing] you see. Use your brains. Either use your sensitivity of your heart or use your brains. God has given you brains. If you read J. Krishnamurti you'll know [whether] he's seeking. It's very easy to find out the one who is seeking and the one who is not seeking.

Yesterday that singer was singing all the viraha ke songs [songs of longing/separation]. Then he got Realised and I said, "Now don't sing viraha. Now you've got it." But still [if] he goes on [with] viraha, so God will say, "Alright, let him not have his vibrations."

So, you lose his vibrations. In small things I have seen [that] people lose their vibrations. Such a precious thing has been brought down to them, and for a small thing they lose it.

There was a man who got Realisation and he went somewhere, Kashi or some place. From there he bought some black thread and he was wearing it. Now see the human mind, you say that we are, but this is stupidity. There, he gave that black thread to him. Now what is a black thread? You tell me what is the worth of a black thread?

He lost his vibrations. When he came to me, I said, "My son, throw away this black thread." He cannot throw. He said, "No, no, no, no. I cannot throw black thread." I said, "Now what to do?" I said, "Who has given you this black thread? Use your brains." I spent one hour discussing with him, then he threw the black thread. I said, "This man has taken, for this one small, little thing, five rupees from you. You must know this man is making money. His bad vibrations hang out. And why are you attached to it?"

Now do you know why he's attached? Because he's possessed by that. What is there in a black thread? You tell me. And he's an educated man! He's not a foolish man. That thread he could not throw.

You see you are attached to these small, small things of life and not to the eternal things. That's why, that's why you lose it. I don't ask you to sacrifice anything, I don't even ask you to throw away anything. I don't say that you give up anything. There are people who smoke, drink. I don't even say [about] that, because I know – even if I say that, they will run away.

I know that. Human beings are like that. I please you. I plead. I chastise. I chide you. I do everything. But you must know one thing, that I want that you should stick onto Reality. I will not allow you to have falsehood within you. There are methods that a Mother employs.

There was a great smoker who came to me and he told me, "I cannot give up smoking that's why I can't come to Sahaja yoga." I said, "No, no, you don't give up smoking! You can come to me. There's no need for you to give up Sahaja Yoga." He came, and you know what happened, a lot of smoke started coming from his nose and mouth and things. He started getting the fragrance of udbatti [incense]. He said, "What's this happening?" I said, "All your smoke is coming back!" Now whenever he smoked, he used to get that fragrance of udbatti, [so] he gave up!

I play some tricks also to help you. But it's for your good only. If it is for your hita, for your kalyana, you should not mind.

There was a question: people said that, "It is said that: 'Say the Truth and also it should be pleasing – priyam'." How can you say satya [truth] and priyam [pleasing] together? Because if you say some satya people don't like it. It is not priyakar.

Because supposing I say, "You give up this habit of yours!" Then you don't like it. But that is a fact. If I say, "You don't do this job. It is not a good job; you should not do it." So, you don't like it. So, what to do?

So, Krishna has found out: He says that, "You tell them the hitam." 'Hitam' is 'in between'. Whatever is hita for your Atma must be told. So, though it may not be priya just now, after some time it becomes priya. Because he realises, "What I have got out of you." Of course, I don't want to lose any one of you, I do not want you to lose your vibrations in any way. Never! How can I want it? I want you to have it. But you must know what your mind is up to.

Yesterday one gentleman was here; his Kundalini could not rise because he has had a some sort of an obsession. See the human mind how it works. Then he showed me a photograph. I was telling, "I will not tell you." He was after my life, "You tell me what is this, what happened to me? I had become like this for three days. I went into trance. I had these things." I didn't want to tell him, because I know it would upset him. So, I gave it [the photo] to one of these Sahaja yogis. They started burning their

hands! They gave him back. Still, he was after my life, "You must tell me! You must tell me!"

So, I told him. I told him, "You are very possessed!" He was so angry with me. He was telling, "This is not Kundalini this can be anything!"

"You can see the Kundalini rising, you can see this breathing of it, you can see the rising of it, you can see the acting of it, you can see the people who know about it, who know about collective consciousness." But he got angry with me for that and he went away. Now what am I to do?

You see yourself in this. This is the darpana [mirror] I am showing you!

There was another fellow who came – you have seen that hatha yogi. He was a police-walla [policeman]. So I told him, "You have read Patanjali?" He said, "Yes." I said, "In Patanjali it is said that it is not meant for householders. It is meant for Sanyasies who are sitting in the jungles with a Guru. It's yama, niyama, brahmacharya and everything. He said, "Yes, it's true. There are eight things [ashtanga] to be done." I said, "Are you doing eight things?" He said, "No." "What is your relationship with your wife?" "She's run away." "Then?" "I have become very hot-tempered. Even my Guru is a big, hot-tempered man." "Now you are teaching this to police people? God save us!"

Oh God! They will have no heart left because if you do Hatha Yoga the heart becomes just like this.

You have seen Durvasa and that horrible fellow Vishwamitra. Do you want to become that? They had no love for anyone. I have seen all these Hatha Yogis. I wish they married, all of them. Those who are sitting in the jungle, who are Realised souls. They have no heart. They have no feeling. I've told you what is their feeling. They have no karuna [compassion] within themselves. They just say, "You are a Mother so you have the karuna." No, but what about all the great saints – they had karuna. They were married people.

All the Hatha Yogis, if you find anybody who's doing Hatha Yoga, whether a wife or a husband, they can never live with this, because all the chakras are spoiled; no brahmacharya is there.

(Someone asks some questions in Hindi, Mother scolds them in Hindi for a few minutes.)

Seeker: I have some personal problem. I would like some of your time, tomorrow, day after. Half an hour's time after the program.

Shri Mataji: You have some problem of Kundalini or what? Doubts?

Seeker: I have some doubts I want to clarify.

Shri Mataji: Doubts – first of all, did you get your Realisation?"

Seeker: No it's not a question of getting realisation, but I was doing something; I would like to talk to you about it.

Shri Mataji: You have been doing something? (Hindi)'

Seeker: I have given it up.

Shri Mataji: Don't you worry! We'll see now supposing... You see what I'm saying. Alright, so it's a good thing. You just sit down just now, we'll see. If you get your Realisation – well and good. No problem, forget it. If you do not get, supposing there is a problem in you already existing, they will immediately know on your chakras. Is me discuss karne ka kya [what is the use of discussing]?

(Mother talks Hindi for a minute)

You see the Kundalini comes up and falls down. So, what am I to do now?

(Hindi for 2 minutes)

Everybody can understand Hindi? Ah. Can't follow? That would be too much? If I say in English, will you all follow? Yes?

(Hindi)

They have never bothered about the Spirit, you see, so we have to use some common language which speaks about Atma. English language is not sufficient enough. I must tell you. They do not have those experiences because this is so far they have not gone deep into it. And we are very old people, ancient people. Our culture has been to know God, and everything has come in Sanskrit because Sanskrit is really a devavani [divine language/sounds]. Apart from that, when the Kundalini moves, She makes sounds, She makes different sounds, which, they are really devanagari sounds, all of them are, on all different chakras they are. If I have time, I may tell you all those sounds that It makes.

So, our Sanskrit is really a devavani, and even when you say mantras then, through the Sanskrit language or devanagari pronunciations only, you can excite them better. Try to learn if not Sanskrit at least Hindi, because it's a more, sort of, a simpler language and, it being a phonetic language, you see, it has a sound and that sound gives that vibratory effect. You try to learn it. Hindi is not my mother tongue. My mother tongue is Marathi. I speak Hindi because, after all, I know the importance of it. I also know a little bit of English and I speak in English also.

So, it is better to know at least Hindi. It's not much. When we can know a foreign language, we can know our own one national language; there's no harm in it. I mean this, I do not want to make it a political stuff, but what I'm saying is that – for conveying our...Marathi is alright for me, Bengali is alright. I don't know much of Tamil or Telugu. But [with] Telugu also, Tamil also, you can, because this is a yoga bhoomi. This is a great country of yoga. You don't know. Every particle of this bhoomi, you will be surprised, is vibrating.

You see, these scientists, and all that, cannot understand this.

When we start accepting all that the West is saying, we are going to lose all that we had, which is so great. Of course, that it is not going to be lost. But the thing is that they are not going to utilise it for our purpose. We have to close all that on one side and we'll have to accept something, which is just a foreign, alien thing, and nothing so much comprehensive. You can say [that] it is not samakar [samagra-?], it doesn't envelope everything.

So English language is alright – I can speak and I can talk to you and explain – but I would request you that little bit of Hindi language, if you learn, it's a good thing. Because I find it very difficult. You know, there's one speech of mine they have written in English and that was translated in Marathi, and what a tremendous thing it was, and in English I think it's a poor show, absolute poor show. Maybe my English is very poor, maybe that. I don't know, but maybe that.

So, we were talking about Sat Chit Ananda. Again, I have to use Sanskrit words; see now, what can I do?

Sat Chit Ananda is the super consciousness, the All-pervading Power.

Chit is attention, the consciousness, conscious. You are just now conscious listening to me. Every moment you are conscious, but every moment is becoming dead into the past. Every moment coming from the future to the present. But you are conscious at this moment, listening to me.

A thought rises like this and falls. You can see the rising of the thought but not the falling of the thought. In between the thoughts, there is a space which, in Sanskrit, we call it as vilamba. Of course, in English there isn't, because they haven't found it out.

So, there is a vilamba and in that vilamba if you can stop, then you get to the conscious mind, and there exists the Sat Chit Ananda. Sat Chit Ananda is the condition of mind, you can say, or is the state of mind where there is no thought, but you are aware.

First there is no thought – Nirvichar – but you are aware.

That is the first state, where you jump into, into the super-consciousness.

So, some people may think that, by Realisation, you must achieve something as Adi Shankaracharya had. It's not possible. With some it may be [but] with very few, but not with everyone.

First state is Nirvichar. You become thoughtlessly aware. That's just the first state. That happens when the Kundalini rises above the Agnya Chakra – means enters into the limbic area. At that time your attention just touches the Sat point, the Sat.

The reality separates from mithya (myth). You are separated. You become two personalities. At that state you start separating. Like in the milk, when you put lime it starts separating into water and the curd. In the same way the beginning starts, the beginning starts – the beginning. This is the state where you can say the Kundalini has been awakened only.

You must understand the different stages as it happens.

I am giving you a very slow picture. But normally the Kundalini shoots off in most of the people. But in some people, it does not, it takes time. It is lost in the Swadishthana, it is lost into the Nabhi. It doesn't go much higher. It is arrested by the Hriday Chakra [heart] or maybe it may not even rise at all. But in case it crosses this door of Agnya Chakra, then you get into the state of thoughtless awareness.

With thoughtless awareness, as like whatever state you get, supposing, you become a governor, so you get a certain power. With that [awakening] you get certain powers.

But, at this state, to leave the Kundalini is not a good thing. Because the Kundalini can, at that stage, start moving this side and that side, can, it's possible. So, it can go to the supra-conscious, or can go to the subconscious, collective subconscious.

The siddhis [powers], people get mostly at this stage. Not the shudra siddhis but the higher siddhis. Like, you see, they can predict. They can say, "This is going to happen."

If the Kundalini has moved to the supra-conscious. If the Kundalini has moved to the collective subconscious, then they can start seeing things. A person who is like that, [if] he comes to me, he can see who I was in my previous lives. I do not have to convince them. This is the same thing as anybody who is possessed gets. A person who takes drugs, supposing he is a real alcoholic of the last word and he's a good soul, means he is still seeking God – such a person can see me in a different form. He can see my past. He can be very much enamoured by me. He would know that I was.

Because, you see, people think the past is better than the present always! "Because the past has been much greater than today's." Though I have never given Realisation to anyone previously but, "It was a great past!" Because human beings are like that. So, he gets enamoured when he sees things like that.

This happens with people who are on the subconscious level, if they move out. This happens to people if they move out onto the left-hand side, that is, into the past.

Those who move out on the right-hand side can see me as light. They see light. They see all the five elements. They can see me as a waterfall or a iceberg. They start seeing the tanmatra. Now again it's a Sanskrit word. It means the causal essence, causal essence of the elements.

It may help them to get convinced. Because such a person gets convinced about me, no doubt. Such a person is much more convinced than you are.

Now, there are so many tantrikas who know who I was, they are afraid of me, they talk about me, they tell about me.

There was an ordinary maidservant, who came to my programme and she got into this. She started speaking Sanskrit and she described me completely! Fifteen slokas she said. First time. I never said anything about myself. That's how it started [the recognition of Mother].

So, at that stage I would not like to leave your Kundalini. Because you can cure people. Curative can be done with your Kundalini, even in the limbic area. I am very anxious, always, that it should come out of the Brahmarandhra. At that stage you start getting the vibrations.

But at this stage you are just a Chitta only, and you just touch Sat point. Your attention is only charmed by the Spirit, only the attention part.

Spirit, as I told you, is like a flicker of light in a gas lamp, and Kundalini is like a gas which touches the Spirit. And the light of the Spirit spreads in the central nervous system. But only the Chitta part. The outer core is the Chitta, means the attention part.

At that stage when the Kundalini opens the Brahmarandhra, at that time what you feel is the vibrations from your hand, and you can feel the another person also, because you become collectively conscious – collectively conscious only!

Again, out of the Sat Chit Ananda you just touch the Chitta point. So, you start feeling the Chit of your Chitta becoming the Chitta of the collective consciousness. Means you drop into the ocean of Sat Chit Ananda in which you only feel the collective consciousness. That means you can feel another person's Kundalini.

Yesterday there was another gentleman, as you have seen it, he was arguing with me that we have suspended his intelligence, and all that. I said, "What is this "suspended? I don't know about this thing." So, I told him. He said, "I am in a turyadasha."

I said, "If you are in turya you can feel the Kundalini of another person. You cannot certify yourself like that. Can you feel the Kundalini of another person?" He said, "No." Then I said, "How can you be in the turya? If you go into turya, that means, if you cross this stage, then you have to feel the Kundalini of another person."

Now you have seen there are many who can feel it. And they all say the same thing, the same language, whether they are English, Indians or anything. They say the same thing, that, "His chakra, this chakra is catching, that chakra is catching. It is not working." Because you start seeing your Kundalini, you start seeing the Kundalini of others. Because on the fingers you can feel it. You can feel it on the fingers, what is happening.

So, you just feel the Chitta, not the Ananda part. First stage is only Chitta: that you feel the Kundalini of another person, you can raise the Kundalini of another person, you can give Realisation also, after a little while, to another person – of course, my photograph has to be used – but still you can. But the Ananda stage is not yet touched.

So, in the beginning you just feel the cool breeze in the hand. You feel the peace, tranquility also. There's no thought, you feel the thoughtless awareness. But the ananda part is not felt at the first outset.

Because now I have studied thousands of human beings and I have seen their problems, and this is a fact. But there are some, as I've told you, who reach the last stage – very few, very, very few. But among us we have here one or two persons whom – you can say – who have reached that stage also. They are not aware of it, perhaps, but Anand they can feel it.

So [to] the first stage when you come, it is the Chitta stage, the consciousness stage. You touch the Sat, means you start seeing the reality. Is one thing that you are flowing, there's something flowing.

Then you start saying, "It's going, it's coming." Just now you said, "It's coming." You didn't say, "I am receiving, I am giving." That 'I' goes out of your language. But still the ego and superego are not completely gone down. They are still there but your attention has come up and you feel the Chitta.

With this collective consciousness you can cure people, you can give them Realisation, as I told you, and also you can feel the Kundalini of any person in the whole world. And also you can cure the Kundalini of that person. I mean cure, not the Kundalini, but I'm saying cure the chakras or improve the chakras of the other person.

Sitting down here, you can do it. You can tell about the condition of the Kundalini of another person sitting down here, if you take interest. Wherever you attention goes it works – Chitta. So, your attention becomes universal. Your drop of your attention becomes one with the ocean of Sat Chit Anand [but] out of that, the attention part only.

Listen to me for this very carefully because many people at this stage drop out. Only the attention becomes effective wherever they put attention, sitting down here.

Now I'll tell you about a disciple of mine who had come from England. One day he was sitting and was thinking of his father, suddenly he got a burning on his finger, this finger, so he rang up his father. He said, "How are you keeping?" So, the mother said that, "He is very sick, he has got throat trouble." This boy did something to his finger and all that – the father got alright.

He can do it. Now he might think, he is very powerful. He does not. He cannot think that way, he cannot think [that], because, you see, because the hole has been made there [Brahmarandhra]. So he just says, "Mother, I felt it and I did like this and he was alright." He never says that, "I cured." 'I' does out. In the language, in the words that you use you don't say, "I did it." You say, "It came. It went. It did. It's not coming up." Even then you will also say this, "Mother, today my Agnya is catching." "Mother, my heart is catching." They come and say like this about themselves. Now say, Agnya is catching, means it's a little maddening!

But one doesn't feel bad about it because he's not attached to his chakras but to his Atma. So he says, as an Atma, he says, "Oh my this chakra is caught, that chakra is caught."

A person now who is suffering, say, from cancer, does not know he is suffering from cancer. But a Realised person who gets his Realisation, his attention will tell him that these chakras are out of gear. And so many chakras out of gear means cancer. He needs not go to the doctor. He can diagnose himself. But he will not diagnose the way the doctors do, that, "You have got the cancer of the heart and cancer of this thing and cancer of that." But he will say, "It is these chakras are caught up, the left or the right."

Now from where it is coming, how far it is going, he can give the depth of the chakras. Because the chakras start from here to here, and this is the Void. So, the depth of the chakras he can tell you, "It is from here, she's catching from here." "She's catching from there and she's catching from there."

But there are many abstract things that happen – this is a very important thing. Once you get your Realisation the chiranjivas

[angels] surrender. They are watching you. You become their responsibility. All the deities are awakened within you. If you do anything against the deities, immediately they will give you a heat. A person who has got Realisation, if he goes in a place which is not to be seen or which is not to be felt, which is not a good place, or a Guru or somebody like that, immediately he will feel heated up. If he doesn't run away, if he still goes on and on and on, he'll lose his vibrations, and he'll become just like the other person.

So, it's a very transitory state still because still, at this point, the repulsion is not so great that the man does not accept it. Because if you accept it, you become just like that.

If you do not accept it, that maybe little bodily problem you might have, you might little bit burn your fingers or might get little burning here or something like that. But if you are not afraid of these bodily things, and if you do not want to accept it, then you start rising higher. But, as I told you, all the chiranjivas start guiding you, looking after you.

If there is one Realised person in a train, there cannot be an accident, and if there is an accident nobody will die in that train. If a Realised soul...

Yogi/Seeker: They can be wounded.

Shri Mataji: Ah, wounded, can be. But see, we remember we have seen of one incident where it happened: they were so slightly wounded that they didn't take them to the hospital, any one of them. I mean, a little bit scratching might have been but, that's what they told me. There was one Realised soul who was traveling by train which collided near Thane [Mumbai] or some place.

Then, if a Realised soul is walking on the road. And now, a Realised soul who is in nirvichara I am saying. You see, we have to grade them up! Walking on the road and if he sees a mishap, his attention goes there, immediately the mishap is averted.

Yogi/Seeker: Accident cannot happen then?

Shri Mataji: Yes; if he sees a mishap, then it is averted. Attention- you see, his attention he's been blessed. Now, this is, for a scientist, cannot understand.

Seeker: But he is being guided by internal God. Then he can't do anything by himself.

Shri Mataji: No, no, no, no! The internal Gods are his own part and parcel! As you can say, "I am guided by my brain so I can't do anything else." You see, Gods are your internal parts, your Self. What is self left then? What is your Self?

Seeker: When you are united.

Shri Mataji: When you are united with that, then you are finished now. You become a hollow personality. Then you do not have this feeling of self. Then all the time what you say, "It is happening," "It is going," "It is flowing," "It is working." 'It': you can even say like this; this little girl says 'Pragnya'. She says, "This Pragnya won't go, she's very obstinate. Just now her Agnya is caught so she won't go." She stands outside from herself and she criticises herself. She says, "Her Agnya is caught; she won't go, she is very obstinate". She is not Pragnya. Even children say like that, many a times, if you notice, like a third person. You start looking at yourself as a third person. You do not identify your Self with yourself. It happens like that. You will see these people how they are working.

Then also there is a part of little enjoyment, which you must know, the joy – Anand.

You see, normally you will find most of the Sahaja yogis will gather round a person who is a Realised-soul, who is Realising, who is not a difficult person. Moreover, if there is somebody who comes on my foot, who is a very great soul:

I'll tell you, in Calcutta I went there, and I was staying in a hotel, and there was a very nice man who came to see me. He was not Realised but a very saintly person with a great purva sampada, and he just touched my feet, and other Sahaja Yogis with other rooms they all rushed there! I said, "Why did you come?" He said, "Great joy started coming within us so we came." And they were standing. He was all the time on my foot and they were standing. I said, "Neither is he going to leave me nor you are going to leave me!" For fifteen minutes he was just drinking the nectar of my feet and they were enjoying his nectar and the fragrance of it.

So, the joy of enjoying another human being also starts. So, the three things.

How you enjoy nirvichar samadhi as they call? 'Samadhi' doesn't mean going into unconscious but the unconscious becomes conscious. Whatever is not yet conscious becomes conscious. The unconscious, the Universal Unconscious becomes conscious. So, this is the first stage when it takes. There are many things like this and variety of things happen.

Supposing you have been doing lot of light puja, what you call the jyoti puja, in your previous life then you can see my vibrations. There are two, three people who can see my vibrations coming, going; they see all the movement.

Supposing you have been doing Devi puja. Say you are at Devi puja: you have a sampada [wealth] of that, of a Devi puja. Then you see something of Devi's pramaan [evidence] as you can say. You can see that also.

That is a better thing than to see before [Realisation] because if you see before Realisation [it] means you are a possessed person, somebody is giving you, ideas. After Realisation [if] you start seeing certain things, then it has some meaning.

So, the gradual growth of the flower starts.

Then the second stage, where you become Nirvikalpa, where there is no vikalpa [doubt].

Just now in Delhi there are very few who are like that, very few, because, first of all, by temperament they are vikalpis. The reason is, here is a complete atmosphere of vikalpa. If you say something another one will pull you down by saying something else. So, the thing is, the whole atmosphere is so vikalpi that you are not yet subtle about it, about the Sahaja Yoga, still in vikalpa. But we have some very great Sahaja yogis also in Delhi, very great. So, the vikalpa is there.

Now you will say, "How do you become Nirvikalpa?"

Supposing you are in the water, you are afraid of getting drowned. You are picked up and put in the boat, so you are not afraid of becoming drowned. But when are you settled? When you are settled. I mean, it is such a state that – when are you settled in a boat? When you are settled in a boat! I mean, that's how I can answer it. You have to be settled. But, with that, you get certain powers. Your Kundalini starts showing.

We have, in Bombay, some people whose Kundalini is at least one foot higher, one foot higher. You can see. You can it. I mean you may not, but so many people can see that. And they are a very deep people, very deep.

At the Nirvikalpa state the Collective Consciousness becomes very subtle – subtler, subtler. At that stage you can understand very deep significances of things and the reality starts becoming clearer.

For example: You start understanding the working of the Kundalini. You start understanding how it penetrates. You start understanding how it works out. You can use it for experimentation. With your own hand you can move it as you like it. You can cure people and you can show the Kundalini is working in different ways. You can combine, and permutations and combinations of Kundalini you can do.

You can say, that in the first year of music, you just learn the seven notes and two others notes, just that, and ordinary ragas. But when you grow subtler and higher, then you know all the minute points, how to create.

So, at the Nirvikalpa you need not put your hand towards a person, nothing. Sitting down you know where it is, what is happening, who is catching, what is the problem, what is the collective problem! Then you have no doubts about Sahaja Yoga, nor about Kundalini, nor about anything; no doubts at all.

But at that time, you start experimenting with it. You start using it. Mastery starts. At this stage the Chitta, the consciousness, becomes subtler.

Now, somebody was sitting with me. Outside they knew that, "This gentleman is going to get Realisation." They knew that Mother was giving Realisation to someone.

Such people are very satisfied people. They do not grudge and grumble about small things. They do not enter into small things at all. They are not bothered. They live in a big way. They are not touched. Their attention is [not] in the gross. They have no time for outside gross things. So, their attention is very deep into the subtle forms. They are not bothered. Such people are satisfied souls. Such people are the ones who are going to create a pillar for Sahaja Yoga. Because when somebody sees such a person, a transformed person like that, [they are] shocked. He says, "Look at this man! He's such a great person, and he was such a horrid man, and how has he become like this? How is he transformed?"

At this stage, at the Nirvikalpa state, the vibrations emit. Then you can sit with me here, you start. Then there is no questioning at all.

And such a man can get into a terrible temper if he sees somebody misbehaving with me. He can't bear misbehaving with me. Christ said, "Forgive all those, because they do not know what they are doing." But supposing they had done anything against His Mother, He would not have forgiven even this much, I can tell you, even this much. And in the Bible it is written that, "Nothing will be tolerated against the Holy Ghost!" And Holy Ghost is His own Mother, is the Adi Shakti.

(End of audio for transcript verification.)

Hence you cannot tolerate anything against your Mother or Sahaj yoga and one can get into a tremendous temper or a samhara shakti which they develop. It is said that such a man if anybody tries to do some harm, he will immediately bring him down through their devotion towards their Mother.

We have a notion that a realised person should never lose his temper. It is a very wrong idea. Then you will say, "Why Krishna killed Jarasandha? Why did he kill Kansa?" How do you explain the violence of Krishna? How do you explain Devi who killed demons when she came and got into her Temper? She used to get into tremendous temper and then she used to kill. The temper of Shiva! How do you explain this?

It is a foolish idea to say that they should not get into the temper even if someone tries to kill them. Even Christ had to take the whip () in his hand and drive them away. You have a right to get into a temper, if you are in a Nirvikalpa state since you are given that right of even raising one's own voice when need arises.

I am using all the ayudhas, if you have noticed in my hand, the Chakra, the parasha etc. They are there and I have to use them and you cannot stop me from using them.

This is what I say that by reading people don't understand things. A man who is quietly sitting and is being pestered by everybody is called a realised person. What nonsense! How dare you spite at such a man? Is the spite of a Devi to be borne by a realised soul?

To say that a realised soul should not get into a temper is a wrong thing!

Now all those rishis I have talked about and all those people who have talked about me and whose names I have given you, they are all above Nirvikalpa, but they are very hot tempered.

These saints cannot tolerate hypocrisy but I can and I have to. No rakshas can go near them but if anybody goes, they are put into a noose and are hanged on the tree. That's why I say never go near the babaji! They are higher people, no doubt, better than you all are and they know me very well and they fall at my feet. They are very innocent and simple like children to me.

More important is Shri Ganesha. If he gets angry it is not so easy to control him. It is easier to control Shri Shiva's but not Ganesh's anger. Beware of him. That is why during Kundalini Awakening, you get burning sensation and you start dancing or jumping, all this is Ganesha's anger. If you have insulted him by any chance, or insulted his Mother, He gets into a tremendous fury.

It is true that after Nirvikalpa, the Ganesha becomes really jagrut [awakened]. Such a person is not tempted by any women. No temptation for another women will exist, except for his own wife, where he goes on living like a celebrated husband, because husband and wife are united in a bond of matrimony. Otherwise, he is a sanctified householder. He does not have temptation for any alcohol or anything like smoking and is beyond temptation. A Nirvikalpa man cannot have any temptation.

One man came to me and told me that he was a Realised-soul. I said, "How can it be? If you are a realised Soul, how are you taking to these things? You cannot!"

Now for me, I will tell you, it is an impossibility. I have never taken anything. Once my doctor gave me a little brandy as a medicine. I don't know why, but he felt like giving it to me without informing me; due to which I vomited so much of blood, since my stomach is religious or sacred.

If I see a woman who has dressed provocatively or something like that or sometimes, I have to accompany my husband to parties and they start a cabaret or some such thing, immediately I start getting vomiting sensation like hell and more. So, when we are the chief guest, I make their lives miserable since something happens in my stomach when I see these half-dressed women.

Now what can I do with my stomach is the point because the dharma is born within our stomach. So, the stomach becomes the dharma itself.

At this stage the subtle style of things starts. Your Mooladhara becomes chastity itself. It just cannot bear these things.

You don't have to tell them. They have just no interest in such women. They do not flirt nor have they any interest in all these things. They do not bother too much to dress up in such a way that they would be very attractive to other women or men and at that time they believe like very simple people. They get to simplicity dignified. Then suddenly they become very creative also.

There is one gentleman in Bombay who got into Nirvikalpa state. He came to me when he was jobless. So I told him, "Why don't you start interior decoration work?" He said that he did not know different types of wood nor could differentiate between one type and another so what could he do? I said, "Now, you are in Nirvikalpa so start it." Today he is a very rich man.

It just becomes dynamic, because you start seeing the beauty, the saundarya of the nature. You see, aesthetics are born in a person who is a Realised Soul. He starts seeing aesthetics in everything. The beauty of talking improves. The movements of the hands improve and your style also improves. You become a beautiful person aesthetics come in. You can become suddenly a great poet. We have two people like that who have written beautiful poems, and you can also be a great painter if you are already

a painter. You get new ideas about painting, new aesthetics. In music, you start understanding absolutely. You may not know what classical music is but you will start understanding the subtle music. From the classical music you will know which is the best for your Atma.

You see the Atma starts judging everything on that level. If you appoint such a person to judge a drama or a painting, whether it is good or bad, he will correctly judge it good or bad. Then you put his selection to all the critics of the world and they will say it is the best judgment

Now, you will ask me, "How does he know?" Because he can feel by vibrations and complete harmony in everything.

You give him a Statue of a deity and ask him all about this statue whether it is alright or not. He might say that it is not alright.

You can feel the subtle vibrations, whether it is in dharma or otherwise.

Now can we say that Ashta-vinayakas [eight Ganesh Swayambus] are living Gods? How do you know? Jyotirlingas are living. How will you know unless you know the integration of all the great souls together? And how are you going to judge them?

That is why you must get Realisation. This is what my father told me. I should say he was my first Guru, as he was a realised soul. He told me, "It is of no use talking about realities etc., because you will create another Bible or Gita. You do a practical thing. You find out a mass-media." and I knew that was my mission So I worked on everybody's Kundalini and tried to find out permutations, combinations, of their mistakes and why these people are like this.

You will be surprised that so many-people never knew that they were even in Nirvichara. They did not know that they were highly placed Spirits. If they would have known, then they would not have told many things which have conditioned you. They have said, "Sach bolo!" [speak the truth.] Who is going to speak truth? They did not know what Human beings are? They are incarnations, a great people. They did not know much about the human beings and how cunning they are or how they are all the time against each other. They could not come to the subtle human level.

For that one has to have a human self-realisation, as I now have. As such I know human beings but some things, of course, I do not understand.

When you get into the Nirvikalpa state, the Ananda starts settling in you. When you see cities, any beautiful picture or scene, immediately what you find is a great flow of Ananda coming down. This is the Grace that you are just lost into it; like the Ganges flowing over you, you are completely drowned into it. Your Consciousness becomes Ananda.

In reality you come to know that till now we have never known there is a Sarvavyapi Shakti but now we are aware of the same. We can feel it coming in our fingers. This is the Reality. There is Chaitanya all around us, which thinks, which understands, organises and loves us. All this you come to know the knowledge part of it.

Then the Ananda which is the Hridaya starts emitting it. Later on, what you get is Valaya into Ananda. At that stage complete Self-realisation takes place. At that stage you can control the sun, you can control the moon, you can control every element.

Beyond that there is God's Realisation.

There are three stages to that also. But just now I have told about this Sat-Chit-Ananda state.

The God's Realisation is the stage which, Gautam Buddha and Mahavira only had achieved and settled down in our brain. Christ is also here. These two are not incarnations. They are born as Human beings. They were born to Sita, as Lava and Kusha. Then they were born as Buddha and Mahavira and Adi Shakti was their Mother once again. Later on, they were born to Fatimabai as Hassan and Hussein. They are the two milestones you have got, by which you can know to what height a Human being can rise.

Now today they are like incarnations.

There are other styles of personalities like Chiranjivas, Bhairava, Ganesha. There are all incarnations. Hanumana later on appeared as Gabriel the Angel. Bhairavnath came as Saint Michael. The names are different, but they are the same personalities. Devi has also incarnated. There is no doubt about it.

The scientist will not understand this but a Sahaja Yogi can. Because they can immediately feel their vibrations and can ask questions. You can ask questions about me also and you will get the vibrations.

For that at least your Deities have to rise and say "Yes". You may or you may not get Realisation but the answer you will definitely get.

May God bless you!

H.H. Shri Mataji Nirmala Devi

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Sat-chit-ananda

Mahashivaratri Puja

New Delhi (India)

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

How much blissful day it is today, that on the day of Mahashivratri, all of us are singing Shiv Stuti collectively. Shiva, infact Sadashiva is the beginning of this creation and ends in Him. First of all if you understand Bramha, from Bramha, Shakti and Shiva, as within a cell is its nucleous, the same way Shiva and Shakti establishes first of all within Bramha. How did the creation take place, how did this event take place, how did Bramha, appear in the form of Shiva and Shakti, all this I will tell you on Saturday and Sunday. But when this Shakti while coming out of Shiva moves around in the form of a paraboly, when it takes one round, then each universe is created. Many such (pradakhshanas) were taken by Shakti. I will tell you about it later.

Many universes were created, many Bhuvanas were created and destroyed as well. Shakti creates universe after separating from Shiva. Shiva only witnesses. He goes on seeing Shakti's play. If He cannot understand Shakti's play, Then He can sucks in His own Shakti, whenever He wants. The whole play comes to an end. Only He is the seer(Drashta). He is the one who sees this play. Only He is the enjoyer of this play. This play is because of Him only. So, if He does not exist, the whole play comes to an end. He is the state. It is because of Him only that there is existence. A man is considered as living because of His heart. When his heart stops functioning, he is considered as dead.

When Shiva closes His eyes, He is called destroyer (Samharak). He only is the state and He only is the (Laya), because He can be a state, He can also be (Laya). I had told you about Shiva's place in Kundalini Shastra. In a man's heart, He always enlightens like the light of a lamp. Because of which the knowledge of right-wrong, discretion remains awakened, which goes on forbidding us, don't do this, this is wrong, this is unrighteous. This is wrong, this is deceitfulness, this is greed, this is pride, this is jealousy, this is Adharm, this is below the dignity of a man, this is not worthwhile. But the independence that a man has, is used by him very badly and he disregards Shiva.

Shiva drinks the poison of the whole world. Whatever amount of poison is settled in our heart, aversion towards others, evil etc., very impure thoughts, our heart becomes poisonous, when Shiva awakens within us, He drinks that poison. Shiva's food, His drink is poison, whatever intoxicating things are there, the intoxicants etc., all that is injurious to consciousness is consumed (prashaan) by Shiva. He consumes all the poison of this type, of the world, inside His own being. For the same reason, we offer Him (Bhang) etc., intoxicants symbolically. From this, a human being concludes that if Shiva can take (Bhang), we shall also take. If he drinks wine, we shall also have it. Are you Shivji ? Are you at par even to the dust of His feet. He who consumed the whole poison of the world, also needs some who can drink. Devi eats all the bhoots. Devi licked each drop of the blood of Rakhtabeeja that used to fall in the world. Can you lick that? Where do you stand in comparison to Him, that you came out to take Bhang like Shiva. Even if Shiva drinks bhang of the whole world, He doesn't get intoxicated. Is it the case with you? Shiva belongs to Divine Estate (Sampada), is an incarnation. We do not understand what an incarnation is. Its metal is different. Its arrangement is different. Are you formed in that way? Are you made for the work that you will consume the poison of whole world. Many people say, Mother some drinks do not intoxicate us. There can be no greater falsehood than this.

Some great gurus too like Sai Nath of Shirdi, was also an incarnation. He smoked a funnel shaped clay pipe for smoking (Chillum). Now everybody started smoking a pipe. Are you Sai Nath? He would smoke, so that you do not come in contact with Chillum at all. He smoked everybody's Chillum once for all. He would smoke to digest everybody's Chillum. Have you got the power to smoke Chillum? He could not be attacked by cancer. Those who are devotees of Shiva, should not even touch wine. They should not even go near it. They should run far away from it. On the contrary, all the tantrikas own five houses. What do they do? They call themselves (shaakt). Call themselves devotees of Shakti, devotees of Shiva, and adulterous to such an extent!

Shiva and adultery! Shiva who is complete Bramhaswarupa, making such an enormity while taking His name, is causing complete downfall of their own. Because of being your Mother, I am telling you that never be under this wrong impression.

The method of Tantra is absolutely mischevious. Today on the day of Mahashivratri , I want to tell you something about that definitely. The system of Tantra is that whatever is not liked by God, is not liked by Devi, do that only. All the wrong practices were done in the presence of Devi only. Adultry, all types of mockery, so that the Devi abandons that place out of hatred. In the beginning Devi acts violently over them. They Jump, dance, shout, scream, there is lot of heat, boils come out on skin. Many people call it the awakening of kundalini too. Many people came to me for treatment who say that they are feeling as if thousands of bacteria are biting inside their being. Our kundalini has awakened. And even some say they got big blisters on their body. Here in the institute there is a doctor, whose name I forgot. What is his name? Dr. Paul. He had come to me. He was saying, that somebody awakened his kundalini and thousands of scorpions bit his body. And poor fellow, while jumping stood near me, saying, "Mother, save me, save me." I brought down his kundalini. Within one minute, I cooled down his kundalini. It was not kundalini, Shri Ganesha, who is the son of Shivji , who is the son of Shakti. It was His anger.

When I asked him I understood. He told Me the name of the person who had awakened his kundalini. He doesn't tell anyone his name out of fright, out of nervousness. That helpless person feels nervous just by thinking of Kundalini. They reduced him to such a condition and told him that your Kundalini has been awakened. All over the body there were blisters and hands and feet had burnt. Within one minute the kundalini was calm, fell asleep. Only Ganesha, Shri Ganesha because He knows me. There is a need to be away from such tantrikas. Going in front of the Devis, you go and see it in Khajuraho, what a mess these tantrikas have created.

In the sixth century, after Shankaracharya, they started a new war. As soon as he said about Devi, they thought that now Mother's reign is about to set in, so let us be after Her. The rulers of that time were very low charactered. Looked at Devi with evil eyes. How much evil minded people were ruling at that time? Full strip from here till Bengal and their ministers were these people only, jains. Among Jains, with regard to their food habits, they move out with a flap covering their mouth. There is no dispute related to women. With strips tied to their mouth, take a walk, think that they are out. They call Krishna as samharak (destroyer). Call Rama as Samharak. Although Mahavira is a higher personality. As I have set them in their proper place, the same way Jainis too set Mahavira at His proper place. These are the unique ways of everybody. They started this practice that let us send young boys and girl too to ashrams, as Pope does. Because of that, immorality was so much on the increase, so much compulsion, that even brahmins raised the issue that even after marriage, the people should be under control and in celibacy. Absolutely unnatural concepts, that pressure resulted in the completion of dirty displayings at Khajuraho.

Although I will certainly say that the artists have done a great job. Wherever they have made idols, they have made big idols of Gods and Goddesses, having thick dia because, Gods and Goddesses are of thick stature. Because they need lot of water, so many wheels are moving continuously, so water is required from above. Otherwise how can it work? And the rest of these tall and thin they fixed just to please the king. But the person who was tantric of Konark, what to talk about him. And there only, you see there are some temples too, where these leftists (vammargis) go and put Devi into discontentment. Take some intoxicating drink, wine and indulge in adultery. And when Devi diverts Her attention from there, even from My photograph if you check, you will get vibrations right now, but if any scene of adultery is started in front of it, I will be missing from the photograph. You will not get any vibration. My attention gets away from there. There is no more attention, because why should Devi live where there is adultery and filth.

Shivji sits at such places, for a pretty long time and there lashes out too. Bhairavnath also sets in there. Without His lashes people do not come round. First they get lot of lashes, their condition worsens. Even then they go on doing all this nonsensically. They call it penance (Tapasya). They fall sick, face problems, vomit, blood comes out, everything happens. Lot of heat generates in their body, but still they stick to it. Then even Shivji too disappears from there.

Then they settle down there, make a solution of Charas (Charas is the name given to a hashish form of cannabis, for smoking) and Bhaang (an intoxicating drink) and these cannabis smokers assemble and all adultery during the night takes place. And after that spirits are invited and with those spirits in their hands, they do all the trade about which I told you yesterday.

This is the height of Shivji's innocence. He is an embodiment of such innocence, that when Ravana told Him that now you better give me your Shakti, He (Shiva) gave Him even that. Such an innocence! So much Ingenuous! One who doesn't know what is evil ! Consume evil, consume everything, get and consume whatever is to be consumed. As it is said that all the evils are washed out. So you can understand, that the evils are washed out in Ganga because it has come out of Shivji's matted hair (Jatta). The evils that are washed out just by touching the Jatta of Shiva, if He is himself sakhshat, what will He be ? (How much powerful He will be?) Just tell! One who simply sakhshat by doing, sinks the vices, one whose remembrance only by devotion, all the badhas of Bhavsagar, all those who like animals and birds are stuck up, whatever dirt, living or non living, are brought to an end. For such Shivji people say that He gets happy by such adultery.

In such a world what can be talked about? These Tantrikas are Shivji's enemies, they will die in hell like worms. They will be in hell for thousands of years. There is no doubt about it. But those who get mesmerised by them, and follow their advice, use spirits , destroy others, they too are going to be destroyed after them.

On the day of this great festival of Shivji, all the Sahajyogis should take a vow that their heart should be absolutely pure. It should have simplicity, complacency (Sajjanta). We should introspect ourselves and feel ashamed that are we so rogue that we think like that? Look at your heart and ask," Are we so miser and low charactered people that we are thinking like that?" To keep Shivji awakened, man should be extremely simple hearted. Shivji was innocent, such people are very innocent and people say that such people are cheated. Even if the whole world cheats them, he doesn't lose anything. You lose everything, if you cheat. Don't cheat anyone. As such it is not an act of bravery, that you act foolishly. If you cheat anyone even once, you cannot be forgiven for that. You may be cheated by someone thousand times, you won't lose anything. One who is innocent, cannot be cheated by anyone. These are emotional feelings that such and such a person deceived him, that person deceived him. What do you collect by cheating? Wealth? How much harmful is the money procured by cheating, you don't have any idea.

Recently in Rahuri, a gentleman came to Me and said, "our ancestor's some money has been dug in the land, Mother, we know it has been dug there. Earlier, three generations before somebody tried to take it out. The same day, there were three deaths in the family. After that, second generation started to take it out. That time also there were three deaths in the family. Then same thing happened fourth time. Now we are there. Now what should we do?" I said," forget this wealth, forget it absolutely. Let it dissolve. There is no need to touch it." After killing somebody, keeping somebody's children hungry, after torturing somebody's spirit, you have got this money. That their spirits are in great agony, is a great thing. There is furious Shakti. That will consume your children, their children and their children. That is Shivji's job. Shivji is very innocent, but you are not aware of His wrath. His wrath is dangerous. The snake around His throat, understands everything. Whosoever will bother such a spirit , because Shivji resides in Atma, his condition will be such for generations together.

I am not telling a lie. You are saying, Mataji talks like that only! Recently, in Hyderabad, in a gentleman's house, started telling Me,"Please come, he is very rich, is very this, is very that." I said,"I am not concerned with the riches. I am poor and am ok with My poverty." He insisted too much saying,"Mother please come. He has invited, invited with reverence." I said," Ok! If it will be on the way, I will go." As soon as I put My step in their house, I put one step back. They asked, "What happened?" I said," This house is under the influence of a great curse." They asked Me," How do you know? I told them," Is it so or not? Tell Me the truth. I won't step inside. Tell the truth." They admitted, "Yes, It is!" Two young children of that family have been sitting like this always in a chair. Both hands and feet in the same position, they eat like that only, sleep too in the same position. They requested Me to cure them. I said, "Please forgive Me, I am leaving." Soon I came out. I said to them,"Even now, you are doing the same job, that your ancestors have done." They started telling,"In our family two children have been always like that." And still the same thing is going on? "These are the only two children in this generation. There is no third one. So what will the future of this family?" I said," You think of family, think of money, and lick that and eat. And Paste it all around and if you can't do that, take out a procession." To torture somebody's Atma (spirit), especially to depress a poor man, to invoke Ah (curse) from his Atma, you must know that Shivji's reign goes a long way. Outwardly you feel that you have collected everything, you have come back and brought all the belongings of his home.

Daughter-in-law has come at home, her mother-in-law is torturing her. She feels a great pleasure in torturing her. She is deceiving her. My mother-in-law tortured me so much, I too shall torture her. Don't invoke her curses. Don't invoke a poor man's curses. Don't invoke the curses of anyone's heart. Never do that. Know that, there resides Shivji and the more a person is innocent, the more Shivji's reign will prevail there. Never take the advantage of an innocent man. Always be surrendered to an innocent man because Shivji is awakening there. That is why he is innocent. A human being happens to be innocent only when, Shivji is awakening within him. People torture an innocent man, cheat him. Specially those who are money conscious, those who go on counting each penny, they make fun of an innocent person. Money you will get sometime or other, but you cannot escape Shivji's curse. You will say that Mother you are scaring us just for nothing! I am not scaring you. I am cautioning you. Be alert! Shivji's workout is very deep and going to be for a very long time, because Shivji is going to be till the end. When there will be total Laya, even then Shivji will be there and when there will be beginning, even then Shivji will be there. And in between, afterwards when I shall tell you, I will tell you when Vishnuji comes.

Today, on the day of Mahashivratri, all of us have to make a determination, that we will not invoke any curse. We will not do injustice to anyone for anything. Somebody is poor, some needy, some inferior to us, some dependant on us, whosoever is like that, it is Shivji's kingdom there. Treat them with complacency. They are the servants of their home. They won't give them anything to eat, grab their money, people beat their servants just for two paisas (little pennies), overlooking that Shivji has established in their being and Shivji's wrath can harm you. I am telling you the truth. Not even a single word or a single drop is untruth. If you want, you can check it by vibrations also, all the sahajyogis check it, how much strong vibrations you get for this. If I am telling untruth even a single word, your vibrations will stop flowing.

To do injustice to anyone is to be a culprit in front of Shivji. Gentlemanliness, courtesy, politeness, bowing down, being cheated too is ok. There should be no false knowledge of Shivji. My Dear, "Did you get cheated? Don't worry, I will see to it." Oh! Bhairav Nath is standing by his side. He will give you one rod, all of you will get set. You have not yet understood tricks of Bhairav Nath. He doesn't grab even a single penny. All over, He uses His rod all around and he hits in such a way, that the impact will be for generations together. For generations! In this respect, Hanumanji is slightly milder. He is slightly better. But don't meddle with Bhairav Nath ji. So, those who are inferior to you, those who are schedule caste, those who rely on you, those who are dependant on you, have mercy on them, must shower your love and compassion to them.

Just see Shivji! Where is He sitting! In the graveyard, where nobody can sit, He is sitting on the ashes. You cannot find any communist better than him. He came for the wedding, with ashes all over, Snakes around His neck and riding on a bull. Just Think, does anyone sit on a bull, with ashes all over, in a strange attire, matted hair, with bare minimum clothing, wrapped lion's skin around. And with Him, all the bhoots, one better than the other were following. And their wives, some of them having one eye, two noses and some having four horns were following them. All the disfigured, lunatics and those who are as fast as lightening, those whom we look down upon with inferiority, some are physically deranged, we laugh at them, cut jokes at them. If somebody is deaf, is made fun of. Thank God that both of your ears are ok. Thank God that your both the eyes are ok. You never held the hand of a blind person. On the contrary, you feel a great pleasure, in pushing him. Look at such God Shivji, that His bharat is coming and at Parvati ji's house all the great people are there. Her brother Vishnuji is standing by Her side. All the sophisticated people are on one side and this bharat of Shivji is proceeding on the other side. But nobody dared to laugh at Shivji or at those people. He is coming with all having ugly and monstrous faces, disfigured and cruel people graciously.. Not with any inferiority complex. If our father is poor and if he is asked to come to our office, we will tell him, "Don't come". We will not even give him clothes. We feel ashamed even of our father. We are so down trodden people. He is coming graciously with all of them, How great he is! Some nude, some half nude (nang, dhunang), some short of clothes, nothing, they are coming in their normal attire with Shivji. And Parvatiji is getting nervous on seeing that My groom has come to My house, He is just making it disgraceful for Me. At least He should have brought some good people in the front row. But now what to say? Bhairavnathji is coming in the forefront. Just think, what type of marriage it is! But in Parvatiji's heart only He has a place. She doesn't like anyone else. Whatever they are, whatever the people from in-laws are, although the women from their side have only one eye, but even then they are Her husband's home people. Their respect, their food, to look at them with her eyes down (is Her duty), because I am from the family of Vishnuji, My brother like Vishnuji is standing, in whose house Kuberas fill water and I myself am the daughter of Himalayas.

With such a thought of Parvatiji in mind, we should think that in this world, the Shivji whom we pay regard, on whom the whole world is dependant, who can destroy us in a moment, when there will be destruction, He comes out of the form of eleven Rudras, destroys everything. And whosoever is watching this play in a witness state, for whom everything of the world, creation etc., is just nothing and He who in a witness state is enjoying the world and who is awakened in every innocent person, who lives at such places where nobody can go, the most violent, rude and poverty stricken. He doesn't decorate Himself, no great grandeur, but without Him nothing is brilliant. To such shivji whosoever pays regard, is a real human being because he pays regard to humanity. Not because that particular person is a senior officer, because that particular person has a lot of money, because that particular person is so educated, the other person has this, but because he is a noble human being. May be he is poor, maybe he is rich, maybe he is of low profile, or of high profile, but he is a great noble human being and a noble human being is one who is personified at the feet of Shivji.

Today it is not such a day that I should even make you feel sad, because today is a very auspicious day. But one thing I will tell definitely that there is no need to fast on the day of Shivratri. It is totally the opposite. Whosoever has said it, don't know what is the basis of this in scriptures. I ask any priest to tell me in which Shastra it is written that on the day of Shivji's marriage you will fast. Why? Gentlemen, tell Me any basis of this Shastra, I want to know. Shastras too have been misrepresented, but even then I want to know, what is the basis of this Shastra that at a wrong place.....

Today, rejoice, make merriment. Today is the day of merriment. How many people have come here after observing fast? Raise your hands. Those who have been on fast, cannot get their realisation today. Try it! And those who have got their realisation, you too will be saved today. You are not going to get vibrations. Try it! Try and check! Are you getting vibrations? (Some say, "Are not getting, they are faint".) Don't tell a lie! (a sahajyogini—I have started getting such cool vibrations) You are not fasting, So I am happy with you today! You didn't fast today? Good! You are a loving child! Today, you don't have to fast. Today you eat a lot. Take laddoo after reaching your home. Fast after eating food? [one Sahajyogini, "No, I took phalahar (fruits)."] Why phalahar? Today you have to take a lot. His food is almonds and pistachio. Eat, eat a lot. He eats chickpeas (channa). Deviji takes Chickpeas. You also take chickpeas. Who takes fruits and flowers? They all talk nonsense. You should check from health related scripture that if our Shivji is established, is existing, what is needed for existence? What should you take? Say! You know it is carbohydrates. We cannot get energy without that. Today all of us should take carbohydrates of every type. Or we should take proteins. The more proteins you take, the better it is. Take more and more proteins. Chickpeas contains proteins. Chickpeas is only proteins. Whatever protein is there, should be taken for Shivji. For heart what a wonderful thing it is. If you are of devoid of love for others, you should also take carbohydrates. But the most important thing is that you should take proteins. And today you will take fruits which should not be taken. I do not understand any such basis of it in scriptures but the concept is going on and everybody is following it. Right now, whosoever has started it, must be the tantrikas only. He cannot be some one else. I cannot understand, that there is anyone else, that anyone will do so deliberately. One should think naturally that the day it is someone's birthday or marriage, people do not remain hungry. That day people rejoice, they are happy. The day when somebody dies, people should remain hungry. In our country, It is like this, that the day somebody dies, or the doors of hell are open, they don't fast, that day they eat on getting early! So, today eat happily and enjoy! But, on the day of Narak chaturdashi, you should fast. So that day, take bath early, after getting up early at 4 o'clock and take their break fast. See how opposite it is! Now if I say so, you can't say I am like Kabir, You will say that Mataji is telling all the opposite. But Whatever is categorical, accept it in straight forward manner. And whatever is opposite, will have to be accepted as opposite because whatever is truth, is nothing but truth. Nobody can destroy it, nobody can deteriorate it. And whether it is truth or untruth, check by your vibrations. Whatever I am telling, if it is untruth, you will come to know with the help of your vibrations. All your computers have started working on their own. Many people's computers are working. Those whose are not working, they too will work soon. You will surely get vibrations for this. Yes? (one sahajyogini, "Getting a lot of fragrance.") Especially, within your being Shivji's establishment is too much. You are too innocent! Yes, now tell Me. Let us meditate for some time, because they were saying that many people for realisation....have your friends come for realisation?

1977-0219, Problems From Fake Gurus

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19 February 1977

Problems From Fake Gurus

Talk to Sahaja Yogis

New Delhi (India)

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

[Translation from Hindi to English Talk to Sahaja Yogis Part 1]

Many of you have got realization, means you have started feeling vibrations in your hands. I have already told you about the Chakras. I know that many of you are feeling the vibrations in your hands, but many have still not felt it. One thing I am not able to understand (disturbance ... Mr. Verma is telling you not to keep getting up from our seats. It causes disturbance).

Those who have got realization, those who are feeling vibrations in their hands, and who have become thoughtless, if we tell them anything, then even those who have not got their realization should also listen, so that very soon they will also get realization. As many as possible should get their realization. And they will. Mostly everyone gets it.

But if there are some people who have already collected some knowledge from other sources, regarding realization, regarding dharmas, and other ideas; for them it takes a longer time, because we have to bring them into the right path. Like for someone who has proceeded on the wrong road, like the information that someone told Me just now, that was completely wrong, and these false gurus have been doing this business of misleading people into the wrong path. All these people who go into these paths get completely destroyed. Now those who have gone to their destruction .. I am making an estimate that in this country alone, at least 3 crore people have been systematically sent to their destruction, and it is impossible to retrieve them. And even if a few of them come to us, they come in the last stages of destruction, and we cannot do anything for them. Then we just have to let them go and take their rebirth, and then get realization.

Now the experience that you have had there, will not be the same for others. Some will get distressed and suffer, some will get influenced and do all what they are told to do by these various teachers. We must understand that our attitude towards Sahaja Yoga should be that we have to achieve something out of it. I have to take something inside, and that is why I have to receive something. We have to recognize and accept the truth. Or like someone said just now, "Shri Mataji You do not take any money" and this appeals to you and you come. But this feeling is not correct that we are gaining something out of you. From your talk it appears that you feel we are obligated, not you. Mostly people who say this is wrong with me, or that is wrong with me, and please correct it, we can understand. So the attitude should be that you have to acquire or achieve something from Sahaja Yoga

On one side you are there, and on the other are the deities. The deities have their places already made on the Chakras. If you have insulted or injured them by your behavior, then to awaken them again will require a lot of work and effort. And whatever efforts we make to reinstate them and bring their attention on those chakras, if there is no acceptance or alignment from your side, then there is nothing we can do.

Suppose there is a man living in a house, just for a worldly example. Because worldly people like worldly examples. If you have to go to a minister to get a house, you have to go to him and ask him to give you a house. But if the minister sees that you are not agreeable to take the house, then how will the minister sanction you a house. In the same way we have to understand that in Sahaja Yoga God Almighty has made arrangements inside you to enlighten your lamp, and you are being invited to come inside and light your lamp. But if you start arguing and hesitating about irrelevant things, that it is like this, and it is like that. Like many people ask Me why I wear only white sarees. If I wear red, then they will ask why red! This is on the matter of human brains. Because in Sahaja Yoga you have full freedom . If you want to come inside you come, and if you want to leave, then you can go outside. We are never going to stop you. We will never catch your hand and make you stay. If you come of your own free will and

stay with us, we will look after you. But if we force you nothing thing can happen, nor do we put any constraint on you to come.

Neither do we say that if you leave us and go, bad things will happen. You come and improve yourself. When you reach the understanding that there is no bandhan of Mother on us; I have come here, I am sitting here to take something from Mother. The second thing is that now I have come to Mother, I must have faith in Her or not. If you say that I do not have belief or faith in You, but you give me, then why should I give. My relationship with the gods is that of a Mother. If a Mother says the word "son", then nothing more is required. But all these great ones who are sitting around all of you, can know at once, all those who have shraddha (faith) towards Mother. You will have to have a little faith. I am telling you the inside story. You will have to have a little bit of faith in Me. Otherwise it wont work out. Secondly, if there is anything wrong with your health, some illness or something else, it will take longer. If you have any other problems like some may have mental problems, some who are possessed, in whom there may be bhoots or badhas. Others have other problems which may be a hindrance. But the most difficult are those, like the gentleman who showed Me the letter. These poor souls get ensnared by going to the wrong gurus and bowing their heads to them. The Kundalinis of such people do not rise at all.

[Shri Mataji asks for a letter to be read. A yogi reads the following:]

[English Transcript]

Dear Mataji,

A few years ago, Swami Muktananda initiated me in his yoga. He calls it Siddha Yoga. It is supposed to be a form of Kundalini Yoga. Since then, I have been suffering from a heavy pressure in the head and spine, inability to think clearly or concentrate, some sort of movement in the backbone which certainly isn't pleasant, nervousness, difficulty in facing people and situations, bad memory, obsession with the past and some sort of involuntary fixation with sex. Perhaps the Kundalini has been activated. Whatever it is, there is nothing spiritual about it. There is no sign of peace or silence or impersonal love. I am sure I have not benefitted spiritually through my contact with him. For all I know I was a better person spiritually before I met him. Would You please help me at least to get normal.

Pranamas.

Ibrahim Khan - A seeker.

Shri Mataji: Absolutely correct. And I must congratulate him for this bold action that he has taken; is a very bold action. Of course we have some others here who will share his thoughts, very much who have suffered. And those-

Yogi: He's here.

Shri Mataji: He's here. And there are many who have suffered on account, they have taken him out and they are much better now. And they are very good and absolutely what you have said is correct. It has to be a spiritual experience of bliss and joy, first thing. It has to be, secondly, a thing that enriches you, makes you much wiser, makes you sharper and alert. It has to be a energy-giving thing. Apart from that you are made a much better person; there's a regular transformation in your being. Now there are, you will be surprised like this, at least sixteen big ones, sixteen of them, they are doing this kind of job. And people are sending thousands of rupees to these people, thousands! He came from Lond- some place, America or somewhere, he has brought crores of foreign exchange. Crores of foreign exchange, how did he manage? You have been a religious man and that's why you have been opposing it. And by God's grace you are going to get the reality, no doubt.

The person who is initiated and is not a religious man will get into the mood. He'll start misbehaving, he'll take to ganja [marijuana - ed], he'll take to all kinds of drugs, he will take to bad sexual habits, he'll be perverted man, he will start becoming a smuggler and a thief and he'll do all the things. But a man who is a really, a religious man by heart will resist it and because of resistance he will get all these symptoms. But I'm happy you have resisted him and I promise that I will give you realization here

and here. And I'm very happy that you have done it. But so many like this. I've already told you that even with gross calculation three crores [30 million - ED] already on a way to doom. Of course some are going to be saved not out of those three crores are absolutely towards their doom. Then they come and argue with Me. The thing is, they have done so much wrong to themselves by wrong things and then they come and argue with me; this is something I can't understand. You cannot argue it out. If I can cure you I will give My life, every... every part of My being, I would say, every drop of My blood to save humankind. I will go out of the way for saving them, but you must understand that this is not spirituality. Spirituality is promised in all the scriptures whether it is Koran, it is Geeta, anywhere, that you are born again. You become a transformed personality and a higher personality.

[Translation from Hindi to English]

[Shri Mataji asks a lady]: How are you? Are you better than before. Yes? It has started slowly. Yours also. Yes, you will also start feeling, because he has started feeling. Sit like this with your hands open. Like you sit for Namaz (prayer). Relax.

Now those of you who have got realization, I am saying this for you. But those who have not yet got it, they will also get. To give realization, you don't get it by any lecture. This is a straightforward thing. You get realization not by any lectures, but by being exposed. Exposing yourself. Because this Sakti is present within us. We are only required to expose. When this Shakti enters your being in a most subtle way, then your Kundalini becomes aware of Whom we are facing. Who is in front of us. She knows Me, but you do not. And She rises from Her abode. And she comes up and breaks the fontanelle bone area, the Brahmarandhra. Then by this, within you, you feel the cool breeze. The cool breeze flowing within you. Slowly slowly, as you grow into it, as you master the techniques, then you have no doubts. When you receive this Shakti within you, then you realize how great it is, and you start giving it to the whole world. Those who have already got their realization, they are doing a lot of work. But in Delhi, out of those who have got realization, very few of them come out. This is a very sad state. After realization, they feel that they are enjoying, and they should go home and sleep and rest. This is very wrong. You should be there to help others to get it. And because of this the people here don't get trained properly. Realised people of other places get trained very well, but in Delhi this is a great weakness, that they just sit in their houses and don't come out for the spreading programs. Do to this many people don't get their realization. In Mumbai thousands have got realization. The least numbers are in Delhi. I don't know why. People from all states live here.

Now all of you sit with your hands like this. This is for people who have got their realization. You don't have to do anything special. In Sahaja Yoga you know all the arrangements are built in within you. Only it is a matter of igniting. All the system is built in within you, seven chakras and if there is a problem in a chakra, then the Kundalini does not rise. Otherwise it is sitting in 3.1/2 coils, and rises on Her own, and does the complete job. If there is a problem in any chakra, She stops there and repairs any damage. Sometimes She can even be seen pulsating at a particular chakra. Tomorrow I will show you. Wherever there is a catch in a chakra, Kundalini can be seen at that spot, doing Her job. I am telling you about the state after realization. Those who have just got their realization should listen carefully and also those who have not yet got it, should also listen. But all of you should keep your hands open like this. All. I had told you in the beginning that the Kundalini is inside you like this cord. Now you are like a computer, and your cord has to be connected to the mains. I have connected it through the Brahmarandhra, in the middle. Now what information is coming to you through this new connection, like Jung has said, there is the Universal Unconscious, and from the Unconscious messages keep coming. Then he says there is a Shakti called Universal Unconsciousness, which we call as the All Pervading Love of the Paramatma, or God Almighty. (someone asks "Universal Unconsciousness?"). Unconscious! It is called Universal Unconscious, because it is not in our consciousness. So it is called Unconscious (A-chetan), which has not yet come into our chetana (consciousness). Once it comes into our chetana, then Universal Consciousness comes into us. This does not come by any lectures. It happens. There is a happening that takes place inside you. This begins to flow inside you. And you come into a new, absolutely new, awareness. Like a blind man cannot see. Also a human being knows what is beauty. Animals do not. So in this way you come into a new awareness state, where you become Collectively Conscious. Means, what happens, that on your hands you can feel the chakras of others and the state of their Kundalini. Instantaneously. At that moment. Like as soon as you get your realization, you can put your hands towards another person and read the state of his chakras.

Now this knowledge is subjective. There are two kinds of knowledge. One, which you understand from outside, and the other which you know from the inside. Like, if we are the manager of an office, then we know everything about that office. But if

someone comes from outside, he can only see what is outside. But the man who works in the office, knows it from inside. This is how it works. When you put your hands towards any realized soul, you will get cool breeze on your hands. On the fingers you have five chakras. This is the sixth, and this is the seventh. This is the first chakra, the Mooladhara, which is the chakra there on the chart. Mooladhara Chakra is the seat of Shri Ganesha. Now there is a left and a right. The two hands have a left side and a right side. There is the Left Sympathetic Nervous System and the Right Sympathetic Nervous System. Now, there was a need for someone to teach you the decoding of the system. So I have come. Because if no one teaches you how to decode the system, how will you work your computer.

Now in the hand, in this place, is the Mooladhara Chakra. Mooladhara Chakra is placed right down. As I told you, it has four petals. This is the seat of Shri Ganesha. Now, all of you realized souls, ask a question – Is Mooladhara Chakra the seat of Shri Ganesha. Ask Shri Ganesha, "Is Mool-adhara Your place? Are You on this Chakra?" You will get a response. As realized souls, if you ask, you will get strong vibrations. Because the question is a solemn one. Are you feeling it. Do you get extra vibrations your hands? More than before? Ask Kundalini. Just ask the question. Put your hands towards Me and ask. Is it coming. In this place? Is something happening here. For those who have just got their realisation, it should happen. When you place your hands on others you will feel it. Sometimes when you put your hands towards a person, even a child, you will have a burning sensation on your fingers. This left side is the emotional side, and the right side is the physical side. If you feel a burning on the emotional side, the left side, it means that someone has used bad techniques to raise his kundalini. Mostly those who try wrong methods of raising the Kundalini, they have a burning on this left hand. Because they use sublimation of sex on the left side, and completely ruin this chakra. So the catch, the burning, is here. And if you get it on the other hand, the right hand, there is some problem with that person about sex. If it gets numb, then there may be impotency. If there is numbness, then we can understand that that man is impotent. And if it comes higher up on the right side, then the person is suffering from constipation. As you practice more and more, your hands will become very sensitive. And those who are born realized, even if you blindfold them, they will register the catches.

I am just telling you in a general way. I cannot tell you in detail just now. I am writing a book in which I will explain everything in detail, and you will be able to understand it all. Now these two fingers, thumbs, they represent the Swadishtana Chakra. This one is the Swadishtana. The thumbs of the right hand, the right side of this chakra, is creativity as I told you. The Swadishtana is the seat of Shri Brahmadeva and his Shakti is Shri Saraswati. If a man thinks too much, or plans a lot, he uses the energy of this chakra. And the chakra which is shown in the thumb, rotates around, and on the edges whatever organs are there it supplies energy. Means the kidneys, upper and lower part of the liver, and your spleen. And the uterus in women. It looks after all these organs. Now if this chakra gets a catch, then you can know that you have diabetes, in a general way, or some problem with the spleen. When both sides of this chakra are caught up badly, then cancer has set in; and with the overactivity of this chakra it becomes galloping. When this happens we can understand that some outside badha or entity, has entered and is working on this chakra. (Someone interrupts). So, you understand.

Now if there is a lady, and her husband's first wife has died, just suppose, and she did not have any children, and her husband marries another woman, the first lady dies in an accident or unnatural circumstances, and she never had a child, so her entity might enter into this second wife, and she may come back. The mental side. Now mentally if she is disturbed about it, and thinks about it, that she had no child, I also may not have a child – if she has a fear about it, it will act on the uterus and she will also not have children. This is the emotional side of it.

English part:

If there is a lady and her, you see her, the first wife has died. Supposing take a question, and she has had no children or something like she died as an atrupta atma and the husband marries another woman. And the first lady died in a mess or in a atrupta way and she never had a child. So she, her entity might enter into this woman's entity and she may come into that woman. You see this is a, this is a emotional side, so emotionally if she is disturbed about it, if she thinks about it that she had no child, "I may not have a child," if she has a fear like that or something, it will act on the uterus and she will also not have children. That's the emotional side of it. And the right hand side if you have a uterus trouble and uterus problem or anything like that, then also you cannot have. But when these two meet together, a galloping sort of a movement starts of both the sympathetic nervous

system and then you can say that it is a cancer has been set in. But cancer is set into us every moment and is destroyed every moment by parasympathetic. Because if the activity of the sympathetic nervous system is the cause of cancer means everybody has it. You see, is possible it is and the more - if you do it over-activity, more than what is needed - it sets in.

A man who is a great planner say, he's a very great planner and he's a very great this thing, and he gets, sort of all his time devoted to work and work and work, he develops a deficiency in the spleen because this also supplies to the spleen. And that's how spleen and then your liver and kidney all put together give you the disease known as diabetes. Diabetes is only caused among people who think too much. Diabetes will not happen among the people who are poor because they don't sit down and think and bother about things. So diabetes is caused among such people. Mostly it is caused among men, less among women. Doctors do not know the cause of diabetes. Now if I tell them Swadishthana Chakra and Brahmadeva's activities, they will say, "Mataji, this is beyond us."

But if tell them imbalance, if there is imbalance in life, if there is imbalance in life, then it is caused. It is due to the imbalance in life because such a man, you see when he starts planning too much, thinking too much, he has no time for emotional activities. Like, you see he has no time for his children, he has no time for his wife, he has no time for anybody to, you see express themselves. If he can have the balance between the two, if he's a very loving man then the balance is maintained. But mostly what happens, a man who takes to hard work, he has no time for his children. Then if he gets a little time for his children, children think, "Oh it's a great thing." And such a, such a personality has diabetes. And the diabetes has such a vicious circle that it goes on increasing and increasing and increasing. Then it increases up to the - you see it can go up to the eyes you may start getting very weak eyes with diabetes. And I mean anything can happen because you start, lets say the sugar in the... sugar in the blood is not consumed, so for such a person who suffers from diabetes there's a very simple method, if he's a realized soul. You see, if he's a realized soul - that's one "if" is there. If he's not, then nothing can work out; all these things are for realized people.

You have to put your - now as you say that your right side is weak, your right is being used too much, your left side is weak. So what you have to do is to put the left hand towards the photograph raise your left hand and put it to the right hand, like this. Now what happens when the left side is weak, you see there is... on the top of the head there are two balloon-like structures, one of them goes on to the front and another goes at the back. But one comes from the right, another comes from the left. Now the one which comes on the left because it crosses over, so the left one is responsible for the right hand, and the right one is responsible for the left hand. So by doing like this what you do is to press your ego backward and that's how you get a complete balance there and the Kundalini rises in between. Because one side is too much pressed and the another side is suppressed. Raise your left hand side like this, all right, raising it like this. Left hand side, left hand, left hand yes teek hai. Left with the right hand you will have to raise.

[Translation from Hindi to English]

Left hand towards Me. Raise it like this. From here. And put like this and bring it down here. Now raise it again. Now what you are doing is...

English part:

Now what are you pushing back here? By pushing this thing on this side you are pushing it this way. Now left side you are raising the super ego and right side you are pushing the ego, because such a man develops ego also, because he works through his ego. We plan through our ego. Ego doesn't mean egoistical. Ego everyone has, if you do not have ego you are a realized soul. But you have, ego and superego both are there, they are there, they exist. So what happens, too much of ego develops because of planning because we do all this planning and everything through ego. So the ego is pushed back and you get the balance. And this what the doctors do not think of: balancing a person, because we are not only physical being, we are emotional being, we are also a intellectual being, we are also a spiritual being. So there should be a balance between all these beings and they should be all integrated. But doctors do not think like that, so the imbalance works like that and that's how you get into problem.

[Hindi speaker asks a question indistinctly.]

Shri Mataji: You see ego or superego both in imbalance is not a good state for Kundalini rising. If the ego is too much developed, for example, it is pressing your superego. Now the superego is suppressed, for example all the developing countries. All the developed countries have a big ego. So too much ego they press the superego. Because of pressing of the superego, what happened that their ego developed too much; the superego gave them a bump, because if you press too much it has a reaction. So in their society, people just became sort of what you call the hippies, they gave up. They said, "This planning when... finish it off. We are going to lead another kind of life." So they took to superego and superego is all these drugs and these serious things to get towards the suppression of your self. You see, first these people were violent outside but then they became violent to themselves. So both things are wrong whether you are violent to yourself or violent to others.

[Man indistinctly]: Sorry, Mother, isn't it about one's body, it's only about one's mind.

Shri Mataji: Yes, yes, you see, the ego and superego are both things, are two forces within us which is balanced, is balanced, then only the Kundalini can rise otherwise this [?] there should be a gap between the two, actually it creates a gap. But if one side is overdeveloped any one of them, a person who is possessed has a superego mostly, but a person can be also possessed by a egoistical bhoot. For example this Transcendental people all of them have their ego side developed too much. You cannot push them back. Because there is, you see, anything can bloat. Somebody, egoistical man can enter into you, you see and you can have a superego on you. Sort of you can start thinking that you are a very great dynamic man, you think no end of yourself. And actually it is somebody else who is putting ideas into your head and you are a bloated person.

Translation from Hindi: Like people say his brain has gone off. God save us from him. Don't they say like this. That's what it is. People's brains go out of order.

English part

You spoil your head because you get into that over-ego, double ego if somebody else is acting in you. Sometimes you yourself can develop your ego too much, but sometimes somebody else comes into you and tells you. And he talks as if you won't believe, he talks like a, like a Hitler. You think that "What is this come up?"

Man: That means that he can possess your ego?

Shri Mataji: He possesses your ego, enters into your ego and supplies information through your ego. It can - Mostly it enters through your superego, mostly because most of them are depraved people. So these depraved people also can enter into your left hand side and they can also give you ideas and you can become - you see they do not really give you ideas, but they make your life miserable. Such people when they enter into you, you become giddy. You feel terrible, you will get a headache, or sometimes if you start acting according to them, then you can become a very depraved man also.

Actually the ego people cannot see. You see a man can never see his ego, it's rather difficult and they think, "Oh, I'm correct after all I'm such-and-such so I, whatever I'm doing is correct." You see? It's very difficult to see your ego. Because human beings can see their superego very easily as it harms them, physically also. If you have got a possession on you, you are harmed but if there is a ego you are not harmed. By ego you harm others so you are not harmed. But by superego you are harmed, so you can see that. But ego it harms others and you go on harming others; you don't know what you are doing and you think, "Oh I'm very correct, whatever I'm doing is correct."

So these are the two types of balloons which covers your head. In between them is the space which we call the vilamba. That space is created through the Kundalini rising. But actually when the Kundalini rises, first what She does, She comes up to the Agnya, below the Agnya, on this on this plate which we call as moordha [Sanskrit for "head" - ED] plate, the lower plate of the brain, it touches it, you see. And then it comes down again on these two channels of ida and pingala which cools it down. And by cooling it down it fills it up and the cooling brings down both the ego and superego a little bit and a space is created. And then

when the Kundalini really rises upward, then it passes through that space. Actually you can see here with some people who get realization, a big depression. Sometimes people have depression here. If they have a badha in their Nabhi then they get a depression here, or sometimes they get a depression here. A regular depression you can get here, if you feel it, even those who are realized can feel it, is a soft thing if you can press it, you know it can work out, you must feel it. You put your right hand towards Me you can feel it. There's a little depression you can press it down, you feel better. You feel better with that. Pressing a little bit makes you better, feeling much better.

[Translation from Hindi to English]

Left hand towards Me. Press it like this.

English part:

Now the situation in all the developing countries is that their ego is overdeveloped now. Now, when they are trying to develop themselves, because they are developing; all the developing countries are doing it through their ego, so naturally their ego is very much developed, that's why I'm saying that, "Put your right hand." But in the countries which are really over developed now, who are fed up of their ego and fed up, they call themselves as "colossal egoistical people" and they condemn themselves for that. All the time what they are doing is to condemn themselves, this is the superego acting.

To condemn themselves they'll go out of the way to do all kinds of hazardous thing. If you tell them, "You stand on your heads," they will stand on their heads.

They will do everything that you tell them and they will try to, sort of, give trouble to their body, they'll say, "What's the use of having a nice house, let us sleep on the ground." And they'll do all these things just to torture themselves because their superego starts acting on the ego. And by which you see they again go to the other extreme. What you have to do is to be in balance.

[Shri Mataji talks to someone in front]

Now let Me down, ha. You keep your question till the end, you should say. Are you sitting in the front for that? Now you don't disturb everyone please, for heavens sake.

Shri Mataji: No, no, it is a disturbance because My thoughts are going and you just now keep quiet because I'm reading everybody's mind and answering. All right, just keep quiet because everybody's disturbed.

So, now what happens, that the thought - you see of thoughts of a superego is just to make the ego look down. So it pushes down and it suggests such ideas like, "We should sacrifice everything, why should we have a household, why should we have children, why should we have all these junky, affluent things? Let us lead a life of a ascetic." But in the asceticism in their asceticism they take to drugs because it is a superego style. Drug is a superego style. If you take to drinks, if you take to these things too much then you are going to the superego style. Ego style would be, would be not to take to drinks. Asceticism is to kill yourself, comes from the left hand side, in the sense that the superego tells you that you just give up things. But actually it is not, because the main thing is that they do it, they do all these things, but actually in the heart of hearts or what you can say, the mind of minds, what they want to do is to indulge into a very superego activity and the superego activity is drinks, drugs and sex, these three.

Actually this is the main thing but they think they have given up, you see, they believe in it, they believe in it. Not that they are in any way... they are genuine, they are genuinely believing in it. They believe that by doing sex, over-activity of the sex, by doing, taking drugs and by being a sort of very licentious and very permissive, they have been trying to go to God. Actually they believe in it, I tell you, you don't condemn them because it is their faith. They think that these people have been keeping to these rules and regulation, it has come as a reaction, you see. See, in England they had those straight coats, and you could have five types of glasses on the table and you have to use this for the whiskey, that for the thing and this for that and so much of

regimentation that when they wanted to give it up they said, "Now let us give it up completely." So when they gave it up, as a reaction, it worked so well that they have given up, they think they have given up everything, but they have given up all that was good, all that was nice and whatever was bad they have taken it up, even in a worse way - means licentiousness, permissiveness, drinks, drinking, drugs and sex. So this how the sup- this thing works out.

Now the right hand side: the egoistical man. He may be a man who might be a absolutely a, absolutely a puritanical, he can be puritanical also. You might find many like this. For example we can see in our scriptures, we have people like Harishchandra... the one who was torturing Harishchandra, [Shri Mataji asks for the name in Hindi]: What was his name?

Man: Vishwamitra.

Shri Mataji: Vishwamitra. Then we have got many others, you know, so many of them like hot-tempered people, very hot-tempered, you cannot touch them. But you see, because they had no wife, no children, nothing, no balancing, they lived a, you see, with eating what you call these grass or some leaves and things and celibacy, forced celibacy, all sorts of you know, frantic things they did. Naturally such people had to be hot tempered. You know they were heated up by their, this forced thing. I mean going through another extreme of things, you see, to - I mean whatever was natural. God has given you all these natural things - live in a sanctified, natural way. But either you will have ten women or you will have no woman some sort of a, you see an extreme behavior from one to another, going to one extreme to another. And when they went to another extreme, the ego, you see they were so egoistical, you have read about these people but you must have met many people, even in the government office you might see that, you see you cannot just look at them, if you even if you look at them they'll just punch at you thinking that, you see, you have insulted them by raising your eyes to them, sort of people, you will find some of them around. So this type of temperament develops because of extreme activity of the ego that you cannot talk to them. If you say anything they'll say, "Oh... I will see him, I will put him right, I will do this." If you say anything, they will give you two slaps on the face and finished, so is better not to talk to such people.

Now we'll take an example of Hitler. Now see Hitler's personal life you see he was an ascetic. He married one woman, lived with one woman and that too secretly and he thought that sex life was a bad thing and, I mean, there's no question of Himmler or anybody having any sex life whatsoever. But they were very good at killing people the way they hated. So I mean that is so bad as this is so bad. Both things are equally bad. Some people say that, "You see, we are seeing some people who say that 'We do not drink, we don't do all these things and they are very bad people.'"

So I said, "But that is bad is bad, whether they drink or not." But drinking is also bad, that doesn't mean that drinking is good. They are not good because they are drinking, they are not drinking. It is because drinking on one side and the another is the, you see the whole thing is: "I'll give up this, I'll give up that and I'll become this."

You see, for example government servants say, "No, I am sacrificing my life for this country." All these nonsensical ideas fill up your ego only. What are you sacrificing, what are you doing? You are getting a pay for what you are doing.

You see these kind of ideas, "You see we are doing this for the government, this for people and..." Some social workers are like that. They think that "We are doing this social activity, we are trying to help the blind, we are trying to help this organization." See all these things crop up to make you a very egoistical man. So whom are you helping? Who is the other? There is nobody else. That should be a part and parcel of your being. All these ideas come to you from a very false conception of yourself.

You see if I am doing anyth ... just now he said that "You cure people, You don't take any money."

I jolly well have to because I feel sick if you are sick - what can I do? I'm not taking money because it helps Me. It's no question of My trying to be very good or anything, nothing can. I cannot help it! If you are sick I have to cure you; if I do not cure you, I'll feel sick. It is so much so. It is so much of lina dena [give and take - ED] that I cannot do, live without giving it to you; if I do not give it to you I will fall sick, it is like that. Who is the other when we think of helping others, doing others? So these two things come up: is one with the ego another with the superego. It can come in anything. You know ego is such a subtle thing that people don't see

it works, you cannot see it. It just works just like that. People accept it because it helps them, people say, "Oh, what a dynamic man! He's done this, he's done that."

If you see that man, is assuming one should see him like that, he has not enjoyed life at all, if you go and meet that person. But you think, "What a successful man, he's done this, he's ..." and the ego is bloated again. Then again his ego is bloated. And ultimately he finds when nobody stands near him, "nobody's [INDISTINCT]. They'll say that "He's such a big bore, who'll go near him? You cannot stand him for five minutes. All the time he's talking about himself or he's talking about his business about his work; it's all right in the office but in the house..." Nobody would like to go near him. They all run away as if they are facing a tiger.

So this is what it is. A man has to be a sweet person; he has to be a very balanced person, very interesting person and very, very harmonious in temperament. On the contrary such a man is - maybe, I don't know if such people help anyone but they are quite awkward to be with, you see? There's something wrong with them and people, children don't like them, dogs don't like them, there are many human beings who don't like them. Only those who can use them may like them but otherwise it's rather difficult to agree with such temperaments.

So you see these two things are there. [Hindi: Speaks to Sharma] So you have remembered.

So you see these two types of people are to be avoided; I mean both the extremes must to be avoided. So how we should be, people ask Me, "How should, we should be?" Because human beings cannot be but extremes. If you tell them one thing, they'll go on doing it and doing it.

If somebody says, "Bhagawan ka naam lo [take the name of God - ED]," so the whole night they'll be singing God's praise, the whole day they will be singing God's praise and the God will be tired.

He'll say, "Now let Me sleep, what are you doing to Me?" There should be some time for it, you see.

The other day I was with my grandchild, she's a born-realized child and she's, you know, because they have a innate understanding and intelligence of the whole thing. And in their neighborhood there's a temple and some people were singing "Sita Ram, Sita Ram" - so she was saying, "Nani, ye log pura raat pura din Bhagwan ka naam Sita Ram Sita Ram, wo dono Sita Ram to udhar se bhaag hi gaye honge. Aur main bhi yahaan se bhaag hi jaoongi. Aur, itna satate kahe ko hain bhagwan ko? Unka sirf gala kharab ho jata hai" [Grandmother! These people are taking the name of God- Sita Ram, Sita Ram - whole day and night, the two Sita Ram must have run away from there. And I'll also run away from here. Why do they torture God like this? They only spoil their throats -ed].

And is very true you know all such people develop a Vishuddhi Chakra, you know these Hare Rama -Hare Krishna people, so many come to Me, they all suffer from the cancer in the throat. When you are not connected with God, all the time if you go on like that like mechanical thing - you see this Vishuddhi Chakra is used mechanically like that - you are going to catch on your Vishuddhi Chakra. And once you catch on Vishuddhi Chakra, you develop a cancer of the throat. You see, like mad people, I mean one should understand by saying these things if you are going to go to God then I mean God has no play in the matter. It's only you, what you do, what madness you take to, that is how God is going to come to you. I mean people are really crazy as far as the religion is also concerned. They are very...

[Translation from Hindi to English Talk to Sahaja Yogis Part 2]

Missing transcription

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20 February 1977

Talk to Sahaja Yogis

New Delhi (India)

Talk Language: English | Transcript (English) – VERIFIED

"The Creation", New Delhi (India), 20 February 1977

Tonight we had decided to talk about Creation but our management has not been able to provide me with a chalk and with a blackboard so, I don't know, I'll try to explain it without drawing. It's a very difficult subject. And I'll try to make it intelligible. But I would request you to pay full attention for such a difficult subject like Creation.

The greatest blessing today is that many of you can feel the vibrations. And not only that but you also know and realise that they can think and they can love. It's a very big blessing. Of course, some of you haven't got it, but those who have got it know that these vibrations organise, because they raise the Kundalini, they go to the place where it is needed, out of compassion, to that portion where there is deficiency. They understand, they organise they are universal in nature and they love. They answer to your questions, when you ask them some questions - you receive answer from them. They are living vibrations. These vibrations are from the Divine. This Divine is called as Brahma, Brahma Tattwa, Principle of Divine.

We can say that the process of Creation is an eternal process. Means a seed becomes a tree and the tree becomes a seed, and the seed becomes a tree, and it goes on and on - it's eternal. So, it cannot have a starting point and it cannot have an ending point. It goes on and on and on. That's why it can have different states of existence, you can say, state of being.

So, the first, just the being, is Brahma, where nothing exists. We say 'nothing'. When we say nothing, it is a relative word: because we do not exist, so we say 'nothing exists' - it's a relative word. When we are not existing, for us everything is 'nothing'. There is something, but that is not ourselves. And that's why, relatively, we say it is 'nothing'. It's only the word Brahma, we can say. You can think of an energy, if you want to, an energy-form that exists. But the energy accumulates at a point and forms a nucleus. The energy that thinks, energy that is distributed, accumulates at a point, concentrates on a point, you can say, and this point is the point we call as Sadashiva.

This happens because that energy desires, thinks, organises, loves. When it wants to create, when the desire is felt in that energy to create, at that time a nucleus is created. This nucleus we call as Sadashiva. This nucleus does not disappear. You can think of a nebula. I mean, it is something which is all relative you can think, you cannot think something in absolute form. So, with thinking you cannot conceptualise the whole thing, but if you can think of a state, where it's just an energy and no creation. But not the energy of electricity, magnetism - all these things. Is the combination, the synthesis of all the things which goes into laya which becomes that, dissolves into that. It coagulates on a point, that may be a [suitable] word, coagulates at a point which we can call as a nucleus. This point we call as Sadashiva. This Sadashiva is the Ishwara, is the God Almighty.

We call it now "God" because now it has a limitation. In the sense that we can call it something. But if it is just an energy we just call it a Brahma. You can say like this: when the water becomes ice, a follicle of ice is formed, you can differentiate between the water and the ice, but still, it's a relative, relative understanding.

At this state God Almighty, Parameshwara, takes its form as an identity. That's why we can say that it is not Brahma, but an identity. Identity has its aura, has its aura, we can say, its light. This light is the Divine Love.

It goes into various forms but Sadashiva remains as He is.

Now, the desire to create is transferred to the aura. The aura is the Power of God, Shakti. Ishwara has certain things beyond Him also and before Him. God Almighty has something beyond Him that He cannot control: one, He cannot control His eternal nature. It is His nature to be eternal, He cannot stop it. He will go on changing His form, it is His nature, it just... it is His swabhava. He cannot change it, His eternal nature. He will be eternally. Eternity is His temperament, His nature, He cannot overcome that.

For example, God cannot take away your freedom to choose the Truth. He cannot. Once He has granted, He's not going to take it away. You have to choose it in all your freedom. He will not force you to take it. Many people have hopes like that - they are sadly mistaken. At this juncture only lies the problem of complete destruction or complete resurrection. It is left into the hands of human beings to decide whether they want to accept the Truth or if they want to follow the falsehood. So, you have [been] given complete freedom to choose.

I won't go into the details about God Almighty, because it's a very subtler subject and requires much more attention. I have talked about it before to many people and all His nature, they know that. But He is the Witness, He is the Sakshi (witness) in the form of a Sakshi. What is He witnessing? He is witnessing the Creation. And the power that creates the Creation is the Shakti, is His power, is His consort. Now, for us, human beings, we don't understand that a wife and a husband could be that one (unified). For example, you can understand like a Sun and a sunlight, Moon and the Moonlight - as these two things are one and the same. Or the meaning and the word. In the same way, Shiva and Shakti are one together. For example, you can be a father, you can be a mother. You can be a father, you can be a brother, you can be a son - three things you are doing together. In the same way, you can be your Self and your power. You know: you and your Self and your power are different, but you are one. You have a power to write, but you are not your power. Neither your power is your Self. In the same way, Shiva and Shakti are two persons to be identified, but they are part and parcel of one uniform thing known as 'Brahma'.

But these horrible Tantrikas - again they come round here - have spoiled the relationship between Shiva and Shakti. Not that they were human beings, that's why they established all these funny ideas and talked about these nonsensical things. Because they are the people who are nothing but their sex-points. They are nothing nobler than that. They are very depraved and diseased and debased people. They suffer from such a terrible disease that no way they can see anything else but this. Ashvamedha has also described as something to do with sex. Everything they look, they see sex there. It's like a person, as we call it in Hindi - [HINDI 13:00 mins] - who is wearing the glass of sex and watching through that life, everything becomes sex, sex, sex, they are such debased and horrible depraved people, even God, they are bringing to that level. Unless and until they are bringing to that level, they cannot exist. How will they justify themselves, the way they are? Sex has nothing to do with Shiva and Shakti. What is Sun and sunlight? Is there any sex involved there? Is there nothing existing without sex for these horrible tantrikas? Is there no relationship that exists without sex?

So, Shiva is the God Almighty - we should call him as Sadashiva.

I'll try to draw a little bit, let us see how it works out.

Now forming into a nucleus like this.

Now, this is the remains of the nucleus, you can say, which forms its power here into a valaya. How does it form? He moves supposing backwards, you can say. Then what happens when he moves backwards...kara noko (marathi: don't do that)...this, whole thing like this, remains here and all of this passes, forms a shell around it and the waves cross over and settle onto the shell - here. Now, this is the situation: when all inside forms another nucleus here by concentration - this is the Shakti. And this is the Sadashiva. This is the Mahashakti, you can say 'Adi Shakti' and this is the Sadashiva.

Now here, Shiva, once the Shakti forms Her personality, or we can say, Her ego is established, She is a different identity from Shiva. Because the whole process is to create the play for the witness to see. He is the One who is going to watch the play. She is the One who is going to create it. So, She accumulates Her ego onto a point here and becomes Shakti, assumes a position

there. And the first thing She does as a Shakti is to go round in a parabolic...in a parabola around Her Lord.

This point one must understand. She is a Shakti, is the Power of God. And the whole Creation is only meant for God Almighty to be seen. He's the only spectator of the play of Shakti. And if He doesn't like the play, for example, He doesn't like the way it is or the way people are that are created, He can immediately stop the play by closing His eyes, by denying the play, by showing His annoyance or by His stopper, He can just stop it. That's why He is also called as a destroyer. But the whole thing is meant for His amusement. And if it doesn't give Him pleasure, He can stop it. That's why the first one who must be pleased is the One who is the spectator. Because of this, Shiva is garlanded by Her, is a parabola and that's why parabola is the symbol of Adi Shakti. This is sort of a certificate to Her, a sort of a granting Her the varadan, as we call it in Sanskrit language, is the varadan that 'go ahead with your work.' This is a sanction given to Him. When She completes this parabola, the sanction has been granted and that's why She is a parabola.

Here the question of men dominating the women and women dominating the men does not come in, because this is predominantly in our heads, you see. When we think of it, we think of men and women, it is nothing of the kind. It's just complete Oneness. Can we think of one couple which is absolutely united with each other? We cannot. Because we are all incomplete people. But if you could stretch your imagination to such a point that both of them are meant for each other only and the One who is active, is the Adi Shakti, is only active to please the God Almighty Who is the only spectator of Her play and He's to be pleased first. So, She surrenders Herself before Him, takes the sanction through the parabola.

Now, parabola is a very important thing. You know that everything travels through parabola, never in a straight line. For example, if you love someone, our love goes round that person and comes back to us as love. But if you hate that person, then our hatred goes round that person and comes back to us as a terrible hatred. So, the parabola is taken, but you might say 'why a parabola?' The question can be: "Why should there be a parabola and not a circle?" The reason is: parabola is the shortest distance to go round another point, is the shortest. And that's why it's a parabola.

It is even in our ordinary life, you will find this happening: that whatever you do to others, it comes back to you in some form, whether you do good or bad. And that's why our karmic ideas and that of our doing punyas are all there. Because whatever we emit through us, will come back to us. In the same way, if you bless the whole world, the blessings of the whole world will come to us.

As I told you, the process is not that simple as it can be drawn, because it's a living process of a big dimension but I'm just trying to make it simpler for you to understand.

Now, this parabola, when, here now, when She is, She goes into the motion of a parabola and Shiva sanctioned Her, sanctions Her - it's a living process, again you must understand, it's a living process, it's as human as we are. Both of them are as human as we are, we should say, they are thousand times more human than we are.

So, here the Wife, His Consort, says that: "I am very happy just like this. I won't go any further with it." Because Creation is not an easy thing for Her, She doesn't want to depart from Her Creation. Creation is the child and She says, "I would not like to have children now, because I will lose you." So, She pushes Herself towards Him and He pushes Her back and disappears, opening out from here.

Now She is in this form. So, the beginning of the Om starts. Parabola, first of all, gets converted into Om. Then She pushes Herself down and settles down for a while to meditate and to find out how She is going to work it out, we can say like this.

You see, it is Her desire which must be aroused. If Her desire is not aroused, She will not conceive the Creation. So, a kalpa is spent in that. Quite a lot of time is spent in Her own thinking - which way She should do it. She has created many universes. It is not one universe She has created. She has created universes after universes and I will show you how She has created so many universes. And some of them are still lingering on, some of them are destroyed. But today before us: this Universe, this Earth, on this Earth, India and in India, Delhi, you are sitting attending this place. It's like that.

So, at this moment, whatever is the thing, is not the past, nor the future, but I'm telling you about the present moment we are here. But many universes have been created by Adi Shakti; even before us. And She has tried many other things also. Ultimately She has tried this. She has created Earth and then created us. Now, how She has done that we'll see later on. Just now let us see how She assumes her powers.

When She decides to create, She is endowed with three powers: She has three powers of God which are granted to Her. By one power, first of all, is the existence, the desire to exist, She desires to exist with God. The second power is to create and the third power is to sustain. First power is existence, second is to create and the third is the evolving power or sustenance power by which gradually you sustain something and you become something. These are the three powers She assumes. In short, we can say that She forms three powers of Mahakali, Mahasaraswati and Mahalakshmi. These are the three powers She assumes within Herself.

Now, She uses again Her parabolic systems. You know, supposing, I have come to this house by this way, I know this way. Then I take that way, I know that way. I know the middle way, everything. Now, I know these three ways and I know all about it: with that knowledge, I can do something else. So, She again uses Her parabolic movements. Actually, Her three movements, of Mahakali, Mahalakshmi and Mahasaraswati, are all the time with Her, with the Adi Shakti. She can separate them and put them into three different channels. She can combine them and synthesise them and use it as a parabola - you understand this? That's why when we put a bandhan to you, we say "put a parabola," is a parabola, because the vibrations are all in... all the three powers are flowing this way.

So, we have got, you know that, three powers - the Mahakali power you can say, I need not write, "Mahakali power". By Mahakali power She desires, as I've told you, is the emotional side of God, you can say. She represents the emotional side of God, She desires. Is the desire is that of God. God Almighty, Who is the spectator, He is the Sakshi. And She puts that Sakshi into your heart, She reflects that into your heart which is kept all the time burning to watch what you are doing. To see your play after your creation.

Her Mahasaraswati power, now, moves in a parabola. She can move in any angle, 360 angles She can move, from one point. Sometimes, She goes round and round at a point. When She goes round and round at a point, Her Mahasaraswati power can get consolidated; you can say, it becomes dense. You see, that's the trouble with English language! It becomes dense, it becomes so very dense that it cracks out. These cracks occur due to the momentum of the movement of the Mahakali power, Mahasaraswati power. Because it is moving in a round and round fashion, they also get into the momentum of that movement, they start moving. For example, this part starts moving, this part starts moving, this part starts moving. And when they start moving, they become rounds, they lose their angularities and then they become round. Now I'm telling you, very much in short because it's a...they become round. These rounds again are put into friction with each other. And that is how, we can say - now forget about other universes, where other styles were also created - but about this one we can say, was created.

Now, you must all the time remember that this Power thinks, understands, organises, loves and is an identity. So, She creates the Earth. Earth is not created so easily. Part of the Sun is removed just like this, with the hand, you can say. We must understand why the Sun became so cold. Sun is, from the Sun it is removed very much far away first, to the farthest point so that it freezes completely. Also like Moon, it was taken very far away. It just freezes completely and is then brought near the Sun again, like a pendulum. It is moved again towards the cold side, again it is brought to the hot side. It is brought to a point, to the medium point where Earth is made, is made - again I'm saying, it's not a chance of nature - is made deliberately, habitable for human beings, the temperature was brought in. It has been done by Adi Shakti, the Mother. She has done it deliberately, it's not easy to conceive of such a Mother. But She has done it. And She brings this Earth to a point where life can begin.

So the combination of Moon and the combination of Sun gives you hydrogen from the Moon, oxygen from the sun, gives you water, the freezing and heating. The freezing and heating gives you the water. In the water, when the Earth is made, spirally, to move upward, again the heating and cooling starts. By heating and cooling, life comes into being as amino-acids.

Is done deliberately! What I am saying: it is not done by something, by chance. On this also one has to think once: "How is it?" It is not chance! If you read De Noüy [Pierre Lecomte De Noüy (1883-1947), mathematician, biologist] , is a very big biologist, I mean, I think he's one of the greatest biologists who has really gone into the calculations of how much time should it take for a simple amoeba to be created out of the matter and he has calculated that it should take much more time than even what we have had so far - billions of billions of years are needed just by chance. Law of chance is there, which I don't know if I should tell you elaborately, but law of chance is that, if you have in one tube 50 red pebbles and 50 white pebbles and if you start shaking them and make them absolutely in a chaotic order, it takes so much, so much times shaking to make it again the same as it is, or to bring it into order.

So, even to create an orderly living protoplasm, a cell, would have taken much more time than it has taken so far: much more, many times more, billions of billions. And it has taken only 5 billion years for Earth to secede from the Moon. And only 2 billion years for it to cool down. So, he says, it is beyond any understanding - only thing that can explain it, what we can say, is that there is a 'Juggler' behind it. And there is a Juggler, about which our great rishis and munis know that - that Juggler is nobody else but Adi Shakti, the Primordial Mother. The Primordial Father is Sadashiva and the Primordial Mother is Adi Shakti. And are we going to discuss about their sex? Are we going to do that way with the tantrikas? Is that the way to pay homage to your parents? We have to understand that it's a very, very solemn subject, we are discussing here the sanctum sanctorium of the love of our Primordial Parents. It's a very, very holy thing. We are not holy people, we are yet full of lots of greed and lust, but they are above everything. So, when we are discussing them, we have to know, we have to do it with great shraddha, and with our head bowed before them that it is our luck and we are very fortunate that we have been able to learn something about these two Primordial Parents who have brought forth this Creation, their child.

So, one of these then again cracks and becomes a surya-mandal, and a surya-mandala has got, as you know, Earth and Moon and all these things and I have told you how Earth is created. After the Creation of Earth, first, you know that amino-acids were formed, the vegetation started and then the human being started.

Now, the matter, also, is a very systematic thing. Matter is not unsystematic, it is systematic, but it is not organised - there is difference between the two. The systematic things are dead, can be dead. You can put five stones here in a systematic manner, but they are not organised, because they are not living things. There's a difference between the two.

So, first, the systematic things were laid down. Perhaps, if you know about the...Eight different types of elements were created. These were created and were put into proper places through Shri Ganesha. You know that the carbon... carbon is in the centre of these periodical elements that appear. That means a element which has got one valency, two valency, three valency and four valency, the three are the plus ones, then you've got one C, carbon, which has got four valences. Then you have got, again, minus one, two, three and four - is a complete eight.

Like that, the whole matter has been organised. To organise the matter, some deity was to be created for that, and first deity that was created was that of Shri Ganesh.

Let us see now how She created here. You have seen that one part of Her, which is the Mahasaraswati, has created the matter. Mahasaraswati has created the matter. Now, Mahakali has to give them existence. How do you get an existence? Is through your sustenance or, you can say, through your quality - whatever you are. So, Mahakali gives that existence to those material things, not human beings or living things but matter, through a deity known as Shri Ganesh. Mahakali...

In the heart of the Virata, as you see, - you'll see Viraata also He comes in, because that I will tell you later on - but in the heart of Virata, is the Primordial Being, the complete Primordial Being, the Mahakali is settled down. What She does, She goes three and a half from the heart: one up, one down like that - three and a half times and comes to the end of the three and a half, down-way. Three and a half. Now, She comes at the end of it. And if you put three and a half like that and if you cut it straight, you get 7 centres cut in.

Is there a drawing person who knows how to draw? You should start from like that, you can put it like this. She comes down here.

She comes down here and from here She penetrates. You see, She cuts at seven points here. At this point, She creates the first deity, little below, of Shri Ganesh. I mean, this is not done in one day, is not done in one year, not done in one Yuga, it is done in many Kalpas.

The first step is to create Shri Ganesh, this is Her abode and She puts Shri Ganesh. Now, he is emitting his vibrations through all this. He passes through all this whatever She has created. On this picture is settled the work of the Mahasaraswati, you can say. She comes down with all Her programs like this and She makes it. And She gets joined here again. So, Shri Ganesha emits His vibrations through her.

First, Shri Mahakali creates Shri Ganesha and then Mahasaraswati comes down, She creates all these things and gets connected to Shri Ganesha. So, the vibrations of Shri Ganesha start flowing through all the creation of Mahasaraswati.

Before creating all this, the complete thought of what is going to happen in future comes in a clear-cut vision of the Adi Shakti. And She puts Her plans through. First of all, the Mahalakshmi power comes down and creates the Shri Ganesha. You can understand now how important it is that we have to be holy people. First, She created the holiness on this Earth. First thing, Her relationship with the child was established, because the Creation is going to be created in the image of Her child. That's why Shri Ganesha was created first. And then from here, say, is the Adi Shakti, the other power, Mahasaraswati, on Her way, She comes down and gets connected with Shri Ganesha. And that's how the Shri Ganesha establishes the relationship and emits His vibrations through this. Because of His vibrations passing through the matter that She has created. For example, our Mother Earth: through this passes the, you know that through it passes the axis. Nobody has seen the axis, but they say, there is an axis, from the way it moves. There is a kind of an axis.

Now, this is the power of Mahakali passing through the [axis]. We can say, it's the power of Shri Ganesh passing through the axis of the Mother Earth, which has got magnetic power in it. And that's how, through that, it controls its speed, its movement, and also it looks after us. Why don't we think that when we put a little seed in the soil it sprouts, automatically?

You have seen now, many of you who have been suffering from certain troubles and diseases, that the Mother Earth herself took down your problems, She sucked them out. It is a fact, you can see it in Sahaja Yoga, that after realisation if you have any problem, if your head is heavy, if you are a realised soul, otherwise She doesn't listen, because you should be activated or you should be granted a certificate from the Adi Shakti that you're a realised person, otherwise why should She accept you? You just put your head on the soil, put your both the hands on the Mother Earth and you'll find the whole thing will be sucked out from your forehead. It has been done with many, even from the legs it can take out.

Mother Earth is actually, is the Mother of Adi Shakti, you can say. She is the Mother, they say, because She is made in such a way that She takes all the weights of the world in Herself. She controls all the weights of the world and She can consume all your weight. She's the dharaa.

Now, weight means everything that... your weight is what we weigh in: that's not the thing. Weight means also your sins, also your punyas. It means everything. If you have too many sins in you, then Mother Earth feels hurt. Wherever there is too much of sin, then Mother Earth has to ask help. And then some other deity has to, like Vishnu himself, has to come on this Earth to save Her from this too much of overloading of sins upon this Earth. Is a fact! It is not I'm telling you a mythical story, is a fact. Which you have to verify after getting vibrations. Before getting vibrations, you cannot find out from the Mother Earth. If you want to find out some time, if you are realised, you just stand on the Mother Earth and ask her "Will you take away my sins, oh Mother Earth? Will you take away my karmas? I have been realised." Immediately, She'll start drawing you. You'll be surprised. You'll feel so much lighter. You have to use Her. That is how Mother Earth has been created.

But also Adi Shakti through Her Mahasaraswati power has created the five elements. Before everything else, She created tanmatra (subtle elements) as you call it, I mean, if I go into details, it's going to be too much for you! But first of all, the causal essences were created by Her. But if I say like this, there won't be anything false. If I say that just by seeing by Her sight, by her drushti (sight), She has created this light. Just by Her breathing, She has created air, because Her desire is the last point. Because She desired there should be air, She created air. Like that, She has, Her smell has created the causal, gandha, which has created this mother Earth. And it has started from Her only, from Her desires, by Her desiring it - it was created for Her and that's how it was created in the whole Universe, which was later on made into Earth, Moon, Sun and all these things.

Actually, it was Her mere desire which brought forth these.

For us it is impossible to understand someone like that, who, just by mere desire can create. But when we think of somebody who is above all the powers of the world, the One the, who is the highest of all: She can do anything She feels like. Can't we think like that? We cannot think of someone like that. We think of God, who is Almighty, we call Him, but when we talk of His mights we start laughing. How can it be?

But She can do anything She wants to. It is only Her mere desire that has brought forth all these creations and all this things that you see in this world are created only by Her desire. She created akasha. She created all these five elements, which you know, and then She started Her another form which we call as the Mahalakshmi form.

Before that, I think, I should tell you about Shri Ganesha's existence in the matter. He acts in the matter as vibrations, as Mahasaraswati vibrations.

They are electromagnetic vibrations, Mahasaraswati vibrations are electromagnetic vibrations, we can say, that electromagnetic and also there is sound, and all these five elements are expressed in that. You can record them - because if you take a sulphur dioxide, for example, a sulphur dioxide and two oxygen and one sulphur and if you watch them properly under a very highly micro - you can try, I don't know if people have tried, but you can try to find out - and put it under, let's say, a very highly developed micro - microwave- microscope, you can say, you can see that the oxygen things and sulphur, - sulphur is stationary, - but these two are vibrating. They are vibrating, there's a vibration going between these bonds. They can be isometric also, they can be symmetric, they can be even, uneven and they can be expanding, and closing like that. So, there are three types of vibrations, we find. And the fourth side is nothing but Shri Ganesha himself who is controlling.

So, this we can see with our naked eyes, if you want to see, even if you are realised or not. From where do these vibrations come in the minutest paramanu, as you call, the molecules? In a molecule, how do you get these vibrations, can you explain this? It is so much, sukshma, parasukshma.

The powers of Ganesha are very, very subtle and they enter into the matter and create this kind of vibrations, which you can even see and record, electromagnetic vibrations, in, even, a one small, little molecule.

So, we have in these, as I told you, into the periodic level, periodic laws of elements, you can find out that all the elements are divided into eight types. Just see! How can all the elements be divided into eight parts without somebody being there? Can you do something without organising a proper chart of these elements? Just think about it! You see, when we challenge God, we have to understand that in this world everything is so well organised, there are eight elements spread out so well, placed so well. And it has a particular style of behaviour and every element is different in numbers and protons and these numbers are very well calculated in such a manner that the end of it, that the last circle, that the last circle of all the protons should be eight. If it is not eight, if it is less than eight then it creates a valency problem.

It is so well organised, then, even if you study this, if there is anybody who knows little bit of chemistry, you know, so if you know chemistry, it's such a wonderful thing. We take it for granted! We think it is our right to have the matter so well organised for us! But the valencies are all depending on such a nice organisation of this eight protons at the outer thing.

This is all done through the Mahasaraswati power. But the vibrating force...Now see, there is a vibrating force: this is all done through the, as I told you, through the Mahasaraswati power. She creates. Now the vibrating force: He exists, matter also exists. It must exist. If it does not exist, nothing can exist. So, the existence force is given through the Mahakali force, which is acting through Shri Ganesh, who is sitting at the nucleus. He is sitting at the nucleus of every [atom]. Can you imagine how much it must be? Every molecule and every atom. You cannot understand the finiteness of it.

Now, see, say, take one element like gold, how many molecules it has? Can you calculate? [It's] beyond us! How many, you can say, atoms it has? We just cannot calculate it. And then how many Ganesha's pictures must be there? How is it achieved?

Is another thing which I will tell you if I come in the way. How infinite reflections are caught into and why there are two things like Shiva and Adi Shakti? The reason is it has to create an infinite reflection. How do you create an infinite reflection? Do you know that? Anybody who knows physics? If you place in the centre of two mirrors something, then the reflections are infinite. So, the first mirror is the Adi Shakti and the second mirror is this Creation, and that's how you can get infinite reflections on this Earth. This is the reason why you can get infinite reflections. And that's why you had to create another one who reflects it. And that's why there have to be three identities, one, the God Almighty, then Adi Shakti and then the whole Universe.

It had to be that way, otherwise you cannot create infinite reflections.

Now, somebody who has done this job must be a very clever man, no doubt. When human beings think that they can know God through their buddhi, they must know, how can you reach this Buddhi, it's supreme.

How much labour He has taken to create us! After creating the matter, then He, or I should say, His power as Mahalakshmi descends on this Earth. Mahalakshmi helps in sustenance. Sustenance means all the scanning of all these elements.

When they create the matter, the matter is differently created, created for different purposes. Now, what is the ultimate? The Creation has its ultimate aim is to create human beings - this creation, just imagine! You people are so great that for you all these troubles have been taken. Such an important thing is a human being that all these troubles are taken, - all matter, all, everything, is used just to create you. This is the ultimate aim. Sort of a stage has to be laid down and you come, the Sahaja Yogis come on the scene, you can say.

Just the instrument of man is to be created. Now, why God wanted to create an instrument of man? Because He wanted to create an instrument which could feel Him, which could understand Him, which could emit, like Krishna creating his 'murli' (flute). He just wanted to play through our instruments His power. But He didn't want to do it through the dead instruments like these but through the living instruments. Supposing, if this (microphone) can understand, can love, has a human mind, and if my voice is passing through it like a hollow personality then we can say that this is a Realised personality. But this is not a living being, you are a living being. You are made specially with all these difficulties for millions of years, have been worked out so carefully, so delicately, one after another.

We have to now jump to the evolution part, because you see, it's a very long thing.

Shri Mataji: Kiti wasle (Marathi: what time is it?)

Yogi: Saha wasle (six o'clock)

So, now we have to come to the most important part which is evolution, which we should understand, because we know evolution through science.

When these three forces came into being, before creating any earth or before creating this universe or anything, first they had to

draw out a proper picture about it and a proper understanding of it, you see. As before doing anything, say, we have to plan out things, we have a planning commission, first of all, we sit down with a planning commission. In the same way, first, they had to form a stage where they just plan out the things. This stage we can call it as the 'Vaikuntha state'. Because this (current stage) is not the earliest state, this is created later on.

First, the planning state is known as the vaikuntha state. At this stage they created all the incarnations. Incarnations were not created after the Earth has been created, which is a very wrong idea. They created all the incarnations at the vaikuntha state. Where you or I never existed at that time, this Earth never existed and nothing existed that you see with your naked eyes now. But a state of existence, the first one, known as the vaikuntha state, existed. In that vaikuntha state the planning of the whole Universe and the whole cosmos and all that was decided.

So, the first person who had to come on this was Shiva, because without him nothing can exist, but where to settle Him down, because He is to be reflected onto something. If Shiva has to be reflected onto someone, you have to create a reflector. So, they had to, first, think of the one Primordial Being or a, one Huge Identity you can call it, known as Viraat. They created Virata. This will be the Viraata, this will be the complete form of the Primordial Being. This is the one I'm telling you about, this Reflector, The First One. The God Almighty has to be reflected, so, first, let us create, first of all, the Primordial Being, the Virata.

In the Virata they created different incarnations. Incarnations are not created from human beings. I don't know why people think like that. They cannot be created by human beings. But they were first created. You see, evolution is alright from amoeba to human beings, but there is no evolution for incarnations. They are made like that from the very beginning.

As you have seen in the Virata, I have shown you the picture of the Viraat, the three powers of Mahakali, Mahalakshmi and Mahasaraswati met at the Agnya Chakra, and there they produced two children each - it's not a story, is a fact, again - as brothers and sisters. And these brothers and sister means the relationship is of a temporary nature but of a subtler temperament. And then they were married, inter-communication took place. Mahalakshmi, Mahasaraswati and Mahakali created all together six children, who were married. Inter-marriage took place. By that inter-marriage they got an entity which was a kinetic personality and a potential energy within it, such a combination. And they placed those incarnations on different chakras. They brought from these, from the top, all of them were brought from the Agnya downward and placed onto all the chakras. These incarnations, as you know, are placed on different chakras of the Viraata.

Many people won't understand this and won't like to hear this also, because human beings are so egoistical that they cannot understand that there is a God, Who is Almighty, Who is going to do everything, He has His own ways of doing it. Now, whether I'm telling the Truth or not, you can verify it on vibrations. You can see for yourself how Incarnations were created. And all these Incarnations were placed in the Viraata state. Here, to create the reflection on the other side, Shiva was removed from the Shakti, as it was removed in the beginning and it was placed on top of the Virata's head as the Sadashiva's pitha. In the same way, we, too, have a Sadashiva's pitha on our head. You see, we are the reflection of the reflector.

So, we, too, have the same style, we, too, have a Sadashiva's peetha on our head. He's also placed here only. But when the Kundalini enters into the being, when he is in the womb of the mother, that time this Sadashiva peetha, or we can say, Sadashiva from this peetha descends into the heart. And that's how you hear the first throb in the heart. It is just the same as it happened in the Viraata. But at the vaikuntha stage this was not created, the second reflector here was not created, only the first one. So, only the Viraata was created and in His Being, in the planning stage, first of all, these officers, you can say, in charge of these chakras were created by Adi Shakti.

God is the witness and She is doing the play and She creates those chakras. In the chakras She places all these deities to govern.

Now, there is the existence, there is the creation, creative force, and there is the evolutionary force - all inside the Viraata state.

Now, this is at the vaikuntha state, we say, because this state is on this first reflection. It is not in us, or we cannot feel it, the

vaikuntha state, because it is in the first thing.

Then another state was created, then third was created. But the fourth one is the bhavasagara, is the state at which all of us were born. First, in the fourth state...now, can you think of a four strata personality which is facing a mirror? Now, which is the first one [that] shows? Is the topmost. And that's why the topmost shows is the Bhavasagara. But if you can go deep down into your state, you can feel all the other three. But first of all, the one which you can see and feel it, is the Bhavasagara. So, you are born in the Bhavasagara. At this state you are at the bhavasagara state. At this Bhavasagara state, now, you are created and you have to evolve. At this time the Mahalakshmi power acts to evolve you. You already know how evolutionary things have taken place but I will tell you how evolution has taken place according to our puranas (ancient scriptures), and which is a fact.

The Evolution of Man started, first from the amoeba, you can say; because the life came into being into water, as I told you [that] first the water was created. In the water the amino-acids were formed, amoeba were formed, fishes were formed and fishes, when they were formed, they found, the smaller fishes found it difficult to exist because of the bigger fishes were trying to eat it. It comes as a reciprocal thing, they were absolutely fed up of this destruction that was going on. At this time, Shri Vishnu Himself, the One who is the evolutionary force, descended on this Earth as the Matsya-Avatara. He helped some of the fishes to cross across the shores. By crossing across they had that courage, She was the leader. And then others started crossing across. This was the first evolutionary stage which we know.

These fishes became reptiles later on; as you know, in the evolutionary stages that they became reptiles. But how did they become reptiles? There must be someone who must have given them the lead. It was again Shri Vishnu, who came on this Earth as a Kurma and lots of things were done at this time in the vaikuntha stage, before He came on this Earth as a Kurma Avatara. At the vaikuntha stage, when they created this Earth, when they created, they planned this whole Viraata and wanted to create, on this side of the reflector the whole planning and the whole thinking and all that process brought forth some sort of a waste matter. It brought forth the waste matter. This waste matter got contaminated or, we can say, got stagnated on to one side which was neglected somehow, and through it started coming out some satanic forces and there was a big fight between the satanic forces and the good forces. It actually happened in the third stage, not at the vaikuntha stage, but at the third stage, because when the planning started, the working out started, these satanic forces started working out.

Now, people may say, "Why God created satanic forces?" He did not, but eventually they turned out to be because at the second stage, when some of the Devas, who were created. Again, they were not evolved people, they were created, Devas, in charge of all these elements and all the working, you see, you have to create also officers or people who have to go in the field and work out. All these Devas and Devatas: out of their working, what happened [is] that they got lost, some of them, and became satanic forces. Sort of a waste-product came in, and with that waste-product, satanic forces started and they acted in such a way that there was a war during the Kurma-Avatara between Rakshasas and the Suras, as they call it.

So, the good people who were in charge of the elements, all the working in the office of God started fighting with the satanic forces. At that time, He Himself worked out this and you know what happened in the amrut-mantan which took place, and this is, - people don't understand how can the amrut-mantan take place in the bhavasagara, - it did not. It took place at a stage which is not bhavasagara. At the bhavasagara it did not take place. Now, we are at the bhavasagara state. At the bhavasagara state the same Kurma, the same one took birth and came on this Earth and gave us a understanding how to become a proper reptile. Like that we grew up.

So, the whole thing will take too much time, I need not go into that. But, ultimately, a human being was created. All this is done by Mahalakshmi power, which has acted through Vishnu, which I have told you how evolution has taken place, how you are made. Now, what is going to happen?

You reach this point, up to this point, till Christ came in. Christ was also an incarnation and his Mother was nobody else but Radhaji Herself, the Mahalakshmi. And they brought forth up to this stage the human beings.

After this, now, what man has to become? - is to enter into a state where he becomes nirvichar, means there is no more the

consciousness of the bhavasagara, but you go little beyond it. From this stage you dive into a state of Universal Unconscious, as they call it, it's nothing but the same power which exists here, which is a synthesis of all the three powers, is the synthesis of all the three powers. That is the Adi Shakti's power.

Adi Shakti's power is all-pervading, exists everywhere, but we never feel it otherwise. Why? Because we are very grossly placed. We can say, that a tube, which has got, say four layers, out of which it can only use the outer tube, because the inner tubes are all closed. When the innermost tube is opened out, you become absolutely Self-realised, but when even the second tube is opened out, you can feel the all-pervading force of God Almighty, which is, we call it as Sampovapi achetan. But it is no more achetan (unconscious) for you because you are conscious of it.

That is how you start your dialogue with God. What happens is that here, the reflection here, the reflector, that is reflecting work, from here you ascend into this part. You ascend onto this part. You do not become this but you ascend into this area. From here you ascend into this area. And this area is filled with the all-pervading power of Adi Shakti.

Till you reach to this stage, you have to go up to this stage of an incarnation, which, of course, is a big gap. But I can say that Mahavira and Buddha, both of them rose to that height. But look at their disciples! For example, Buddha's disciples, they have decried Shiva, they have decried all the Gods and Goddesses, I mean as if they did not know much about it. And the way they have shown in certain statues - that a Goddess is standing on top of a Shiva and a Parvati and is trying to kill; She is hitting Shri Ganesha and this is something so non-sensical. I mean, they completely killed the image of One United Force, acting the whole thing, in One united idea, with One united mind. Only whenever they had not united, they became Rakshasas and formed the satanic force.

As I told you it's a very, very difficult subject and I've tried to handle it in English, is even worse. So, I've tried my level best to do it, but still if you have any questions, anything, you can ask me, some time, you can write to me, we can find it out.

For tomorrow...Now, this is the only thing is, I wanted to tell you about this, that now you have got thoughtless awareness, no doubt. Most of you have got thoughtless awareness, you have got vibrations, but you have to jump into Nirvikalpa. Nirvikalpa. And [to] that you have to jump through deep meditation and through deep exposure. Otherwise, you see, it is no use only having this little state of Nirvichara, you have to jump into Nirvikalpa. That is a stage, little, as I've told you here, that a little ahead of this reflector, you have moved. But still you are going up and down, so many of you. This is a state known as satori in the Zen system of religion, they call it as 'satori': where, you see, if a person is going up and down, is catching, doing this, that. This stage has to be overcome. Then you go to the Nirvikalpa state. At the end of the Nirvikalpa state you just don't catch much. You are not bothered.

So far, I haven't met any human being like that. You see, I have seen very great saints and realised people and I can say that they are definitely Self-realised, they are even controlling nature, some of them do, but still they catch on their chakras, is something surprising. But, you see, human beings are like that, they'll go on catching and again, perhaps, they jump into the third state of Self-realisation completely, but they are again in a satori state and they come back and go back and, like that, may be. But I have seen that, so far, I have not met one human being whom I will say he is fully Self-realised, who doesn't catch. Except for me, I find, everybody is catching. It's most surprising.

But when you don't catch - what happens, when you don't catch? Actually, this is a state rather difficult to achieve. But if you don't catch, if you think you don't catch - how you should do it? - is to see this way: that if, supposing, you are catching Agnya, maybe. You must know that when you are catching your Agnya, you should not think you are catching your Agnya, but you should think that you are gathering a force here to combat the another person. If you can do like that. Supposing you are catching on the Vishuddhi chakra, instead of thinking that you are catching on Vishuddhi chakra and getting upset about it, if you start thinking that this is a force you are accumulating just to counterbalance his Vishuddhi chakra. Then, I think, it will work out better. That's why I always say that: extend your hands to others and see for yourself. This has helped many people because if they catch on Agnya and if they give vibrations to somebody who is Agnya caught, they find they are released. Such things are happening to very few but it's happening.

So, this is what you can try: that don't think you are catching but you should think: a force has been accumulated to expel the Agnya of another person who is facing you. In the beginning, of course, it's a very, very slow process, but gradually you can do it and only people who start giving others. This is a collective thinking, is a collective thinking: that, supposing, now you can say like that, that if, supposing, there is a malaria attack on Me, then My own blood, My own blood cells are trying to combat it. And they are combating it. You see, if I give in, if I give in, then I become malarious. But if I do not give in, I become victorious.

In the same way, if you could think this way while giving vibrations: that if you catch it is actually a force being accumulated into you and then you have to give it, then you are going to be much faster than all the munis put together, I can tell you. But that thinking is rather difficult for human beings, because once they catch, they get little worried, "I'm catching," they start taking out their own. If you don't take out your own and go all out to give it to others, it will work out better. And this I've been, I've experimented with one or two people, I'm saying, and it has worked. Everybody does not have that capacity. So, gradually you rise, because you are just now newly born children, you have still to grow, you have to grow more. You might be learned, you might be knowing a lot, that doesn't mean, as far as your spirituality is concerned, you have just have come out of your satori state, some of you, and some of you are still in the satori state. So, be careful about it. I would like to meet you again, perhaps, after two years, I don't know when.

Tomorrow we are having a meditation here, then I won't speak much. Tomorrow we have a meditation. We have a meditation centre here, where you should go and meet, when you meet in a group then it is a samuhik, is a group activity, I will be there. You'll be surprised that my vibrations cannot be felt anywhere so much as they can be felt in a group, about which I know that such and such group is working here.

So, we have already three groups which are working in Delhi. And they are made quite closer to the places. After all, we must know that we don't have to go to Himalayas, as people went down, we don't have to do all these things. Only thing we have to go is to a place which is very much closer to us, it has been brought to our doors. The whole thing has been brought to your doors: the knowledge, the vibrations, the realisation and everything is made so easy. It's made easy.... But it should not mean that we should take it for granted. It has been made easy through a very, very great tapasya on my part, I should say.

In many ages I've been living now for thousands of years and I've been working it out on so many human beings and so many things and, at long last, I've been able to find out most of the permutations and combinations of most of the human beings and that's how it has been worked out in such a large mass-scale. It would not have been possible if I had not worked it out in that way. And that's how if it has worked out it has to click with most of the people except for one type is very, very difficult, I must say, those who are bound to people who are rakshasas. If they are born rakshasas and if your head has touched their feet, it's a very difficult thing. So, I would warn you, that before you touch feet of anybody, you'd be careful about it.

May God bless you all!

It's already very late for all of you and such a difficult subject to be brought to such a short time, it's very difficult. I hope to write some book on Sahaja Yoga: 'I hope', I am saying, because, so far, I've never written any book. [I'm] trying to write some book, but before that some other people are writing. I hope, I may be able to write something. In any case, you try not to bother too much about these things. This is not so important as your own realisation and your own ascent [because] the whole knowledge will be dawned upon you. You don't have to bother! Every word now you read, you will have a meaning about it and you will understand.

The first thing is that you must get your realisation, second thing is you must ascend. You must ascend much more and give more time to this. Do not take it for granted. It is a very important thing which you should do. After all there are other things, they are important. But this is the most important thing which has to be done.

By God's grace, if it works out I'll be very happy. As it is, I'm extremely happy because in none of my lives I've been able to give realisations to so many people. So as it is, I am over-satisfied with Myself. But as far as you are concerned, you should not be

satisfied, you should ask for more and more and more and it will be granted.

Because you are the people who are on the stage, you are created for this purpose. One has to do it. God has to do it. If He does not do it, He cannot fulfil His own desires. And His Creation, He is not going to destroy.

May God bless you!

H.H. Shri Mataji Nirmala Devi

1977-0221, On Krishna

View [online](#).

21 February 1977

Public Program

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Should I tell you now about Krishna's Sahaj Yoga. Krishna tried his Sahaja Yoga at the time when he was in Gokul and Vrindavan, he choose people who were married people, sanctified, holy married couples, you know them, they are Gop and Gopis living in Gokul and Vrindavan, very simple people leading a very simple Sahaj life.

And these people would not come like you, they were not intellectuals. They would not ask questions. Very simple village [people].

Some of you may be from there are here back again. So, Krishna tried very simple methods of Sahaja Yoga. What he did

Hindi: 'Aap ka saval ka jawab hai Gita par' [Answer to your question from Gita]

When Radhaji, Radha, 'Ra' means Energy 'Dha' means 'Dharaitesa' means the one who sustains energy, she is the Mahalakshmi, she became Mary, she later on came as me 'Radha'. Radha ji is Adi Shakti herself and Radha ji, whenever she used to go to the Yamuna River, she would vibrate the water. You have seen I am vibrating water for you. The vibrated water was carried by the Gopis on their head, as a child, Krishna would throw a stone and from the back so that the vibrated water would fall on the Kundalini and would excite [unclear] then he did the 'Gopal kala' as you know that how he played it with children, actually one American told me he was with Krishna and when he got his realization he started describing his experience and he didn't know Krishna or anybody because he was from Toledo and he was saying a bright boy and there was butter and all that he describe to us, his name is Mr. Lord Joshep, Mr. Josheph Lord, he is an engineer now in Toledo, he told me that he saw himself with so many young boys, and there was a bright one with dark complexion and how he broke a matka and all those things he told me of course in his own way in American way he told me that it was hanging thru a net.

Hindi: 'kheecha thaa usko Net' [pull it thru a sting which is referred as net]

and there was an earthen pot which was broken, so what Krishna did was to get the small children together of his age and he made them sit one after another and standing on top of the head means his feet were touching you see their Sahasrara and that is how he wanted to awaken their Kundalini, now I can put my hand on your Sahasrara you don't mind, But that time he tried this trick, he used to put awaken the Kundalini thru the Sahasrara by standing on top of them, and then he broke that earthen pot 'matka' thru which the vibrated things fell on them and they got realization, its Baptism, it simple Baptism, he did it in a very childlike manner.

Then Raas, he played Raas, 'Ra' is energy again 'sa' means 'sahit' with energy. He did ask them to hold their hands, now if we hold our hand you can feel my vibrations passing through, and he used to make them hold their hands and pass his vibrations thru them and that's how he tried to awaken their Kundalini, there are so many ways in all childlike plays, when he found that their Nabhi chakra was caught, what he used to do, is to commit some sort of a mischief so mother would get very angry 'Yashoda', would get very angry and tie all of them together with her sari around a pillar and with that thing he used to pass his Nabhi chakra on to everyone, everybody tied a the Nabhi chakra and the Solar plexus used to get excited because of his Solar plexus. So in all his child like play as you think is a very simple thing, Is not, it is all Sahaj, he played with the Gop and Gopis and that's how he did It, Today is the day when we can have a pandal, you are sitting before me with your hands like this, but it's a very difficult thing to get such people around and make them sit in those days, so he tried all these beautiful tricks, they say that when he was about 4 years of age the ladies had gone for bath and he hid their clothes, many people are using, you see there

was one man making women naked and men naked and they dance, So he says that 'I am Krishna, I am Shri Krishna that's what I am doing ', So I went and asked him 'at what age Krishna did it?' at the age of 4 yrs, at the age of 4 years any child doesn't understand what is sex, is a child, he doesn't understand about sex, he was a child if he did not care for the chastity of women , or the 'Lajja' of the women then why did he supply saris to Draupadi?

Tulsidas has described it very beautifully, he says, when she said Krishna she would not say 'Kri' she said 'Kri', you see because if you hold like this Sari , said 'Kri', but then she thought it's not working, [unclear] she said 'Krishna', when she dropped then he Tulsidas has described moment beautifully is

Hindi : 'Dwarika mei shor gayo shor bhayo bhari , Shankh ,chakra, Gadha, Padma, Garuda lalye sidhari' . [Shri Krishna was in Dwarika and heard (Draupadi's plea which was loud) he instantly appeared on an Eagle with Conch, Sudarshan chakra (Divine weapon), Mace and Lotus flower (to rescue her).]

Everything he brought it around to save the chastity of his sister Why?

If he had no sense of chastity, in every event of his life, it's Sahaj. So those who say that 'I am like a Krishna' they must understand, all, everything is Sahaj, 16000 wife is nothing but 16 petals and the 1000 nerves here, so 16000 wives is 16000 energies were created by him and these women you know were under the domination of King and they had no place in life, so he brought them down and put those 16000 energies through [that], Now I need 16000 children, can I have them?

This is all Sahaj Yoga all his life is nothing but Sahaj.

Hindi : 'Aya Maza'? [Did you Enjoy?]

Hindi : Ab aya na samaz me Krishna ko? [Now you got to know Krishna?]

Hindi : Aap to haath to aise karke baitho kam se kam bete, Par ho jao [Keep your hands like this Son, you will get your Self realization]

Seeker : It's my first lecture.

So, it's all right, no, no there is no lecture needed at all.

Even by seeing me the Kundalini rises, at my feet it rises, lecture is only your mental feel, of course with my lecture maybe you get vibrate. Alright?

But main thing is you must get realization; you can get it just like that. Some people just entering inside get it, depends on , I have told you two instances of a very well-known people in India who have got it just like that and they have got it and they have never lost it and they have risen also very high in life, so should we get into meditation now for about , let us try for about 15-20 minutes well and good and if it doesn't work out also don't get disappointed, there are so many ways of working it out, take out your socks because I am sorry its cold because you have to take out your socks.

1977-0222, About different Chakras and their Deities

View [online](#).

22 February 1977

About Different Chakras And Their Deities

Public Program

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... that the source of joy is within your 'Self'. Unless and until you seek your Self, you cannot seek God.

They have all talked about the second birth. What we call the baptism is also the same where you have to be born again. Is not just a formal one that is done by unauthorized people. Even the word "Musalman", Mohammed Sahib has again and again talked of a rebirth.

You have to find your Self. How do we find our Selves is the problem. Is there something like "Self"? Is there really something like "God" or it's all a myth? Is there any fact in following the religious holy life that you get your salvation?

So far, we have had no proof of it. Naturally, in this scientific world today you have to give the proof of everything to convince people so that they seek them Selves. But the science tells us that we were evolved from a little amoeba to a human being. Why? Why God took so much trouble? If you don't believe in God you can say nature. Why nature worked so hard to create a human being out of a small little amoeba?

Supposing we assemble some screws, and we try to work out something, a passer-by would ask, "Why? What are you going to make out of this instrument? What are you doing?" There must be some reason why we have become human beings after so much of evolution. But science doesn't think of "why." It just tells you, "This is." And whatever is not there, it says, "We can't explain."

The instrument, whatever it is, supposing has to work on electrical energy or on any energy whatsoever will come into force or will start working out when it is connected to the mains. Otherwise it is still in the making process or you can say it is in transition. Human being as such is in transition. It has not found its own meaning. He does not know why he exists, what is the purpose of his life. It's a meaningless life. So, you have to be connected to the mains. That's what everybody has been saying that you have to be reborn, you have to become that.

Now, those who talked of this were born on the tenth storey. The rest of them are on this earth. When they talked it all went over their heads. You have to at least reach the first or second storey to understand that there is something beyond this human consciousness, this human awareness. There's something more to this awareness. There's a more opening. There's a greater dimension which one has to achieve to understand your own meaning.

About Kundalini, all the scriptures, I must say, have described, all the scriptures without exception.

Of course, in India there has been a very deep meditation tendency thousands of years back and some of the seers long time back found out about Kundalini, and even in [Dhirenja Sangita?] Kundalini is described. That's as old, I should say, about Vedas. We cannot say the origin of these books. Kundalini has been described in them.

Kundalini has been again and again described and also abused and misused and misrepresented. All sorts of things have been done about Kundalini. In the Bible Kundalini has been described in such a manner that it is not called as Kundalini, but they call it as "Tree of Fire," "Tongues of Flames." Many such adjectives, descriptions are used, but they have not used the word Kundalini itself because it is not written in Sanskrit language. So, there must be some mechanism within us by which we are reborn, no doubt. There has to be some mechanism.

If I'm speaking through this mike to you, there must be some mechanism which is doing the job. In every seed there is a premule, the mechanism which germinates and creates a big tree out of it. In the same way we have a mechanism placed within us. But this is a very subtle thing while human beings are absolutely gross. In this Kali Yuga, modern times, they are even worse,

extremely gross and they cannot think of something subtle.

If I tell you there is an energy which thinks, organizes, loves, you cannot think of such an energy. But how do we organize? How do we think? How do we love? From where do we get that energy?

Why shouldn't we think about it? But as I said that modern man doesn't think of "how," he takes it for granted.

So, today I want to tell you about this mechanism that exists within you. It should not be just a mental feat with you. No! It should not be the so-called knowledge of Kundalini from outside but it's a happening where the Kundalini rises and you get that whatever is promised in all the scriptures.

Today the time has come to prove the existence of the Divine Power of God all around us.

We have been going and praying to God. Does He listen to us? Are we connected to Him? We do Namaz, we spread our hands towards God Almighty, are we connected with Him or we are just doing a mechanical thing? Even so many people are doing Hatha Yoga. They think they are doing it in the name of God. Is it a correct method? Can we do anything about it?

If it is a living process, if it is an evolutionary process, we must think we have done nothing for our own evolution so far. From amoeba to this stage we have come without doing anything about it. We have taken our human life for granted.

So what can we do about it? If it is a living process, it has to be spontaneous, it has to work by itself, like a seed which is planted germinates by itself. At the most a gardener can pour little water.

I can pour the water of My love on your seed – at the most but the seed has to germinate by itself spontaneously. It is a living process and not the mechanical process. Perhaps we never realize what is a living process because we take it for granted. You see so many flowers turning into fruits but we never think how it happens. We have no idea of spontaneity. We think by doing something we are being spontaneous.

So one has to be effortless because Kundalini is born with you. 'Sahaja': 'born with you'. 'Saha' means 'with'. Born with you. 'Ja' means 'born'.

So awakening is a happening which happens to you when somebody who is awakened, like an enlightened light or a candle, comes near other lights which are not yet enlightened and enlightens it spontaneously.

Now you cannot argue it out, you cannot. You cannot rationalize it because rationality is a limited thing. You have to go to something that is unlimited. How can you do it with a limited mind? This is beyond mind you have to rise. If you argue it out, you are going to be away from it.

But in science we have found out many things which indicate, which actually prepares the stage for Sahaja Yoga, which prepares us to know that there's something beyond. We have accepted in the medical science that we have autonomous nervous system which works by itself. We call it 'auto': souayam [somatic-?], chyme. Who is this "auto"? Who is this "one"? The one who beats your heart, the one who digests your food? When we said that it is done by a system, you just give it a name. But how do you explain? You cannot do it. You may be able to increase the rate of your heart beat but you cannot decrease it. It happens spontaneously, automatically. How does it happen? By giving it a name you do not explain.

In psychology, people have found out that there is something like a universal Unconscious. There is that "sarvavyapi achetan" [all-pervasive action] which gives symbolic suggestions in the dreams which are universally the same. They've accepted this. They have proved it by experiments that there is a universal unconscious, so many of them. I shouldn't say all of them because, you see, after all there will be always a controversy till you reach the truth. Human mind must have something to eat. But they have, they talk of it.

Scientists cannot explain many things. There is another thing which science cannot explain is why certain things act differently in a human body. For example there are two chemicals known as adrenaline and acetylcholine. They have certain chemical reaction. But in the body they react differently. They cannot explain, they just say the mood of action of these chemicals in the human body cannot be explained. Finished.

In the human body, or in any body as such whichever is living, any foreign matter is thrown out. But when a mother conceives a child in the womb it is not thrown out, but it is nurtured and looked after. Who does that? Who understands that this is not a foreign matter, but is a future child? Is there somebody thinking inside your uterus or something that is controlling, who takes the decision? There must be someone or for [you], at least minimum of a human level who thinks for you? So, already there are

questions for scientists to ask and they all can be answered. Because the knowledge of science is analytical, is in different corners, it gives you part-knowledge.

Now Kundalini can be seen, you can see it. The pulsation of the Kundalini you can see at least. Many doctors have seen it now. In Delhi of course we don't have any doctors so far. I don't know if among you there are any doctors. But you can see with your own eyes the pulsation of the Kundalini very clearly. If you have a stethoscope you can even feel it, the rising of the anahata, means the throbbing. It can be done.

But how long are we going to sit asking for proof of a Kundalini? Let us now see.

As I told you this morning you must accept this as the hypothesis. Modern times are the worst times for one reason that you have to explain everything which is a very simple thing as far as religion is concerned. As far as other things are concerned you don't have to explain, people just accept.

For example, if you have to put on this light I have to just tell you that you go and switch on. That's all, nobody argues. But today in the morning I told somebody to put his hands towards Me like this, he started arguing on this point only, "Why should I do it?" Now I said, "I have to tell you the whole thing, why it is to be done?" Is a simple gesture he could not do. And he has come here for the Kundalini rising, you know, with all the rights on Me.

You can't even put your hands towards Me? Arguments have brought you nowhere. You must understand. This talking "bla, bla" has led you nowhere. What have you achieved in that?

You think you have done this job, built this building you've done. It's all dead, all dead things, dead converted into another dead. What living work have you done so far? What have you done so far that you can call as living? You cannot do even a seed sprout! The One who does millions and millions of such things, billions and billions of these seeds sprouted, when we have to know Him, at least let us have the humility to know that through your rationality and so-called intellect you are not going to know Him.

A little drop wants to know the whole of the ocean! How can you explain to an ant the human civilization and the human problems, and how can you explain to a human being the working of the subtle, divine forces. God has been challenged by man. See the greatness! That's why in all the scriptures it is written, "Humble down yourself in your heart." That doesn't mean that you give up your intellect, doesn't mean at all, but you must have the balance of your heart also.

So, with all these apologetic words and introduction, I am now telling you about the Kundalini, where It exists, because now don't start from the very beginning doubting. Please keep your mind open. Later on when you get your realization through Sahaja Yoga, when you practice it ... Now we have many here who have got it. And they have seen the working of the Kundalini and have confirmed what I've been saying about it. But to you it will be quite shocking. I know it will be because you cannot believe that such a thing can be inside us.

Of course the mechanism has been simplified because this is just a, I should say, a primary class, the first standard. So, it has not been that complicated as it is. I'll try to make it simpler and simpler. But you must know that it is a subtle thing which you have not seen yourself, you've not felt it, you've not known it so far. It's something out of the blue for you and in this so called scientifically enlightened world it may sound quite foolish to you that I'm saying these things. But it is like this. Do not be fanatic about things. Even there are scientists who are real fanatics. Science is another obsession which has really killed their foresight.

Can you see from here? Now, this is the picture.

As they say, man is made in the image of God. We can say now, let us see, 'Liver's Tone' means 'the Object of which you are the reflection'. So we'll start from the top. When the child is in the womb of the mother, the energy which you do not know, the energy that is all pervading called as Chaitanya, is the divine power of love of God which is all around us. This sounds quite poetic only to people; [for] many people is just a poetry. But it is not, it's a fact. Because we have never tried this power before, we only know the power of hatred.

So, this power of Divine love of God which is all pervading, which is all around us, descends within us. Yes, it does in the human beings also, when the child is in the womb of the mother.

The brain of the man is evolved in such a manner that it gets a shape of a prism, of a prism which has got three sides and a base. When this energy enters into the brain, then it passes into all the surfaces of the brain, and some passes through the center on top here. You can say not the center but the apex as shown here. At the back it passes through the brain straight into

the medulla oblongata that is in the spinal cord and forms your central nervous system, as you call it as C.N.S. On the other side of the brain, left side of the brain, it comes down this way but when it has to pass through the brain it goes into the fraction because of different densities and then passes into the medulla oblongata losing some of its resultant on the side into the spinal cord through the medulla oblongata. Another one, which falls on the right hand side, goes to the left hand side through the refraction. Again it loses some of its outside as a resultant, is divided into two, one going down, and one this way and goes down in the medulla oblongata.

The one which falls on the apex of the brain passes through the center, and part of it, quite a part of it, escapes into the triangular bone as Kundalini. This is the arrangement made when you are born by God. I call it God because it is so. Of course, if there is God or not that we'll see later on. That proof I have to give you but not just now.

This happens in a very subtle manner because as I told you, is a subtle energy but is expressed in the gross way in our being as three autonomous nervous systems. The central one is known as the parasympathetic nervous system, is expressed as the parasympathetic nervous system. There are two sympathetic nervous systems, left and right. But in the subtle form – which Kabira has described, Kabira has described very clearly – in the subtle form the channels that are carrying those subtle energies are: in the center the channel is called as Sushumna Nadi, on the right hand side one channel it is called as the Pingala Nadi and the left hand side one is called as the Ida Nadi. These are the subtle things which are existing inside the medulla oblongata, not outside. So, you see, when the doctor opens the medulla oblongata the person dies.

How can you see? How can you see a subtle form of energy through your eyes? You cannot see even your electricity through your eyes unless and until there is a lamp which is enlightened. So, you cannot see those energies which are at work inside in a subtle form but you can see the expression of it in the gross form outside.

Now these three energies are like the breath which flows through a flute. The breath that flows through a flute passes through seven holes. In the same way there are seven chakras, basically, main. When we say seven holes, actually there are more. Basically I am saying. I will tell you about the other ones later on. Just now I am telling you the, absolutely, as I told you in the primary, first standard class. I am telling you the basic things.

So these chakras, the centers that are placed within our being which are there, existing there and acting there, and which are in a subtle form are expressed outside as plexuses which doctors know.

Is there any doctor in this room? All right. They are expressed as plexus and doctors know about the plexuses because they can see the plexuses outside. But what are the centers that are controlled them? I do not know if the medical science has gone that far to accept that there are centers inside the medulla oblongata which is controlling these centers. I don't know. I have done medicine for the same reason because I had to talk to these doctors and scientists later on. So, I've done it. But at that time it was not so. Even in My nomenclature, you see, I'll be using those old terminologies which I learned in My young age, and if there's any difference you shouldn't mind because it, you people are changing your nomenclature every now and then.

So, these subtle centers that are placed inside the medulla oblongata act on the gross plexuses that are outside. Doctors will accept that much, I know. They won't have an objection to that but little further they will not go. They cannot. They should not as doctors but as Sahaja Yogis they will. Once you have the experience and once you have found out, then why will you say, "No." But one thing we must know that if there is no microscope how can you see something that is in a cell?? With these eyes you may not be able to see something. But supposing you get those eyes which are microscopic, and if you tell others, they are not going to believe because they must also get the microscopic eyes. This is a little problem of Sahaja Yoga that it has to happen to you, that you could see all these things what I'm talking about.

Now, let us see what are these centers. Now when I describe them you need not get a fright. You need not accept. Again and again I'm trying to describe that. You see, with children, it is very difficult. You have to take them this way, that way. God knows where their mind will just slip out. You see they will find out some loophole somewhere and just disappear. So, I have to take your attention properly, so that you get the sap that you are here for, that you get what you have within yourself, you get your own powers so that you know your Self. So, I have to, you see, "child" to you and look after you and manage you very well, so that there is no problem.

Don't allow your attention to just capture you, your mind to take you away, you see, because your mind will be playing tricks with you. So be careful. Of course, you should not also get brainwashed by what I'm saying. You can judge Me very well whether whatever I'm saying is correct or not.

Now, the lowest chakra. This chakra, this center which is a subtle, again I'm saying, it is a subtle center, is not a gross center, is a subtle center placed outside the human body and the subtle is not localized at a point. You see, it's an energy outside the spinal cord in the prostate gland, and is known.

And now somebody might say that if the prostate gland is removed then it exists still but it has - supposing there's a chair. I'm sitting on it, I say, "She's sitting on the chair." Now the chair is removed: I'm not removed. Or if the, they say that, "Men have prostate glands, so what about the women?" You see, like that the questions can come up. So, I'm saying, "It's a living subtle center". So, you don't worry about their chairs. I'm just giving you a little location, which may not be the same for everyone. And it acts on the pelvic plexus which we call as Mooladhara Chakra in the Sanskrit language, because that time there was no English language. That doesn't mean that I'm preaching anything Hinduism or anything like that. All the saints, I will tell you. I will also tell you about Christ where He exists. I'll also tell you about Mohammed Sahib where He exists, about all of them. So it is no question of one religion or anything. But these are different things which came in the evolutionary process of man, and all the evolution that took place in every human being is within himself, is recorded, and he's standing on that.

For example, as you come up to first storey you should know that the whole first storey is there, second storey, it exists, third storey, it exists. In the same way, all these storeys that you have climbed in your own evolutionary process, are on these seven steps which I'm telling you.

So, the first step is that of Mooladhara Chakra which is controlled by a deity, is a symbol. Same from the universal unconscious I'm telling is a symbol, and this symbol is that of Shri Ganesha.

This is going to shock everyone. They are very few, they will have a photograph of Shri Ganesha, no doubt, but we'll believe that this is a living symbol that exists within us on this point. It does. What is the proof and everything, I will tell you. But first now, just now you see for yourself. It's Shri Ganesha.

And then if I tell you the same Shri Ganesha, which is a symbol here, has incarnated on this earth as Jesus Christ, He is the symbol of eternal childhood, of holiness. And as you know that this center controls the sex also, this symbol suggests that in religion, you must have innocence of Shri Ganesha.

Those who say that sex can be sublimated, tantrikas who use sex for sublimation are the greatest sinners on this earth. Sex has to be sanctified and holy. If you do not have a sanctified and holy sex you cannot get your realization, I'm sorry. Those who talk of liberation at sex must realize this: they are ruining their Kundalini completely because Kundalini is like a mother, Gauri who is sitting inside them. And for Indians it is very easy to understand that you cannot have sex with your mother. Those who talk of exciting sex for Realization are the greatest sinners because this is the greatest sin. And those who excite their own ideas about sex by accepting all these licentious and permissive things about their sex which is the holiest of holy are killing their tabernacle. They are completely finishing off themselves. There is no saving for such people. It's going to be very, very hard for them.

One has to work very hard for these people. And if you come to My London center, they will tell you what happens, how difficult it is. One shudders to see how we have played foolishly with ourselves by experimentations. Will you experiment yourself with these electrical appliances? Let me see anybody who puts their hands into the oven to experiment!

Without holiness you cannot talk of God. Take it from Me. You may not like it. No. Many won't like it. Because their guru must sit down here and say, "Yes, yes, you must do." You need a guru also for such a thing, imagine. Human beings as they are they keep a guru who says, "This is the greatest dharmic thing you must do." Imagine. Tomorrow you have to face God remember, even if you do not get your Realization.

Those who try these tricks are punished in this life time. They don't have to take course to any other life or after death. In this life time, you have to have a sanctified holy married life.

Marriage institutions according to human beings it is made by human beings. It is not. It is made by God. I'm not here to please you. I have to tell you the fact and the truth of life. One has to lead a very holy life. That is the essential part.

And I'm very sorry for one thing that Christ who was the incarnation of that holiness, who is worshipped in those countries is being insulted completely by those people. He was a celibate person throughout and today they are making a picture on the sex life of Christ. In India is not possible. Thanks God, here it is not possible. They dare not talk like this, shamelessly and vulgarly. There is no shame about it in those people. They have forgotten God.

And that's why, when I talk of Shri Ganesha, you must know that you have to be like a child when you want to have the blessings of Kundalini, because She's your mother and She's all the time following you. She's born again and again within you and She's watching you and She's recording all that you have been doing.

And who is doing the recording? In the heart you find there is the flicker of Spirit, of Atma which is the reflection of God Almighty. That is the Spirit which records because it witnesses. It's a "sakshi", it's a witness whatever you are doing in life. And is all recorded in the Kundalini, and at the time of Kundalini awakening She shows. Many people ask Me, "Mother, how do you know?" Because the Kundalini is My part, She tells Me all that. And I know about their problems because She tells Me. It's all recorded like a tape recorder you have got the cassette, the spindle, it is there.

And the Kundalini is in the form of Gauri who is a virgin just married to Shiva. It's a symbolic expression, is a poetic expression that She's sitting and having Her bath before meeting Her Lord. And Shiva is in the heart, the Atma. And Ganesha She creates out of Her vibrations. On Her own being She takes out the 'mala' as they call it, the dirt, and makes a Ganesha. Ganesha is created by Mother, as Christ was created by Mother Herself. And She places Him behind the bathroom, you can say, to safeguard Her Iajja, you can say 'Her chastity'. So, He looks after Her protocol. Nobody can enter through that side, it is prohibited.

Who can rise to the status of Shri Ganesha who is beyond all contamination, who is holiness personified? He's like a lotus born out of the mud.

We worship Ganesha in the house and we do all kinds of things with ourselves. We are not bothered about holiness, about keeping our dignity. How can He be pleased here? But Ganesha doesn't come in the Kundalini rising because Kundalini is placed higher. Already She is placed higher in all of us. We are already sublimated. So, He's the only one who sanctions. He's in charge.

Then you find a very white round center which is called as the Nabhi Chakra. Those who understand Hindi or Marathi or Sanskrit know what is Nabhi. Is the navel, you can call it the navel Chakra. Then the Nabhi Chakra is also called as Manipur Chakra in the Sanskrit language.

But for our practical purposes name does not matter. Is the Nabhi Chakra we can say, everybody understand what is a nabhi. But it is not here in the nabhi, it is at the back, in the medulla oblongata it is placed.

Now, this Nabhi Chakra or the Manipur Chakra is the center which controls the solar plexus in the human beings. This is the center, is the center of dharma, of religion. When I talk of religion, everybody will say, "Oh, Mataji believes in religion."

Now, you must understand what is the word 'dharma' means. 'Dharma' means 'Dharayati sa dharma', 'your sustenance'. Carbon has four valances. Every element has got a different property that is the dharma of every element. Every animal has got a certain quality, that is the dharma of an animal. Human beings also have some sustaining qualities. They are human beings. Otherwise they are pischachas or rakshasas or devils or satanic or they are sub-human.

To be a human being minimum of minimum you must have those ten qualities, ten dharmas within yourself. If you do not have, you are not a human being. You become satanic. You become sub-human. Your awareness goes down, it's lowered. These are above the ten commandments I should say, above because there are certain things which are not mentioned in them clearly, in the Bible. These are the ten basic qualities in a human being one should have, and if you do not have then there are problems.

For example, we should not shock people – means drinking. People say, "What's wrong in drinking, Mataji?" Simple thing, it goes against your awareness. See these drinks and all these alcohols they are not created for drinking at all. They were created by God no doubt, but for polishing. You see if you want to polish a diamond, you have to use gin. Gin is not meant for drinking, for

human consumption. It is not meant. This is human brain, you know, is such a wonderful thing that it is using gin for their stomach which spoils their liver, gives them cancer. And you blame God for all these calamities of the world.

Smoking, now of course, many are saying smoking causes cancer. Thank God. What is tobacco meant for? Is for insecticide, it's an insecticide. I'm telling the truth. But 'you' use it for intoxication or what you call, I don't know.

Now when all the gurus, even Moses, they told about this. All the gurus have told. Incarnations have not but gurus have. I mean the real ones. I'm not saying these fake ones that are these days, modern days are just making a business proposition of everything. I'm not talking about them but the real ones, who are all born in this void – the void described by the Zen system of religion – all the ten gurus. We can say the same there again the ten gurus are incarnated, they tell us about the dharma.

The center Nabhi Chakra is governed by the deity called as Vishnu and His power is Lakshmi. Now, if your Nabhi Chakra is caught whatever you may try you cannot get the blessings of Lakshmi. You cannot get. And even if you have lakshmi it will disappear. It's a fact which can be proved.

This Nabhi Chakra is controlled by a deity, Vishnu, which is the sustaining aspect of God. Vishnu gives the different dharmas to us. That's how He has evolved us from amoeba to human beings. He Himself has incarnated as a leader many a times. We call it Dashavatara and He has led us through these incarnations.

And His power is Lakshmi, is the Goddess of welfare they say, or you can call it is wealth. It is not. It's a very subtle thing, very subtle. That's a symbol one should understand because is concerned with us.

Lakshmi has got a womanly figure, a mother's figure. She doesn't have an actresses figure, you see. They show of actresses and this beauty what you call 'beauty contests', are not good vibrations at all. They do not emit any vibrations. On the contrary they emit very dirty vibrations, I must say, very vulgar, very filthy.

Lakshmi is a mother. She doesn't use Her body for provoking expressions. No. She's a mother. So, a lakshmi pathi, a man who is supposed to be adorned by a lakshmi, a rich man, should have the personality of a mother, a one who is lajjasheela as we call it, who is chaste, who respects the chastity, who is loving, generous, affectionate like a mother. Mother tolerates all the nonsense of the people, of the children.

Then in Her two hands She has two beautiful pink colored lotuses, two flowers of lotuses. The lotus expresses the Shri. 'Shri' means 'the grace'.

If I say 'beauty', immediately your eyes will go to those beauty contests. I do not mean they are not beautiful. 'Beautiful' is not a word which these days means 'provoking'. No. Beauty means the complete personality that emits vibrations, which is a form or is the same as joy and ananda, that we call ananda, joy and also consciousness. That is a very complicated thing. So, I would just say that is the form that emits the vibrations of joy.

In Her hands are two lotus flowers which are pink. Means such a person has to be a warm person, has to be a cozy personality, and his house should be as cozy. It should not be all polished and varnished. And if somebody comes in the house, he drops anything, flowers there, the woman starts getting angry or the man says, "Oh, you have dirtied my house. Will you please clean it." Such a house is not a home.

It has to be a home for all the people. Such a man is lakshmi pathi. Otherwise morning till evening the fighting going on between husband and wife, "You didn't keep the house clean. You must clean this and you must sweep that." As if the cleanliness has become the main part of human life. I can understand a basic cleanliness should be there.

For Indians we should not tell this because they lack that completely. They are the other extreme, "Raste me chalet chalet jaha deko thook dhena ka." Of course.

But another extreme also is not good that all the time the divorces are taking place because of cleanliness so fussy that you can't live together. You develop a sort of a mania or sort of ... You become abnormal people. You suffer from the sickness of cleanliness morning till evening. Afraid, "This is to be done, otherwise it will be dirty." You think ten steps forward march that the place should not be dirty. Of course it should not be dirty, is a simple thing. But it should not be that much worked out that the home becomes a hospital. Home is a home. Children must feel it's a home. Let them play, let them spoil.

In London you'll be surprised my husband's secretary told Me that, "My children were coming, that aren't You worried?" I said, "Why?" She said, "Your house will be all spoiled." I said, "What? My children are coming, My grand-children are coming, I'm looking forward for everything that I can do for them. How did it come into your head that My house will be spoiled?"

It can be cleaned. You have so many ways of cleaning the house. So the house should be cozy and comfortable.

And such a person who is rich is not a lakshmipathi. But a lakshmipathi is a rich person, he receives people with a big heart. So the coziness of the lotus should be in that lakshmi.

In another hand, in the two other hands, one hand has this symbol like this, another is like this. This suggests that such a man must do "dhan" [altruism].

Now, in English I don't know what is the word for 'dhana' because nothing is that dignified. 'Dhan' means 'giving alms'. But it is not dignified word. Gavin, what word will you say for 'dhan', tell Me in English? 'Charity' is also little bit, you see, 'to be charitable' means you see, you are higher than the person whom you charity. 'Offering' if you say then it's a different meaning in. But, I would say 'dhan' means 'by which sharing is expressed', 'sharing'. 'Generosity', you think it's nearest. All right. 'Generosity'. But 'generosity', you can say at the most 'generosity'. But 'giving your generosity' you can say. And by this is ashraya, means there should be people depending on such a person. So, you have to be an enlightened person, so that people should depend on you. A rich man has to be a dignified person. But normally it is not. A rich man first of all he will start dressing up like a teenager. He might be the age of sixty years. You find many like that. Immediately all his dignity is fallen off, as soon as [he becomes?]. Then he must go to races, he must take to drinks, he must be found on the street, some policeman must... and it must appear in the paper.

Now, I've seen some also horrid things about women who are rich. I must say that this happened in England. But it's funny, for you people it will be funny, but it's common there. A ninety year old woman, rich woman, ninety year old rich woman having a love affair with a nineteen year old boy. She's a rich woman, you see. I mean, I do not know what to call this stupidity. They aren't rich in India, God save. No enlightenment of any kind they have. If they had there would have been no problems at all. So, this is a symbol of Lakshmi at this stage. The sustaining power is the Lakshmi. The sustenance, what should be the dharma and all that.

Now I find if I discuss it will be too much. But I told you for example drinking goes against the dharma of life. It goes against the dharma of man because it goes against the awareness of man. If you loose your awareness how are you going to rise to a higher awareness?

Now, people know by drinking these things happen but they will say, "What does it matter, Mataji, if we drink a little bit for our society?" And what does it matter if I take a little poison? You'll get used to it. Gradually you'll start taking poison.

There are so many people, in this country specially, if they take a little of tobacco they feel giddy and fall on the ground, this tobacco. There must be some in you also. They cannot even look at tobacco. There must be some. But there are some who can take tons, tons inside their being. How is it? Both are human beings.

So, by little and little, those countries who have accepted this as a social thing have done the greatest harm to themselves. Because in the beginning they were taking only little, little.

That was I should say about 100 years back, you can say about 200 years back. But today if you go and see them, they are alcoholic. They can't live without. So the pioneers were the little ones and the sufferers are those now who are fed up with alcohols. Because they think it doesn't mean intoxicate, so they have taken to drugs also. And they think it is another experiment. So you have more police force, you do all kinds of things to control it. It's not possible.

Mohamed Sahib has clearly said, "No intoxications. Nothing, nothing at all." Nanak has said the same. They are both the same people you'll be surprised. Same people born at different times, same people teaching the same thing. Nanak said the same thing, "No smoking, nothing."

But today there are no Sikhs. In the morning they were, Sikhs are fighting in London that, "We should not wear the helmet." Imagine. Where is it written? In which book Nanak Sahib has written this, "I would like to see, that helmet." On the contrary He said, "Vesh ka kya payda ka", "What is the use of changing your dress?" And they are fighting on this point.

But the way the Sikhs drink in London, I mean the British are ashamed. I mean they think they are no good compared to Sikhs, the way they can consume. And they are fighting in the name of religion. Is a fact I'm telling you that the helmet they cannot wear because they must have a right and freedom to crack their heads on a scooter. What is this? And there is a big procession every, I think every Sunday they take it out "against protecting." My head off to all these people. That is what they have done out of

Nanak Sahib.

And the Muslims, think of them, they have written poetry on drinking.

Now, if I say you don't have to drink, they will think this lady is talking some of about ten thousand years back. But is a fact I'm telling you, it is not meant for human consumption at all, none of these. Now they might say that Christ was drinking wine. Now, 'wine' never means 'alcohol'. I mean grape juice which is fresh, which is unfermented is different. But the fermented, even molasses, anything you can ferment, it becomes an alcohol, which is satanic. Is a process only to be used for polishing things. You are drinking the polish and all your intestines all are polished off nicely. And your liver is ruined. And then you come to Mataji, "Mataji, our liver is ruined. Now what to do? How to cure it?"

Now, if I tell you, "Don't drink. It's very bad." But these days there are gurus like that you know, they say, "You drink. Do whatever you like. Only thing, give your purse please behind me. You can do whatever thing, can even smuggle", you see.

There was a guru who was teaching smuggling, actually smuggling to people. And all the Sehasas [Sikhs] were caught in Jakarta when they were smuggling. They lost billions and billions of dollars there. And when I went to Singapore they came to Me, "This has happened." I said, "Now where is your guru?" "She has gone to Switzerland." I said, "Very nice."

He said, "You do whatever you like. Bring the purse here, that's all. If you cannot look after your wife and children leave them here also. You sacrifice everything in the name of God and give everything to me, very nicely. You sacrifice."

They are many who will support it. They are not gurus. If I tell you they are rakshasas, they are demons. Otherwise nobody can do like this. These are demonic things. They are not afraid of anything. They have no conscience. Those who have no conscience are devils, are devils. They are not afraid of God and they are doing everything in the name of God. Tomorrow they have to face God. No doubt.

But you will have to also face. And when God will ask you, "What have you been doing?," then you'll find that you have no answer. You'll say, "I have kept a guru there. I was paying money to him. I was looking after him. He did this much." He says, "What about your Kundalini? What about your awakening? What about your Realization?" You say, "That I don't know. I have kept one guru, you see, and I was paying him." He said, "All right, where the guru has gone, you also go there." And you'll find the guru settled down very nicely among the worms in the hell, in the deepest forest of hell. Take it from Me.

There is no need even for these people to die. They will face it in this life time. All such people have faced. You have seen what has been the condition of gurus. So this is the center part of void which has to look after.

And another center that you find there is the center known as Swadishthan Chakra which creates, which is a creative power within us. By this center we think, we plan, and also our bodies cater to.

Now, other day only I discovered that doctors do not know what is the reason for diabetes. I'm surprised. I'll tell them. You can verify. It's very easy.

This is the center which does two things: it thinks, plans.

You know in Delhi everybody's Swadishtan Chakra is caught. Why? Because too much of planning is going on here. Everybody's planning like mad. But there has to be certain balance between your thinking and between your emotions. You must have also a little balance. I don't know whether doctors think of the balance of the emotions with this. They do not. So the diabetes is caused because of this imbalance.

You are all the time using this center for too much thinking, too much planning. But the same center looks after the upper part of the liver, spleen, kidneys, and also the uterus, and also the thinking. So if you are thinking too much you are using the energy on one side, and there is no way of filling the petrol back. Then what happens that your spleen suffers. It doesn't get the energy, and you get the disease known as diabetes which is only known to the people who think too much. Is not known to the poor people. They eat such a lot of sugar. They don't have to stop sugar. They eat such a lot of carbohydrates and such a lot of sugar, especially sugar but they do not get diabetes because they do not think too much.

Now thinking has become like a disease with people. They cannot stop it also. It goes like a horn in their head I tell you. All the time thinking, thinking, thinking, they go mad and they say, "How to stop it?"

It can only be stopped when the Kundalini rises above this: you go beyond thought.

And the thinking creates within us on the left-hand side of the brain through the Pingala Nadi, through the right side channel, it creates the ego. Is the ego. All thinking is done through ego. Those which are developed countries have worked out their

developing through their ego.

So, the ego developed so much in that country that they got fed up of it. So what has happened? As a reaction the other side of it started growing. The younger people there started taking to drugs, taking to sedatives, which created in them the superego. The ego gave ... Douglas is laughing. Is a fact. He knows. He's done it and he has crossed it, and he has overcome it and he has won it. So he's laughing.

And the superego has risen now to push back the ego. For a Westerner always they say, "Oh. I'm so bad. I'm no good. I'm good for nothing." Is not humility, is the superego. Is the superego that is acting. While in India the ego is rising.

Be careful. You have to be in balance with ego and superego. If it is in the center then only I can raise the Kundalini. If there is an imbalance, I have to remove the imbalance. And it is removed.

The center known as the Swadishthan Chakra, which also controls the aortic plexus outside, is governed by a deity which we know very well, is Brahmadeva and His power is Saraswati.

He has incarnated only once on this earth and you'll be surprised if I tell you who was that – is Hazrat Ali. He was the son-in-law of Mohammed Sahib. Mohammed Sahib is the incarnation of the primordial master or the Adi Guru who incarnated in the Void, in the Bhavasagara. And He's the same as Nanak. But if I tell this to Muslims, they'll kill Me, or the Sikhs will kill Me. One of the two. I don't know who will come first. I don't think this time they are going to crucify but they are not going to like it.

They are the same people. There are ten of them born like that. They are the same people born again and again.

And they are the people, if you accept them, in only one incarnation. They are not going to accept it. You have to accept them in all their incarnations.

I'll give an example. There was a doctor who was suffering from the cancer of stomach, Muslim. He met Me in London and when I told him that, "You have to worship Dattatreya", he got a shock of his life. He said, "You mean to say I must give up my religion?" I said, "Your religion is in imbalance. He was the same as Mohammed Sahib. Actually Dattatreya incarnated as Mohammed Sahib." He said, "I cannot do that. I only believe in Mohammed Sahib." I said, "All right, I cannot cure your cancer because cancer is because of imbalance. It's too much activity on one side."

Over-activity of the sympathetic nervous system causes cancer. You write it down today and you can verify it. And that's why when people say I've cured cancer, I have. No doubt. Not only Me but even this doctor who is here he has cured cancer.

Cancer is only curable through the balance of Sahaja Yoga. Otherwise it's not possible. Take it from Me.

So the imbalance of this man, he would not listen but cancer is a great thing that way. He had to come back, "All right Mother, I accept." I said, "All right. Now will you pray to Dattatreya?"

A Muslim has to become a Hindu and a Hindu has to become a Muslim. A Sikh has to become a Muslim and a Muslim has to become a Sikh.

How can you divide God into so many ways? This division is like the atom being split. You are splitting. You are finding all ways and methods of splitting each other. And what you are gathering is the volcanic force of destruction within yourself.

So, the so-called drunkards who call themselves Muslims and the so-called drunkards the Sikhs must know that they are very far away from the gurus whom they worship as their leader. And as Christ said, "You'll be calling Me 'Christ, Christ' and I won't recognize who you are", it's going to be that.

For cancer you have to have balance of understanding the complete integrated form of God which has come on this earth, incarnated as different flowers on the same one tree of life, which has been at different levels. Like in a tree you have sometimes, first you have leaves, then you have the flowers, then you have the fruits.

But these are the flowers of the same tree, have been taken away by different people, just to create problem of dead flowers. They are living on the same living tree of life.

So, I have told you already about one chakra that is Mooladhara Chakra, the Mooladhara where the Kundalini resides.

Then about the Nabhi Chakra from where it rises to Swadishtana Chakra which moves round and round and creates the Bhavasagra.

I've also told you about the Spirit, the flicker of light that exists in the Heart, which is looked after by Shiva.

The flicker of light which is the Sakshi, which is the Witness, it is like a flicker that you find in a gas light. Now the gas itself is not enlightened. The gas itself is the energy but is not enlightened. The flicker is enlightened. When the gas passes over to the flicker

it also gets enlightened. That is what is Sahaja Yoga is. That is what is the Kundalini awakening when it touches that flicker. But the flicker has got the seat on top of the head here, which is known as the seat of the Sadashiva.

And this is the form or aspect of God which is existence is. God Shiva is existence. And this is the first form which emerges into all these forms, like the seed emerges into the whole tree and becomes the seed, and ultimately at the dissolution point also, it becomes Shiva. That is why it is known as Shiva, means the permanent form. It doesn't go into any formations. It doesn't incarnate. It is a witness which watches. That's the aspect of God.

So, you have got three aspects of God. The first one which is the Shiva, which is the existence, the second one which is the creator, which is Brahmadeva and the third one which is Vishnu, which is the sustenance, which evolves, which gives evolutionary movement, which incarnates, which has incarnated ten times.

Now the chakra above that, you see, in the center, which we call as Sacred Heart, is in the center, is known as the cardiac center, you can say "Hridaya Chakra." You all know what is Hridaya, Hridaya Chakra, is placed here, behind, in the medulla oblongata, but outside also is the cardiac plexus. Now this center, the cardiac center, is governed by the deity Jagadamba, the Mother of the Universe. Parvati, wife of Shiva, the power of Shiva takes Her place here, to help these struggling evolutionary human beings who are trying to evolve themselves, to protect them from the satanic, from the demonic forces. She's known as Lalita. She's known by many names. They say She has been incarnated 108 times. She has been incarnated many a times. She has incarnated as an Amsha [from Amshavatarana, partial incarnation] also, as a part of Her has also being incarnated. She is the essence of raksha, is the protection. A person who suffers from insecurity gets this throbbing here, he gets disturbed. People who suffer from fear have this problem here. She gives us the protection. She's the protector. And She's the Mother of this world, Jagadamba.

On the right-hand side of the heart exists, left-hand side I've already told you, right-hand side exist the symbol of Shri Rama, and His power is Sita. Shri Rama at an evolutionary stage, came as a leader on this earth, as an incarnation of Vishnu, 8th incarnation. And He tried to show the political leadership of a divine nature. He incarnated on this earth twelve thousand years back. And at that time in the whole awareness of human beings the idea of a leader, as a political leader, was born. He's responsible for creating the political awakening within us, twelve thousand years back, in the human awareness. His power was Sita, His wife, who was a very simple woman. But She was the form of Adi Shakti. We know She was because at that time the people were very sensitive, they could see that. These days people are not. They cannot make out a Ravana from Sita. See that is what is the condition of our sensitivity. This is the central force, is known as the force of Mahalakshmi. So, the Lakshmi is born as Sita for the first time as a human being. On the left-hand side force is known as the force of Mahakali.

[Shri Mataji talks to an Indian lady]

So, the left-hand side power is known as Mahakali's power, and the right-hand side known as the Mahasaraswati's power. Now, the central power is for evolution. The central power, or you can say the central ascending column is meant for the evolution of man. So you are born all of us in the Bhavasagara state. Now you have to ascend from one to another, to another, to another. The higher one than that is as I told you, on the right-hand side is that of Shri Rama and His power is Sita.

The complete form of Vishnu came to human beings six thousand years back as Shri Krishna. That is at this chakra known as Vishuddhi Chakra.

Shri Krishna is the complete form. Why we say the complete? Because for Him the whole play, the whole leela was to be just seen, this whole creation was nothing but just a play created.

He had reached that state, and He talked of it. He said, "Nainam Chianti shastrani, nainam dahati pavaka", "You cannot be killed by any instrument or by anything." And He did samhara. His greatest quality was that He killed a many demons on this earth. Now those who talk of non-violence will say, "Oh, He was a violent man." There is a divine method which has to be employed to kill those demons. That was needed and He did kill.

He was the incarnation of a diplomat. What is a diplomat? Diplomat is a person who is a sakshi, who is a witness who plays the divine diplomacy. He played the divine diplomacy, and you are still in that diplomacy when you read Gita, very much.

I'll tell you in two sentences how to understand His diplomacy in Gita, very necessary.

He said in the very beginning, at the very outset that you seek in within yourself. He told Arjuna, "You seek in within yourself. You

have to become a sakshi." Arjuna being a mediocre, asked Him a question that, "You are saying that, 'You must seek in within yourself, you should become a sakshi, a witness' and here you are telling me to go on the war, to kill people, kill my own brothers, kill my own relation!"

What He wanted to say that it's all a play. But it only becomes a play when you become that witness, when you are Realized. That's what He told him. But Arjuna was a mediocre in this respect. So He being a Father, He understood. Like a father who comes out of his hut and see his son beating the cart, so he tells him, "You bring the horse in front of the cart then only the cart will going to move on." But the child, the son, doesn't want to listen to his father. He says, "No, I am going to beat the cart." So, He plays the diplomacy, the Father. The Mother does not. Mother tells you the fact. So, He played the diplomacy there, divine diplomacy. He says, "All right you go on beating but keep your attention on the horse and you will go forward." That's an absurd, absurd thing. It cannot happen, you know. He told something absurd. So, He says, "All right, do your karmas but put it at the feet of the Lord." You cannot do it. It cannot be done. This is something an impossibility because there is the ego in you. If you do any work and if you think, "Oh, I'm putting everything at the feet of the Lord," you are just deceiving yourself. This is His diplomacy He played it here. You cannot. Those who believe in such a thing should know that it's a deception. It can only happen when you become a hollow personality.

For these people now, those who are Realized, you will see them saying, "It's going, it's coming." They do not say that, "I'm giving, I'm doing." You have to become a hollow thing like this which just stands and sees and passes through it. The Divine has to flow through you. And about bhakti, about the devotion, dedication, is another diplomacy. You see, His words, you see, nobody sees I'm surprised. They have written five hundred books on Gita. Nobody has seen this simple point that He has played a diplomacy with you because you do not know that you are not beyond ego yet. You have to go beyond it to be there.

(End Part 1)

So, He says about bhakti also, "Pushpam, palam toyam", "Whatever you give Me, flower, this, I will accept but while giving," – you know, see the diplomacy, one word He plays – "in devotion you must do Ananya Bhakti." See the word 'ananya'. 'Ananya' means 'when you are not the other, when you are united, when you are one with it'. When you become one? When you are realized! Everybody will say, "Oh, yes, yes you must do bhakti, take Krishna's name, 'Hare Rama, Hare Krishna', develop a cancer of the throat." Yes, they do, all of them, I tell you. So many have come to Me for treatment and I said, "Now what am I to tell them?" Because "Hare Rama, Hare Krishna", you'll get to God? Very easy method, you know. You go on jumping on the Oxford Street, you dance, wear a dhoti which is falling off, you get to God? (Mother is laughing.) What a stupid idea. But there are many. They are now begging in [Gantura?]. I went there. They've settled down nicely, "Hare Rama, Hare Krishna. Everybody, they came to Me, "Are You an Indian?" "Yes," I said, "by chance I am." "Will you buy this book? Only give me five annas." It's all right. I will not mind five annas. I said, "Thank you very much."

And they are near God? Begging like poor people, they have no shame, in the name of God. Taking His name and begging!

'You have to do Ananya Bhakti' means you have to be a Realized soul.

Now how do you know a person is a Realized bhakti or not?

Very easy. A person who speaks of separation, like Surdas, he was not a Realized soul. Those who talk of their tortures, "Oh, God, when are You going to meet me?" they are not realized souls. But those like Kabir and Nanak, like Christ. Christ was an incarnation. But those who talk and sing the praise of meeting are the people who are realized. I mean a person who has met God why should he talk of separation? Very simple thing.

But we like the songs of the people who talk of their – you see, I don't know what you call that – who killed himself, who started calling himself, "Oh Lord, Oh Lord when are you going to meet me?", broke his neck there, he broke his head there. What is the need to do all this?

They are fasting. Why are you fasting? I don't understand. Why do you want to make your body weak? In this body, the Lord is going to come, and this body is fasting? If fasting people have to get God, at least thirty percent people of this country should get it automatically. They are made to fast.

Some Yogi: [Hindi]

Shri Mataji: Hum? Dakare?

Sahaja Yogis: About women?

Shri Mataji: Women? "Santoshi Ma" fast? Any fast, you know, they've gone to such an absurd limit. And these Brahmins I will put them responsible. They have given all wrong ideas, absolutely just opposition. How? On a Sankashti, the day when Shri Ganesh is born in the family, see, imagine, that day you must fast! Imagine the argument behind it. That day! You see, supposing somebody is born in your family. I mean you celebrate it, you are so happy. [Us din kush raho, shok rehana chahiye?] Supposing I come to your house and you are fasting. I run away the next moment. [Shri Mataji is laughing]

You see, if you write, "Today we are fasting," nobody's going to come to your house.

If you have to share in fasting, you can do, like "karva chauth", they share in fasting. You should fast on only one day, definitely you must. That is Naraka Chaturdeshi. That day they will eat. Because that day Narakasura was killed and he was put in the "Naraka", means the Hell. He was put down there. And the gates of the Hell were opened for him, and all such people are put on that day into the Hell. So, that day you should not get up early in the morning, sleep in your bed.

Sahaja Yogi: [Unclear about calendar]

Shri Mataji: See, with the calendar I don't know who has made.

Sahaja Yogi: [Unclear]

Shri Mataji: You see, but we must use our brains. What is Naraka Chaturdeshi meant? Actually, these must be some rakshasas, must be some devils who must have created these calendars for us, some of them. That you must fast. I don't know who has written such a nonsensical thing! The day when the gates of the Narakas are opened that day, they will get up at four o'clock, take their baths and nicely eat. All the rakshasas will be going with the food inside the stomach, in the Nabhi Chakra.

The picture has come of- the picture has appeared of some Santoshi Ma [since 1960, so-called goddess worshiped by fasting]: everybody fasting on Friday. Then the absurd ideas about "eating food that makes a difference". Also, this has been introduced. In Gita also I'm sure there are so many things which have been brought which are wrong.

To say that you are born a Brahmin and that it's post-natal or pre-natal as they call it, prenatal. And how can that be? You just think it over. Use your brains. I would say you use your brains. Vyasa, the author of Gita, author of Gita, Vyasa, whose son was he, do you know? He was a son of a fisher woman, illegitimate son. You know all of you, of Parashuruni. And he's going to write that you have to be born as a brahmin? Those who think that by being born as brahmins you become brahmins, I must say are sadly mistaken. Brahmin means a person who is reborn, who is a Realized soul, who has known the Brahma. It describes a tendency of a person who is seeking God, is the brahmin cast [unclear], is a tendency. How can Vyasa write like this, you just tell me? How can Vyasa write like this? Now, this is being put on to his head, just pinned on to him.

Like the tantrikas. Oh, God. They are the worst of all. They have spoiled all our scriptures, they've spoiled all our shilpa shastras, they have spoiled everything dearly. The greatest demons that could be born in this country were the tantrikas. They have ruined all the beauties of our scriptures. Even our aswamedha yagna they connected with sex. I mean there's a limit to things! And that's why when the people go to Konarak they think, "Oh, Konarak! Most enchanting place in the whole country. Nothing more better than that." They think, "This Khajuraho!" Actually that's the only aspect which has spoiled all the beauty of that place. If they didn't have that it would have been much better.

Konarak, of course, the architect himself was a tantrika. So, I cannot say anything about such a horrid fellow he was. But here the poor architects were given prizes by these licentious and permissive kings to produce the new styles and new types of these horrible erotic pictures. There was a competition held and it entered into our shilpa shastras, into our sculptures.

It has gone up to the South. And you'll be amazed in the South there's a temple where they have shown a bad relationship between Gauri and Ganesha. Can you believe it? And are we to accept it because it was done by some foolish ancestors of ours? And everybody says, "Why? It's all right. In your country also, you see, you have these things. We have seen it, very nice."

And they have written books on kama shastra, koka shastra, this, that. What is the shastra needed for this thing? I don't understand. Do the animals read any shastras for creating children? For a simple thing like that why do you have to read and make so much deliberations? Are you gone mad?

All these artificial things I don't understand. For a natural thing, which everyone knows, why should they go into such things?

And the result, I'm sorry to say, is seventy per cent impotency today in America. Because all artificiality, the spontaneity is lost, the sanctity is lost. All kinds of diseases, every third person is diseased, every third person. You also are following them.

After all the sahabs have gone, but now we are all becoming all sahabs. The sahabs have come from England wearing our kurta pyjamas and our sahabs are wearing ties. (Mother is laughing.) Because, you see, somebody told Me that we used to think, "Where are our lords lost." They are in India, "Unse kuch sikne ka nahin hai. Aap jaan leje. Unse kuch jan-ne ka nahin hai."

Of course dress doesn't matter. Whatever you wear it makes no difference. But main thing is that to know yourself, to be yourself. Is a very, very subtle happening for this God has placed all these chakras within us.

So, the outside does not matter so much, no doubt. But in a way it does, in the sense that when there is a deeper light, you have to have the earthen pot all right, you have to have the proper amount of oil in it, you have to have a wick properly put up, and then only you can enlighten. If these three things are not all right, then I cannot enlighten you. So these three things are also important.

So, your dharma has to be all right. Of course, I'm not saying that if you are drinking you cannot get realization. You can. And you can also get the power to get over your habits in no time, because once you get realized, you get intoxicated by your Self only, by your own powers. You can feel in your hand the power flowing like vibrations, cool vibrations. If you use them then you will know that you can cure people with these. After some time you can give awakening of the Kundalini. When you will raise your hand the Kundalini will move in another person.

There are many now. You have got Subramanyam here. He has cured. Gavin, he's a government servant just like you, he has given awakening to so many people, he has given realization to so many people. You can also do it. The power exists within you which becomes intelligible or conscious in your central nervous system also, and you can feel it flowing. You can work it out.

Now, you will know why people have described in the Kundalini awakening this thing happens, that thing happens. If you go from the wrong side, it is going to happen.

You have to be an authorized person. Tomorrow you put your hand in an electrical appliance and you said, "There is so many problem." You should not do it. Only the engineer can do it, the authorized person can do it. This is all unauthorized. The first and foremost thing is that such a person has to be a realized person, and not only realized, but has to be a holy person.

Three, four air hostesses are friends of such and such person, and he is giving Kundalini awakening. He's eloped with his wife, he is smuggling that side, he is smuggling gold from London, he's bringing down by air, and he is giving Kundalini rising.

There should be some sense in what people talk. This is a very holy happening, has to happen in the holiest way.

Now, there is another chakra here, where is My, this red spot is. We all put it here but we do not know why we put it there.

This is the center which is placed where the crossing of the optic nerves takes place. You can call it the optic thalamus at that point, at that point it is placed. And this center controls the pituitary and pineal glands, which control, pituitary controls the ego and the pineal controls the superego.

For a doctor he knows about the pineal and the pituitary but he does not go further than that to know that it controls your ego and superego. Even if he knows, he does not know how to control.

Now, with Sahaja Yoga, you can see that they are two balloons in your head. You can see them. It starts from the Vishuddhi Chakra here, petal, where Shri Krishna reigns, whose power is Radha. And they rise in our head and move like this. There are two balloons which cover up our head completely about the age of 12 years or so, completely. Calcification is complete at that time though to feeling it is earlier. And that's how you develop a separate personality. You are Mr. so and so, he's Mr. so and so. Is the articulation. It is like a shell of a egg you are made. You are made like that because you have to grow inside, inside the shell of your own being. You are a separate... (Apart)

You are a shell. You are a shell, he is a shell. And you are given the warmth kept there developed. In the end the egg is broken here, and through it comes out a new personality, a new person within which is a very different person from the one which was before. This is Sahaja Yoga.

So, that center which is here placed at the crossing point of the optic nerves is known as the Agnya Chakra, and the deity placed there is Mahavishnu.

I don't know how far people have read about Devi or Devi Mahatmya or Markandeya or even Adi Shankaracharya. Now, Mahavishnu is a creation of Radhaji, is the son of Radha. She had created Him out of Shri Ganesha's essence and in a special

way. And this child was created in the Vaikuntha stage, in the heaven we can say, and He incarnated on this earth as Jesus Christ.

Lord Jesus Christ was not a human being. He took a form but His body was completely chaitanya. He's a complete, His body also was completely divine, specially created by His Mother who was Mary. But actually She was Radha Herself. Sita became Radha and then She became Christ's Mother. She is Adi Shakti. Mary is not an ordinary woman, She is Radha Herself. And if you read about Mahavishnu's birth you will know that exactly the same is Christ. The name is Mahavishnu and here it is Christ.

Now, Jesus Christ see.

Jesus, Jesu or Yeshu, this is the name of Yeshoda, was given by Radha to Her son. We say Jesu or Yeshu. And 'Christ' is His surname.

Krishna's name came from the word 'krishi'. 'Krishi' means 'agriculture', is the man who has sown the seed. Krishna came and He has sown the seed of that awareness by which you can become the sakshi of this play, the witness of this play.

And Christ's name is 'krist', is the same as Krishna's name. When He talks of His father, He talks of Shri Krishna. Shri Krishna was His father. Then He describes Him, all the time of His father, it is Shri Krishna. And in the Vaikuntha state it is described very clearly how Shri Krishna Himself came to bless Him and told Him that, "You will be placed even higher than Me because Your body will be made out of chaitanya."

What is the English word for 'chaitanya'? Of consciousness? But consciousness cannot be chaitanya. Divine awareness. Of the divine awareness, you can say. The divine awareness itself, the divine vibrations are shown in us.

In the same way, He's made out of that like Shri Ganesha is. Now if He's so or not, because most of you are Indians here, you might challenge it. You may. I can prove it to you because is the same swastika. The ayurdas or the weapons of Shri Ganesha have become "avyakt", are not expressed, because He used one weapon for all of them, is of forgiveness. And that is the greatest weapon of all, and that's why at this stage when the Kundalini goes, you have to take His name or you have to forgive people.

Forgiveness is the greatest weapon that God has given us. Now, it is for you to verify whether I say is correct or not. But crucifixion is not the message.

Crucifixion is the explanation of what Krishna preached that the chaitanya, the divine awareness does not vanish, does not. It is akshaya, it does not get killed. You cannot control it. And this was to be proved in His life through His resurrection. The resurrection is the message of Christ.

But as in India you have done all the mess of all these incarnations, they have done the mess of Christ in two ways. One, by not respecting the celibacy of life. He was a celibate person. He was a holy person. Of course He respected the marriage institution because He attended the marriage. You have crucified Him again. And secondly which is His power of forgiveness, complete power of forgiveness.

But they had empires. They now want to have the economic controlling power and all kinds of these things they are doing under the name of political, I don't know what they call it.

They have to be Christians, all that was against Him is now done today.

As we Indians have done all that what was against Hinduism.

When Shankaracharya himself has told, "Na Yogenā Sankena", still we are having Hatha Yoga. Now we are going to have Hatha Yoga in the college. Patanjali Shastra, himself Patanjali has said not to have Hatha Yoga for the married people, for the householders. It is meant for very few who go to the jungles, stay with their gurus. Every tikalpa, every person is having here Hatha Yoga.

Now, this boy today he was suffering because of Hatha Yoga. Of course, I've stopped it. But still. You'll have heart troubles, you'll have everything. Now you teach your students here in the ... And let them to have sex also. In the West very nice, Hatha Yoga is very good because everybody wants to become an actress.

Hatha Yoga is not meant for us, for the householders. It is meant for these standing-on-the-heads type. Let them go and break

their necks there. One will get after thousands of years. It has been said by many, those who are realized. Now, I know them. They are sitting on the hills. They have told My disciples also that, "We have taken thousands of years to get this and Mataji is just giving you like that." It is!

In the same way so called Christians have done all that was necessary to kill the image of Christ. It's rather surprising but I think the opposites are attracted. The drunkards will become the disciples of Mohamed Sahib, all the licentious will become the disciples of Christ and all the, that we call in Sanskrit 'Dravidic Pranay Pranayn', will become the Hindus. That's how it is. Just the opposite.

The last is the center of Sahasrara with one thousand petals, is the limbic area which is surrounded by one thousand petals of [inaudible].

In the Bible it is said, "I will appear before you like tongues of flames." It is like tongues of flames, living tongues of blue flames and white flames and crystal flames, and they are very silent flames. You can see that. Some of you have seen it. And they are like the - they act on our nerves.

Now the doctors will argue that there are 982 nerves. Yes, there was argument on that also, 982 nerves, and eight motor nerves and these nerves, and all of them do not become one thousand. I mean that's not the thing. I've not counted them. One thousand they are, no doubt.

So, these one thousand petals are the one thousand hands, imagine, in your brain. And this is the Kingdom of God inside which is the limbic area.

When 'you' cross this door of Agnya, you enter into that and this is ruled by the Adi Shakti, by the Primordial Mother, and She opens it out. She does it, it is Her job. At the end of it, is the gate or the hole known as the Brahmarandra on top here which presses the ego and the superego on both the sides and takes your attention into that all pervading Power which is all pervading. When the Kundalini crosses the Agnya, you become thoughtlessly aware. Thoughtlessly aware means you are aware but there is no thought, you become silent. When It crosses the Brahmarandra then the vibrations start flowing through you and you get cool vibrations.

This morning about five, six people got it. Of course, we have many here who are Realized people. All these people who have come from the West are Realized people. And they have experimented and they know all about it. And there are many others who have come from Bombay and those from Delhi also, we have many who are Realized, who have those vibrations flowing through them. It happens. It has to happen to you all. You all should get it.

Then what happens? By that you become collectively conscious. I said, "You become." I did not say that, "You have to become." You become. You get that awareness. Immediately you start feeling the vibrations of other people.

That little girl, Pragnya, who came here, she's a born Realized. There are many children who are born Realized. My two grand-children in Bombay, they are grand-daughters, and they are both Self-realized. The younger one is hardly ten months and she knows all about Kundalini. You ask her, "What is caught?" You see, you can feel it on the fingers.

Now, there's a book which one of My disciples has written – I should say My son or My child has written – it's in Marathi. So far Hindi? [Mai nahin huya aaj tak-?]. No, nothing has been done in Hindi. English also they have published one of My lectures. But, in this Marathi book we have given the indications on what things you can feel the chakras. You can feel the centers which are caught in your fingers here and you can see. And that's how as a by-product you cure people, that's how the diagnosis comes through and you can feel it.

It's tomorrow morning we are going to have meditation starting exactly at 8.30. I would request you tonight to go sleep off. Early in the morning clean yourself and come here at 8.30 so that we finish the session for you to go to your work. 8.30 early in the morning you have to come here, and then the Kundalini rising and everything can be done. Because people are more interested in the lecture, what am I to do? So, I'm not doing any awakening today because it's already very late for you. Now if some of you want to have it, I can work it out.

(Short dialogue with Sahaja Yogis.)

Word 'Realization' means 'when you separate your Self from your gross awareness and become the subtle being', is the realization. That's the beginning. In that first stage, I'm going to tell you tomorrow evening all about it, how in different three stages it works out.

The first stage is of nirvichar where you become thoughtlessly aware and collectively conscious through your vibrations.

Then in the second stage you become nirvikalpa in which you start giving realization to others.

And the third stage is a complete Self-realization where you become completely the master of Kundalini of others and your own, and you can work it out and also sitting down here you can feel the Kundalini of all the people all over the world, and also you can control many elements and events.

1977-0223, Interview feature, Evening News (THE LIFE ETERNAL, 1979 ISSUE)

View [online](#).

23 February 1977

Interview

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

KUNDALINI YOGA

INTERVIEW FEATURE WITH MATAJI NIRMALA DEVI

BY VIDYUT MANEKLAL Evening News, New Delhi, Feb. 23, 1977

"What is the purpose of life", asked a press correspondent to Mataji Nirmala Devi, votary of Kundalini Yoga also known as Sahaja Yoga. "To realise the Divine and be his instrument" was the prompt reply. In the present turmoil filled world this question seemed natural. For the lives of most people are affected by dissatisfaction, frustration and bitterness leading to violent action on their part; others accept the situation and jog along with resignation, indifference marking their existence. Why was it so, we asked Mataji.

"Human beings are filled with so many urges. They want love, wealth, power. Having savoured the fleeting joys springing from the physical material side of life, they get restless and bored since their existence is confined to the physical, mental and emotional planes. They seek a remedy for their boredom. They turn to 'Gurus' in the hope of finding some solace. If the Guru is truly enlightened, he may show them the correct path, but if it is otherwise, the individual or individuals fall a victim to the myths of the 'Guru' who may lead them astray, plunging them into the very depth of darkness".

Q. What is the remedy for this ?

A. The remedy is within you and the Divine has provided an instrument in the form of the Kundalini, which is like a Germinating power that works out your sprouting. Sahaja Yoga means awakening of the Kundalini. One can see its pulsation at the base of the spine where it lies dormant in a triangular bone in three and half coils. When awakened by a 'realised' person, it ascends and in a normal person it goes through the chakras and breaks the apex of the brain without giving the slightest trouble to the aspirant. Once the Kundalini is awakened, the aspirant enters the fourth dimension-the spiritual one. Here, he is aware of himself and receives inner solace; the individual before realisation is like a computer not connected to the mains; after the awakening of the Kundalini the computer gets connected to the mains where he experiences the joy of the all pervading bliss of God. One gets into collective consciousness and can feel the Kundalini of others. In the case of those afflicted, the awakening of the Kundalini cures the sufferer. Curatives are, therefore, a valuable by-product of the Kundalini Yoga.

Q. Have many attained self-realisation and practise Sahaja Yoga ?

A. Several thousand Sahaja Yogis are practising Sahaj Yoga or Kundalini Yoga and quite a few of them do curatives. Dreaded diseases like cancer, hypertension, heart ailments have been cured. Sahaj Yoga is not confined to India but has gone to U.K., U.S.A., Europe, Nepal and Malaysia.

Q. Who can practise Sahaja Yoga or Kundalini Yoga ?

A. Ordinary people living normal lives, age and sex are no bar. Holiness is ones existence and sanctity in married life are essential. Smoking and consuming intoxicants are forbidden as they go against the Divine.

1977-0223, The Normal Human Awareness

View [online](#).

23 February 1977

The Normal Human Awareness

Public Program

New Delhi (India)

Talk Language: English | Transcript (English) – VERIFIED

Beyond Human Consciousness – Delhi (India), 23 February 1977

And I already spoke on Kundalini yesterday for two hours. Those who want to hear My speech can arrange it with Mr. Rai and can come sometime and listen to it.

But today, after telling you about the three powers which govern our autonomous nervous system and the seven centres which look after all our autonomous behaviour, which are the milestones of our evolutionary different stages... The centres carry the symbols of deities who are responsible for our evolution, who have helped us to evolve by leading us, by giving us a leadership. The whole action has been sahaj.

As I have told you yesterday, 'Sahaja': 'Saha' means 'with', 'ja' means 'born', born with you. In a seed, the complete map of the tree and all the trees that are coming in future is microscopically placed. In the same way, in our being, the complete map was placed. We have crossed quite a long distance to be human beings from the state of amoeba or even earlier.

Today I'm going to tell you about what lies around the normal human consciousness.

We have to understand man in his complete totality. It is very necessary to know all that is unknown, because whatever that is unknown is not Divine. We should not mistake everything that is unknown as a Divine force. And to understand the complete totality of man you have to open your mind, listen to Me like a scientist would listen or understand a hypothesis, and later on if you are realized – if you are; that is a very big "if" with some people, with some people it is not – you all can testify, you can find out, but as a scientist you must have an open mind. If you are a fanatic, even if you are science-obsessed person, you cannot understand.

Science does not know anything of love; it does not know anything of religion. It does not know anything of incarnations. But it can be proved today that there exists a force which is the synthesis of all the forces that are working. And there exists the all-pervading power of Divine love. But for that, you have to be a subtler personality. With this gross human attention, you cannot realize it. You have to be a subtler being and to be that subtle being you are already blessed with a mechanism that works out this happening spontaneously. It is Sahaja, spontaneous, effortless. Somebody has to trigger it.

Yesterday I have told, quite elaborately, all the chakras and their names and their deities and all the three forces, but today I'm going to tell you what lies beyond these lines, beyond the human awareness. Is a subject of psychology, you can say, though psychology is such a child's science and the knowledge is so limited because they are probing from outside. It's an objective knowledge in the sense that you come from outside and see things. You grope at something and you say, "This is this." Then you grope at another thing and say, "This is this." You have heard the story of six blind men trying to understand an elephant. As I told you yesterday that there can be a method by which you can put the light on and one can see clearly the complete, the total picture of man.

In this picture I've not been able to show that part but in the human mind, as you all know, there are different strata's of consciousness. Now you are listening to Me, paying attention to Me, your Chitta is towards Me. This attention is the conscious mind. You know that you are conscious of what I'm speaking. Moment to moment you are listening to Me. This present moment now, at this moment, this moment as it is, it's slipping, is becoming the past and the future is coming in you. Every moment is

disappearing and a new moment is coming. You cannot stop the present; you cannot stop your attention at present. Now, to be at this moment, you cannot be, that's the difficulty. You either think of the past or of the future, but you cannot think of the present, of this moment. So, we have our past and our future, in a simple work.

The past, they call it as subconscious mind. Subconscious mind, they call it as psyche sometimes. I don't know what do they mean by psyche, they are so confused, but we have a subconscious strata, in which we store all that we collect, experiences, conditionings, everything. This work is done by the left-hand side channel, known as Ida Nadi, which is worked by the power of Mahakali. Now this word should not shock all the English knowing scientists. This Mahakali power works with storing of all the experiences, all the thoughts that are coming to you from the present into the past, is done by Mahakali power.

Thinking of the future, planning of the future, organizing the future is done by the right-hand side power of Mahasaraswati which acts through the Pingala channel. In the gross form they are expressed left and right sympathetic nervous systems. But for a doctor, both the systems act simultaneously. They are so interconnected that it is very difficult for them to verify two different functions which are allotted to them because the ways and methods are so gross.

The left side attends to our emotional being, the lower left side to our physical. We can say psychosomatic side. The right side – the lower to our physical being and the upper right side to our thinking. The center channel of Sushumna is a completely independent system which works out our sustenance.

In the beginning, when a person wants to drink, he wants, all the parasympathetic activities are performed through the subtle action of this channel known as Sushumna and the power that acts is known as Mahalakshmi. This power evolves us, it gives us Dharma, is a sustenance. The complete periodic table, if you have studied chemistry, is amazingly organized. The carbon is placed as a tetravalent element, with four hands just like a Ganesha. I do not want to go into the details of the periodic table but it is so well organized that every atom of every element has to have the last circle with eight protons. If there are less or if there are more than four, they either become the negative or the positive element. What a tremendous planning it is.

And when we say there is no God, we must understand such a tremendous planning could not have been achieved by just chance. It doesn't work out by that law of chance. Alright forget about God, because suddenly if you talk of God the scientists get a shock. But He exists and these are His three powers which perform these three actions in our being. By the first we build up our past, by the second we build up our future and by the center, the Sushumna Nadi we exist in the conscious mind.

The problem of future and past is created for human beings by a special method, as I told you yesterday, that this brain assumes a shape of a prism and that when these powers enter into the brain on both the sides they lose part of it. The one that enters from the right-hand side passes to the left-hand, losing something on the left-hand side. This one is the Mahakali power which loses outside, this one is the reaction to the past. You see someone, I see this gentleman, suddenly I remember of My past experiences with him. The whole past of him comes to Me through that part. And as a reaction I develop a superego, a conditioning in My brain, which I have shown on the other side like a balloon.

I'll give you a simple example to understand the superego and the ego, how it develops in a little child. A child is nursed by the mother and he's in complete joy, one with the mother, enjoying fully. Suddenly the mother removes the child from one side to another side, he doesn't like it. The child doesn't like and he puts down his foot there. That is the development of ego. He asserts himself. Ego develops gradually on the left side in the brain but comes forward.

When the child is then corrected by mother, she says, "Don't do, don't do like this", he is conditioned. By that, he accepts it, and the superego as a reaction develops on the right-hand side of the brain from this side and covers it gradually, at the age of about twelve years because language is another way by which they are strengthened. And here, when they meet completely, a man is made into an egg, an articulation takes place, everyone develops a separate personality. He is Mr So-and-So, he is Mr So-and-So, he is Mr So-and-So and the misidentification starts. There are many misidentifications we suffer from; we call them 'mythia'. We know they are myth, our name. I've known people, somebody's name was Dharamdhar and he was the greatest adharmi ever born.

There are so many misidentifications. We are attached to our name. If somebody says that, "You Mr So-and-So, you are a very bad man", one feels very hurt and bad you see, your anger comes up, "What do you say? This was 'my' name." We are attached to so many misidentifications all our lives. The mythia syths starts collecting and we become covered with so much of that misidentification. Our ego and superego completely overlap all our wisdom.

So the ego is created as a by-product I can say, or you can say by the over activity of the right hand side channel. The fumes of that activity, like in a factory you see, are collecting the ego. And the activity of the left hand side collects the superego. And that's how you have ego and superego developed in your brain. So that is how the human being is.

He has got his Mahakali power which is looking after his subconscious activity, his Mahasaraswati power which is looking after the supra-conscious activity, and his Mahalakshmi power which is looking after the conscious activity. Now, there are regions which lie beyond this, about which we are not aware. On the left hand side, beyond the Mahakali region, lies the collective subconscious mind. The collective subconscious mind where all that is dead is collected, that is the collective subconscious. Beyond the Mahasaraswati channel, beyond this region, lies the collective supra-conscious mind. We are part of that also though we are not conscious of it. We are not conscious of it so we can call it as still unconscious to us.

Now, beyond the central path of Sushumna, beyond the conscious mind, lies the collective consciousness. That is the all-pervading consciousness which we know as Sat-Chit- Anand. It is all-pervading. Below the Mooladhara Chakra, which I have shown you there down below, lies the most fearful area of hell. It exists. It is there. We maybe not believe in it but it is there and it can be proved. In the collective subconscious, as I have told you, when we die we get into it, normally, not abnormally but normally.

Those people who have been extremely unhappy in life, who have been tortured and suppressed, who are being made very miserable and have a malice burning in their hearts, when they die they still have the vindictiveness and they want to make everyone else a miserable personality. They can't see happiness around. Such people, even if when they die they linger along in this area, which is not gone into the collective subconscious. The collective subconscious receives a normal personality who has just accepted death as a transition. Actually, when we die we really do not die. Only part of us, the earth element drops down, and part of the water element also. But the rest of the elements that form this body, the different koshas plus the Kundalini that goes out and the Atma that rises, all that put together as soul you can call it, all that goes into the collective subconscious and starts going smaller and smaller, into the area of that collective subconscious, where it is to be placed for getting smaller and smaller.

But the people who die, as I told you, as the great sufferers with great desires and lust, very depraved and debased people, who indulge in alcoholism and drugs and sex, who make their life miserable, who are violent to themselves and not to others, who are not aggressive but are aggressed, who commit suicide, they do not go to the appointed place, they stick on around and some of them are really busybodies. They try to torture other souls. All the mental cases that you find in this world, suffer from the obsession or the possession by these entities. We call them as bhoot and pishacha. You may not believe it because people don't believe in bhoots. You believe it or not but they exist. These people are not ambitious people but they are sly, they are mysterious but they are afraid. So they try to find out this type of people, they enter into the psyche of such people and they make them even worse. They make their lives miserable and they make such a person absolutely abnormal.

When the psychology starts treating such abnormal people they perhaps do not know what they are up to. The psychologists, when they get in contact with such abnormal people, they themselves are influenced or contaminated. They catch from these depraved and debased, lusty, sexy people, and they themselves become so abnormal. Because they seldom have any relationship with normal people then they start putting up theories absolutely abnormal. An abnormal personality is made as a normal personality and is made to be accepted by everyone. So they start with the theory that you should not suppress your desires, you should become very expressive and absolutely liberated as far as these desires are concerned. All right, go ahead. But they are not aware of the other side of the human beings that those who do like this can get into the other trap and can become egoistical. It starts as a trip of their ego then they become so egoistical that they forget what is saint, what is God, what is holiness. That is what has happened in the Western countries.

Perhaps maybe the war, in the war so many people were killed like that, they must have possessed these people. And such patients must have gone to these psychologists and these psychologists must have come out with these unique ideas of psyche being conditioned if you tell them about religion. Psyche is conditioned, no doubt. If you all the time tell the child, "Don't do this, don't do that", the child gets conditioned, no doubt. If you discipline a person too much, he might get conditioned, no doubt. But if you are a model yourself, if the father and mother both are the models of goodness then the child accepts it without being conditioned. This is the central path of evolution.

That's why I say that the family is the most important unit of every nation. All efforts must be done to retain the holiness, the respect and the greatness of marriage institution. That's why all the incarnations have been married people. And even the Gurus, like Guru Nanak and all these people, have been married and have been leading a normal married life. You go to the West and you are surprised at the tomfoolery and the stupidity to which they are taking. You cannot believe how foolish they have become. We don't have to learn anything from them in this respect. They have broken their families; they have divorced their wives. Alright, now women have divorced their husbands. Ten men divorcing ten women, marrying each other all the time, ending up in a anahata [unsure-endlessness] and the children have taken to drugs. What a nice society.

The husband comes home the wife has disappeared, taking a divorce saying, "I didn't like my husband, there was no compatibility." And the psychologists are very nicely helping them to build up a society of chaos and the religion has been thrown to waste because they think it conditions people. It will if it is a false religion, if it is a suppression. For example Christianity never preached such things that these people are following. Christ never talked of sanyasa sanyasa of any kind. He Himself was a great celibate born personality. He was an incarnation. But his Mother was married and He attended marriages. But the Roman Catholics started a suppressed type of institution where they preached complete celibacy.

Martin Luther came in, he said, "No, this is wrong, it should be spontaneous." He was correct. At that point he was correct but he went wrong that he did not recognize Mother of Christ. That was the greatest mistake because from where do you get the sense of celibacy, from where do you get the sense of holiness, in what relationship – In the Mother and the Son. That's how Christianity has gone to the dogs, in that country. As I told you yesterday, they are making a picture of sex of Jesus Christ. Can you imagine such a picture? Can you tolerate in this country?

So we have people who are teaching us who are actually possessed. Most of the psychologists are possessed and they deal only with abnormal people and they cannot normalize these ideas for the normal people. But by doing that they have created abnormal personalities and you can find all kinds of absurd things in that country. That a ninety year old woman having a love affair with a nineteen year old boy. Can you think of such a thing in this country? Is a common thing there. There is a law in England imagine and England is such a traditional place that a father cannot have bad relations with the daughter and that the mother cannot have with the son. A 'law', we don't need a law like that. I mean we cannot have a law that you cannot eat the filth. You do not make law like that. I mean, human beings know that. But they have a law.

Now, the trouble is they are asking, imagine, thanks to the psychologists, they are asking that this law should be taken away so that they should be made free to do what they like in this respect. What do you say to this? You can't believe it but it is so. There was a minister here, Mr Vidya Rao, he went to America and he gave Me a terrible experience when I was going to America. He said, "Don't go there; they will never understand you, Mother. Please don't go." I said, "What happened?" He said, "I went down to see my daughter. She was away, living away from the main city, so I said, 'I'll stay over here with her.' So the landlady said, 'No you can't do that with your father.' She said, 'What?'" 'No, no, he can't stay. Any other man can stay but not your father.' She said, 'You can't sleep with her.' She gave her a big slap. But this man said such filth. Where they think doing so wee." He cannot understand these things just now. They also never understood this thanks to these psychologists who never accepted...

Thank God we do not know so much of English to read that psychology of theirs. The way they are ruining these innocent people by their preaching! They are worse than all the horrible preachers ever known. With a very little knowledge of this Kundalini on the left hand side, they have ruined such a great place, such great people. So many saints are born in that America and England. Oh I weep to see all that. They are all ruined by these people, by telling them these stories which they call as freedom and

disciplining their thoughts was conditioning. But disciplining through a model they could not understand.

Now, I will tell you how in our country also people have used these entities. We had the greatest saints and the greatest incarnations in this country, no doubt, I agree, but we have the greatest thugs also, the two extremes. On the other side also we have the supra-conscious people die. I'll put them together and tell you all the various types of things they do. The people who are great planners and great sort of thinking all the time, "What am I going to do this, what am I going to do that" and they cannot fulfil their desires and they are sort of absolutely identified with their desires and very egoistical. They are power drunk about women also. They want to have many women around; women want to have many men around. All kinds of things you see, all these complicated types. They are not satisfied with one wife or one husband these sort of people, all abnormal. And also those who think that, like Napoleon you see, these kind of egoistical people who think no end of themselves and try to identify themselves with their false ambitions, like Hitler.

When they die, they go to the other side, on the right-hand side, the supra-conscious. They are very dynamic people and they are the people who are very aggressive. They can also possess you. And you do not know how you get possessed by them. So, there are two types of people: one the depraved and another, the aggressive. So the thugs, who are always waiting for an opportunity to learn, use these entities for their own purpose. You want Me to tell how they do it, that would be bit too much. They have a way, they work in the samshana smashana [cemeteries] known as a bhoot vidya, samshana smashana vidya, preta vidya, I know everything, but you need not know. They capture those entities and control them by controlling some of their parts of their bodies, especially the skull and all that.

We had one Ananda Margi you know that and more will be coming forward. You'll see them one after, they'll be exposed gradually.

So these people capture the entities in their power, some the supra-conscious and some the subconscious, and they try to capture the people through that. We have had, say, Ravana. Ravana had a capacity to hypnotize. All hypnosis, all what you call this ESP, all these extra things are done by these entities who can be bhoots, can be depraved, can be very bad.

In London there is an organization known as Late Doctor Lang's International Curative Center. 'Late', he is dead. So the Curative Center is working. This Dr Lang, when he died, he had discovered something which he wanted that he should implement immediately. I mean, this is written in their pamphlet, imagine. It is open; they are not making a sort of a 'thuggee'. They do not call it 'God' and all that, thank God. Others call it 'God', but they openly say, "No it is not, it is a spirit."

So the spirit of Dr Lang entered into the body of one soldier fighting in Vietnam. This they have written already on their pamphlet, it's not My own. And that spirit told this man that, "You go and tell my son that I am so-and-so and that you open the clinic, the surgery." So the man possessed with this spirit went down and told the son and he was taken aback but he gave him such secret information that the son had to accept this information and they opened the Late Dr Lang's Curative International Center. So the thing started working.

Many doctors who died with this kind of behaviour also started working through that organization. So now they would say that, "If you are suffering from some disease you let us know, we'll give you the time; that time will work it out." Exactly on that date, that time the man would start shivering, "Ho, ho, ho, that's a bhoot I am." Something entering into their body and the person would get rid of his troubles. But after five, six years that man would rattle like a junkie car. And now he is completely finished. I have had many patients from so-called Dr Lang's horrible institution and it's very difficult to cure them because they are such horrible depraved souls that they do not want to leave the body of these people. You can use these spirits for many tricks. It's a very common thing.

In our group there was a lady who was a disciple of some sort of a man like this, who used to carry a snake around and all that. She came to Me, I gave her the realization quite all right, but she was like this, not all right. So I told her, "You have to give up this horrible Guru of yours and your ambition to be one of those so-called people with power. If you accept it, then only this realization will stay, otherwise it will disappear." She would not listen to Me. By going to America I told her, "Madam, be careful. You'll get those powers but you should not accept them." She said, "No, I will never accept, I do not want these dead powers, I do

not want this, I want the Supreme, I want the Parama." I said, "All right, we'll see." But she started getting some kumkum out of her hand and some rice out of her hand that made her think it's a good idea. She's started her center now, giving away things. She starting showing all sorts of magical things. It ended up by giving the number of the horse that is going to come. She used to have a big stick in her hand; she used to beat people when they came to her. She became a satanic personality, horrible face. Such horrible face she had, I mean, I could not recognize her when I came back.

When they told me, when they told Me that this lady is doing all these miracles I was most embarrassed, I didn't know what to do. And she had put up My photograph just there and I had disappeared from the photograph long time back. When I came back you know, she called Me in her house, she brought thousands of people. For such a people there are thousands because you can tell horses number naturally, you see. Here I have less but that lady had thousands. And she washed My feet and did all that. I was so embarrassed; I could see in her house all those entities moving very nicely, jeering at Me how they have captured the woman.

So I told her, when she came to Me, that these are not your powers. And she got the shock of her life. I said, "Now you say what you know before Me, in my presence." So she started telling another person, "You have a house like this, you have like that." He said, "No, no, nothing of the kind, it's all wrong." So she told it to somebody else who was sitting there that, "In your office there is a man of this name." He said, "Nothing of the kind, it's all wrong." So she just fell at My feet, said "Mother, have you taken away all my powers?" I told her, "Oh, My child, these were never your powers. I would have put you on My head, I would have loved you, kissed you, but these are not your powers, these are the powers of somebody else and they have disappeared like that."

She got even worse and she said, "Mother, please get rid of them." But then, when she went back home, all her thousands of disciples waiting there to know all these things, now what a temptation. She went on and on and now she is in the lunatic asylum. And all her disciples will be filling up that Thana I see. Thana hospital is very bad. Some of the ones who were affected by her came to Me, I didn't know what to do with them. Such a headache for Me. You can work them out in so many ways. Not only by this, but there are so many ways by which you can use these entities. But for a normal person who is sitting down there, suddenly I get a snake in My hand, "Oh, Mataji is the most powerful person here." With My own eyes I have seen.

I met an ambassador somewhere outside, he was wearing a nickel thing in his neck and he was singing the praise of the man who has given them. I said, "What for a nickel? At least you should have had a diamond. After all you are an ambassador." He got a little, you know, hurting there. I said, "You are the cream of the nation, like a fool you are running after these nickel things? Did you go to asking for these things?" He said, "No, I went for Supreme." Then I said, "Then why don't you throw it on his face?" There's another one who came to Me. They had got a diamond ring. Rich man, very, very rich and I said, "How many diamond rings you have got? Only the rich; "Huh." "Otherwise why don't they solve our economic problems? Easy thing, bring diamonds, solve the problems."

Now the scientists, if they want to know how I can tell them there are bhoots, they are not going to believe Me. So they bring out. This gentleman came to Me with a diamond ring, "Oh this is a diamond ring I have got". I said, "Very nice, now what do you want from Me? I haven't got diamonds." He said, "No Mother, I just ask You for the Supreme." "But why did you take the ring? You can purchase the ring in the market. How many do you have?" He says, "I have many." "Can you purchase God in the market?"

He's a smuggler, he's everything and the Guruji has no objections, Guruji himself drinks whisky. And the gentleman, he's a great worshiper of the Guruji, he also drinks whisky. Guruji does not mind, as long as he passes on two or three bottles of foreign whiskey to him. And then he comes to Mataji. So Mataji asks, "Now why Me sir? What am I to do about it?" He said, "Mataji I have a problem." I said, "What's the problem?" "I am losing lots of diamonds." "Oh. What about your wife?" "Oh she's completely dedicated to him, and she goes and stays there for months together. She's not bothered about the husband, about the children, about anything. Oh, she has dedicated herself to the Guruji!"

So, the wife was brought to Me. The lady is completely possessed. "Oh God," I said, "Now what am I to do with this woman? What question am I to ask her?" Then I took out her bhoot, did lots of things – took out. She's a lady doctor. I asked her, "If you are a lady doctor, what have you been up to?" She said, "I don't know. Somebody inside me tells me these are all stones, give

these to Guruji." "These are stones for you!" I said, "Mad woman, if these things are stones for you, for a married woman diamonds are stones, so they should be dust for that Guruji of yours who claims he's a Sanyasi! Why are you giving him these stones? And did you tell your husband?" She said, "No, I never told him. He was about to report it to the police and the Guruji would have been in difficulty."

But despite all that and the husband getting heart attack thrice, they came to Me again for the curing of the husband. Diamonds disappearing but the wife cannot get rid of the gentleman at all. They are so possessed – very difficult. And thousands of them will run after such a man because it's very easy to hypnotize. Even they can look at you and hypnotize you. Hypnosis is a simple mass hypnosis which they have mastered, which they are using on people and working it out this way and people are running after them. And whenever you ask anyone of them they will say, "No, we didn't ask for diamonds." Why are you impressed by him? Did he give anybody realization? Anybody has got Chaitanya? Does he talk of Kundalini; does he know anything about parasympathetic nervous system? No, no, no, no, no, no, no, no, no. He just says that, "I'm God", very nicefair enough. And we all should accept it, anybody saying that, "I am God"? There should be somepramaan pramas [premises?]. This is one style. There are many like this.

Surprisingly, Christ was a man who... Of course Nanaka has written, I must say Nanaka has written such a lot against them, thank God. I hope the Sikh people are not running after such people, I hope so. But Kabir has written, Tukaram has written. Kabir has lashed these people with threatening and this and that, lashed them completely. But who reads Kabir? These pishachas [demons], these rakshasas [evils], have been lashed by so many poets of this country. They have told not to go near these people who divert your attention from the subtle to the grossest things. But nobody reads them. So they go to other styles of people.

Now Christ was one incarnation who has clearly told that you have nothing to do with spirits, with the dead. But all the Christian nations are 'religiously' spirit worshippers – religiously. In London, you go four steps and you find one spiritualist sitting there. I'm not telling you falsehood, we have some English people – they'll tell you. You can ask them, all kinds of spiritualists. Even among Christians there are Pentecostals who get possessed, and they say that the Holy Spirit has descended upon them.

Tantrikas started this in India about sixth century. It has gone to such a foolish nonsense that in the temples of Mahalakshmi in Bombay they are having this kind of a nonsense going on there. And when I told the trustees that, "You stop all this otherwise I will not come to your temple to address", they would not listen. They said, "How can we? That's how we gather crowds. People, these cretin women, these working women, they get possessed, they start doing "ho, ho, ho, ho", people come and ask them some questions." That Mahalakshmi has some sense or not that is she going to come to thesecretin cretin women who are doing all kinds of things there? Some of them are prostitutes. Is She going to enter into the body of these people to tell you the questions, "What your father is going to get tomorrow?" Is that the interest of God? Use your brains. Why God should be interested in such useless, worthless, momentarily existing things? How can you connect it with God? I cannot understand by what intellect you connect it. And very great scientists, you see, are trying to discover and investigate. That that is their attitude.

So, we have types and types. I've told you in London we have many types. Scientology, another thing they started in America. God! But what is the ulterior motive of this is? One is power, one is money. It's all a money making proposition. When I say that you cannot pay anything for your salvation, people get a shock of their live. They cannot understand a Mother's love; they cannot, that a Mother can work like this, morning till evening, just to give us salvation. They cannot think of a personality like that, impossible, that she doesn't ask for anything. It's impossible for them to believe.

In America I went there, people said that, "Such and such person is charging 275 dollars for introducing one bhoot into people. What about you? Why don't you charge when you are giving people the Reality?" I said "How much can you give Me? How much have you got? What is the value? You put Me in the balance, can you sell your Mother?" I said, "You have asked Me once, never raise such a question to insult Me. All right, you have to build a place. Supposing we want to have a place for meeting place, all right, you have to pay for this pandal. Alright collect money, have a pandal. But you cannot have Realization with money." We have to understand one small thing, that supposing I say, "All right come My son, live in My house without paying any money, nothing, you just live like a parasite", will you accept? Anyone one of you, will you accept? And these parasites are living on your money, other people's money. Every cloth that they have, every morsel that they eat, every house they have, every Mercedes they

ride, belongs to others. The society which permits such parasites will get parasites. It is what we have deserved.

Why should we pay for God? I cannot understand. Already we have had many of these pundits and these thugs sitting in like pundas (pundits). And then the archbishops of the Thugs have come as Bhagwans and Gods with all the special knowledge of how to befool, and we the simple householders, and these the parasites who call themselves as the Sadhus and the Sanyasis, living on our earnings, why should we pay them? Why do you pay to these Sadhus and Sanyasis?

Sitaji has very clearly told that, "Have nothing to do with Kashaya's – nothing to do with the Bhagwans, and no Sadhu should stay in a village for more than two days and one night." She has said, "No woman should have a man as a Guru", because Adi Shakti, Sita Herself, was deceived by this horrible Ravana, who is born today, who is a Bhagwan these day, you don't know him. You will know him by his tricks, by the methods, the way he threatened Sitaji that, "If you do not accept my proposals I'm going to make your Indian women naked" and he's doing it. And we are seeing with our open eyes that photos are blown up and sold in America and the fellow is a multi-millionaire. And I don't know what the income tax is doing here. It's a fact.

We are very passive people, I must say, in this respect. Why can't we find it out? Is it our culture? This can be done also, nice cabaret show arranged free of cost and people enjoy, you see. They talk very much because, after all, you see, in the name of religion and God you want to bring prostitution? You want to kill the Dharma? You want to make everybody a Satan? No use killing these horrid people, they have been killed many a times and are again back here. I can only appeal to your senses and to your dignity that try to understand and rise.

Then, we see the other side. You see there are many styles which I cannot go into details and nothing so important. Better to talk of God than to talk of these horrid people. On the other side of the human beings lies the supra-conscious, what they call 'supra-mental' and all these names are given. On the right-hand side there the people who are extra dynamic exist. They are also used by some people. For example, it's better to give them, these entities – some names of God. For example they'll give a name, say, of Ram. We say, "Oh, we must take the name of Ram." They are taking name, "Ram, Ram, Ram, Ram, Ram." Now we must understand. What is our right to call Ram? Is He our servant? That we go, "Oh Ram, come here! Look after my father's health, give me food, supply these, do this." Is He our servant? He's Shri Rama the incarnation of God. You want to call Him just like this? What is your right to call Him, "Ram, Ram, Ram"? Because the great saints have said, "Sumi Rana Karo", so we are doing Sumi Rana. Is it Sumi Rana? Do you have that heart to do Sumi Rana?

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Talk to Sahaja Yogis

New Delhi (India)

Talk Language: Hindi | Translation (Hindi to English) - Draft Sab Chijo me Mahamantra ho, India, 16-03-1977

[English to Hindi translation]

I had told you that during meditation if you sit facing me like this and your consciousness slowly flow inward, it will awaken your Kundalini. This whole process seems like a child's play. And you must have seen those people here who were Sahaja Yogis, who were rotating their hands and giving you some consciousness and doing some work. If these things are seen in a casual way, it seems like child's play.

When Prophet Muhammad advised people to perform prayers, they used to make fun of him. Similarly, when rituals like homa and havan were initiated in our country since ancient times, there were people who thought, "What foolishness is this?" Why do we do this? And when these practices become customary, people accept them as if they are an integral part of their lives. Like greeting someone. We Indians greet someone as soon as we see them. We don't ask why we fold our hands in this manner while greeting. And during worship, why do we perform the aarti in a certain way and rotate our hands in a specific manner? Why do we perform aarti with a lamp? We don't ask these questions. Whatever someone tells us, we start performing the aarti accordingly. Because due to the familiarity of these practices, they become very simple and natural for us, they easily become a part of our inner self, our personality. But in every worship, in every form, in every expression, there is a significant meaning. There is a profound significance to every ritual, every mantra, and every type of prayer. Just like the Lord's Prayer of Christianity, which we call the "Lord's Prayer", it contains a profound mantra. In the phrase 'Allahu Akbar,' there is a profound mantra. In 'Soham,' there is a profound mantra. There is a profound mantra in everything, but there are no rules as to where, in what situation, for what purpose, or by whom that mantra should be used."

Because there are no rules in matters of religion in the world. Every individual can awaken their Kundalini. Anyone can speak about religion. Whoever you see can speak about the 'Gita'. Whoever you see can become like Krishna. There are no rules for this. But even in music, when there is so much classicality, think about how much classicality must have been established religion Supreme Being. But in this matter, you should also have authority, so to accept authority, it is said here that a person should be a Brahmin. Being a Brahmin means knowing and accepting the Brahman, who is beyond human understanding, who is a twice-born, who is a Dvija, who is born again. Even a bird is called a Dvija, whose birth happens for the second time. Now, just as the birth of a bird happens, first, it is in an egg-like form, it becomes like an egg, and then when its Brahmarandhra bursts or let's say when the mother bird breaks it with its beak, then it is born again. Similarly, when a human becomes twice-born, when he is born for the second time, only then is he called a Brahmin. But nowadays, being a Brahmin means that you can hire someone. You can hire a Brahmin, you can find a priest for hire. You cannot call them Brahmins. The meaning of Christian is also the same. The meaning of Christian is that which is baptized, that which is baptized means that whose Brahmarandhra bursts, that person is considered a Christian. But how many Christians are there like this? Or does the meaning of Muslim identity for Muslims also remain the same? This is the case for any caste, even for Parsi people.

If you read the Zoroaster, it also talks about becoming a twice-born, meaning you must know the Supreme Being and be reborn. But until that happens, until you don't have that power within you or you are not that, you are not entitled to engage in religious matters. You cannot handle religious matters on your own. Many people told me yesterday, 'Mother, we read books and practiced yoga.' That's not correct. Just as you cannot fix a fan by reading a book, how can you handle the living thing called a human being? You must have the authority over it. If you have not awakened yourself within, then you cannot say, 'We can awaken others.' Those who are themselves in a dormant state, how can they awaken others? Those who are blind themselves, how can they lead others? Therefore, one should understand the mechanism or the scholarly method of it. Now, understand one

thing: If I want to operate this fan, I simply tell them to switch it on because I want to use the fan. It's a very straightforward thing. If someone from the village comes, they might say, "Hey, this is just a game for them. They pressed a button and the fan started running. How is that possible?" But this seemingly simple thing, which we can call a game, behind it, there is some heavy machinery, some engineering involved for sure. Besides that, there is a significant power behind it, the whole powerhouse is running. Ages have been spent in making that powerhouse and preparing it. Ages were spent in bringing the concept of electricity, what it is. Then, after going somewhere, this small fan was ready. Similarly, for a human being, one has to think that if they are reaching a higher state, then behind it, there is some heavy engineering involved. And that engineering is living. It thinks, understands, and also loves you.

We cannot imagine a power that thinks, understands, and loves. We love it. After all, where do we love from? If there is no water in this ocean, then where from will it come in the clouds, and how will it rain? If there were no source for it, where would we love from? There must be some power somewhere that loves. The power that is within us is extremely subtle and resides within us. The way it resides, its mechanism, I am going to tell you about it today. Although this subject was considered quite mysterious and secretive until today. People used to say that it's not for everyone to know. It's only meant for a few people. And very few people can surpass it. There is a very prominent saint here, in Maharashtra, who knows about us. And he told some people, "Mother is like this, and that she is incarnation." So some of our disciples went to meet him. So he said, "We all respect Mother, but we don't understand how she can elevate ordinary people like you in just one or two minutes? We have been practicing for thousands of years. We have been meditating since you were a frog; whereafter then Vibrations started within us. Why did Mother give you this?" When I met him, he asked me the same question, "We come from the jungle and you have given them to these people, and not only that, you keep them protected. They live in ordinary society and live in joy." "So what is such in these people that you have given them?" The reason is that the end time of Kali Yuga has come. Kali Yuga is ending, and now the beginning of Satya Yuga has begun. And since the beginning of Satya Yuga has started, there is a need for people who understand, know, thrive in Satya Yuga, and enjoy its bliss. The time has come for the start of this new era.

Therefore, the work is happening. Speaking about, those who have practiced for years, who knows, they may be sitting here today as ordinary people. After the tales of Nala and Damayanti, once Nala met Kali somewhere. So he caught Kali and said, "You have done great injustice to me, and I will definitely take revenge on you." So Kali said, "Alright, if you want to take revenge on me, then go ahead, but first listen to my greatness. Why did I come into this world? What is the greatness of Kali?" He said, "When Kali Yuga comes, when my evilness becomes extreme, when the distress in the world becomes unbearable, and when the earth cries, at that time there will be such a miracle that those who are searching for the Divine in the caves, they will come into the world in an ordinary form, and they will receive the answer to their search, they will find it. It will be available to them." This is a promise given to you. And for this reason, when this thing happens, there is no need to doubt it. Because this plan has already been made. If this is happening to you, then it is happening in your favor. You should have no doubts about this. Instead, I am talking about being fully established in your rights. About Kundalini, whether someone fears to talk about it or not, I am not afraid at all. Because when it comes to your mother, what's there to fear about telling everything! It doesn't make sense to me why there should be any fear in talking about it. And you will also see for yourself what is there to fear about it. It doesn't make any sense to me whether human minds are corrupted or why it is kept so secretive to tell them about their mother? The subtle Kundalini that resides within us is the triangular bone I have shown. There, in the six and a half chakras, the three and a half coils, also called Kundalins in English, the Kundalini is situated. Kundalini is made up of many threads, and those threads are interwoven together. When Kundalini rises, not all threads rise. Some threads rise, then some threads rise, and then some threads rise. When so many threads rise from it that it pierces through your Brahmrandhra, then at that moment, the state you achieve, which is called transcending, that state is reached. Everyone has their Kundalini, so I call it 'natural', 'natural'. 'Sah' means with you, 'j' means born. Born with you. This superior yoga is with you, and you attain it. But it's not like anyone can see it and say, 'It's all natural', just as Kabir Dasji said. He said, 'Sahib Sahaj Yoga hai, isme kya karte hain!' 'You stand up with your heads down,' Then it is said that Sahaja Yoga has happened. If something is born with you, then it is yours. You have complete ownership over it. It is entirely your own thing. And it happens on its own. Imagine if it becomes difficult for you to breathe and it becomes so unnatural that you can't even breathe. And that's why the most important thing is that your evolution, your evolution should also happen extremely naturally. The happening should be extremely natural. This is absolutely evident. If it's not natural and it's unnatural, then this action can never happen. Look at the trees, when flowers turn into fruits, how effortlessly they appear to you. Now whether Kundalini is situated in your triangular bone or not, or Mother is just saying it. So, I can show you. At the

time when some people hold the navel chakra of others, at that time especially this Kundalini rises forcefully. When someone touches my feet, Kundalini senses that someone authoritative is in front, then you can see with your own eyes that there is a vibration of Kundalini. Because humans have to first be convinced.

So, Kundalini rises forcefully on its own and you can see with your own eyes, Kundalini rises. If someone is a doctor, they can hear with a stethoscope, they can hear that there is the sound of Kundalini. It means like Anahata, as it comes in the heart. So, just like the sound of 'dhak-dhak' comes in our heart, similarly, the sound that comes in the triangular bone of our spine, in our back, comes with great force.

Then, as Kundalini rises gradually, if you observe it with a steady mind, you will see something like an upward movement. Not only that, but if you place a stethoscope on the various Kundalini centres made here for, you will also see that when Kundalini reaches there, you hear a sound. But a Sahaja Yogi already knows where his Kundalini has come? Where has it reached? That's another matter. Even when you haven't transcended, you can see the Kundalini sitting in this triangular bone. Still, if you tell any doctor about it, but again the 'three legs of a goat', they will say, 'No, it can't be like that. It could be breathing.' Have you seen anywhere such a small place for breathing? But 'the three legs of a goat'. They insist, 'No sir, we only have three legs of a goat.' Now, when I go to America, this year American doctors arranged a conference for me, but I avoided it. Because what will I tell them about Ganapati? I thought about what I would tell them about religion. Doctors in our own country need to understand that this is our heritage, we need to educate our people about those people. As for me, there they will first break my head. What we call in Marathi, "varsha." What should we explain to them first? I'll explain Ganapati to them first. After that, they will understand everything, and the doctors here will perform Ganapati puja at home and bow before Ganapati, but if I say that Ganapati controls your pelvic plexus, they will say, 'What are you saying, Mother!' Our science is English science. Do not associate it with Ganapati. Was English science also born only in England! Sometimes, the attitude of doctors in Hindustan does not make sense to me. However, when there was a discussion at the medical institute, people definitely came to this conclusion because there are many educated people, and those people came to the conclusion that Mother should be heard. And if possible, something can be done in this matter, students are also coming from there to study. Anyway, whatever it is, you can see for yourself that Kundalini vibrates in the triangular bone. This is the most important thing settled in the mechanism inside you, this Kundalini seated in the triangular bone. We know this Kundalini by the name of Gauri. Now, both our scriptures should go together. For this, you forgive me. If you are a scientist, you should know that if you are a scientist, then science, too, Gauri ji, has come from the Supreme. Every particle of creation is also made by him. Gauri ji, whom we consider, is the embodiment of power, and at this moment, she is unmarried. And now she has married Shiva ji and has gone to bathe. The time considered at that time, symbolically here, is still the time of Kundalini, as she sits there quietly. This is quite poetic to understand because all behaviour is like a human. It's not like you press a button and electricity runs because electricity doesn't think, it doesn't understand, and it doesn't love you. If you touch it wrongly, it will burn you. But Kundalini, which is your like tape-recorder, has all the tapes of past lives in this Kundalini. And the reflection of God in your heart, who is the witness, is from the soul. Understand God and his power as two things. When God and power become one, then it becomes Brahma, and when power separates from God, then God and power become two things. Power is the one who does all the work, and God is its witness. He sees it. All this play is to be seen by God. He is the spectator, He is the witness. Understand this work for His pleasure. The day they don't like it, they will stop it. And she sits in our heart as Shiva and in the form of the soul. And understand a tiny spark or light in your heart. Kundalini, which is this power, transforms into three parts of power. Because when someone needs to perform a task, the power is divided into three parts. Now, see how we are using electricity in three ways. When we say this, it takes sound waves. The fan gives air. The light gives light. Power is also transformed into three forms. And the whole world is made up of these three parts. Now someone will say, what proof is there for this? We will also show you proof in our Kundalini awakening. There are three types of powers within us. Now if you give it an English name, people think it's correct. But if I give my old name, people say, "What is this, Mataji talking about, village type stuff?" Because we are still moving in that slavery that everything should be in English. So first explain it in English. What I talked about in the autocrated system yesterday, which we call the left and right sympathetic nervous system. And in between, the parasympathetic nervous system, which is visible to us outside, the subtle form that is within, the power that is going on inside it, the name of those powers is only in our scriptures, what can we do about it? And if something is subtle, mentioned in the Sanskrit language, does it become false, and if it is in English, does it become correct! Because you people have read English first and never read Sanskrit, and will never read it either. Therefore, whatever is written in the Sanskrit language will be falsified! Here, we know it by the three holy names of Mahakali, Mahalakshmi, and Mahasaraswati. Here, these

powers are not called the parasympathetic nervous system, etc. The reason for this is that these powers think for themselves, act, and love. When you call it a sympathetic system, it means that some power does not think at all. It does not love either. You see these three powers here because I have seen that they are subtle in nature. Now, Mr. Wardrobe has written such a big book on Kundalini, he does not even know that the bones of our spine, within which there are subtle channels, these channels are in subtle form inside, and the gross ones that we see with our eyes, plexus, etc., are visible outside. He doesn't even know about the powers that operate them. He's so confused, he's written such a big book. I don't understand. These subtle powers are behind, they are not visible, but what is visible outside is the sympathetic nervous system and the parasympathetic nervous system. The powers that operate them are within us. And these three powers are - Mahakali, Mahalakshmi, and Mahasaraswati. We find the power of Mahakali in humans on the channel or the nerve on which Mahakali is, we call it the Ida Nadi. Each name also has meanings. And what we call Mahasaraswati, she moves on the Pingala Nadi. And the one that is in between, which is related to the parasympathetic nervous system or the one that is operated by the parasympathetic, we call that nerve the Sushumna Nadi. Now these are names in Sanskrit, they are not in English. If they were, I would tell you. Because they haven't seen this. They haven't contemplated on this. They are not delving into its roots. They are witnessing the growth of the tree, but they are not delving into its roots. All the hard work has been done in the roots in our country, what can we do? These Ida Nadi, Pingala Nadi, and Sushumna Nadi are within you, and you can also know it if you become a Sahaj Yogi, then you will be amazed that within you there is balance from these three nerves. The first nerve, which you call the Ida Nadi, from that nerve or from the power of Mahakali, you can do all the emotional work of the world. You are in a position. Whatever experiences you gather from all the things of the world, so much experience is there which is called conditioning nowadays. Meaning, as in psychology, they have coined the term conditioning, that whatever comes from within us, whatever is from the past, from past lives, because in today's sciences, there is no talk of past lives, but whatever is from many births, it all comes from within us through this same nerve, and in this same nerve, the Kundalini, which is a part of us, becomes known. This nerve passes above the heart. There, the supreme form of your soul, God, is manifested. The form of God, which is present within us as a witness, sees whatever you see, whatever you are doing, whatever you are doing right now, whatever you are thinking, whatever you have done, whatever you have gained from the present, it observes all of that through this and makes a note of it in the Kundalini. And whatever is of this life is also observed through this, and it accumulates on the left-hand side of yours. Your entire past is on the left-hand side. Now, along with this, consider that your subconscious mind is there, and after the subconscious mind, there is your collective subconscious mind. Whatever is yours, whatever is the world's, moves on the left-hand side. Now, whether this is true or not, we will show you through Kundalini later. You can verify this through experiments. Sahaja Yoga is the most practical thing. You can see for yourself that if your left side is disturbed, you are emotionally disturbed. If your right side is disturbed, you are physically disturbed, and if the upper part of your right side is disturbed, then you are mentally disturbed. This is our daily experience. Thousands of people today, you will see tomorrow, how many people I have told that their throat is bad, their stomach is bad, their liver is bad, do they have this problem, is their wife dead? How am I saying all these things? Because their nerve is caught, and their nerve is caught because these are the causes in their life. Now, apart from these three nerves, there are seven chakras inside us, among which there is a special chakra at the bottom, which is below the Kundalini. This is a special thing in humans, this special chakra, which we call the Muladhara Chakra because where the Kundalini is, it is called the Muladhara. This is the mother's house. But below the Muladhara, the Muladhara Chakra is situated below, where Lord Ganesha is seated. Now people will say, 'Mother, how can you say that Lord Ganesha is seated?' Is Lord Ganesha there or not? He is there. Understand that someone has a disease of the prostate gland. The functioning of the prostate gland is through Lord Ganesha because this chakra operates the pelvic plexus. And the pelvic plexus controls the prostate gland. If your prostate gland is malfunctioning, then if someone is a Sahaja Yogi, it won't happen with every person, but if someone is a Sahaja Yogi and they take the name of Ganesha, then Ganesha becomes awakened there, and their prostate gland gets cured. But the meaning of the prostate gland being bad is also that you have done something against Ganesha. Now, for example, let me tell you. In Pune, we have a very well known Sahaja Yogi now, Mr. Rajwade. You may have heard the name Agnihotri Rajwade, it's the same. He is their son. And they have many auspicious activities, etc., very grand. And when I went there, they had already scheduled my program for an auspicious activity. And then they said, 'Mother is not a Brahmin. So we won't do it here.' Then people said, 'Hey, don't do this, otherwise, you will get a bad reputation that you only give place to Brahmins.' And this announcement has been made in the newspaper now. So they agreed. No one told me anything. These people don't tell everything that's happening. Just like that. As I was speaking, I said, 'Whoever among you is a Brahmin, come forward.' So four or five members of their committee came and sat in front of me. So I felt amused. I said, 'Look at these Brahmins.' And as soon as I started raising their Kundalini, they started trembling like that. So I said, 'Why are you trembling so much in front of me?' They started saying, 'Because you are power, that's

why we are trembling.' I said, 'Others are feeling a cool breeze, and why are you trembling? If I am powerful, you should feel a cool breeze too. And those who are trembling, they must have gone mad recently, they are also trembling like this, and you are also trembling. Your and their category becomes the same; Relatively, you see. And you call yourselves Brahmins.' But as soon as I said this, Mr. Rajwade's entire body, arthritis completely seized him, and he was sitting upstairs in the gallery, suddenly his body broke down. He completely collapsed, and then he came down and touched my feet, and since then, he has been my disciple. But his prostate gland is bad. Now, these are big worshippers of Ganesha. When they came to meet me, they started saying, 'Mother, everything of mine, my prostate is bad. How is this possible? I am a great worshipper of Ganesha, from ancient times.' I said, 'Okay!' So I said, 'Let's eat chickpeas.' Then the other person started saying, 'Today we won't eat.' I said, 'Why?' They said, 'Today is their religious restriction.' I said, 'That's why your prostate is bad.' They started saying, 'Is that why it's bad? I don't even eat during their worship.' I said, 'The day of religious restriction was born. If a child is born in your house, what should you do on that day? Think about it. This is a great insult to them. Use your brain. And you have insulted them. And because of this. Today, promise me in front of me that on the day of religious restriction, you will eat, drink, and enjoy yourself. Because Shri Ganesha was born in your house.' Immediately their prostate became fine and their scheduled operation was abandoned. Now, see how subtle sensitivity is. It's a very subtle matter, but it doesn't enter the gross mind of a person. It becomes very difficult for them to understand this. But this is the truth. If you fast on the day of religious restriction, you do a great wrong. Think for yourself, use your brain. You have a brain. Who introduced this tradition of fasting on the day of religious restriction? Nobody even asks.' Therefore, I say that when something becomes customary, we accept it blindly. If I say there should be fasting for only one day, it should be on Naraka Chaturdashi because the gates of hell open that day. On that day, people wake up at four in the morning and there is festivity in our Maharashtra. It's organized. Many such errors we have made in our religion, fasting on the wrong days and not fasting on the right ones, due to which even Shri Ganesha is displeased with us. Furthermore, Shri Ganesha himself is a forever child. He is unaware of sex, completely oblivious, like there was a gentleman here, he used to take off all the women's clothes. So I asked him, 'In what context are you taking off everyone's clothes?' He said, 'I am Shri Krishna and these are all gopis. I am undressing them.' I said, 'Wow, brother! Is your age only four years like Shri Krishna's, who undressed their clothes?' And at the time when Draupadi's clothing was stripped, if Krishna had not considered the dignity of a woman, then why did 'there was a commotion in Dwarka, the sound of conch shells, chakra, mace, lotus, and Garuda were all ringing out'? So why did He reach there with these four powers? Shri Krishna did not have the thought of a woman's dignity? And nowadays, many have come out saying, "We are Shri Krishna and all others are gopis, and there is no need for marriage. Let it be as it is." That means they are fundamentally damaging their entire religion. People have engaged in undermining it completely from its roots. In this way, they insult Shri Krishna, but people like Shri Ganesha, who is the holiest person, who is the holiest symbol within us, created by the Supreme God, is the most sacred. That is because when you sit in the worship of God, then in the matter of sex, you keep a child in front of a child. And those who say to sublimate sex, talk about sex, and make people naked, these people are committing all sorts of unrighteousness and are also leading you to unrighteousness. And those who have gone to these people, their Kundalini will not awaken. Because why have you accepted such things? This is your mother, Gauri. You are insulting her. If you are putting sex on her, then you should know what feelings you have towards your mother. The feeling of that sanctity will have to be completely awakened again in this country. Then only the Satyayuga will be established here. Otherwise, it will not be established.

We people go in extreme opposition to Ganesh. The opposition to Ganesh has been there for years, in our society, especially in Hindustan. This may have happened because to err is human. I think this because since birth, I have understood where humans have misconceived. How they might have unnoticed Ganesha? So I found out, in contemplation, that it is possible that when they went into contemplation, and when they started seeing from the parasympathetic and when they saw this chakra, it is possible that they may have understood the trunk of Ganesh ji, it is possible that they may have understood the same as Gauriji, may have understood Kundalini. I say this as a mother because I cannot tolerate that from the beginning, a human can be so disgusting as to think such dirty things. That is why I think it is possible. But its downfall reached such an extent in this country by the sixth century. You will be surprised that tantrics have used it very badly. Now what is a short way of this, if you understand, if a symbol is placed as God here, then the attention of God comes there. If that form is correct, now if the consciousness of God is there, and if you go there and commit adultery in front of that idol, then that consciousness of God moves away from there. This is absolutely true. Let me tell you, if someone brings my photo and asks me, I can immediately tell what filth you've done in front of it. His mind, my mind, sees it from there. Similarly, from there, the attention of God moves away. In the case of Ganesh or Hanumanji, it's like this, they first offer salvation, Bhairavnath gives salvation, troubles, heats them up, shoots, everything. Even

then if a person doesn't correct and insult such sacred things, at that time, when such a thing happens, that place becomes deprived of God. And whenever a poet asks to show a place where there is no God, such a place becomes where the attention of God doesn't reside, and there every kind of adultery starts. There are many such temples and many dirty places here. People have exerted their influence on every temple. Like in the temple of Mahalakshmi, let me tell you, if someone performs ghostly activities there, throwing rocks, as they say, from there the mind of Mahalakshmi will completely move away. Because Lakshmi will not stay for a minute in a house where ghosts reside. So they made it balanced, and I told the trustees here, 'Remove such people from there.' So they said, 'This is just a form of public entertainment, Mother. "We will remove it, then who will ask Mahalakshmi?" I say, "What's happening now is absolutely disgraceful! Let's do 5 or 6." Doing such ghostly behaviours at that place, bringing ghosts there, and asking them, 'Which horse will win?' These kinds of filthy things, when you are directly in the temple of Mahalakshmi, who is present. The idol of Mahalakshmi here, She is present. I have awakened Her a thousand times by going there. And you people keep downgrading it repeatedly. So this kind of thing happens there every year. People engage in these activities here every Navratri. And those who go there, someone's head gets caught, someone goes insane. Just now you read that someone went to a temple, and there he went mad. How can someone go mad in a temple? But if you people engage in such wrong behaviour there, then this will happen. We have arranged to completely eradicate all these temples. Then set up shops outside nicely. Shirdi's Sai Baba was very big. He is an incarnation of Dattatreya, there is no doubt about it. He is a guru, venerable, but when I went to Shirdi this time, I lost six hours, but I couldn't awaken them. They left from there. By doing all kinds of wrong deeds, we are annoying these deities sitting on top. I've just told you about Shri Ganesh. By the grace of God, you are Indian and you have a lot of respect for mother and sister. Understand, it's the grace of God, it's the power of this earth, which keeps magnificent things like India alive on this earth, where such vibrations exist, which still enable humans to recognize mother and sister. For this, thank God very much and say, 'Lord, keep our vision always like this.' Keep your gaze on the ground. Look, your Ganesh ji should remain peaceful. Always keep your vision grounded because these Ganesh ji created are made of earth elements. The wheel you see above it is called the navel chakra. It is located in the spine behind the navel bone, whether it is anywhere, the human navel can be a little above or below, it is not fixed. There is the navel chakra. And through this chakra, as you know, due to the navel chakra, what is called the solar plexus operates our entire system, whatever food, whatever processes take place, they all happen through this plexus, the solar plexus. And it controls it.

But it's very subtle; it's inherited from your mother, it's connected to your mother. Understand, if someone's mother is unwell, the navel chakra will be affected. It will catch on the left side. If someone eats the wrong kind of food somewhere, it's related to eating because food, meaning, initially, we receive nourishment from our mother's milk and learn to eat from our mother, so its connection is related to eating.

If you go to someone's house and you eat food and then you vomit, understand that there were negative vibes in that person's house, something bad was there, which you expelled. The navel chakra inside your stomach is associated with your religion, establishes your religion. So, imagine it's a small thing that someone says, 'What's there to see in it? Who will go to see a cabaret?' You'll be surprised that although I've never seen a cabaret, but my husband has such a job. Sometimes, they start and at that moment, my condition gets so bad due to my vomiting that everything, including the cabaret, seems cold. I have my religion in my stomach; I don't say many things like 'Baba, don't drink alcohol, it's bad.' I don't rationalize. I can't even drink alcohol. Once someone mistakenly gave me a little brandy without telling me. So much blood flowed. Since then, whenever my husband goes somewhere, he says, 'Baba, don't give her even a drop by mistake.' I get anxious. This stomach has religion in it. It balances everything. You see, all the diseases of the stomach come from alcohol and all intoxicants. Nanak has said that drinking alcohol is prohibited. Muhammad said that drinking alcohol is prohibited.

In the end, those people were crazy who outright refused to drink alcohol. But now, look at how we get confused in matters of religion. Right now, we can see two people who have clearly said. Not everyone said everything. But religion is formed by everyone's contribution. But they have completely prohibited alcohol and intoxicants, that no kind of intoxication should be consumed. Absolutely prohibited, complete abstinence. But you see that Muslims drink the most alcohol. And when you go to their countries, you find poets one after another. They have composed poetry about alcohol. Alcohol was not created by God for drinking. It was created for polish, for polishing anything, whether it's a diamond or furniture, it needs to be polished, and it requires spirit. All alcohol was made for that purpose. Man is so foolish that he started drinking it. Now he becomes addicted to it, and after that, the person who rises cannot be human anymore. And now if he cannot even be God, then will he become a

demon or not? That's why it is said that some people become demons. Drinking alcohol makes a person lose consciousness. And when you have to realize God within your consciousness, then what's the use of drinking alcohol that makes you lose your consciousness? You shouldn't do anything without thinking about it from within why you should consume such filthy things. Now, look at drugs. People have started taking drugs.

In the UK, where all our disciples used to drink drugs, I have now made them all quit. After Sahaja Yoga, it's very easy for alcohol, drugs, and everything to be given up. But now drugs have started. Now your children will drink drugs tomorrow. Now you drink alcohol, and your children will drink drugs. Their children, who knows what they will drink? And then they'll say that the gods used to drink Soma juice. If Soma juice was impure, why do you drink it? Their downfall happened because of this, and your downfall will also happen because of this. If you want to walk on the path of the gods, why go on the path of downfall? Those who have risen, who haven't even touched alcohol, should go there. You should create your own ideals. And the so precious life of this holy, beautiful human being should be valued. Even if you don't have faith in yourself, your importance, your identity, how high we are, and we will talk about such foolishness, which is an item for polishing, we are consuming it. Absolutely, it was made for polish. Similarly, tobacco, the thing it is, you call it tobacco. This is also a demon. It is a demon born in plants. Plants are demonic. And tobacco was made for this, it is an insecticide. It was made as an insecticide for all the insects worldwide." Now they started eating it, and we started drinking it. Now cancer has started happening because of it. In London, it's clearly written on everyone's bottle that 'It causes cancer. Don't drink it.' Yet people drink it. Now I don't understand, why people drink it when it's clearly shown that it shouldn't be consumed. It has become a fashion, this thing has become fashionable. I mean, wherever a person stands, whether he sees himself or not, whether he knows who he is? You have to become kings. You have to bring dominance over yourself. Understand what you are. That is, you have to make yourself a garbage collector. Tomorrow you will meet someone lying on the road. I have been living here in Bombay for about 24-25 years. I have seen people around us. Found someone on the road, found someone dying there, heard such things, it surprised me. Scholars, good people of the house, everyone speaks, they were gentlemen on the road, found them, picked them up, and threw them in the garbage. What are you doing with your lives, you great people? That's why all these things have been forbidden on the navel chakra by the Gurus. And these Gurus, we call them wide, ocean, they are also inside us, in our stomachs, they are born there. There are ten main incarnations of them. We take them like this, that Adinath, who is considered by the Jains, was the first incarnation of it. Dattatreya is its essence, its principle, Dattatreya is its principle. Dattatreya, who is the embodiment of these three powers, is the divine form, and after him, there have been countless incarnations, among which King Janak is one. You know about his daughter Sita Ji, the primordial power. But there was another incarnation of him elsewhere, which you do not know. The incarnation of King Janak also occurred in the form of Prophet Muhammad. And the daughter of Prophet Muhammad, whom we know as Fatima B, She herself was the incarnation of Sita Ji. And their two sons were also no one else but Hasan and Husain. And Hasan, Husain were born earlier as Mahavir and Buddha. Now, you do not know this, but I am a mother, I know. And you will also know when you descend into the Kundalini. The son-in-law of Prophet Muhammad, whom you recognize as Hazrat Ali and about whom you have heard, he was the only one, only once, when Brahma took incarnation in the world, it happened only once as Hazrat Ali. Now you will be amazed. A Muslim gentleman came to us and he had a complaint in his stomach, which we say was in the place of Brahma in the Swadhisthana chakra and it was caught on the left side, so the name of the incarnation had to be taken on the left side. So we were sitting with a Sahaja Yogi. So I said, 'His left side is caught. Now what treatment can be done for this?' So he said, 'Mother, you once said that Brahma took incarnation as Hazrat Ali.' I said, 'Yes,' I said, 'Okay, let's take the name of Hazrat Ali. And as soon as his name was mentioned, suddenly, if he were present here, he could tell you. Suddenly his Kundalini awakened, and he transcended, and his complaint disappeared. Now someone there in Pune says, 'Mother is preaching the Muslim religion.' Oh, what Muslim, what Hindu, and aren't they all created by the same God! And all these major incarnations are related to each other. We are the ones quarrelling among ourselves. Christ also said, 'He who is not against me is with me.' Who is he? He also lived among fools for three, four years. They caught him and hanged him. Now here you believe in Sai Baba's photo, who was himself a Muslim. And that is the incarnation, Sai Baba is also no one else. Then why do you believe in him?"

Whoever is a Muslim, whoever it may be, when they are at the feet of the Supreme Being and when they transcend, they become vulnerable to everyone, especially in this country, like Khwaja Nizamuddin Sahab. They were transcendent beings, and that Khilji, a donkey king troubled them so much; in the end, he himself died. But they were the ones who are elevated, whether they are Muslim, Hindu, or anyone else, they are always worshipped in this land of India.

And if you are the people of this Bharat Varsha, and you are the residents of this Bharat Varsha, then you should know that in this country, small things are not ignored, and big things are not trivialized. Then, no one here is left unattended in the garbage. This is like a diamond. What is a diamond, it is a diamond. Whether it is born in any caste, and which caste is there that considers itself the biggest and the best. This castism, has even acquired has disturbed the Supreme Being. In Marathi, it means to be khobaram kiyal devacha! means to be done well by God! Now it has come to the point that first we were from Bombay, then in Bombay, we were Muslims, some were Hindus, some were Christians, and now we have become builders. Now even among the builders, some have become garland makers. Is a human being created to be smaller and smaller? We should consider the ocean as a symbol for this Chakra. The ocean is its symbol. When this Chakra becomes defective, understand that the vastness of the ocean within you has become completely restricted. If cancer of the stomach happens to someone, then they should know that stomach cancer happens due to these wrong beliefs. Understand that if someone is a Muslim. Recently there was an incident. There is a Muslim doctor. They came to me. He had stomach cancer. They are residents of Iran. So I told them, 'Look, you have come to me for treatment. But are you a staunch Muslim?' Although there are not many staunch Muslims in Iran. So he said, 'Yes, I am. And I don't believe in anything.' So I said, 'Will you believe in Dattatreya?' He started saying, 'No, no, I can't believe in him.' So I said, 'If you can't believe in Dattatreya, then I can't help you. If all these incarnations are of Dattatreya, then you have to believe in one hand and not the other. Can they believe that?' I said, 'You have to believe in Dattatreya.' He said, 'No, no, we can't believe in it. What you are saying, Mother, it's quite wrong.' I said, 'Okay, fine, you go.' After that, he went. Then he arrived in London, saying, 'Mother, somehow get them treated.' If they get cancer, then they get scared. They said, 'Whatever you say.' I said, 'Come on.' I did Tilak to him. I said, 'Come on.' I joined my hands and recited the mantra of Dattatreya to them. And after that, today he is fine by the grace of God. This happens to many people. When we worship Dattatreya a lot and if we abuse Prophet Muhammad, then understand that although you acknowledge the essence of Prophet Muhammad, if you abuse his incarnations, then Prophet Muhammad himself is displeased with you, and Dattatreya is completely upset with you too, thinking, 'They are so foolish. Why don't they understand that what I have been saying, they are saying the same thing, and even Nanak is saying the same thing.' Nanak came to elevate Hindus and Muslims in the world. But look at the condition of his disciples today. Look at what kind of venom we are spreading, saying, 'No, don't spare them, finish them off, do this to them.' Who are you to kill anyone? Did you create even an ant in this world to spread such hatred and then start killing it, beating it, all in the name of religion? You are human. To forgive this human, you need the heart of a mother. I don't understand in what arrogance you are doing all this work and how blindly you are walking into darkness. The nature of vastness is on your navel chakra. The person in whom this vastness comes does not get caught in the navel chakra. And there are other faults in it, there are many faults. In this, there are ten of their branches. And from that, you can see that there are only ten complexes in the solar plexus. Although they see the physical side in the solar plexus. "We don't see his emotional side, but the navel chakra is very important. When you go to someone's house to eat, then you teach them emotions, what to eat? Now if you have to recognize a demon, he eats more than necessary. He eats a lot. Or he doesn't eat at all. He remains hungry because he only eats hunger. I don't know what he does. Those who eat excessively and those who eat very little are both not okay. They are in between. They eat whatever they get. In terms of eating, many people in our country are very interested. They will go home and ask their wives, 'Yes, Bhai, what did you cook?' Women will keep thinking from morning till evening about what to make in the evening that will satisfy the man's stomach. He should sit at home and not go to the office. The idea of eating and drinking here is that it has been told that one should not eat more food, not even less. It should be eaten properly. That's why it is said that your navel chakra should remain balanced. But it has not been told for the variety of vegetarianism that people do all kinds of things. It has not been told for fasting that you should keep thinking day and night about what to eat. What will I eat in the evening? Today is my fast, what will I eat today? It has not been made for that.

In reality, I tell all the Sahaj Yogis, 'Baba, don't fast.' It goes against my mind. I am not pleased with it. Yes, if you don't want to eat, then have something else. Change its quality. But those who fast, sitting on a fast from morning till evening, today, sir, you are sitting on a fast. Those people can't cross over, I tell you. If you are on a fast, you cannot transcend. You should know that if you get God by fasting, then at least 30-40% of the people in your country should have transcended like this. Who told these foolish things? On the contrary, if God has given something, you should gratefully accept it, eat it with a joyful heart, and live happily. When you live like this, when you work like this, you will see that God will also be pleased with you, and the whole world will also be pleased with you. But even at that time, you fast when it is time to glorify God. When it is time to glorify God, why do you fast then? There are many other things regarding eating and drinking here that we talk about, like we don't eat garlic. You should not

eat garlic if your blood pressure is low. If your blood pressure is high, then you should definitely eat garlic. Every single thing has its own rule. It's that I had been to that place and their she doesn't eat greens so I also don't eat. Oh! Bhai! Why not you eat? It's like we abandoned wisdom first. You don't find God through eating and drinking. Instead, if you focus too much on eating and drinking, surely you will lose touch with God. Being busy with eating and drinking day and night also affects the Nabhi chakra. Now, many people say, 'Mother, how can, those who don't even get enough to eat, go towards God?' People ask me this question in every country. And when I speak to many people, They should improve you people who are sitting in the city today. But until you transcend, until your powers are awakened, you can't fix those things. But this is used as an excuse. It's hidden behind and said, 'Mother, until people's conditions improve...' What's your condition? You're travelling in cars. Eating comfortably and saying that we should improve the condition of the poor. If a hungry person came to me and said such a thing, I could accept it. But I've never seen a poor person raise such an issue. Here, many people from very poor families come to our place from Kalva, and whenever they come, they bring some flowers. I said, 'Why do you spend so much?' They come with so much love, and there are so many loving people. Just now, when I went to their place for the program, where I came from in my car, they had lit up all the way with lights, and when I reached there, all the lights and so many village people, thousands of people, had reached there with so much love. My heart was so full. I said, 'Why did you spend so much?' I told our organizers, 'Baba, give them double the money they spent. They spent so much, give them the money.' They started saying, 'Mother, we didn't spend a penny. When people found out that you were coming, this gentleman arranged for us, he arranged that, he decorated this mandap himself. "Come, Mother, bless us." I've never seen them asking us, "Give us food, give us drink. Mother, give us God." They are asking for it, and you people are running in the opposite direction. The day you transcend, you will attain this yourself. This is the place where Lord Vishnu and Lakshmi reside. And when this awakening happens, you will be amazed. I tell you what happened with the people of Kalva. I told them, 'Bhai, you bring flowers for me every day, why do you spend so much?' It saddens me a lot.' And I've always seen them coming with a garland. I said, 'Son, it costs a lot of money. Don't bring it.' They said, 'No, Mother, we can't tell you what a big miracle happened with us. After we transcended, the next day a man came to us in the morning. A Sindhi man came and said that your land is very good and we will make tiles from this soil. Will you sell it to us?' And every day they come, pick up the soil and give us a lot of money." When the Lakshmi within them awakened, what value did money hold? Money meaning Wealth came to you. If you transcend, then the goddess Lakshmi herself awakens within you. People from your side, Sahaj Yogis can tell that even those who didn't have jobs had plenty of money. The reason for this is that the goddess Lakshmi must awaken within you. Now, the meaning of Lakshmi is not just money. Lakshmi means contentment. A kind of contentment comes within a person. I see millionaires coming to me, millionaires, but they say, 'Mother, please come to our house. They are starting a business here. It will go well with your blessings.' They still think that more money will come. And I said, 'Income tax is already causing trouble, why are you opening more businesses? It will bring more trouble.' 'No problem, Mother, we'll manage that.' This is not about money. Money means contentment. Money means the happiness of Lakshmi. Mother Lakshmi herself has charity in one hand and shelter in the other. There are lotus flowers in both hands, meaning the person who has Lakshmi is like a lotus, full of love and pink lotus. Love can be there. If you go to his house, there should be a kind of cosiness within him. When you sit in his house, love should overflow from within him. I consider him wealthy whose home is always open. I am telling you what my father said, which legendary people will think about. My father's house would remain open twenty-four hours a day, morning and night. They were also enlightened people. They used to say, I don't know when, who might get lost or stray and need water, if someone needs something, let them come inside. And at our father's place, there was never any theft, never. And whatever belongings our house had were all communal. Meaning, whatever carpets were there would be taken outside for needy people, and that brought him joy. Then it was never remembered who was given the carpet in the previous wedding. All their belongings would keep roaming outside. And these would sometimes come home. Mostly, he kept wandering. He went to their house, brought something from there, went to their house, brought something from there. He never knew that whatever he had should be considered wealth. He should enjoy his wealth with his own children and sit and enjoy it. Never. And the same thing I see today, that this thought comes to the minds of our capitalist people that this is not something for us to enjoy alone. But if shared with the whole society, all societal issues will disappear at once. They should be wealthy. They shouldn't just have money. Nobody asks the wealthy. Nobody knows them. His children are not respected by anyone. Until you are not against to us and in cooperation this is completely capitalism because your full power is awakened and this is completely communism. Because its distribution has to be done. This is where both things come together. And this happens with the awakening of your navel chakra, that humans gather all the power completely and until the power is not distributed completely. Like yesterday I was here till quarter to eleven and a gentleman came at ten o'clock and started saying, 'Mother, now you go home, it's very late for you.' But within me, there was so much vibration of the power that I said no, I will distribute this first.' Otherwise, I'll keep standing here.

Children in my house sometimes say it's two o'clock, sometimes it's three o'clock. I never feel tired. Day and night, I enjoy so much that I keep giving. Because I have found so much. And therefore, I give. If I hadn't found it, I wouldn't give. But I have found it in many things. And found it so much, so abundantly that I want to give completely. When such a person becomes aware, Lakshmi, understands the word Lakshmi, I'm not talking about money because money is a disgusting thing. But Lakshmi is indeed the goddess herself. When this Lakshmi awakens within you, such a person shines. There is not a single person who people remember for generations. They are remembered by people again and again. Oh, he is the one, he is that person. Just like we are telling you about our father, when he passed away. After that, it was my brother's wedding. We saw ghee coming from somewhere, something coming from somewhere else. We couldn't understand who all these people were bringing things. We asked, 'Brother, what is this?' They started saying, 'Oh, your father, he was like a god. He saved our child. He did this for us.' They have been living in the world day and night. Similarly, you can also be like that if your navel is awakened. If a chakra wakes up somewhere, you will gain this confidence. Above it, maybe what is below is the Swadhisthana chakra. Shri Brahmadev's place is in this chakra. And you create from this. You think. You think ahead. This chakra was also very active here yesterday, and everyone's Swadhisthana chakra was caught because you all were thinking much more than necessary yesterday. Today there is a bit of cool breeze. When the Swadhisthana chakra catches, it means there is more pressure on the Swadhisthana. That's when you get the illness called diabetes. After that comes... I mean, I'm telling you about each chakra little by little. Above it, there is what is called the heart chakra, which controls your cardiac plexus. In this heart chakra, there is the place of Jagdamba, who is the mother of the entire universe. Mata Durgaji, her place is there. And Mata Durga is sitting there. When the place of your protection damages, when you don't feel safe, when you feel anxious, when you forget that your mother is Jagdamba, at that time this chakra starts malfunctioning. And due to the less movement of this chakra, respiratory diseases, or heart diseases, occur less in a person, or due to the obstruction of movement in this chakra, they occur. Above it is the chakra we call the Vishuddhi chakra. There is a place for Shri Ram on the right side of this chakra. Because Shri Ram did not consider himself an avatar, his place is on the side. Now you know. Vishnuji took ten avatars. And when he took one avatar as Ram, he reached that place within us. All the avatars are our leaders. And these leaders come within us and show us the way. And this middle path, which we call the Sushumna Nadi, is the path of Mahalakshmi, through which our evolution happens, and the ten avatars of Vishnu, they are indeed our evolutionary process. If my book gets published, you will see that I have provided a detailed analysis. But the most complete avatar is considered to be the eighth avatar, whom we know by the name of Shri Krishna. We call him complete because he is the witness of the entire universe, and he sees the divine play of the entire universe. His place is found at the back of the throat. Now, yesterday many... people were sad, in pain. Now, this is our very important chakra because it is because of this chakra that we are humans. Our neck was previously bent, but when it stood upright, this chakra started functioning. Then we can say that our Vishuddhi chakra has awakened. This happened in Krishna's era, around six thousand years ago. Six thousand years ago, the idea emerged in humans that "I am a human, completely." And when Krishna's consciousness spread, the spread of diplomacy came for the first time. Krishna is the incarnation of diplomacy. He is the incarnation of divine diplomacy. He knows all the most subtle paths of politics. People give great narratives on the Gita. I feel amused. Yesterday I told you, they don't know how many elements are there in it. Let me tell you the essence of the Gita in a few words, and you see it. In the Gita, Krishna only talked about Sahajyoga. He said, "Search for it within yourself," this is what Krishna said to Arjuna. But Arjuna was there, you can consider him as a person of mediocre intellect, and he said, "Bhai, you're saying to search for the Supreme Being and on the other hand, you're asking to go to war." He said, "First, be a witness. And then go to war. So, you will see in the war as a witness, that no one will die, and no one will live." But Arjuna didn't understand it. So, this is his father's example, they call it. I call it the father's way, that a boy is sitting outside, and hitting the cart with a whip loudly, and the horse is behind. The father comes out and says, "Son, move the horse forward, then your cart will move." So, the boy says, "How? I'll hit the cart." The father says, "Okay, keep hitting, keep hitting. But keep focus on the horse." Similarly, Krishna put 2-3 absurd conditions and made everyone foolish. But since I'm a mother, I'll tell you the real thing. I won't tell you the real truth, but I'll lead the horse forward. Because Krishna knows his sons, and for the past six thousand years, he has set you all right. First, he caught you in karma yoga. He said, "Keep doing whatever work you have to do, but leave it to God. This is an absurd condition; it cannot happen. This is an absurd condition. Saying that whatever you want to do, keep doing it, cannot happen. Because you will see ahead that in your mind, there are two institutions called ego and super ego, which have made us egg-shaped. We are not broken. And because of this reason, whatever work we do, our ego gets involved in it. And when we do any work, our ego increases. With every action, our ego gets reinforced. It is within us. Our ego grows, and it is there. By ego, I don't mean pride but the arrogance that sits inside us and makes us work. It is within us, but when it breaks. When vibrations flow from within us, people say it's happening, coming, going, waking up, occurring. No one says, no one at all says that we are

doing it. I am giving. I am doing. No one says such things. When a person breaks down, only then can he rise above such inaction, which Krishna called, an absurd condition. That is, the horse kept lagging behind and kept hitting in front. So later, after six thousand years, he will know who is wrong. Now many people say, "We have left all our actions to the Supreme Being. Lie! It cannot happen. Until you let go, it won't happen. When everyone accepts that it's not possible, only then can you break. After breaking, when you say it's happening, going, doing, becoming, everything that happens on its own becomes apparent. Only when this happens can it happen. Look at devotion too, let me tell you a small thing. They said about devotion that whatever you give - flowers, fruits, water - we'll take it. That's fine, take it, but what will you do when you give it! While giving, Krishna says, "Perform unwavering devotion, unwavering." Now, see, those who know Sanskrit will understand the word "ananya." No one else will. It means when you transcend, when you become a drop and merge into the ocean, then perform devotion. Unwavering devotion! Now see how absurd conditions they added. We didn't understand its formula. It doesn't happen just by giving big lectures. This is because Krishna knew that without diplomacy, these human minds, which were sitting upside down, who knows when they'll sit straight again. But I'm a mother. I'll tell you, son, this is a lie. Without transcending, nothing will happen. First, transcend. I'm also ready to work hard with you. Until you get realised, I won't stay away from you. But you must get realised. Because I'm a mother. Krishna's place is on our Vishuddhi Chakra. And from the Vishuddhi Chakra, both ego and super-ego originate. And in between here, it should be said that this is the Agnya chakra. The place of Maha Vishnu is described beautifully in our Devi Bhagavatam. The incarnation of Maha Vishnu has happened in this world, known as Jesus Christ. And its biggest main element is forgiveness. Jesus Christ is not a human. What Krishna says on him, the word Krishna comes from 'Krish', meaning agriculturalist. Rama walked through this entire world. He sanctified the lands. Krishna came here and did agriculture. He sowed the seeds here. He sowed the seed of Sahaja yoga in his Gokul. And the name of Krishna, given as Christ by Mary, who was his mother, she herself was Radha Ji. You can read about this in the Devi Mahatmya, written by Markandeya Swami. Someone as profound and perceptive as Markandeya is hard to come by. Another son like him is difficult to find. In comparison, we have our Shankaracharya. They both were also remarkable. But they are so absorbed there, in the description of the mother, that's extraordinary too. I'm amazed that on every little thing - 'Han! Hunm! Hrim!' they have described it in such a way that I myself am astonished as to how they knew all this. These two great individuals, Markandeya Swami and Shri Shankaracharya, are a very big deal. And they are also incarnations. Who came later with the names Hasan and Hussain. And who remained with the names Buddha and Mahavir. The same, there is only one incarnation in these three things. I am explaining this integration to you today and telling you. Because today you are sitting in the hall and listening to me. In the time of Jesus Christ, within three years, intellectuals like you hanged him. Today, no one will hang me. I know that much. Although many people trouble me. It doesn't matter. Now, even if they hang me, I see who will hang me now? Jesus Christ asked a question to his mother from his cross, "Mother, where is your son? And turning to God, he asked, 'Where is my mother?' This is a very meaningful sentence of his. Many times, when you people get hold of the Agnya chakra, I have to ask this question to Christ. It's a very subtle thing. It's a very subtle awareness. At that time, they played a game. They enacted a drama, and in that, they decided Krishna's words and explained, "Weapons cannot pierce the soul, nor can fire burn it." So long His resurrection had not taken place, his disciples made His life as hell. Twenty-five sick people were brought in and He was forced to fix this, fix that, no one listened to Him. But when they saw his resurrection, how the body rose up and moved away. Because His body is made up of divine elements itself and He an incarnation of Lord Ganesha. They were not the son of anyone's father, Jesus Christ. Which we claim to have become big Christians ourselves. And no one's father is Lord Ganesha either. Until you are not of Lord Ganesha, you have no connection with your Lord Ganesha. And if you belong to Lord Ganesha, then Lord Krishna is also with you. And everyone is with you because "Those who against me are with me." All are standing with you in the same organization, all seven organizations are standing with you. In addition to these two chakras, Hanumanji and Bhairavnathji stand on two nerves and they also help you. Above that, you see that I have told you about the incarnation of Lord Vishnu, Jesus Christ, on the Agnya chakra today. He was made in a special way. And that He, is always called as the father. This is about Krishna, we say father for Krishna. His name Jesus also comes from Yashoda. So, then Radha Ji thought that nothing has been said about Yashoda Ji anywhere, so she named him Jesus, Yashoda, Yesu, Jesu, like we people call Yashoda as Jesus. In some countries, Yugoslavia is called Yugoslavia. In this way, there is Jesus and Jesu. In this way, they named him Jesus. But in Gokul, Yashoda is called Jasoda. So, his name is Jesus, Jesus. Jesus is our own Krishna's only son whom Radha Ji gave birth to in Vaikuntha. In a special form, and in a special way, and Krishna had given him a great boon that whatever will be offered to me, see its sixteenth part, I make you a for you. And you will be placed above me and the whole world will marvel at you. And these people who have come out to make Christians, their forefathers and ancestors can never understand who Jesus is? They are not even ready to read, not even ready to see how much work has been done on Jesus in our scriptures, in our religious books, and in our great people, and even today they are revered

by us. You will be surprised to know that nowadays in London, there is an attempt to make such a dirty movie on Jesus Christ that it shows a bad relationship between him and his mother. No Indian can tolerate such a thing in their country. Whether they are Christian or not. It can be tolerated there. Americans can see it, English can see it, Germans can see it, but not a single Indian will go to such a picture and the whole country will stand against it. Although we are not Christians. This is the sentiment of purity of our country. And we are bound by these small things. My disciples have come from London now, they say that you people go on such small things. How much protocol is there in your place. How someone is considered a sister here. There were some neighbours here, so I said that they are the elder brothers of my son-in-law. They said, 'Are they elder brothers? Didn't you say that he is the only son?' I said, 'It is said like that here?' They don't understand how our younger siblings, sisters, have made our society. How our society is built on beauty. Break it, finish it, there is nothing to learn from them. I'm telling you, there is nothing to learn from them.

They have accumulated some money, but they have completely put themselves at the door of hell. Learn something from them. Save your culture, it's very important. I'm telling you, this is a culture that saves the whole world. And behind this, there is the penance of many years and the holiness of many years of great people. And don't destroy it with such foolishness. If you don't want to read about it, then don't. But try to understand it. Above this, there is the highest Sahasrara, which is pierced. In this, there is the incarnation of Kalki, who brings collective consciousness. It brings all completeness. And whatever map of the entire world is there, it is bound in one thread. It is the incarnation of Kalki above. The highest place I told you is of Sadashiva. When this chakra opens, then because of the opening of Sadashiva's chakra, from there a small vein descends, which descends on the heart, and the pervasive subtle power passes through it and enters here. If I have to explain it to you, then understand it like this, if you are sitting here, then there are all kinds of pictures here and all kinds of songs are playing, but you cannot hear them. If you put a radio here, then you can listen to the song. Install a television, then you can see it. But you won't find everything spread in subtlety. Only when you have the power to grasp that subtlety, then you can catch it. Now all you have to do is to attain this thing. There will be nothing gained by criticizing it and increasing your intelligence. There have been many such great intellectuals and extremely cunning ones in the world. You don't have to be one of them. Just today I told a gentleman, "There is a gentleman in Kolhapur. He's following me. My life is in danger. What should I do?" He said, "Mother, this is the case with every saint there. Behind every saint, there are at least a thousand such evil ones born. And there are fraudulent people born and there are thousands of people behind them. His life is in danger." I said, "For me, they seem like mosquitoes for today. Their importance is no more than that. But you people should keep some wisdom. Because for me, there is nothing else. For me, it's just that my children, who have been searching for many years, thousands of years, in the dungeons, are sitting here today. They should attain it. My husband sometimes says, 'What are you doing all this for? Why do you work so hard?' So I say, 'I am serving the saints.' So they say, "I don't see any saints." So I said, "This is modern times; everyone comes dressed in suits and boots. But there are saints. If there were no saints, then why do they come to my door? These are the saints, and that's why I consider myself very fortunate that there are so many saints. And truth be told, I am very content with myself that I have never done so much work in any incarnation and never have so many people been saved by my hands. Not even one Christian or Christ was saved. And despite trying in every way, very few people were saved. Today is such a beautiful time when so many people are being saved. Just relax and sit back in it. It just requires a little discussion. You know that even for music, a discussion is needed. Then for listening to the music of God, a little discussion is needed. You will feel the joy, you will feel the happiness. Yesterday there was a lot of chaos. I couldn't save anyone properly. So many people have come. It's a new kind of experience. I was hoping that you all would hold my hand and sit, maybe if someone is sitting, they have found it. Take off your shoes. Sit for a little while. And then if it's done, I'll come myself. I see everyone here. You stay in your place. I am ready to give time. You also sit for a while. I want to bless everyone who is sitting here completely. If you don't get through today, then come back tomorrow here. Tomorrow there is music here. Shobha Gurtoo and some artists have been invited in the evening. Everyone must come here. You all must come here tomorrow for sure. And listen to the music here. And during the music, I will also try to help you get realisation through music. Because Shobha Gurtoo has also transcended. And all the other musicians have also crossed. Many people have transcended in this way. Many prominent people have taken realisation here. Our honourable Justice Vaidya is also a very high-level collaborator. And he got realisation in a moment. His experiences are amazing. Maybe he is also coming tomorrow. He will also talk about this matter. They are very virtuous. They are very learned and very humble. They are also coming tomorrow. Many such friends of the Kolkata High Court; the Chief Justice has also transcended. And many doctors too are there who got realised. And if you have heard the name of Dr. Nagendrasingh, then he too has transcended. Many people have experienced this. But these people are very calm and humble. And they hesitate to talk about themselves because they

think if they have realisation, people will think they are speaking with great arrogance. As many people transcend, I see that they become very humble. And due to humility, people do not talk about themselves. But you must have seen that he is a small boy. He is not particularly educated. He is just twelve years old and he can still tell you about your chakras, where your Kundalini is. For this, it is not necessary to be renowned. It is not necessary to be wealthy. It is not necessary to be poor. Whoever has the right will become. Today as well as tomorrow. And my invitation to all of you is to come prepared. And those are realized in Sahaja Yoga, and those who have become Sahaja Yogis, I request those people to please give your names here. In addition, every Tuesday evening at Bharati Vidya Bhavan, our collaborators give lectures there. And they play tapes of my lectures. Besides, if you have any questions, if you want someone to help you transcend, if there is anything, you can go. And these people are capable themselves. Together, they will help you by all means. If anyone is sick, they can also go. And all the work is free. You don't have to pay for this because this is your mother's love. And there is no question of money in this. Thank you very much!

1977-0321, Birthday Puja: Understanding Sahaja Yoga Through Heart

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Understanding Sahaja Yoga Through Heart

Birthday Puja

Mumbai (India)

Talk Language: English | Transcript (English) – VERIFIED

54th Birthday Puja, Understanding Sahaja Yoga Through Heart

Mumbai (India), March 21st, 1977

... the most honorable sahaja yogi, Justice Vaidya, and his most loving wife. Mr. Bakshi, (...tape interruption...) Dhumal, Mr. Gavin Brown who is an archeologist, Dr. Pramila Sharma, who is a Professor of Hindi and is a Master of Kabira's literature, and then Mrs. Jane Brown who is a geologist, they are from Cambridge University; and our wise chairman Mr. Zachre, also the gracious singer Mrs. Shobha Gotu who has been very kind to come and sing, and in Marathi she said: "I am unable to do anything else, so Mother, I will just sing two bhajans for You."

All the sahaja yogis who have come here, all the other people who have joined us here, who are celebrating this earthly birthday of Mine, I am very thankful, very grateful and I am filled with great joy and happiness. And my vibrations are flowing from My eyes as tears to see that, in this Kaliyuga also, there are people who are grateful to a Mother who just gives a abstract thing known as vibrations.

Actually I do not give you, I cannot give or take, you'll be surprised. It's just emitted through me. It is my 'swabhava' [innate nature]. It has to be that way, I can't help it. It is a 'being' that is being. You cannot make it something else.

It acts on its own; it goes on working. It is beyond Me to control Myself from loving all of you. I do not know how people learn to hate. I haven't got sufficient time even to love people. I find twenty-four hours much less!

I do not know how people sit down and manipulate and think in a ice-cold manner how to be hateful. Hatred has no power but of destruction - of yourself and others.

On this day I would request you to think of love all the time. Love is all knowledge. Knowledge is all love. There's nothing beyond them. If you have knowledge, it has to pass the test of love. If you know a person, it makes no record on you because you know him from outside. But if you love a person, then you know the person out and out. You know him so well, you know him everything, the way he is. It is this knowledge that is what we call is the 'para' [beyond] knowledge. That is the knowledge we have to seek. All these books are only signaling towards that.

They are the milestones, which are telling us, "Go ahead, go ahead." They do not solve the problem of entering into the kingdom of God.

I request you that you all should come to the stage of understanding the Divine within you, the love of God that is within you, which is trying to overflow from you, and enjoy the sense of emitting and giving. Giving has the greatest joy and pleasure. There is no pleasure in taking. And when you receive it, you start giving.

You have heard Dhumal talking about how he has done work in Rahuri. In Rahuri, when I was going to Rahuri University, the people in the nearby village knew that our car will be going that way. They are ordinary villagers. They have never read any Yoga; they don't understand anything more about vibrations than these feelings that you get. It's a subjective knowledge. It has no

words. It's a subjective experience, which you feel on your fingers, in your being - the bliss of God.

And as I was going, I just felt a jerk in the car, because so many people were just lying on the road and some were standing on the road stopping the car, and they started shouting My 'jai' [Victory]. I was wonderstruck! I said, "How did you know that I was in this car?" He said, "Mataji, You have given us vibrations. We knew this was the car, which was bringing us vibrations. So, now You have to get down here." I just got down; I embraced all of them, and our sahaja yogis were waiting at the other end. I said, "Doesn't matter." This is what is Sahaja - such loving people! And at that time, I just thought of how once with Rama - how you felt those things with people, with very simple people, of very simple heart with 'Shraddha' [Faith], how they had those feelings of receiving your love and feeling it.

Everyone needs love in this world; you cannot exist without love. Your whole being is based on love. And I wish all of you in this country to understand that unless and until there is love in your heart, don't try to do anything outside because if you do it you will be found out in no time. Every human being understands what is love.

There are lots of things that are happening within you. There are cosmic changes that are taking place today within you. I know that it's happening. The Shri Chakra itself has descended on this Earth and already the Satya Yuga has started. This is the reason, why you are feeling these vibrations on your fingers and none of these Gurus and Rishis and all those people have mentioned these things. Because this is only possible when the Shri Chakra is brought down. It is here. You have to feel it and understand it. It is for all of you to accept it with an open heart. I do not want anything from you. What can you give me? I do not want anything, but I want My children to be happy. I pray for their happiness. I live for them and all the time, whether I am asleep or awakened or in the middle state, when they call the 'sabhranta', I'm just with you. Every moment you are in My thoughts.

I wish all of you a very, very happy New Year today because it is Navroz and Navroz is the day when Zartosht [another name of Zarathustra] started His work on this world. He was a great sahaja yogi. He was an incarnation of Dattatreya Himself.

[Unclear] has told you about Mohammad sahib. I have to tell you that He was My father [Fatima was an incarnation of the Adi Shakti] and He was the incarnation of Dattatreya Himself. He was not an ordinary person. Though the people tortured His life. Every moment that He lived they tortured Him.

And Hazrat Ali [The son-in-law of the Prophet Mohammad] is a very, very great incarnation where only once, only once Brahmadeva has incarnated and He has incarnated as Hazrat Ali. So, these people are so great! You cannot criticize them. They are so great - every word that they have spoken is a Mantra. Everything they have told you about this 'Namaz', it is nothing but Kundalini 'jagruti' [awakening]. Mohammad Sahib has done the greatest work in Sahaja Yoga and has done the greatest advancement as far as the Kundalini jagruti is concerned. How can you criticize Him? I can't bear to hear even a word about - against Him. I know how much He has been tortured. And the same people, today, are born in this country who are talking against Him. When you cannot reach even at His feet, why should you take such a big step? Understand what have you done in life? What have you got with yourself, that you are criticizing these great personalities?

Khawaja Nizamuddin Saheb was a great Auliya [saint] - no doubt about it. And a horrible king like Khilji tried to trouble Him, and he was himself murdered! And his name has gone to the dying dust. Today, Khawaja Nizamuddin Saheb... you go and see the vibrations there! You go and see a Chisti... Chisti's Maqbara [tomb] also at Ajmer Sharif [a town in India] - you will see the same. At Patna, you go and see Patna Saheb, where you have got our Mahavir Saheb also - vibrations are there. All these people are speaking of the same truth I am telling you. But today you can make them out. You will know who they are.

Please try to humble down yourself. First of all, get this eternal truth within yourself. Let your being be that subjective instrument, to understand what is God. Don't be driven away by few readings here and few readings there. Don't be driven away by the small-hearted ideas and the egoistical tomfoolery that is going on - is to make fun of everyone.

Oh Man! Please awaken yourself to this great occasion of understanding. This dynamic force is dying to bubble out of you. We have to change this world and transform it into a beautiful creation, because the Creator will not allow His creation to be

destroyed. If you do not accept the truth, you will be destroyed. So please, please, again as a Mother, I ask you to accept the Divine truth, the Divine love and to be one with it.

I wish all of you, all the sahaja yogis and all the people who are seeking God, the greatest of greatest, highest of highest achievement in the awareness of God and His love. That is what it is. Otherwise, the rest of it is all useless. Those who have sought other kind of satwik [pertaining to the central channel] or tamasik [pertaining to left channel] things in life have gone to waste. They have gone to hell and they are completely destroyed.

You do not want to do that. You are simple people, ordinary people and that's why you are the best people, because you do not suffer from any extremes. You have a very simple heart. You are leading a very religious life and a sanctified married life. This place is for the people who are in the middle path of Lord Buddha. Sahaja Yoga is the integration of all the truths of life and I can prove it to you, on the Kundalini, that what I say is the fact – is the fact. Unless and until you take Hazrat Ali's name, your Swadishthan Chakra cannot be cured, and all the sahaja yogis know about it. And in the Sahaja Yogi Puja we have to take the name of Mohammed Saheb again and again and that of Hazrat Ali.

And also we have to take the name of Jesus the Lord, who is the 'Ashraya' [Refuge] of all this world, described by Shri Krishna in the Bhagavad Gita - He was the Mahavishnu. You can read it for yourself and you will be surprised that all the things described about Mahavishnu are absolutely the same as Jesus Christ was. So, I request you not to be so small-minded. You have not known the truth so far. So, try to understand it – to be subjective, to feel it, to understand it. All the books are saying the same thing as I am saying. Only thing, I can do it. I am not doing it. It is just happening. I have come on this Earth just for this ignition. This is the last point of ignition. This has to happen and this will happen. Let us see, in this country, in this beautiful Yoga Bhumi [Yoga's Land], how many people accept it.

May God bless you all. Again and again I bless you.

I am going to now London on the 25th and hope, all of you who have got realization in last two days, will again come to our program in Bharathiya Vidya Bhavan on Tuesday we have at 6.30. We have also a very nice center in Altamont road. You can take the address from here, on Altamont Road there is a very nice ground floor flat we have got, in front of the beauty parlour - Kamal beauty parlour or something like that. It is the flat of Miss Moraji who has kindly given us this flat for use.

I hope all of you will take deeper interest into Sahaja Yog, learn all the methods and master the Kundalini. There are so many people among us who know about it and you can talk to them; even in the programs you can listen to my lectures by which you will understand. But it is not the understanding through your hearing, but it is the understanding through your heart and through your feeling of vibrations only, you can judge the Kundalini.

Yesterday, I have very much requested you and again I am requesting you that to understand Sahaja Yoga, you don't need too much of brains. What you need is a heart, is a 'Shraddha-van' [with faith] heart. And if you have that, it will work out. The time has come for many flowers to be fruits. The time is there.

I thank you again and again for showing this great love to Me. It's like a... when I feel the ocean of My love, when it flows to the shores of all your hearts, the shore gives it back as a reaction. It's a parabolic movement. When My love passes through you and comes back to Me as love, I enjoy it. It is such a beautiful experience. I mean, it is a different experience, perhaps, that cannot be coined or put into these mortal words.

Thank you very much again and again. I thank all the trustees and all of you again and again.

May God bless you with all His prosperity, with all His goodness, kindness and the Eternal. The Paramachaitanya should descend on you and on your awareness.

(Applause)

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Talk to Sahaja Yogis

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Advice at Bharatiya Vidya Bhavan (Question and Answers). Bombay (India), 22 March 1977.

[This light is given to you because you give light to others. If you do not give it to others, then slowly this light fades away. You should keep this light on such a path where people are wandering in the dark, and not keep this light under the table where it gets extinguished. You people come there, if you have some problem, someone is sick then we will tell about it also (cure) & in the same way these people will tell you about Sahaj yoga - Mother speaks in Hindi]

[Fadke & other Sahaj yogi go there. Tell them about kundalini & Sahaj yoga. It will not get finish in 2 days. It takes time. Now we have people with us who are really very good, they know everything about kundalini - Mother speaks in Marathi]

They have mastered the Kundalini completely. There are some, you know that, but there are some who have got realization last five years and they don't know a word. On the contrary, they'll just come and ask us, "My mother is ill. So please treat her." "My father is ill." "You treat me." "My this thing is ill." That's all. They are good for nothing. So now you have to also give to others and you have to realize yourself and to be the light of Sahaja Yoga. It's a great pleasure. It's a greatest joy to give it to others, and you don't have to spend any money for that and you don't have to earn any money for that. It is just a free flow. But you must give. Otherwise, if you do not give then you stagnate; absolutely, it stagnates.

Today we have so many people over here, I'm very happy to see. I hope you'll keep up the number. At least on a Monday keep it.

[Instead of going to Siddhivinayak and stand for 1 hour come for meditation of Shri Mataji. You will find records there, they may turn on something there, listen to it & take notes. After that they will do discussion about it, those 5-6 Sahaj yogi will come to tell you. It will be beneficial for everyone. Mother speaks in Marathi]

You all achieve depth in Sahaj Yoga & not to be just on shallowness - Mother speaks in Hindi]

Sahaja Yoga is not a thing to be taken that frivolously. It works. It works in you in no time effortlessly, but after realization for all human beings, it is necessary to understand the complete working of the Kundalini and of the vibrations. You must know the complete science. Otherwise, what is the use of getting money which you do not know how to spend or use? So best thing is to get to it and by you will find that even if you are sick and cured by Sahaja Yoga, you'll find you'll become so much healthier and better. You'll be enriched much more. If you do not take to Sahaja Yoga, gradually you'll find your vibrations will be lost after some time, because God doesn't want to waste His vibrations on people who do not want to give it to others. There are some people who give explanations, "We have a family. How are we to give up?" Now I have also family. You know I have grandchildren also.

This is the only good thing you can do without paying a single pie [small coin]. You have got it without paying a single pie and you have to distribute also without paying a single pie and you have to enjoy yourself. Only you can enjoy if you can give. You have to learn all these things. By God's grace you have so many people here. Here now at least fifty percent people, I would say, are such that they can tell you about Kundalini quite well and you they are going to work out with you. They are going to tell you about this; nothing to feel bad, because once you master the Kundalini you will become just the same. So there is nothing to feel superior or inferior or anything. Only thing is that you today you have jumped into the sea and you have learnt how to swim, and they have learnt it long time back, and gradually you'll pick up very fast. Some people pick up so fast that it's sometimes astonishingly

speedy, and even the people who have been with Me for years cannot beat them. So, it is only your simplicity and earnestness to be that. You work it out very well.

Aata, I would like you to ask Me questions because when I go away I don't want the half-hearted people to ask questions because then the, if the questions start, then the murmuring souls will start and they will try to bring out people who are not yet half-baked, and then they will fizzle out. So, you have to completely mature into Sahaja Yoga. Do not listen to anybody because he says so. You ask him, "What is your authority? Do you know anything about Kundalini? Have you, how many how many people you have given realization to? How many people you have given jagruti to? None. Then you keep quiet." That's all. You have seen Kundalini moving. You have seen its pulsation. You have felt the vibrations. Now, anybody who talks about against Sahaja Yoga is very easy, anybody can, any Dick, Tom and Harry can say, very easy to criticize anything, very easy because how much does it take? You don't need any capital for that. You need not be knowing a word about Kundalini. Some might say it's a myth, it's a psychological thing; all kinds of nonsense they will say. But if you are a serious people, then you must understand that you have felt the vibrations, they are there, and that you are going to proceed further. It is for your own good and for your own asking you should get it. If there are certain problems on your chakras they must be corrected. So, what is the question now?

Yogi: What is the ego & superego & Why God has given this to us?

Shri Mataji: Ego and superego; these are the two institutions. They grow within us as we grow older and older because when we start growing. I'll give you an example how the ego and super-ego grow. A mother is nursing the child, and the child is in complete peace and bliss. The mother is in complete bliss when the child is being nursed. Now, what happens, when the mother moves the child to another side, then the child doesn't like it. So he puts in a reaction. This reaction comes in [Don't look there. They are not minister. He wears cap so everyone thinks he is minister. Your attention is not here. He is just a lawyer - Mother speaks in Marathi] for your information haan...

[Now remove that cap otherwise everyone will again think that some new minister has come (Everyone is laughing) Now we should meet them last time my son did not get job. You will think about it then. Mother is asking a person as why did you wear that cap now everyone is thinking that you are a minister. Now people will bring application to you so don't tell me. (Mother is laughing) I will answer his question he has asked about ego & superego. Did you get my point? Now if someone go then all will see that person. How can I get benefit from that? Why human brain is so frivolous. You have something & god has given you a big head. You should give respect to it. Do not turn your eyes. Which is the thing which attract your attention? Attention is very big thing. [Unclear] Attention should be pure. This is a bad habit to turn eyes - Mother speaks in Marathi]

Our eyes are ruined by because of the turning our eyes all the time here and here. Our Agnya chakra gets spoilt. You completely lose control over your eyes. Eyes are the most important things. They carry the light of your heart of your Aatma and Spirit. At every small spot must you see?

[If you want to sit then sit & want to go then go - Mother speaks in Marathi]

And this is the problem with us, that we don't understand our own values and we don't understand what should be our priority for what are we here. We must have that seriousness about ourselves. Anybody comes in or goes in or anything happening, your attention should be on to yourself. It's very necessary at this time when you are in meditation. This is the first time we are trying to see ourselves. So why should anybody interest us? It is only a very short time when we are – so now I'm telling you a very important thing [At that time you come & everybody was looking at you. It should not happen. Someone will come & someone will go but you should not look at them. Now subject is very deep. Why god has given us ego & super-ego. It's a very big question. Mother speaks in Marathi]

Why God has created this ego and super-ego within us?

From our stomach the medh, what you call the fat globules, you can say medh, in the stomach rises into our brain, passing through all these centers, evolving to be the cells of the brain. Did you follow this point? Because medh even the brain is made of fat cells, what you call the mendu. So for the medh to become the mendu it has to evolve to achieve a certain amount of charges

of awareness of human awareness, and the brain, human brain, is the most precious one because it has a dimension, which animals do not have, a mental dimension, you can say, an emotional dimension. Its physical dimension also has another dimension. We can say that on every dimension we have four sides. Emotionally we understand love. We understand how to receive, how to reciprocate. We understand beauty, we understand poetry, we understand sweet gestures. We can create these things also. On the mental level our dimension has a fourth dimension, I should say, by which we create things. Animals cannot create; we can create. On the physical also we have a special advantage that we have lifted our heads up, our hands act in a different way than our feet, we have a better capacity to hold things. Not only that but we can use this body to lift much higher things that are here; for example, we can create a crane and lift it. So, we have also got a power by which we can have mastery over the matter. This is not among the animals. So, we have already a higher dimension which is reached in our brain.

Now, such a beautiful human brain is created. So, at this stage of human evolution when man has reached this stage, we should say it is still in a transition. A little more he has to jump, and he becomes that for which he has created. So, in this transition it is necessary to protect that brain very carefully – one purpose; secondly, to make this brain independent of the will of God and to make it use by itself so it develops another dimension of wisdom. By faltering, by making mistakes, by correcting, by falling, by going into extremes, man starts coming in the center and understands that this is the position.

Now see in our country the political news how from the British we came to – British had to give us up, then we – now the new thing we started that didn't fail; that failed. So, we started another style. So, we started another style like that. You see, you go on changing from this to another, experimenting, and you reach a position where you see this is the position by which you really progress. All this is done by a human brain. So, a human brain is the most coveted thing, most evolved thing, and with the brain heart also, human heart also, has to be co-related to the brain, and so the both the things evolve very well. Our stomachs are evolved very well. Actually, our stomachs are much more subtle, and they cannot take gross things. They require very fine and sophisticated things for digestion, and so many things as you know that we are different from animals.

Now at this stage to protect this brain also you need a kind of a hard covering. So, God has created this system by which you just get completely covered up, by creating an ego and super-ego which is just a sort of, you can say, a by-product of your activities. Any activity a human-being does, has a reaction. For example, if he tries to say "no" to something it has a reaction: he creates his ego. If he accepts something he creates his super-ego. This is also done because it is done with the help that the brain of the man is made triangular and prismatic in nature, prismatic. It's prism-like plane, and in the prism of the brain when the rays of God's divine power flows in, it goes into refraction, into different angles, and by the principle of parallelogram of forces, part of it escapes outside, this side and this side. That's why a man can think of the future and of the past, but the animal does not think of these things. So that's how our brain is a specially made one. It is protected by creating a ego and a super-ego completely by which our taalu, where the fontanel bone is covered, you are separated from the All-pervading Power, by which you get your independence and freedom, to act as you like, to use your brain as you like, to learn, because the evolution if it has to go any further this is the transition period when you have to try. We can say like this for a simile because simile should not be drawn too far.

But supposing this instrument I prepare. After preparing it, I first try it on a small cell separately and then I put to the mains. In the same way, first it is tried separately, individually with an articulation. The other day I gave a simile of a, of an egg, which might have sounded little funny to Marathi people, I don't know why, that an egg is created by articulating it completely. It's protected till it reaches a complete stage of its re-birth, is *dwijah*. Then only, you see, the mother bird pierces the egg and then, there is a re-birth of the little chick. In the same way, you are made protected so that you are made ready. Ultimately, you reach a stage where you are just ready to jump into another state, and it happens. In the incubator also, if you put these eggs with the warmth, you see they feel the warmth – warmth is the love – and with that they grow and at a point all of them hatch out, I mean not simultaneously, but we can say little difference, but most of them hatch out within two three days' time.

It is in the same manner today's Sahaja Yoga is working out, that you are just ready to have it. You've had a very great past, you've been seeking, you have been going round, you have no ideas to what you have been doing. And today you are wearing ordinary dresses like ordinary people and today you are here for a lecture with Me and at this time this happens. This is the greatest miracle for some people, but for Me it is just a happening. It has to happen at this time. For us if we see lots of flowers

turning into fruits, we never call it a miracle because we have taken it for granted. So many miracles of life we have taken it for granted, but it has to happen to human-beings, and when it happens it happens like that.

Naturally for you, you see, it's My child's play. It is for Me, it is My child's play because that is My job is to give you moksha. I am mokshadayani; no doubt about it. If that is My nature, if that is My nature then I will do it. If the nature of the sun is to give you the rays of the sun, it will give. It is not difficult because that is the nature. You see, if it is your nature as a human being to see things and colors you will see. What is so great about it? What is to be proud about it? I mean, I don't understand; if you are that, you are that. What is there to be higher or lower? I can't just understand. This is all because of a human ego that a man has evaluations. He thinks this is higher; that is lower. In a way human beings are higher than men and human beings are much higher than gods and much higher than God Almighty sometimes, because He has to beg of you to come to Sahaja Yoga, because unless and until you are absolutely freely accepting Sahaja Yoga it doesn't work out. You have to be absolutely free. I cannot entice you. I cannot hypnotize you. I cannot do anything. It has to be there. And that's why if it works just like that, why should you feel that there is something wrong in it? It has worked with so many people. So many people have felt it. You will also feel it. It is your due. So, you are feeling it, and supposing there is something wrong with the seed or something wrong with the flower, then we will correct it also. May take two days more; doesn't matter. It is not something extraordinary for Me. Yes, it is in a way, because in all My previous lives I have not done it. So, I feel very happy.

For example, when you are a leaf you can't do the things of a flower, when you are a root you are not doing that at all, but when you are a flower then a bee can come and do it. What is so much surprising about it? Because it has been promised. Many a time it has been said. Even Vivekananda has said that, "Mother will come and She will do the job." He has also said that, "Buddha is just a part, a little drop." He has said all these things. When you quote Vivekananda, read him properly. He also says, 'I can't do anything. It's Mother is going to do. Everybody is putting on that Mother.' Shankaracharya said, "Mother will come." In the Bible if you read John's Revelation, written that, "A Woman will come, and She will be giving re-birth and She'll be afraid of giving re-birth. She'll be protecting Her child." All these things are there, and now when the Mother comes in you say, "Why are you there, Mother?" Now who the Mother must come with a horn or what should She do?

But if I'm the Mother Who has to do the job, I have to do the job. Now you start finding faults with Me. So, what to do with you people? I mean, after all, what should I have? Whatever I thought proper, I have. What else do you want Me to have? See if the, if Ganesha has a trunk of a elephant it has a meaning, and if somebody has something else it has a meaning. We say that Surabhi the cow, the first cow which appeared in the Brindavana – in the, in the Vaikuntha stage she appeared ? all the Gods were inside her. We accept a cow but we can't accept a human being who has got these powers. It's all right. Don't accept. I'm saying not that you should flatly accept Me because once I say that there are many Mataji's all over now. What I'm saying, you should feel the vibrations yourself. You should take them. If you feel them, if you see the Kundalini rising, that is the first sign. If you see the Kundalini rising, you should.

When I went to Ambarnath there was one Janardhan Maharaj. He had come, you see, because he had heard about Me. He came just to take My pareeksha (test), whatever it is. So he was sitting near the stage, and people told Me that, "He may not accept You, Mataji." I said, "Let Me see. If he is a realized soul he may," and when I went inside on the stage he just fell flat on My feet. Then he told Me, "I saw everybody's Kundalini rising as soon as You stepped inside, I could see." They can see also. He saw everybody's Kundalini rising as soon as I came in. They would not rise but the Kundalini rose. "We wish You welcome." So, if they know, many people know.

Gagangarh Maharaj knows. He's told many people. I have not met him. He has told many people about Me. I never met him before. Then I went to see him, and he talked to Me as if he would talk to an incarnation, he would. He never talked to Me as if he would talk to Mrs. C.P. Srivastava. He didn't know. He asked Me [This world has so many bad people. How can you do it? Do they trouble you? How do you incarnate suddenly? We saw Shri chakra opening so we realized that Shri Mataji is born. Akar ,ukar & makar has also come before Shri chakra. We saw Shri Ganesh, Dattatreya, coming here before you came here. He said it so clearly. It is recorded. He said that Shri Mataji has given you so much - Mother speaks in Marathi], "Why has She given you? What have you done? How many of you are going to give your life for Her? She has given you this precious thing. You cannot part with one farthing. What are you going to do for Her?" He scolded all of them. He said all these things; it is on the tape.

There's another person Mr. – his name is Mr. Pralahad Brahamachaari. He's from Calicut. He went to America. He told people about Me. They know about Me. He told that, "She has come now. There's nothing to worry." But for you people, you see, you people are so egoistical that you cannot bear to hear such a thing about anyone. That is the trouble: you are too egoistical. Adhajal gagri chalkat jaaye. Empty vessel makes too much sounds. It's a sign of emptiness. You see, they, those people are telling me even that [aside: what was his name from Ambernath] Naagnath Baba, he said, "Mataji, they can never accept. They never accepted any incarnation and they are not going to accept You, try Your level best." And Maharaj says, "For twelve years You try. If they are all right, then I'll come down." Otherwise they are all hiding themselves. They are afraid of human beings. Really, it is true. There are so many like that.

Three very old people came to see Me in Haridwar. They said the same thing. Now are you going to behave yourself or are you going to behave in a manner that is going to be detrimental to your progress in spiritual life? What are you going to do, it is for you to decide. If you are, if you have read few books you cannot sit, settle Me into those books.

You see, there is Yoga shastra. Now take Yoga shastra. Now yesterday he told you there is saatwik yogashastra this. What should be yogashastra for Me what is it? Did Rama read any books or Krishna read any book and I am going to read any book? Am I going to use this Yogashastra? You see, this is for people, for human beings who have to climb up. I know everything. So why should I worry about these things? I have to just pull you out; that's all. I know all the job. The person who knows the job doesn't have to do this. And it comes to this that I have to tell you these things, you yourselves should realize that if Mataji is doing like that just by chitta.

Now see today there was, I'll tell you a case. Today there yesterday they told me about somebody who, who is a brother [Is it our brother - Mother speaks in Marathi] who drinks too much and he is in Goa. I said, "What to do? How can he come?" He, he came today [aapo aap]. He came just like that. Just it is My attention, you see. If you put anything to My attention it just works. I don't have to bother. It is something like a human being can lift this. Now an ant will say, "How did you lift it?" I mean, it is possible for a human being to lift it the, and for Me it is easy to lift your Kundalini's and to do all these miscellaneous things like that because it is My attention, My attention, chitta. My attention itself is Ananda. It is itself, is bliss and it is itself, is the knowledge. I don't need any intelligence to know anything because I know everything in My head there is all the libraries there.

Now you have read one book that fellow has found out something from somewhere. Now how am I to tell you how this mad man has found out something where from somewhere and how did he find in darkness he what did he find? He might have found somebody's leg and was thinking it is somebody's hand. Now for a person like Me it is so difficult to go to every person. Anybody who has read a book there, a sentence here, will come down. I said, "Now leave it. Now you want your realization. Come along have it." And then the greatest problem is all this is love. I mean, I'm just a form of love; that's all. It's nothing but love. It's just love, you see, which expands, gives you vibrations, again recedes back, expands, it comes back. It goes in a parabolic like that, what you call the pradakshina of a shakti you are seeing. What is shakti is, shakti's this thing is a parabolic, and now Einstein is talking about parabolic. We had a parabolic long time back here. We knew it was shakti. See, you can explain all your science and everything. In this life I learnt English language and little bit of science and psychology and this time I have learnt English language & all that, but these psychologists are so one-sided people. Yoga shastras are so one-sided people. Now they do not match each other. I'm telling you the basic principle between the two. Both are human efforts. I'm a different person. Now what should I do if I'm like that? How can I become like you? I mean, if I know how to come up, how should I become like a little baby and say, "Oh, no, I must crawl up now gradually." [Mother is laughing]

I'm an old woman of thousands of years. So I know everything. You are still little babies. So how can I become like you? See, the simple thing and today is the day I thought I better tell you about it that you just don't worry about things how I do things. I really do it. I cure people. Now here is a gentleman. He's a heart patient, ask. Even before I met him he got quite cured, and I cured him. There are so many people here who will say that. [We told about our illness to Mataji - Mother speaks in Marathi] Why? The question, the person who asked me the question, you ask him. He has a friend who is in, who's a Frenchman, and the Frenchman asked Me a question about the Western life. So I didn't answer it. I started saying something else. He's a very intelligent boy, this

Rajesh. So Rajesh said, "Now, you see, Mataji has not answered your question. That means She has recorded it and it will act," because in his case it has acted. So God, whatever He has done it is for your good. He has given you ego and super-ego not to get spoiled and finished. Now you can't blame God for that. Supposing God has given you light to go that way. He has told you, "Now take an independent light to find out that." And if you start burning yourself with that light, what can God do? It is not God's mistake.

Many people think that this ego is horrid. Ego you must have. Ego you must have. You are not to fight this ego. Only thing is that your ego should become one with that of God. That's all. It's a very simple thing. If you just become one with that God – now supposing this has a ego, how can I talk on this? I'll say something; it will say some. But if it has no ego, its ego has become one with My saying, then it carries My voice. It carries My sayings, everything. It is so simple.

What is so much complicated when people start telling Me about big, big things I really get a fright. I think, what is so complicated? It is like, you see, somebody wanted to know how do we make puris, you see. So a foreigner had come, a lady. So, she learnt, you know, how you make puris this thing, and one lady just tried to make fun of the whole thing. She said, "We make one roti here, one roti there. Then we put it one on top of another and then, all sorts of things. And inside we put something just to make it big and then we blow it out with a phunkni," and all those things. So this poor lady, she said that, "How are you making it just like this, coming up like that. You are putting in the kadhai, it's coming up?" They said, "It is working out because it's the simplest thing to do," but for her she said, "No, I was using a blower, blowing in because I thought that that's the only way you can do it." It is, it is a simple thing for any housewife to create this thing.

So you see for, when I hear all these big, big things about yoga, this, that, then I said, "Baba, what are you doing?" Now it is very simple. It is a very simple thing, but you can't do it, is the point. So I'm here. Once you are awakened, once your light has come, you can do it also. Why not? And I've told Gagangarh Maharaj, when he started telling Me, "Why I cannot give realization to people like this the way these. I've gone so much and I've done so much of this thing [I have given to one & now he is of no use - Mother speaks in Marathi] and useless and how are You, how are these people doing it? They will become very egoistical." I said, "They will not." He said, "How do you know?" I said, "They are made after the pattern of Shri Ganesh; same powers they will have. Even with the finger moving My sons can give realization. They can. Who are you to challenge and ask Me?" He kept quiet. He said, "You are a Mother. Do what you please, but yedya gabade che kaam nave. [It is not for foolish people]" I said [Mother speaks in Marathi] I'm not giving to them. It is a fantastic thing, that's why. You see, it is rather difficult for people to understand, but anything like this has to be fantastic.

And we have to prove the existence of God. We have to prove that He exists and He works, and all those people, chaitanya lahiris and all that talks about Kabira and Nanaka and Hiranya Sanhita and all your yoga, I'm going to prove it to you before. Have you ever seen any Kundalini pulsating before? I will show you the pulsation of a Kundalini. You have never heard that there are on the fingers anywhere the vibrations are coming, nothing, but you have felt it not only but you can diagnose a person. You can tell a person what he's suffering from. You can cure a person. Now you will say, "How is it possible?" and somebody says, "Ten thousand years before we never heard of these things." Everything must happen ten thousand years ago. Then why are we proceeding further? Better go back. What kind of a argument is this? After all, we have discovered going to the moon. Then we never say, "Why did we go to moon?" You see, that's a simple question there. We do not.

But we have to know that somebody is searching inside for you, and I've found it out. I've visited all these rakshasas also. I've visited all these gurus, all of them, very nicely befooling them, and I tried to find out what are they up to. Now I also know their tricks. I know what they have done to you, and that's how I can correct. So I've studied all the permutations and combinations and everything, everything of Kundalini, whatever is possible because, you know, it's not so simple with human beings. They are very, very easily, they are very easily can be persuaded. They can be enticed. They can be hypnotized – I cannot be hypnotized – but you can be very easily hypnotized. Anybody can hypnotize you like that. I've seen thousands of people getting hypnotized, taking out their clothes, dancing, jumping. I've seen some people just making all kinds of faces, like this, like that, all sorts of things. It can be done, and the hypnosis is so much that when they come before Me also they start doing that. They just get into the hypnosis because they are used to it. It's like Dr. Jekyll and Mr. Hyde. They just become Mr. Hyde, and Dr. Jekyll is lost. You become that; it's very common.

So for you it is wise to understand that I know all these things and I will tell you everything. I've got it for you specially and I know all the permutations and combinations. You don't have to do any research about it. No money is needed to be spent. Still, you see, there are people who have been with Me for seven years. Still they are saying, "Mother, every time You say something we have to learn." This is this, this is that, this is combination, that is combination, everything. Even five lives will not be sufficient for you to know a little bit about this knowledge. So why worry about these research and things? Just listen to Me and use your hands and learn and discover also for yourself that this is the truth, and don't listen to everyone, third person coming round the corner, somebody selling the paan there will tell you [Mother speaks in Marathi] done. As if we have no brains at all, you see. So, you should not listen to everyone. You should not listen to rumors. You must, you are special people. By God's grace you have got vibrations. This is a very big thing. Those who haven't got will also get it. I would request you every day you have to sit on the water for seven days to see that you are cleared out now after realization and also later on whenever you are tired. It's better; that's a bath for you. Every day do that treatment yourself. It's a bath. You cleanse yourself because you gather. I do not gather. I, nothing happens to Me, but it happens to you. So, you must have a bath in the night, take out all the problems on that water, throw it away. Water with salt is a sea which takes away all your problems.

So try to do that, and there are so many ways. We can use akasha. We can use prithvi. There are people; they can tell you; they know. I've told them that five-six people should come here. We have a brain trust. They will be all sitting down here and talking to you. So next time when you come, if you have any problem you can ask. Now maybe you are learned but you can learn from them. Even person like Justice Vaidya told Me that, "I must know more about Sahaja Yoga." So I said it is more practical than theoretical, and if he comes to the program or if somebody can go to him or if he can work it out with his hand, gradually he will become a master of this because as it is he has knowledge. It will fit into it as if, as if the Ganges will flow into the, all the, all the ditches or all the things that are made to receive the water and it will just go and settle into it, perfectly.

Your reading is not going to be wasted, but you will know what is right what is wrong. Now if there is another question for one question I've taken so much time because it was a very important question.

Seeker: What is bath?

[Bath means you have to kept my photograph in front of me - Mother speaks in Marathi]

The photo has the vibrations; is a fact. Also, there are many things that have vibrations. For example, even this statue has got vibrations. Even these two statues have, but not so much as they are from Me. First of all, I am a living being. Another is that their proportions may be wrong because they are created by human beings, by their imagination, but the 'swayambhu lingas', all of them have got. For example, now supposing you have a prostate gland problem, if you go to the, say, to any of these [What is their name? Where did we went to that Ganapati? No Titwala - Mother speaks in Marathi] Raanjhan gaaon, Raanjhan gaaon Ganapati. You see, I went there. It has complete vibrations. Titwala because it is, you see, too much visited by people. So it gets crowded sometimes, but Raanjhan gaaon I found still all right; but as soon I say Raanjhan gaaon everybody will go to Raanjhan gaaon and the Raanjhan gaaon also will be spoiled. Because after all these are the, these are the special statues which have come out by Mother Earth. She's thrown them. Mother Earth thinks, She creates these things and She throws these things and they give vibrations. So, you take vibrations from them all. But My photograph is a photograph as a reality. [Nobody has clicked the photo of Ram or Krishna - Mother speaks in Marathi].

Another thing is, you see, whatever I speak, because I'm that, it is pranava flowing. It is actual pranava. By every talk, everything, is a mantra going into, and when I just put My finger also into it I found that My vibrations can be turned around. Even when I [Mother blows air from her mouth] do like this, those who are realized can feel it. On their Sahasrara they can feel; is a fact. So why should it look so funny to people?

[What is their question? If you see all their chakra [Unclear] Please read it. They have asked about bath - Mother speaks in Marathi]

It is a simple method. You put my photograph in a proper place, put a little light before it. Candle will do, or you can put a 'niranjan' [oil lamp], whatever you like. Put both the hands towards the photograph. Now you put both the hands towards the photograph and feet in the water with a little salt. You can have little hot water, cold water or warm water according, according to the need. Supposing you are sick, suffering from cold, so better to take a warm water. Put a little salt in it. Put your hands towards the photograph. You'll be amazed that the whole trouble will go away into the water, and you can throw away the water in the W.C. and you'll be very much clear. Now this gentleman, you ask. He did that. He had a heart attack. It was very serious. Everybody can do it.

Now for Vishudhhi chakra, especially this chakra, another simple thing you can try is to put your right hand towards the photograph first and take out the left hand. Supposing you find the vibrations are flowing into it, then you put left hand towards the photograph and right hand outside and you will be surprised that the whole thing will clear out this chakra very well. And if you keep your eyes open towards the photograph and put your hands like this or sometimes like this on the 'akash' (ether), you'll be surprised that your eyes can be improved, very much with this. Mother Earth also; if you put your head on the Mother Earth, just touch her with your forehead and say, "Mother forgive me for touching you with my feet," and She's your grandmother. You ask for anything and you will get. They are all waiting to give you whatever you want. You can ask the help of Hanumana. You can ask the help of Ganesha.

The other day the newspaper people told Me, they are two disciples of Mine who are correspondents and they were going somewhere and they had there My photograph with them. They said, "It was so amazing that we were coming and while coming driving our driver just bumped into a truck and we said, 'We are all finished,' and we closed our eyes. When we opened our eyes the truck was ahead and we were here. We didn't know how we were saved, all of us. And the driver had also closed his eyes. We didn't know how the truck went that side and how we were here." So accidents are avoided. Things can happen, and people have seen. They live long and you have good health. Everything is there. After all, we have to, we have jumped into the kingdom of God. Only thing is keep your seeds all right for the time being. Then the whole thing will be lifted up like this into satyugaa. Already, the Satya Yuga has started.

[What is the question? - Mother speaks in Marathi]

Seeker: If we see all the six chakras nearly each one there exist some or the other endocrine gland. What relation this chakra has with this gland?

Shri Mataji: Now endocrine glands are controlled by the chakras also. For example, now we can say Mooladhara chakra controls this prostate like that. Even the Agnya chakra controls the pituitary and pineal, both of them, and that's how it controls the ego and super-ego. So it has a controlling effect on that very much. They are the growth agents of that. You see, for example, to control all the nature God has fixed up the stars. Certain stars are there, nine, nine stars mostly; the seven stars, as you know, and two more are placed there to control the Universe and the everything. It is controlled through those points, and you know so it affects our physical, material life, the whole planet.

Seeker: Respected Mataji, please give me the knowledge and show me more clearly the way. First, what are the vibrations (physiologically, scientifically and spiritually)? 2. Where do they, these vibrations come from – from You, cosmos or atmosphere? What way do the vibrations benefit us? What are the do's and don'ts for Sahaja Yoga?

Shri Mataji: Very good question, very good. Who has asked the question, very good. First question is about what are these vibrations. I told you yesterday that in our heart there is a flicker of light which is burning all the time, which is the Aatma which is the reflection of Paramatma in our heart. In short I'll tell you; the details I will not. Now what happens, the Kundalini rises, she opens the Brahmrandhra and there is the seat of the Sadashiva, the pitha. You see, the pitha is here, but Shiva is in the heart reflected as the Atma. You see the pitha and the pitha is created because, you see, the pitha receives the subtle, you see. It receives the subtle energy which is all-pervading, the gross. Inside all the pervading, for example, this collects My voice. Voice is

a subtle energy which is collected through this. Here now we have all kinds of pictures and all kinds of music going on, but if you have a radio it can capture.

In the same way, the pithas are in the brain and the pitha of the Sadashiva is higher up here which is opened out so that the subtle, the sukshama in the gross passes into our heart through a very subtle channel and just like a gas light it has a flicker and when the gas opens out the prakashsa comes in. Now the vibrations are, are the, that prakasha going through us.

These vibrations start flowing through us. Now what do I do? You will say, "Mataji what do You do?" I do nothing but I just try to give you that force which is the, we can say, the gas power. That is the gas power because the Kundalini knows that when I am before you, she rises, she opens out and it starts flowing. It is flowing through Me throughout, but unless and until you are subtle you cannot feel it and you have it. It is, you can say that I am like a, you can say that I am the finite in the infinite, or you can say the infinite in the finite; infinite into the finite and also the finite into the infinite. I'm both. [Did you understand – Mother speaks in Marathi] So the energy that is emitted into all the subtle energy is passing through Me, is the Virata. From the Virata, say, the whole thing passes. It is going into the all-pervading. It is all-pervading everybody. Everywhere it is going. Even it is in a cell in everything. In a carbon atom it is there. Into all atoms, into all arrangements it is working. It is the subtle energy that is emitted through Me. When you become subtle you become like a radio; you start receiving it. Now how will you know what is correct what is incorrect? You ask the subtle, and the subtle answers you, and you get the answers on your hands. It is like that. So, these are the vibrations which you receive from the All-pervading Power and the All-pervading Power is emitted out and you receive it from Me or from the All-pervading. It's just the same from everywhere these are the vibrations.

But the Self-realization means, which is a very subtle point, which you try to understand now that it is so far is an unconscious for you. Your aatma is in the unconscious. It is not in your awareness; it is in the achetana. It is in your unconscious, means it is in the 'achetana'. You are not yet chetita about it. You are not aware of it, all right? But once you are Realized, it starts flowing into your awareness, means you start feeling it in your central nervous system, because your central nervous system is your chetna, is your awareness. The human awareness is nothing but is central nervous system, but his central nervous system starts feeling now the vibrations, the light of the aatma through it. So that, that is why it is known as 'samadhi'. 'Samadhi' means the unconscious. When the unconscious becomes the conscious, it is called as 'samadhi'. So people think beshudha (Unconscious) hone, 'beshudha nahin'. It means you become aware of the unconscious. Not only that, but first you become Nirvichara, then Nirvikalpa and then a complete Self-realization. So, the 'samadhi' is a word, a great confusion. 'Samadhi' just means an universal unconscious. It means the universal unconscious and unconscious [People think that become unconscious is samadhi [Unclear] - Mother speaks in Marathi]. If you are unconscious in the sense, now supposing somebody gives you an injection or you take a drug you become unconscious, means what? You go into subconscious or into supra-conscious, but this is a superconsciousness and superconsciousness is all-pervading sarvavyaapi, 'sukshama'.

Yesterday, what he told you about three types of saadhnaas: saatvik and raajasik and taamasik. Taamasik goes to the left side, means into the subconscious and collective sub-conscious connected with the libido on the left hand side, and right side is the supra-conscious connected with the Pingala naadi which is the willpower, as you call it, and connected to the supra-conscious side, goes to the collective supra-conscious. Dev and all these people are sitting that side, dev, devtaas and these are officers, you see. Ganas are on this side on the top, and all those who fall into that, they go into hell. But the center is the super-conscious. For the Sushumna the human being rises above the super-consciousness. They gradually start becoming more and more aware. They have the same body. For example, if you look at a cell of the brain, is the same as the cell of a fat globule, but there is a difference. So, the difference starts taking, and by the time you open out from here, then there is given a greater dimension to that cell, your brain, that it starts receiving the vibrations and can understand it. And then even is a greater, in Nirvikalpa you get another dimension where you have no doubts; you are knowledge. And the last is the Self-realization where you are just in joy, complete in joy, no problems. You do not catch; nothing happens. I would say our Vaidya saheb is very much near Self-realization, very much near. The way he got his Self-realization itself is remarkable because he felt two ice cubes coming into him and melting out, but he doesn't catch, you know. I told him about somebody. He said, "I know he is no good. He is a tamasic fellow. Let him go according to his karmas, Mataji. What to do?" You see, he doesn't catch, but you people will catch.

[Now the next question is about physiological - Mother speaks in Marathi]

Physiological, physiological, you can feel it on the hand. You can feel on the fingers. [Read that Marathi book. Everything is written in that - Mother speaks in Marathi] Seeker: Tell scientifically

Shri Mataji: [What to tell scientifically in this - Mother speaks in Marathi] You see, scientifically you can say the parasympathetic gets activated. You get the control of the parasympathetic. You jump into the unconscious, the universal unconscious. These are the two points you can say. Now what is the [Told spiritually - Mother speaks in Marathi]

Seeker: Where do the vibrations come from? From me, from Her?

Shri Mataji: From everywhere. I am the emitting force, all right. Accept it.

Seeker: What are you doing to have it..[inaudible]..what way?

Shri Mataji: Now this is the vital force of life. You see it; it gives you a complete balance. It corrects your physical being, it corrects your mental being, it corrects your emotional being, it gives you a complete spiritual oneness with God and it integrates you completely. I mean, as far as I am concerned, I have no pashchataap (repentance). I don't understand what is pashchataap(repentance).. I don't understand what is temptation. I don't understand these things because I am complete one with Myself. Every, every finger I move, every hand I move, everything I do, it means something. I have to do, I mean, it is done without thinking, but there is a big thought behind it. It is done because I say haan, I say haan, I say haan. Haan means there is a noose, you know it. There is a formation of a circle which works. Now it's difficult you know my mechanism is different from you. So I can't explain what I do because you don't have those mechanics within you, but it is like that. Even saying huun, haan, hein, all these are tremendous words. They create a kind of a force and a kind of a whirlwind, we can say. A kind of a formation takes in which it engulfs all the bad things that are there or all the rakshasas and all those things and can pull them out. Now I gave it in the matka; just I put My breath in that. It's pranava itself, complete, and that pranava, you see in the night when they will be sleeping, will come out and take out all these things gradually and bind them and put them inside. You have seen many mad people are cured like this, but to look at it looks like matka and people say, "What is this Mataji is telling matka matka?" and this and that.

And I have told you about the Civil Surgeon of Ahmedabad, what happened to him. He told Me, "I can't do all these nonsensical things." He was so angry. "You want me to befool me. I can't listen to all this." I said, "All right, you go ahead. I don't say," and he had become little bit loony. I said, "All right, I don't say. All right, don't bring matka," and third day when I was giving a lecture he was coming there with such a big matka on his head. So I said, "Doctor," after the lecture. I couldn't help laughing. After the lecture, I said, "Why did you bring such a big matka? I had not asked you to bring such a big matka. I had asked you to bring such a small matka." He said, "Mataji, your Maya. That's how you have killed my ego completely because in the market there was no small matka available. Only this big one was available. So I had to bring such a big matka." And he was walking through the whole thing, and I was looking at him and I didn't know where to look. I said, "Look at the Civil Surgeon," and that convinced people. [Oh Civil Surgeon, a big man carrying such a big matka on his head & going towards Shri Mataji . Inside is bhoot or mad? - Mother speaks in Marathi] Poor Civil Surgeon, but he is a very good man and he's cured, thank God. So it is like this. Then he retired also after that, and he is a very good Sahaja Yogi, still. So it doesn't matter. You know these things are not important. Mother says, "All right, matka to matka."

[Shri Krishna cracked Matka. Everything has a meaning. I will tell you everything & listen it. He told sahayajoga in Gokul. It is fun. Why did he crack matka ? Does it have meaning? Mother speaks in Marathi]

You will not find it in any book. You will not know it anymore but Mataji knows. She knows all the tricks of Krishna. After all, She's told you all His tricks also. [And if it is false you see it. Now questions are finished - Mother speaks in Marathi]

Seeker: What are the dos and don'ts of Sahaja Yoga?

Shri Mataji: Don'ts and dos; first and foremost, things that a Sahaja yogi cannot smoke or drink. One absolutely one hundred percent sure, because if you drink or smoke you will find after some time you either you'll lose your vibrations or you'll start vomiting. You cannot smoke. If you smoke your Vishudh dhi will be caught. If you drink your Nabhi chakra will be caught and whenever you'll place your hand towards the photograph all the Nabhi chakra will be burning absolutely. So you'll say, "What is this happening?" And you'll give up. You sort of, many people have done it without any difficulty. They do not have any difficulty; they just give up. So this is one of the most important things that you have to gradually give up. Just take My name; you can work it out. We have people here, they will tell you they were alcoholic, they were taking drugs and they were doing all kinds of things. They've given up all that and now they are absolutely normal people. First thing is that: don't drink and don't smoke.

Secondly, don't fast. When Mother is there you are not to fast. Only fast on Naraka Chaturdashi; that's all. One day you should not have pharal [Breakfast] [On that day, wake up at 12:00 PM. Eat well - Mother speaks in Marathi]. If you don't feel like eating, eat something else but don't leave your stomach empty. You can have some fruit juice or milk or whatever you like. These are certain things about the food and the stomach, Nabhi chakra.

Secondly, the eyes are very important things where you have to be careful not to move your eyes very fast anywhere. Try to keep your eyes steady and mostly on the Mother Earth. You see, you have heard about Lakshmana. He never saw the feet of Sitaji, never, never saw Her face. He only saw Her feet. How can that be? He was always living with Her. He had never seen her face; he had just seen His feet. So, you can imagine what should be the position, and for fourteen years he had to lead a complete brahmacharyaa's life. He just, She was like his mother. He knew She was Adi Shakti, but he just saw Her feet.

That should be our case, this thing, that we should lead a sanctified married life. Now supposing somebody is married; then he should not run away with other women, and the other women should not run away with other men. And lead a sanctified life, create a nest of family, a proper family house, try to adopt, compromise, adjust, make your wife realize or make your husband realize and bring peace in the family because there are many great souls who want to take birth, many of them.

As soon as you'll find that such marriages will take place they've seen now in our case, you can ask some people from we have here. Ask these girls. There I told them that you must marry. So, one girl married and she has a daughter absolutely realized. So many people have got realized children. [unclear]. So many those who got married like this, they have all realized people. So, you must try to get a family life, a proper family, proper relationship.

Do service to your parents, to your mothers. Don't find faults with your parents and try to be kind to them, also to the kind to the wife's mother parents also and try to be good in the family. Try to bring more peace if they are difficult. I mean, it's all right. Don't spoil the children also. Correct them, make them loving. Make a nice society. Every one of you should be the carrier of love of your Mother, everywhere. That is one thing, If you are Sahaja yogis and if you change and transform in your behavior, naturally Sahaja Yoga will have its own reputation and everybody will start taking to Sahaja Yoga [Doing Sahaj yoga & smuggling doing is no good. It will not happen - Mother speaks in Marathi]; impossible. If you do anything like that, immediately your vibrations will go away.

There was a gentleman in America, who got realization, and he started an ashram of Sahaja Yoga, started taking money. When he came here people told Me, "Mataji, we get a chakker with this man. What's wrong with him, You tell me." Immediately in meditation I knew what was it. I said, "Give Me the pamphlet." He gave Me the pamphlet. I said, "You can't earn money. If you earn money you'll have a bad time," and he had a very bad time after that and he had earlier also. Now he's all right. He says, "I will do some other work." You cannot earn any money from Sahaja Yoga. Do not have Sahaja yogis for business partnership. No, they are Sahaja yogis. Do not use Sahaja Yoga for making money [Someone stole pair of shoes the other day - Mother speaks in Marathi]. You see, this kind of this limit, this type of people can never be Sahaja Yogis. You have to be generous people. You have to be absolutely honest [Someone stole my things. It is a nonsense. Are you to theft? - Mother speaks in Marathi]. They are thieves. They just come here for thieving. They are not Sahaja Yogis. So such people are also there. [They take pair of shoes - Mother speaks in Marathi] This should not be done.

There are Ten Commandments, as you say, and you should not take anybody's things, and be satisfied in your heart. This is a very simple way of doing things, but you have to lead a chaste life and you have to also see chaste things. For example, [Bad movies is not good - Mother speaks in Marathi] you will not like it also. Your priorities will change. Your friends will change gradually. You will not like dirty jokes, nothing. You'll just change and you'll run away from them. I've seen these foreigners; now they are telling Me that they just cannot stand all these things now. Once upon a time whatever they could tolerate and enjoy also sometimes, they just cannot stand it and bear it because now you have become saintly. You have to be decent people.

[No need to do politics. [Unclear] - Mother speaks in Marathi]

So don't dabble into all these rumors and frivolous things. Don't waste your precious life. You are Sahaja yogis. Not a single moment to be wasted on all nonsensical things. Every moment should be spent in having dignity for yourself, for others, for loving others. [If someone wants something give it to them - Mother speaks in Marathi].

Don't be misers at all. Miserly people are against Sahaja Yoga, and if miserly people come I give them trouble. If you are miserly you get lots of trouble. So you don't get miserly, haan, I'm telling you and don't be too talkative also, become too talkative and troublesome. I can stop your talking, and if you don't talk at all that's also not good. Means don't go to extremes of anything.

These are certain things which you have to know. And don't, women should not dress up like men, and men should not behave like women. All these nonsenses you should not do. You should be yourself. Supposing you are something in something you are doing you should wear the dresses as you are; now no need to wear funny dresses and go round and have your hair up to this much or try to show off. You see, all these are mythical things. Be normal, natural people and lead a normal, natural, decent life, and it's not so important. Food is not so important. Whatever you get you get you eat, and don't talk too much of comfort and don't also sleep on the thorns, no, no, no, but don't be absolutely a waster. Be in the center; is a very simple thing for Sahaja yogis.

And you see with your vibrations if you have to take a decision, "Should I take this house or not?" Take the vibrations. Anything you see, "What should I do? Should I have, who should I have as a Prime Minister?" Now, see for yourself whom do you want to have a Prime Minister. See four people you put in; see the vibrations. Who has the best? Now, you think of the person. He will not be the one the Prime Minister. You cannot say that he will be because maybe that there are so many horrible people. In a democracy anybody can be brought in but the one, who is a good one, is a Sahaja Yogi. He should be the Prime Minister, and you should ask. If the more people ask for it, he may be. So, decide everything with vibrations, for yourself, for collectiveness or anything, and the most important is you give it to others.

And Sahaja Yoga doesn't work in your houses, families, or in small little groups but it works here in Bhartiya Vidya Bhavan when all of you are here because I'm here. It is a collective work. All of you are cells of one body, and the more cells are awakened, the more the body is active. So, you have to come together, to be together. Love each other. Mix up with others. Do not form groups, no. You should talk to each other very freely, whatever is your language, nationality or whatever it is. And you should mix up with others; is not proper, is a sense of insecurity is expressed if you have a group [Now we are bramhan so they all Brahman will sit together- Mother talks in Marathi]. This kind of a small thing is not there [Muslims sitting together in a group - Mother talks in Marathi] Foreigners are sitting together in a group like that. You see what I'm saying: there should be no grouping done; no need. Be open. All of us, all of us are born of one Mother, we should not feel insecure, we should be not together. It is not that you should avoid also, if you are together all right, now together is all right we are all brothers and sisters.

Be very friendly and kind and do not analyze others and criticize others. Better to criticize yourself than to analyze others. Will sit down, "He's like this because like that." [He is like these & like that & what about you? Pay attention towards yourself - Mother talks in Marathi]. We should watch ourselves and not others. Why somebody is behaving like that, you just don't worry. How are you behaving yourself? Are you all right? Are your vibrations all right? And that's how with love, patience, understanding, I'm sure one day we all will feel the oneness, all of us, and we should help each other. If somebody is sick, we should help.

Somebody tells you [If he told you that your heart chakra is catching - Mother speaks in Marathi] somebody. So, there is nothing

to get angry. Actually, it's a great thing he has told you that he can cure you and you cannot see [In the past time this was a problem. If someone is saying that your heart chakra is not clear then he will say, How can you say that my heart chakra is catching ? It is obvious because this finger is burning - Mother talks in Marathi]. So, it is a story told by a person who is not connected. So, you should not sort of identify with yourself. You should identify yourself with the eternal life that is within you and you are going to enjoy it very much. So don't feel insecure, don't have too many desires for something and you'll be surprised that suddenly you'll find [If it happened or not happens nothing matters - Mother speaks in Marathi]. If it works out, well and good; doesn't work out well and good, because we are there after all. And if the car gets punctured, all right, we are there after all. Even if the car is not there we are there. We are not lost.

So don't think of the future, don't think of the past but think of the present and enjoy. That is the message of Sahaja Yoga, and perhaps I've covered most of the points for you people, and never try to criticize anyone, never, never, never. And be firm and know that you have just now crossed, so many of you just crossed. So be steady, steadily [Look at front - Mother talks in Marathi] what is going to happen, let us see. Let us see. Be with that. Suddenly, don't be bumptious about it and otherwise you'll be ripped back again, you see. So gradually grope the whole thing. When you have got the mastery over it then grip it. But if you are bumptious, anybody can push you down saying that [It is not good - Mother speaks in Marathi]. There are many like that. So be careful.

You see, everybody is trying to push you down. In this world there are satanic forces, and you are very special chosen people. That's why you have got vibrations. There are so many people in Bombay but how many have felt it? You are the very few who have felt it. So be careful about it and meet together in this same number. All of you can be realized fully if you come together and sit together. They say when Mataji is here, they are here. Then Mataji is only busy all of the time. [That's why I didn't come to Mumbai this time. Mataji is curing everyone's catches - Mother speaks in Marathi] Those eight or ten people who have been attending it regularly are the best and they are also busy cleaning you [Don't do like that. Put on one day Tuesday. Today is the last day. I will come back - Mother speaks in Marathi].

Today is the last day because I'm going on the 25th evening. I'll be back again in December, I hope so, for one or two days. We'll have a program, not a long program because we are going on a holiday ? first time in My husband's life. So, I hope you won't mind. Then again I'll come back next summer perhaps I don't know maybe or maybe next year I may not come. By that time, I hope you people will keep to the [program – Unclear].

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Talk to Sahaja Yogis

Mumbai (India)

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

Prem Dharma, the Dharma of Love, Mumbai, India, 1977-03-23

Translation from Hindi

Many people wonder when they see this for the first time if this is Kundalini awakening or some child's play? For Kundalini awakening so much has been said, one has to stand on his head, take a whole lot of trouble, how does Kundalini awakening happen naturally? Those who have got their Realisation, many that are present here have got it, you did not know how it happened, but when you watch others who got their Realisation, then you will realise you have got it, because you reached the moon suddenly. How you reached there and what you did for that, you don't know. There is a reason for that and also there is a purpose for that. Only when the time comes for fruition comes, the fruits are borne. But this does not mean whatever was happening before this was not necessary, that was also necessary, now the fruition is also necessary.

Some say that in the last ten thousand years no one attained it, now why is it happening? Ten thousand years ago no one went to the Moon, now how have they gone? If it is happening now, why should you doubt it? Ramdas Swami said, 'There are some people in this world who are called "padat moorak", idiots; those who read a lot and become idiots. The same thing poet Kabir Das said, 'Padi, padi pandit moorak baye'- "A scholar who reads a lot becomes an idiot". A doubt of this type lingers on- whether it is during the period of Christ, Gnaneshwar, Sankaracharya or Gardus. Anytime! Those who think they are very helpful, special people, those who think they are scholars existed and will always be there. They will always create obstacles and spend priceless moments in such activity. There is no cure for it.

Even in Kali-Yuga, some such people have read all the books. Such a person will lose his mind because he has spent so much money to purchase these books and read them. He does not understand, he has read so many books, worked hard, did worship, he did not get it and Mataji waves Her hand and they have got their Realisation! What is this?! There is something or other in Me, that you can make out. Assume that there is a very rich man. If someone asks him for money if he wants he just writes a cheque and the job is done. Some or other wealth I have accumulated. There is some tremendous hard work behind this. For this I will have to put in some hard work, then you will get it clean and tidy. You neither have to work hard or read anything. You just have to attain it. But one thing is certain.

The foundation of Sahaja Yoga is dharma (righteousness). Dharma does not mean religion, Hindu, Muslim, etc., it is not that. Dharma means the human attribute, the attribute of humanity. Even this many people take it to mean serving others, giving money to others. Many people cheat some people and build a temple and they will claim they have donated a lot. The second type of people who trouble and torture their daughter-in-law, but they will spread religion in the world. The third type of people will shave their heads, wear ochre-coloured clothes, wear a joge (Dress of a monk) and go around taking the name of Paramatma (God). Another type of people thinks that only they are religious and others are non-religious and go around putting them down.

The system of religion is already established within us. Human is born in religion and when he goes against it, then he will decline and he will not be useful for Sahaja Yoga. That is why some attain it-Realisation- and some don't. Some don't make progress and some attain it faster. First, you should bind your dharma. But the essence of all religions is the same- love element. If you have the love element in you and if you are filled with the love element, if it influences you absolutely, if it has become part of your life, then there can't be a bigger attribute than this. Love does not mean you wear some jewelry and go around advertising-I am a great lover and I have done so many favours in this world and I am a lover and a mother lover. This is an

attribute from within. You have seen in the life of Rama, b.. (unclear, so using Shabari, the woman ascetic's name) gave him some berries. You know that in Sahaja Yoga you vibrate all foods before eating it and until it is vibrated you don't eat it. Until you find grace in it, you don't eat it. But Ramachandra Ji ate Shabari's berries straight away. Shabari had put her teeth in them. She tasted each berry. Such partly eaten berries Ramachandra Ji ate them with reverence. The reason for this was Shabari was full of love. Her love for God was guileless, steady. She knew that Ram Ji was an incarnation and she deeply loved Him. She got the berries and she tasted them before giving them to Him and ensured that Ram did not get sour berries and He is not troubled with the sourness. And with this thought, she tasted berries and gave to Ram and Ram ate them. Shabari's power of love, she would not have listened to any religious discourse and she may not know the difference between a good deed and a sin, she may not be aware of any worldly matter, she does not know what is being rich and what is being poor, maybe she is living in jungles and caverns. She may not be caring for the clothes she is wearing, she may not have invariableness, nor a manifestation of shame. But she had so much love for Ram, she tasted each berry and offered to Ram with extreme innocence and said, ' See, I have tasted each berry by putting my teeth in them'.

When a human is in love, he becomes guileless, impeccable. Love comes out of practice. It is not done, it happens. Till such time the element of love is not awakened in you, Sahaja Yoga will not settle in you. Many Sahaj Yogis tell me, 'Mother we meditate for one hour. Okay. We do such and such a thing for four hours and this happens to us. But what is your feeling? When the love for Paramatma descends, when you are absorbed in the love of Paramatma, then you will love with your full heart, the entire creation made by Him and you will love all the creatures made by Him. If you can't do that, then there is something lacking in your love. When we give a lecture to others and when we tell them you should not have done that, you should not have done this, why did you do this, he should have not said this way, then we do not realise that what we told this man, did we say this out of love, if you say something or do something with a lot of love it does not feel bad. The essence of all religions is love. Parameshwar is the embodiment of love. In Sahaja Yoga only love is complete; there is nothing except love. In that sacrifice happens by itself. In that no other thought whatever comes when sacrificing anything, because the power of love makes one sacrifice. In love, the object will be to love and be loved. And it does not want anything in life. But if there is a fault in you and if your love is not pure, when you give vibrations to others, is there a motive behind it that you should get some benefit from it or profit from it or use it, if you are giving vibrations with these in mind or plan to use it later, then there is something lacking in your love. While you are giving vibrations to someone if you find that there are one or two faults with a chakra or so, you should stimulate it with great love and cajoling and guiding.

The whole world is standing today in spite. Humans find some excuse or other to spite. He knows that some way or other form some associations to spite people. Many countries and organisations do not appear to have been formed based on love. Mostly in its folds 'spite' appears. That is why slowly these organisations are closed. How profound is the power of love you know? The power which is flowing out of your hands is the manifestation of the power of love. If you are stone-hearted and if you don't have any sympathy for others, if there is no melody, you can't progress much in Sahaja Yoga. You should love your children, members of your family, your servants, your neighbours, your acquaintances, whether they have got their Realisation or not. They all can attain if not today, tomorrow. But if you fall along with them then you will also decline and we can't talk of any upturn for them. They can understand the importance of Sahaja Yoga by seeing your love. Humans have never tried the power of love. Only now it has started after you have got your Realisation in Sahaja Yoga. From then You have known this power; How intense, vast and working is this power. If one wants to look at it from outside ..(Momentary audio break) man jumping mind- that is why I said those who have become fools through excessive reading can't understand this. But for one who is kind and full of love, Sahaja Yoga is very easy for them. Because it has a very subtle resolution and it can happen to those whose heart is completely made for this world. Siva dwells only in the heart and Parameshwar's light is seated in our heart in the form of Atma (Spirit). One who has a rigid heart and one who is very harsh to others in his dealings, his heart is deprived of Atma darshan-sight of spirit.

Everyone should look towards oneself and check how deep one is in the religion of love. From that, you will know how pure each religion is. Like a small thing, one should not consume narcotics in Sahaja Yoga. You know that one who takes narcotics will have his Nabhi chakra caught up and also Void is caught up and such people will not attain it. Those who consume alcohol, they don't love themselves. Alcohol or any other narcotic, they know that, will harm them. It harms the family; the family of a drunkard starves. How can he be a model for his children? His children will be noticing him drinking all day. How does he deal with the society around him? He does not value anything in society except for his drink.

You can see the form of love in all the religions, which we know as ten dharmas. And if we behave with love in all religions, you will understand that love is such a thing as you have to test Gold, you have to test all your dharmas-attributes. Many people say we worry a lot about food. What they mean is they wash their hands a hundred times, we only eat so much not more, we fast and we trouble people on account of this. If you have so many constraints on your food, don't go to any one's house. That will be a very good thing. Whatever you get at a place you should eat it. Even in that, you should assess one thing, whether the person is offering it to you with love or not. If there is no love you should not take it. You can reject it or somehow avoid it. You have to see only one thing, whether the person is offering it with love or not. But if you talk of alcohol, if someone gives it to you with love, should you accept it or not? Definitely not. Because one who is offering you a drink is himself a drunkard, that means he doesn't love himself and he is also teaching you dirty things such as how not to love. These days if you go to someone's house for food and if he is offering you food with love, then love's vibrations make you want to prepare food with your hands for your friend and offer it with love.

When you share love, love grows. If you share spite, spite grows. Every Sahaja Yogi should think that until he follows the path of love and until he is dedicated to love, Sahaja Yoga will not be beneficial to him. He has vibrations but he does not feel. There will be a lot of vibrations and people think that a lot of power is flowing out of us. Many have cured many people with their hands. Many people have gained, that is also true. But when we talk of all these where do we place love, we have to see that. When we talk of any of the incarnations we should take care to notice that in each incarnation the love's display was very beautiful and pleasant. In the incarnation of Krishna, Krishna ate at Vidura's house with a lot of love. They say, 'Duryodhana mewa tyajo, Vidura ghar saag kayi, sabse oonch prem sagayi' (Hindi-Krishna preferred an ordinary meal at Vidura's house to a rich meal at Duryodhana house because of the love of Vidura).

See in the life of Christ, people were throwing stones at a prostitute, then Christ who had nothing to do with that prostitute, he went there and stood and said, 'The one who has never sinned can throw stones at her but the first should be thrown at me'. And everyone's hand dropped. All these things happen out of love. Love does not come from money. Love does not come by showing off. Love does not happen by speaking. Love happens inside by knowing that there is a lot of compassion from Parameshwar, especially Sahaja Yogis have to think. Like you asked me, Why did it happen in this birth, why did we get it in this birth? Because it is inside? His boon, His love. It came inside you. And the more subtle path it makes inside you, the more your love's sensitivity increases. But every time it is the same thing; it is not for shallow people it is not for people with a bad disposition. Those who criticise day in and day out, it is their job to talk ill of others, it is not for them.

But those who have loved in this world, who has got the name everywhere that he is full of love. You also look in your life, you only remember that person who has deeply loved you. You will not remember the person who might have given even huge money. One may give you a lot of things and also take you to great heights but you will still remember only the person who loved you deeply.

We should know all the attributes which are in us, through love. The explanations of religion made in our country are so narrow and limited that there is spite in place of love. Such dharmas have been made like a widow should not take food with anyone. What kind of dharma is that? It can't be dharma of any place. Whether it is a widow or widower it is like a stroke for them. When someone faces such a problem, a Sahaja Yogi should vehemently help such people and pacify them, instead of torture and trouble them. This is adharma. In the name of any religion, adharma is done that can't be dharma. In this way someone is made untouchable, shows someone as a bad person and teaches one to spite such people is not a dharma. In Sahaja Yoga, there is no scope whatsoever for such dharma. True dharma is one that generates love. There are dharmas of other types like we will not eat sweets today, we will fast today, we will do this today. We may be troubling others with these. Such dharmas can never be dharma.

The third type will go to temples whether there is money at home or not and benefit. We will donate money to children. We will allow ourselves to be robbed. This also can't be dharma. We don't have food for our children, when we don't pay attention to our children, when we can't take care of our family members and those who waste their time, I don't approve. I will go to this extent

and say if someone is wasting time in meditation and leaves the family with hunger, then such a person shouldn't meditate. Dharma means keeping a full arrangement for love. And you should be vigilant all around with love and that is dharma and till you get this dharma you can't go beyond dharma. A person goes beyond dharma when he becomes love itself. After that nothing is left. Whatever he does he does in love. Like the killings done by Sri Krishna. Even if he kills someone he does so in love. When Christ took a hunter in his hand and started beating people because they were marketing in the temples, even that was out of love. Everything turns into love and he goes beyond dharma. It won't remain dharma anymore. It becomes total love. Whatever he does, whatever he says, whatever he speaks, whatever he eats, drinks, is dharma that is love.

I see many times in Sahaja Yoga after becoming a superhuman from a human, you don't understand that the organisation of love is the biggest organisation. You should be vigilant about love. Someone who beats his wife, if a woman troubles her husband and thinks that she is a great Sahaja Yogini, they should realise that it is a big sin. There is no room for troubling anyone in Sahaja Yoga. There is no scope for beating anyone in Sahaja Yoga. Whichever way you wave your hand only the power of love flows and there can only be good, it can never be harm. However much you may try you can never harm anyone. Only when you move away from Sahaja Yoga, when you decline in Sahaja Yoga then you may harm.

In all the religions this has been said about dharma openly, not by an individual. But human always runs towards myth, that is why whatever adverse form dharma takes, we accept it. Like Christ has said that one should not take the help of ghosts and phantoms. Mohammad Sahib has said don't take alcoholic drinks, etc. Raja Janaka has said that you should treat all humans with the same attitude in the presence of Parameshwar. Nanak has said the Parameshwar dwells in all human beings in this world. He also prohibited all narcotics. But what are his ardent followers and close supporters doing? What are Christ's supporters doing? Christ has said that a human should be innocent like a child. Regarding sex, Christ said that people should be celibate and in marriage sex should be used in a very orderly way. But in what state are his disciples? What order have they made? How are they conducting themselves? If you notice, you will be surprised, are they Christians of Christ or was there a demon by the name Christ and these are his disciples.

In Hindu religion a great thing has been said, only one Atma dwells in each individual. We take birth several times in this world, we seek it many times but we seek everything in one Janma. When we are born several times how can we be Muslims, Hindus, etc? How can we say someone is inferior and someone is superior? I explained to you several times and you understand it fully. Until you are not totally absorbed in love, Sahaja Yoga will not settle down in this world. If one flower of love blooms somewhere, its fragrance will permeate the whole world. You also think that you had got a person in your life, how much love he had given-even if there is one person like that you will be surprised there will be thousands of people will be after him and beg him for love, they demand it. And those who boast about love and rob people in the name of love, confuse them, tell them lies, such people will be deserted. Love is such a thing it touches the heart and that is Paramatma's biggest dharma. If there is a dharma of Parameshwar it is love. You meditate on your love element and to those who have come for the first time, I will give Realisation and try to ensure that they attain it. All should look at their love element and check how far we have loved and how many people we have loved in this world.

1977-0325, Sahaja Yoga is a big blessing

View [online](#).

25 March 1977

Talk to Sahaja Yogis

Kalwa (India)

Talk Language: Marathi | Translation (Marathi to English) - VERIFIED

These people have organized a nice event here that I have come to meet you all here in Kharegaon. These are old coincidences. Belonging to past lifetimes. And we will not be able to understand it so well how they repeat themselves because we do not know about our past births. But these are coincidences from past lives, and that is why today again, in this life also, this is an excellent opportunity to meet you all. I feel so happy to come here that I cannot truly express in words.

I know that Sahaja Yoga will reach the rural areas in a really good way. Because people who live in the cities, think they are very intelligent. One because mostly they are learned people without wisdom (pseudo-educated). If they are not pseudo educated then on the basis of money and power they consider themselves special. They think that they only have created this whole world. Even the sky is also created by them and they consider themselves God and that there is no such thing called God in this world. While committing any bad deed, the thought of God never enters their minds, that we are doing something immoral, against the Dharma. Even today the rural settlements or rural folks believe in the existence of God. Our land of India is a land of yoga (Yogabhumi) and Rama (Shri Rama) and Sita (Shri Sita) have blessed this land, have made it holy by walking bare feet here. In the rural society, there is simplicity, innocence, and utter devotion towards God, which many people exploit, means many people tell lies and rob them of their money. By terrifying the simple folk, by telling some fraudulent things about God, by creating bizarre thoughts in them, they are fleecing them of their money.

It is a very sad thing that this is happening in all villages, but Shankar (Lord Shiva) Himself is sitting behind all these innocent people, and He is protecting them all. God is enticed by the simplicity of these innocent people and is always there to help them. But you should not disbelieve God even for a moment. We must remember simple things like we cannot purchase God in the market or a representative of God is not supposed to take money from you. If he robs money from you then he is not a representative of God. And if he is asking money for any reason then straightaway tell him that look we have nothing to do with you

The second thing, cities have lot many diseases as compared to the rural areas. This is quite surprising. The reason for this is the clean air, the environment, as also the holy deeds. People have pure hearts. But our Sahaja yogis have worked very hard to eradicate the diseases. And once you have reached the position of self-realization in Sahaja yoga, then you will not need any medicine or doctors etc. All diseases, mental or physical diseases will disappear for good. You don't have to give any money in Sahaja yoga, you don't have to take any special effort for it. No effort at all. Just like a seed sprouts by itself similarly the seed within you sprouts. You have that seedling inside you and the scholars have given it a name as Kundalini. As every seed has the seedling, similarly you too have a seedling within you. But if a seed is rotten or if the seed is not fully developed, then it takes some time to sprout. I only pour the water of my love on the seed or the seedling. Don't do anything else. And for that what else can one do? The seed sprouts by itself. Similarly the seedling within you placed by the Almighty, sprouts by itself. But the only thing is that if you have a decorated lamp it does not get lit up by itself, one needs to bring a lit lamp near it. In the same way in Sahaja yoga, only a lit lamp can light up the unlit lamps. And when other lamps get lit up then they can light up others. This is the process. But a lamp may have its wick slid out of place, or a lamp might be damaged, or a lamp may not have enough oil, so even that can be set right upfront in Sahaja Yoga. Kundalini is your Mother, who takes birth with you every time you are born. She resides in you and you know how holy a mother is. But this purity is your Mother and she is waiting for the moment when such a person who is full of that that love, comes in front of you then Kundalini rises automatically and you have that realization.

Today we are going to have a little experiment about it here. And I hope that many of you will experience it. It happens so naturally that people find it hard to believe that how could we have got it so quickly - because they think normally people have to

do fasting and they have to do this and that. Then they need to go to the forest, do penance. Now let's imagine that if someone did not know the way to Kalwa and if he had to come searching for it on foot from Mumbai, say 50 years back. Then he would have taken a lot many hours. But today we have come in a car. So we did not take as much time - Not only hours but would have taken days – We straightway started from there and reached here. So the outward progress we have made in the modern times, like the tree has progressed outside, then its roots also must have progressed. Then this progress which the roots have made will not be immediately discerned by you. Because you can notice the progress of the tree. Unless you see the roots, you will not understand. This is work of the roots. And when the source is discovered, if the source itself is available, if the root gets connected to a spring, then there is no question – of the tree dying or suffering in any way. However large the tree becomes, it can still get the supply of water.

Similarly Sahaja Yoga is found in the modern age of Kaliyuga and everybody should take advantage of it. Only Sahaja Yoga does not have place for shallow minded people. Means people who are used to making fun of or belittle others – even if these people get the vibrations these will go away. Faith is a must. One must have faith in the Almighty. Whatever you say, if you do not have faith in someone then why should he look after your welfare? You say, 'Mataji please cure my child but we do not have faith in you' then why should I cure. Just think, even if I say out of love let's cure him but several deities who are there to cure him, they must agree to it. Lord Hanumaan should agree, Lord Ganesha should agree, Lord Shankar should agree, Lord Krishna should agree that this person is OK. Otherwise they say that there is no need to help them. These are shallow minded people. Have just come for this sake. There is no point in helping them. Thousands of people have been cured through Sahaja Yoga, several diseases have been cured. In addition thousands of people have got their realization. Those who have got their realization, they too are curing others. This one thing you must remember in Sahaja Yoga that a human being does not know everything about himself. He does not know that what happens to him after he dies, what he was before taking this birth? or what is going to happen in the future, he does not know all these things about himself.

So you have to follow some rules of Sahaja yoga, one small thing is that Sahaja Yogi should not let anyone put kumkum on their forehead. You should only allow another realized person to put kumkum on you, should not allow to touch your forehead. Normally you will ask, "Mataji, why is it so?" Vibrations flow through everyone. As we say, this person has a good hand, this person's hand is not good. His hand is good for farming. His hand is good for medicine. The reason for this is that we have vibrations flowing through our hands. If someone has very bad vibrations flowing through his hands and if he touches your forehead then you will also get bad thoughts. So it is a rule in Sahaja Yoga that you should guard your forehead. God has created the forehead of a human being with great thought. And you must think a lot if you wish to bow it before someone. If you move around bowing your head before everyone and if he happens to be a demon (rakshasa) then the bad qualities of that demon will easily get transferred into you. There are a few such rules if you follow them then you will attain Sahaja Yoga and Sahaja Yoga is a big blessing.

You will be surprised that if you recount experiences of Sahaja Yoga to people, you will be surprised. Once a Sahaja yogi was travelling by train, and the train had an accident. The entire train turned upside down but nobody was injured. Amongst them, there was their small child who was thrown far away but still he was absolutely fine. People were so surprised that how can that be? So Sahaja Yoga helps obviate accidents. Means how does this happen? You will say how does this happen?

We have total faith in Shri Hanumaan, and are always chanting his name. While entering the village, generally there is a temple of Shri Hanumaan. But we do not realize that Shri Hanumana is everywhere, only thing is we are not connected to Him, Otherwise with just one call He would be standing before you, not only that but wherever a Sahaja yogi moves about, he is connected to the Almighty, and he is protected by HIM. Shri Ganesha is everywhere, we think that Shri Ganesha is only sitting in the temple; He is there to help everyone. He is everywhere. If any Sahaja yogi suffers then Shri Ganesha removes his suffering. We all say that yes, "there is Shri Ganesha, there is Shri Hanumana we want to celebrate the birthday of Shri Dattatreya, There is Shri Shankara." We have faith in all of them but we do not understand that this body of ours – and whatever we see through our eyes, and the environment we are in, this all is influenced by them and they keep a proper vigil on all this. You will not realize this until you get connected to the Almighty. Just like – Now I am speaking with you through this mike. If it is not connected to the mains then you will not be able to hear anything. Similarly until you become one with God or you get yourself realization, till then even if you call HIM, how will HE hear you? We keep on chanting the almighty's name day and night and sometimes in such a perfunctory

manner as if He is our servant. Continuously ask Him to do something or the other, "You do this, you do that, do this for my father, you do this for my son." But what right do you have on the Almighty? What have you done for the Almighty? Are you connected to God? For example if you want to meet the president then you need to send a request letter. You need to seek permission from them. If you land straightaway in front of Him and say, "Hey President, do this for me" will you not be arrested by the police? So you do not have the right and the recognition of this right is, that when a person achieves his self realization, he feels divine vibrations flowing through his hands as indicated by Shri Shankaracharya. And the same is happening today. It is not a bluff about the Almighty. Today I can prove the existence of God, you can prove it too. So this path, as they say, "is not the work of any Tom Dick and Harry".

To walk on this path people should have faith. If you have the simplicity, the innocence and the desire to know the almighty then all of you can reach tremendous heights. Nobody is going to become a saint by wearing saffron clothes and by shaving their hair. That way the sheep get their hair sheared every day so do they become saints because of that? Nobody becomes a saint by changing clothes. By changing the outward appearance nobody becomes a saint. We have had so many saints in this country, like Saint Tukaram. He did not renounce the world (take sanyas). No Saint has to renounce the world. Because a saint becomes an ascetic from inside. Your attitude changes from inside. So you don't have to show or exhibit anything outside to show that you have changed. Whatever has to happen, happens inside, you feel that within. Now some of the people present here might feel that for a little while they got vibrations on their hands. 'Mataji, we felt that we had the divine vibrations on our hands.' And after some time, not only four or five, but ten people might experience those vibrations. Four may not get. Then those four people, who did not experience, will say with hatred that this all is humbug, this and that. Then those ten will also go along with these four. The human brain is half baked. This is a very new experience and it takes time for it to set in. If you say that it should happen instantaneously or in a minute, it will happen but you need to give it some time, you need to position yourself for it, you need to make a little effort. You need to make an effort to sustain it after you get yourself realization and not before.

They have asked me to come here to Kalwa, and I don't know what further program they have arranged. But I would have liked us to go into meditation, and see if we could achieve your self-realization. And then if there are any patients etc. I would see them. Now if you have any questions, you can ask me, I will be very happy to respond. Do you have any questions? Just ask.

(Someone asks a question, but not quite clear)

As a response to one of the questions, Shri Mataji said, "Suppose there is a cemetery (Crematorium). Cemetery, they say, should be outside the town. But what people do – Let it be a Cemetery or anything, wherever they see a vacant land – Now we have a Cemetery at Mumbai. And they have created a play area for kids on that land. So will not the kids who go there, get affected?

Because they have their graves out there. People do not think about such things. Modern person of today does not have this common sense. And in the same way today residential colonies are made. So these people and you too should take kum kum to protect yourself. Later on when you will come to know what is involved, you would be surprised to know that you have been saved from such a great trouble. This is why people become mad, go to the asylum. They become ill, die. But they don't understand how they got this illness and from where? How did this happen in our home?. Even small children get affected. Because you do not have any idea about yourself, then how you are you going to know about anybody else? What has affected them, who are they?

Now consider a simple thing. You have gone to the temple. God is there in the temple. You must pay your obeisance only to HIM. The temple is very necessary. It is for everyone. But imagine that the priest out there is a fraud, just imagine. And if he is doing some bad deeds, practices ill, black magic etc., and imagine he gives you the prasada, and then will it not go into your stomach? How are you going to know? If you are simple people you will not know anything. But if you are a Sahaja Yogi then then you will immediately vomit whatever you have consumed. It will not remain in your stomach. If any such thing enters your stomach then it will definitely go away. It will not stay at all. And then when you come home you suddenly have a stomach ache, then had a strong bout., suddenly died in the hospital. What happened Mataji, we could not understand. And you can understand all these symptoms can happen only when you know yourself and hence know others.

Because you have not recognized yourself. You have not understood it before how strong your power within is. The moment you realize it, you will know what ailment this person has, what ailment the other person has and if that ailment is troublesome to you then you can even protect yourself from it. How do you recognize this? You must understand this capability.

Shri Mataji talking to the seeker who asked the question in Hindi:

So you can also come here and learn all about it. These people who are sitting here will make you a master in all aspects of Kundalini. They are all masters in Kundalini. They have cured thousands of people of their illnesses.

Shri Mataji pointing towards some yogi, saying: He is from Dhule. There is a centre there. This person has cured thousands of people of their diseases. His son is a doctor and the other one is a big landlord. They have started a centre. Thousands of people have been cured by them. I can say that since the day they got their self realization, they have not charged for any medicine. His sons have got their self realization. All of them have got their self realization. Now that there are all these things available in Kalwa, you should do it. People should pay attention to Sahaja Yoga and achieve it.

So as I said, in Sahaja yoga it is not you take your realisation and then you forget about it. You must understand it, no; you have to find out everything about it, to know how it works. Let's say if I provide you with electricity but do not tell you how to switch it on then how would you know? You have to learn the complete thing.

But generally if you keep two three things in mind then you will not face any problem.

One thing is to give bandhan to oneself, and soaking feet in salt water. Thus you can be alright with a couple of such things. No need to do too many things. Maybe you only came once and did not come afterwards, so you do not know everything.

In addition keep on discussing with these people. This will not do. This is the work of God. Have to learn a few things. Now see this example. You need to spend many years to work with electricity. And this is the work of God. You definitely need to learn a little. Which finger to use during worships (pooja), how the flowers are to be offered. It is true that these are very small things. You need not get into too many details. Learn a few things at least.

Now ask questions if you have any. Do you have any questions? Do the youngsters have any questions?

Now see that drinking is prohibited in sahaj yoga. Normally I don't tell anyone to stop drinking. But after coming to Sahaja yoga you won't feel like drinking alcohol. And if you drink, you will vomit straight-away, you won't be able to drink, you will suffer a lot. Smoking is also prohibited. After becoming a Sahaja Yogi, if you start smoking, you will suffer a lot. You will not have the urge to smoke, you will leave it. Nobody smokes cigarette at our place. I do not tell anyone to give up smoking, but it just happens automatically.

There was one person in Singapore, he used to drink a lot. His wife brought him to me to make him give up his drinking habit. He got his self realization, I don't know how. After that whenever he tried to drink he used to smell some fragrance. The fragrance used to be so intense that he used to keep enjoying it and forgot about drinking.

1977-0427, Letter

View [online](#).

27 April 1977

Letter / Poem

London (England)

Talk Language: English | Transcript (English) – Draft

Letter

As sometimes, we, in our memory, relive some beautiful moments of our past and feel the same joy, in the same manner, every idea of a realized soul can be materialized (sakar). We do it unconsciously many a times when we paint an unknown picture. We imagine and enjoy our imagination and then recreate and enjoy more. But a sahaja yogi can weave a beautiful pattern of joy by suggesting joyful, beautiful ideas to oneself.

<http://www.sakshi.org/River/kathman.htm>

1977-0501, Letter, May

View [online](#).

1 May 1977

Letter / Poem

(Location Unknown)

Talk Language: English | Transcript (English) – Draft

Letter, May

You can cure human beings but cannot force them to accept me which it seems is the only condition that deities are not asking to compromise with. If it is not done by human beings sahaja yoga has to fail and we have to accept the verdict of the "Pralayankara", the destroying aspect of God (Sadashiva).

Jimmy Carther is talking about human right but does he know that human beings have certain duties towards themselves? Does he realize that they have no right to spoil their Mooladhara and the Sushumna by their egoistical freedom? Does he understand that Americans are under another kind of captivity? It is your task to write in your book very clearly that they cannot proclaim anything about right and wrong when their own instruments are rotten.

yours most loving mother, Nirmala

<http://www.sakshi.org/River/kathman.htm>

1977-0501, Letter to Indian Yogis

View [online](#).

1 May 1977

Letter / Poem

(England)

Talk Language: Marathi | Translation (Marathi to English) - Draft

Letter to Indian Yogis (English translation). England, May 1st 1977.

My dearest Sahaja Yogis :

My Blessings to you all,

News has been conveyed to me that a new Center is functioning in Muskwadi Village (Rahuri), where thousands of people are getting Realization. The achievement has been made only because the “workers” over there have knit themselves in bond of wonderful Love. They never try to complain to anyone about anything but instead overlook and ignore in case someone commits what may be described as an error. This broad-mindedness is capable of generating feelings of happiness in one’s self and acts like a magnet where others are concerned. This Broad-Mindedness is the quality of a human body and gets multiplied with the awakening of the Kundalini. This is she manifestation of divinity.

But, those people who remain in “artificial” environments only, they cannot enjoy this Bliss. Your Kundalini has been awakened; and it has pierced the apex of the brain (Brahmrandhra); but still the heart also has to feel ‘awakened’. In case one’s heart is like a stone and he is unable to shower Love on any one; he uses unpleasant language in conversation with others and is very particular to stress that he himself is really someone special; then he is not fit for becoming a Sahaja Yogi. Of course, such is the nature of certain people. Many a time, I have observed that before myself, some of you try to push others or frown upon them with anger, etc. When someone speaks harshly to little children, then I feel a stab on my heart. Tell me, in Sahaja Yogi, should not there be exhibition of loving feelings?!

People who are the off-springs of the same Mother very often fail to realize that they are the children of their Mother in reality. This fact is well-known to you. Then, why should you have the feeling that someone else is superior or inferior to you. Are you without blemish and capable of being such a judge ? People talk of universal brotherhood of man but is this feasible if we don’t love each other as we should?! At the moment, all I have to say is that you must use Introspection and Discrimination and rid yourself of such ‘poison’ as it is only then that you will make a real Sahaja Yogi. In case a Sahaja Yogi comes to your place, invite him as if he is one of our own brothers. Look after him nicely. This will purify your household. I cannot understand how and why Sahaja Yogis form ‘groups’ as with every passing moment your position improves or deteriorates. Such formations can lead to total annihilation of the Self.

You should try to own whatever is good in others and ignore what is not so as this can be looked into by me. In meditation, you will realize that this is the Door to Eternal Bliss.

One who remembers you always,

MOTHER NIRMALA

1977-0512, Letter

View [online](#).

12 May 1977

Letter / Poem

London (England)

Talk Language: English | Transcript (English) – Draft

Letter

India has now won back its democracy and the leaders are talking of Gandhiji. That is a very big step forwards towards the new style of government. Gandhiji believed in LOVE of God. He believed in Dharma. He believed in integration.

<http://www.sakshi.org/River/kathman.htm>

1977-0701, Guru Puja: "The promises you have to make"

View [online](#).

1 July 1977

The Promises You Have To Make

Guru Puja

London (England)

Talk Language: English | Transcript (English) – VERIFIED

Today is the day of worshipping your guru: that is your Mother. And as I told you, it's a very unique happening that Mother, Herself, has to become your Guru.

And also you know that it is a very difficult task for a Mother to be a guru, because her love is so overflowing that it is difficult for Her to give any discipline to Her children. She cannot discipline her own love, how can she discipline her own children?

Being [like] that, the responsibility on the disciples is much more. If the guru is a person who can discipline you without feeling anything hurting to him, he is much more capable, and he can do it.

But for a Mother it is a very, very, very difficult, I must say, a very difficult job to be the guru.

She does not know how to balance, and She is extremely forgiving because She is the Mother.

While the guru, from the very beginning, does not forgive. But mother, till the end, she'll go to the last end. Even if the child has forsaken her, even if he has beaten her up, even if he's willing to kill her, still she will be saying that, "My child, are you hurt?"

Then the responsibility of the disciples is much more, to see that they do not hurt Her, and they do not take my love for granted.

For they must know that they have to prove themselves and they have to improve themselves.

That is why this day is a very unique combination of tremendous love overflowing me, and also the thought, I would say, the divine inspiration, that tells me that you have to be disciplined.

You have to be disciplined sahaja, not by another person. That has to be, because if a ship is not properly tied up and it is not seaworthy it cannot go very far.

If you want to enjoy the ride in the ocean of His grace and compassion, His bliss and kindness, then you must build up yourself fully.

Now we have seen we have chakras, and we can excite them, we can awaken them by awakening the Deities. But is it not a mechanical process. Every Deity has got a subtle point behind it, which is a very subtle being within you.

You know them, one by one. And you know why these chakras are catching – because you lack that thing. There's nothing to feel bad about it. As I told you this is like your motor car outside. This is your instrument. But the instrument has to be properly harmonised and cleaned.

Today I want certain promises by you to be made. And the foremost of all, as Christ has said, "Love thy neighbour as thyself."

I would say, one step ahead of that: "Love thy neighbour, a Sahaj Yogi, more than yourself." Let us start here. I don't ask you to do for the whole universe: among yourselves.

First of all decide: what have you done for others?

Second promise you have to make that you will never say a harsh word to any other sahaj yogi, even if he beats you hollow! You can tell me about it.

That is the greatest sin you would be committing from today.

Don't try to correct others! If he asks you to check him, then tell that, "This is the thing." But do not be harsh! Use your tongue for saying something sweet. I am telling you again and again and again. Otherwise I will put some sort of a restriction on you. Try to control your tongue.

It's very essential to put sweetly something, you can, you are sahaj yogis, it's very easy to put it sweetly something. It's such an attractive thing.

Why do you say harsh things? For what? To create enemies? If you want to have enemies, you can have so many: for that you need not say harsh things. Very easy to gather enemies. Difficult to get friends. And difficult to get your own kith and kin. But Sahaj Yogis, you have one Mother. And that hurts me the most.

Any, any, thing that tries to break you will take out my heart into many parts. And this body will become divided into many parts. So don't do that to me. This is the greatest suffering I can have from you. I request you not to do that because I have taken you into my Being, and you are part and parcel of me. You are one of the thousand petals of my Sahasrara, and I don't want these petals to be broken by you and to be trampled by others. You have your own dignity, and respect the dignity of others. And you are Sahaj yogis, realised-souls, you must know that now.

You are not ordinary people. As you respect yourself, you'll respect others. This is one thing I must tell you: that among yourselves you should be very humble and very friendly and extremely sweet. Also when you will start doing that, gradually you will learn a method by which you'll be very sweet. It is better to be sweet than to be harsh. It is better to be beaten up than to be beating others. It is better to be simple and deceived than to be deceiving others.

We are like the shield and the shield has to fight the sword. Sword doesn't fight a sword, it's a shield that has to fight it.

This you must understand, that for anything, no harsh words is to be said. Keep quiet! Just keep quiet. Try to keep control of your tongue.

That is one thing: that there should be no disunity because you are collectively conscious among yourselves. If there is disunity among you, you cannot be one: then how can we think of the whole world being one? Just think of it! And your responsibility is much greater because you are the first people who have got it in the whole of Europe and the whole of England.

Respect each other. Think of the good points that everyone has. Try to love.

If I were like you... you know I am complete, I have no problem — why am I bothering? Because I love you. If you love each other, you will see the good points of another person, and you will imbibe them. Try to love each other. But do not confuse this love with the carnal love. This is Divine love: absolutely pure, elevating, helping you to ascend.

Tonight you promise me that you will look at every Sahaj Yogi as a person in bondage in love and not in hatred.

And if somebody you think is not doing right or going bad, then you cure that person.

Sitting in the house, you know how to do that. But don't be harsh. By talking ill you are not going to do anything to help that person. You use your methods which you know very well. This is one point.

And that will give me the greatest pleasure, the greatest of all: when I will see all my children loving each other, and being kind to each other, running to do for everyone, trying to help each other and extremely humbled down.

Some of you are better off, some of you are more intelligent, some of you have got more heart qualities. Don't try to show down somebody who lacks a little bit in intelligence, or somebody who has little less of love. Maybe that person just wants more love. But try to give, than to expect others to give.

Then the second one: I want you, all of you, today, to know that you are the people who have to build up Sahaj Yoga in this country and also in other countries wherever you go.

So you are like seeds, and the seed which has to grow the whole tree! You have to bear all other trees, so how important you are!

So today you have to resolve that, in your personal life, you are going to be honest. You are going to watch yourself. You are going to introspect yourself. You are not going to tell lies. And you are going to look after your chastity, look after your life as a very precious thing.

And you are not going to cheat yourself. And you are not going to debase yourself. And you are not going to denigrate yourself, in your own eyes, but develop those eyes which criticise all these things and can see yourself.

Today you must promise me that you will meditate, you'll introspect, then getting into your Self.

Thirdly, you will not criticise Sahaj Yog — that is God's own method — at any cost! If you do not understand a part of Sahaj Yog, you can come and ask me, but don't criticise! This you must promise me.

So far whatever has happened, has happened. It's finished. It's forgiven. But don't criticise His ways now anymore, because now you are put into a higher position. You are put into a higher position, today. No more criticism of Sahaj Yog, at any cost! At any cost.

Because then you criticise the God Himself!

If you don't understand, ask me.

And now you know you are the people, God has sent only those who really know that Sahaj Yoga is the Truth. It is the only way, it is revealed to you only, very few people, that this is the Truth. And this is going to save the whole humanity and all the people. And God can be only understood through Sahaj Yog.

So nobody is going to decry Sahaj Yoga. Nor anyone is going to say that, "I am the Sahaj Yoga!" Anybody who thinks like that has been always, so far, we have seen in our practices in Sahaj yoga for the last now so many years, that anyone who takes upon to themselves that, "I am the Sahaj Yoga!" has had the worst possible falls of all Sahaj Yogis.

So don't do that. We are a part and parcel of that Sahaj Yoga: harmonising people, being one with people. So nobody should criticise Sahaj Yog, nobody should take chances with Sahaj Yog.

And fourth, you have to be obedient to me. I have been telling you, in a different way and in every way that you should understand. Now, this stops. Today you have done this puja, I want to tell you that on your own, on your free will, with your own understanding you have to be obedient to me. This is your own decision. I cannot force obedience onto you, but you must

understand it is for your good.

Because every minute I can see your future, I can see your past, I can see your ascent, I can see everything.

If I say anything at that moment, it may appear a little [bit] unreasonable, but just obey me, what I tell you!

I am not asking too much, you have seen: not much, as other gurus do.

You don't know other gurus what do they do: they will hang the disciple in the well halfway down. He is just there and from his waist they will be hanging a rope up. They take seven parikshas (– trial, test) like this, horrible ones. They will throw him into some place. Seven like this. There are, altogether, 108 parikshas. And then they say, "Come along!" Then they will try [to teach] you. It starts after that.

I am not taking your test. But obedience is very necessary because I know everything.

I can't help it. You cannot have another opinion about myself because that's a fact.

And if I say something, I would not say normally, I will not hurt you, you know that. I hate to hurt you. After any hurt I cause you I weep and cry. But I have to do it, because you are my dearest children and you are my will. And you have to do the most important thing on Earth, so be careful. Whatever I have told you, you have to obey.

For today, for this place, and today's function, I bless you – these are the things you must do. I haven't asked for much. But they are very difficult things. They are difficult.

So, look after yourself. Try to be good Sahaj Yogis. Be sweet to each other, kind to each other. Don't deceive yourself. Look after your vibrations and everything will be alright.

May God bless you.

1977-0701, Letter on Guru Purnima

View [online](#).

1 July 1977

Letter / Poem

(Location Unknown)

Talk Language: English | Transcript (English) – Draft

Letter on Guru Purnima, 1 July 1977,

(Maybe from England to Indian Sahaja Yogis. Location and language unknown)

My dear children Sahaja Yogis,

I am happy to learn you are celebrating Guru Purnima on 1st July. It is very hard to be a Mother and a Guru. Mother is the Guru of Gurus. Mother has to be a Guru to her children but She does not perform this duty the way the Guru does. She reduces the distance between her disciples and Herself by treating them as her children, her own part and parcel. But, oh! my children, you are really born out of my Sahasrara. I conceived you in my heart and gave you the new birth through the Brahmarandhra. The Ganges of my love has carried you into the realm of Collective Consciousness.

This love of mine is too great for my human body. It nourishes you, soothes you and gives you security. Gradually it opens your awareness to bliss and joy. But this love also corrects you and prunes you. It guides you and directs you. It reveals itself in the form of true knowledge. It absorbs your shocks and settles you like a gliding leaf on the hard surface of truth. It strengthens you to fulfil your aspirations of reaching spiritual heights. After all, what is the Guru principle? It is that aspect of this Divine Love that guides and warns, which gives you 'the dos and don'ts'. Because if human beings fail, they become "rakshasa" and "danavas" (demons), which is a fact. All your ancient scriptures are singing praise of the incarnations as Gurus, Dattatreya, the three-fold innocence that guides the path of dharma. There are ten basic dharmas of human beings. They must be guarded, respected and are to be identified with "tadatmya" (sameness of nature).

There is no compromise but human intelligence gives ideas by which human societies have gone into horrible conditions. Their play of mind takes us to sin and we become insensitive to sin. Today, I want you to resolve that you all will become absolutely dharmic. It is hard to be dharmic. The society and the environment force you to be adharmic. You are born in innocence and later you go on compromising and accepting adharmic patterns as normal.

For a Sahaja Yogi, it is difficult to be adharmic. If he tries to do a wrong thing, he is corrected by the vibrations. But if you go on killing your awakened conscience you are free to do so and kill all your chances of ascent. One aspect I would emphasise this time: "Do not commit an adultery". Christ went further to say that, "You should not have a adulterous heart or mind because you are Self-realised". Your behaviour pattern moves from inward to outside. Introspect yourself. Do not confuse your lust with 'Love'. I have heard prostitutes singing the love song of separation. They are the ones who create the agony of separation for a Gruhalaxmi and act as the oppressed. Be careful you are not acting and playing the games of adultery. The sin becomes subtler and subtler with sophistication. Respect your marriage institution.

Women have to be Gruhalaxmis. Firstly, she has to be dedicated and completely fidel.

Secondly, she is to be worshiped like a Gruhalaxmi. This is the double meaning of "pujyante" [*]. The word "pujyante" means the one who is worshipable and is also worshiped. In Sahaja Yoga, you have to forget the past as you have been bathed with divine love like a newly born baby. Purity of heart expressed as fidelity in marriage for both husband and wife is the most enjoyable virtue and is the most powerful. When you understand the purity of relationship, you enjoy them the most. You do not confuse your sensitivity to joy. Your Mother is a mother and wife is a wife.

Here in the West, it is all becoming a confusion. Very young girls are marrying old men and vice versa. It is all the game of money. If you have too much then stupidity becomes the pattern of the society. They become so blind that they call it 'love'. This stupidity is very, very dangerous. Beware of it. Steady your attention by keeping your eyes on the Mother Earth. Thus, you get the loving bandhan of your Nani (our grand-mother, the Mother Earth) and you become free of enslavement to your lust.

May be some of the marriages are not all right, but exceptions should not create a mass disturbance. They should suffer it for the masses. Once the citadel of virtue starts tumbling down, the whole building of Sahaja Yogis will topple down. And who can suffer, but this mind which does not touch you who is a witness? Enjoy the tragedy of your life as a witness and think of what image you create for others to follow. Realise what is the role of a Sahaja Yogi in this disturbed self-destroying world. Thus, arise into new role. There are other dharmas, all very important. Meditate on them. I find my love reflected in your shining dharmic eyes.

With all my blessings to you all,

Yours as ever, always remembering your all

Your Mother Nirmala

(*About the word 'pujyante' added by the editor:

"But she has to deserve it, "Yatr naryan pujante tatr ramante devata", "Where women are respected resides God." But they have to be respectable... If the woman is worshipable, 'pujyante' means 'worshipable'. Who like to worship a bad woman cruel Rakshasi? Those who are worshipable should be worshipped. There reside the Gods." Shri Rama puja, Calcutta, India, 25/03/1991)

1977-0706, Devi Puja: "Our roots have to go down into dharma"

View [online](#).

6 July 1977

Our Roots Have To Go Down Into Dharma"

Devi Puja

Djamel Metouri House, St Albans (England)

Talk Language: English | Transcript (English) – VERIFIED

So today I want to tell you about purity. That is my name, you know that, Nir-mala. 'Ni' means 'no'; 'mala' means 'impurities'. The one who has no impurities is Nirmala, and that's one of the names of Goddess also.

Purity is a quality which is silent. It speaks in silence. It is one of the most non-aggressive activities. It probes into you. It doesn't express in any way. Even love may express: in words, it may express in action. But this is the one which is expressionless, the purity. And it washes off all that is impure.

You cannot, by rationality, understand how it works out. You have to feel it and know it, that it is working out its process. It's very delicate. Sometimes it's flooding also. But is never shocking, never. When I say that, I find the human ideas have become lob-headed (sic). When do we become 'lob', means upside down? When we are plunging into something. We are plunging into something where we are going to get destroyed. We are upside-down. This comes out of impurities, that you cannot see things directly in their right perspective.

So let us see what are the things which we think create impurities in us. They say it in two words, you see: lust and greed. In Sanskrit they will say, "kama [erostism], Kanaka [gold]"; woman and gold. But 'woman' doesn't mean, "Woman means lust". And 'greed' means 'gold'.

Now let us see if really these are impurities or they create impurity in us, or why these two things have become the source of impurity to us? Because we do not understand the right perspective of matter and of sex. If we can understand them in right perspective then these two become the source of happiness and joy to us. For example, say, a tree, it has two sides: it has the shoot and the root. If the root becomes upward and the shoot becomes downward it will not survive. The root has to go down into the earth and the shoot has to come up. The root has the capacity to suck in the liquids that are inside the soil. Also it has capacity to digest all the essential salts necessary for the tree.

Supposing now the root starts malfunctioning and starts sucking the impurities instead of the pure things that are needed for the body of the tree, then what will happen? There will be malnutrition and the tree will collapse. But the root has the wisdom to pick up the necessary salts for its nourishment. This is where we must understand that we do not have proper feelers for our own nourishment and we blame God, or we blame nature, we blame society, we blame cultures, we blame our parents, we blame our governments, we blame this and that. Because we have no feelers we suck in that [which] is impure, which will create more problems for us than joy and happiness and nourishment.

If the tree has to grow it should avoid all that is poisonous to it, all that is impure. And there could be two methods. If your rationality is that high graded, if your intelligence is of that high calibre, you just deny all that to your body which is not good, to your spiritual body, or to your mental body, or to your emotional body, or to your physical body. You'll just deny it, if you have that much of pure intelligence. But the intelligence has not reached that Divine strata yet, so we devise compromises easily. But whom are harming? You are harming yourself.

We go on collecting impurities, very fast. And that's what I call the human freedom: if he wants he can collect impurities. A tree is such that it will not collect impurities, but if impurities invade it, it will die, it cannot protect [itself] either. Human beings have a freedom to choose. Also they have the power to protect from the impurities. And Sahaj Yogis, as you know, have much more

powers.

So our roots have to go down, into what? Into dharma, into the sustaining power of love. If that is weak then roots are taken off and such people are uprooted.

In the traditions, in the historical mistakes and errors of our elders, we can see what mistakes they have done and learn from them, and avoid the impurities that they had and destroyed themselves. We can see how big empires fell, crashed, in no time. Why? What did they do? We are not going to do that. But so far I have not known any nation that sits down and gets a comprehensive look of the whole picture: why that nation has fallen down? Why these ones destroyed themselves? So far I have not known any political leader of that type. They'll do patchwork, but none of them sit down to see why the whole sky collapsed [or] what happened to those people who enjoyed so much of power once upon a time, suddenly collapsed. If somebody could sit down like that they would see that they sucked in the impurities.

Now how do you suck impurities? You suck them because your feelers become blunt. When your feelers are blunt you don't know what you are sucking. It only is possible when you are lob-headed, is the word, is like this.

In the beginning the body, the mind resists all that is impure, in most of the cases I would say — some of the devils if they are born, they may be children but they are exceptions to this — but most of the human beings are born in innocence and they resist. Gradually you start making your feelers damaged and then the impurity starts coming in.

All these things start, people say, from the desire, clearly: desire to be the king, desire to be most beautiful person, desire to be leader of the whole world, desire to eat, desire to have, possess — all desires. But here also, I would say, is an impurity of desire in you. And in all of these things is the inner point, and that is joy: we desire for joy. The desire for joy, if you keep it pure, then you go and you get it: "So this is not the thing that gives joy. This is not the thing that gives joy." We can see around. Those who are seeking money you should go and see them, do they reach joy? You will know they are not the people who have joy among us. And when you go to people who are in joy and in tranquility, you will find they are talking of something else. When we have accepted the desire as something wrong we also negate the ultimate desire.

But the essence, you know, swa. We call the essence as swa. 'Swa' means self. The essence of everything is that: if you want to have a beautiful tree in front of your house, the desire is to be joyous.

What does a tree matter to you if it does not give you joy? It's anything in the world I will give you: that joy, that essence of everything, if it is kept pure, then it's nourishing to you. Like the tree roots embed themselves in the Mother soil and suck the beauties of the Mother soil, the essence of Mother, that is meant for nourishing you, and enrich themselves.

But that does not mean by any chance that you lose your character or individuality — you do not. A mango tree will be a mango tree, a banana tree will be a banana. Because the outside is different, but inside is the same. And in every country the Mother Earth has its own varieties: accordingly you will have trees, you will have plants. You cannot have mango in England. But you cannot have a birch tree in India. But [it] makes no difference as long as they are truly nourished.

So your character is not lost, your individuality is not lost. On the contrary it's made better. In its purest form, every character is beautiful. Every religion in its purest form is the seat of God, and the different facets of one diamond that is God. They have to be there. And whatever angle you go, you see them sparkling. At every angle they sparkle. A diamond sparkles at every angle. Because it has got its own character, unique variety and its different forms. So the essential unity between them is through the sap which is running. If our attention is on that purity of oneness then so many of other impurities that have cropped up within us, will also come out.

The other impurity you suffer from is loss of collectiveness. We don't mind wearing the same dresses all over the world. If a jeans starts, all of the places you go, even in Japan, even to Australia, you go to even China, communist countries, anywhere, the jean everyone is wearing. But the essential unity within us in its purest form, nowhere.

Of course these feelers you develop after Sahaj Yog. But if you are failed in your dharmas, that's the base, is the root, if we do not have those roots properly done, then the tree cannot stand. It is necessary.

Of course, the incarnation is just the opposite of that: His roots are in the heavens. He flowers on the body. An incarnation does not break its dharma — it is dharma. He does not need, He's dharmateet, He's beyond dharma. Whatever He does is the religion of the whole world! Nothing touches Him. His roots are in the Divine, only the Divine Force. There's no question of impurity in them, no question of clearing them or bathing them, because he is in the Divine force and He's sucking that out and giving it to you. He's flowering on this Earth, it's upside down flower, embedded in you.

So for an incarnation there is no dharma, It is beyond dharma. He's gunateet, he is beyond all moods (gunas). He's beyond everything. But human beings have to first develop their dharma, then rise, rise beyond themselves into collective consciousness. And when they turn upside down they become incarnations. It is possible. Two persons have done that so far: Buddha and Mahavira you can call them as Deities. Only these two persons have done it. And in Sahaj Yoga, if we do that, we might be incarnations. Where our roots will be in the Divinity. Here you have to choose, till the freedom of choice exists within you. For me there is no freedom at all. I cannot choose the impurity. That's why I say I have no temptations. I have no sense of possession. So the choice doesn't exist at all for me at all, of anything. I have no time and space. I am spaceless. I am timeless, because my roots are in my being.

But even to have the blossom within yourself and for others to enjoy, even to nourish yourself, you have to have your dharma properly established. So we come to the question of lust and greed.

Lust and greed are to be seen in this light. Are we lusty of God? Are we greedy of His wealth? If you ask such a question, then you see the purity. We waste so much time thinking about greed and lust, but very little time we have to think of this essential desire.

Now, there are two types of things, one is that of a human being and one of an incarnation. That's why the behaviour of incarnations cannot determine the behaviour of human beings. This is a very big mistake we have been always committing. And please beware: you cannot be incarnations now, and you should not determine your behaviour according to the behaviour of an incarnation. Because an incarnation is above all these things. It's a different thing altogether, as I told you.

A tree must take its nourishment, or is embedded in the Divine. You have to rise still to that stage. Where your seats might go into that. And maybe the trees will go and inform the Divine towards that.

So the pattern of life that is followed by an incarnation is always followed and that's why false religions fail. For example, we'll see [that] Christ took a hunter in his hand and started lashing at people and beating them when they were selling God. I feel the same way and I am doing it.

If you read Kabir you will find he's slashing at all these people. If you read Mohammad saheb He has criticised them. But you are not the incarnation. You are not incarnations. In you when you have those impurities because what I see is that human beings will nurture them within themselves and they like to see the drama in that. For example say they'll go to a picture of a drama: and they'll see a cruel man hitting someone. And they say, "What a cruel man! He is horrid!" But they don't know that that cruelty they share within themselves. They want to call others cruel, but not the cruelty that exists within them. As far as others are concerned they become a witness, but as far as they are concerned they are not. If they could be a witness to themselves, if they could see themselves, then what would happen is that their purifying forces within them would start — specially for Sahaj Yogis, because it has opened now, the tap is open, your Spirit is emitting just now. If only you see where it is within you, with your attention in your being. You just put it within you! Do not justify it by saying, "My society is bad! My parents are bad! This happened," "Because of this it has happened." No! They are there because you are harbouring them. In others they can see clearly, but in yourself you cannot see. That is what a human mind is: is a very funny mind, which has been evolved that way. You read a book, for example if you read somebody's book: immediately you are identified with the hero and never with the villain. We

don't know [that] the villain is much more there than hero, inside us. It's a common theme I have seen with human beings. You see, I have now learnt through many lives on this Earth what a human being is.

Just the opposite a thing is an incarnation. Just the opposite is an incarnation. You see, supposing you have a problem within yourself, immediately I try to see within myself if it has problems or not. In my own vastness I correct it and you get it, because you are my body. You are within me, all of you absolutely are within me, which I search and find out. That's how I do it. And unless and until I do it, I don't feel all right, you have seen that.

My problems are very different from yours. So we have pay attention on ourselves. But attention in a way which is very pure wisdom — is a deeper attention, is not superficial. One should learn how to go deep into yourself and see for yourself, "Are we cruel people? Am I cruel? Which part of mine is cruel? Which part of mine is harming others?" Now this boy who came, he wouldn't take out his socks because he thought there was a smell of it. Are we fragrant ourselves? Are we considerate about it that we are equally fragrant?

It's a silent process, it's a stillness inside of you, acting.

And this has to be there. And because, as I said, in the western countries you are crashed people — you have realised you have crashed — it is much more necessary for you people to work harder, than the people who are yet to crash down. They are about to, most of them are coming behind you. And you have to announce with a horn, "Now don't crash! We have crashed." That you have to do, that's very important. Any man who has any consideration, any feeling for others, if he gets hurt by a stone on his way, he'll immediately stand there and say, "Oh, there's a stone here, now go. Be careful, don't topple."

When we are hurt by certain foolishness and stupidities, or you can say even the impurities that we have assembled within ourselves, our own egoistical pursuits, let us announce to the world that: "We have been foolish, we have done it, we are broken people, we have broken our hands, we have broken our heads, we have broken our chakras. Now you don't, for heaven's sake you don't!" Because they are following you. They think you are going on an ascent. They don't know you have had enough of it. In every way possible you have to announce. But the announcement is expected by people. You see, it's such a funny world to be a perfect person.

So they want also your ascent. This is what the world is. Today supposing you say, "I was crashed down, I was finished, I have nothing in me to offer you." They'll say, "Then what are you talking about, shut up!" But still then, you have something to offer, in life. And what do you have offer is that, "We are crashed because of this." It will help so many people, you don't know! But people will deny you if you say only that. But if you say, "No I was crashed but I am complete now." But your being should announce that you are resurrected. On the contrary if you are greedy, if you are still the same style that you were, then who is going to believe this?

So the Sahaj Yoga has given you that path by which you ascend. And when you ascend you can go on along telling people, "Don't fall! Don't fall! If you fall it's difficult to ascend as it has happened to us, so don't fall! There is a short circuit. Come to the short circuit." Your dharmas must be established, very necessary. In the whole of these crashed societies dharmas are to be established. What are we doing about it?

In developing countries they gather up their impurities by a wrong premise that they have. They think, "Oh we must develop. We must have cars, we must have telephones." The whole attention is how effective you are as far as your material things are concerned. Which is, when they start getting rid of their poverty, they just forget why did they remove their poverty, for what? It would be like a bridegroom who has to be ready to be married, then they dress him up, he's ready to marry. Now he is ready to be married. He is married. Now the night has passed, he has to meet his wife [but] still he is carrying on with his dress like a fool. Why did he marry? To love his wife. Like a fool he still is in his attire, proud of his outer things that he had done to him without understanding it has a meaning.

We remove poverty for what? We remove all these problems for what? We develop for what?

We develop so that our day to day life becomes easier and we have time for God, we have time for meditation.

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1977-0731, Kundalini and Self-realisation

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Kundalini And Self-realisation

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So, when you get your Realization, [the] first and foremost thing you must know about your physical self, which is not known to you so far. As soon as you jump into the Unconscious, you have witnessed it that you come to know about your physical being: first about yourself. You come to know what is your physical problem, where are you suffering. Automatically you know that this is what you are suffering from, you don't have to go to a doctor to ask him what you are suffering from. Supposing your Nabhi chakra is catching, you know that there is trouble in the stomach. If you progress a little more with the frequencies of that, immediately you know that it is in this part. Even on the finger on the right-hand side if you get burning more on the left-hand side of the finger, then you must know that the trouble is more on the left-hand side than on the right-hand side.

By practice, you understand exactly what kind of a trouble it is. But after some time, you just say that this is the trouble and that is what it is. It is like a computer you put on. So, the self-knowledge which is first experienced becomes the actualization. This we can say is the second stage. But definitely in the first stage, you get the experience of your physical being. Now see the beauty of it, how it is beautifully done. When you put your hands towards Me, you understand your position first of all. You do not realize Me, but you realize yourself – immediately you feel the burning, or you feel the cooling, or you feel the smarting or tingling or whatever it is. All that is not indicative of Me, but is all indicative of you. Then by the vibrations that are flowing through My Being, they are corrected; all these problems are corrected. Then when your machine is corrected then the same machine that Myself emits, the vibrations, or you receive the vibrations which are really Me. But that to an extent to that extent which you have achieved – the clarity and the sensitivity.

On the other hand, when you want to know about the health of other people, there your machine does not feel your problem but feels more the problems of another person, and once you have corrected the problems of the other person, then you start feeling your own problems. How beautifully it is arranged, you see so that you have to - you are compelled to cure another person. If you do not cure the other person, you cannot feel yourself! That is how the unconscious is trying to guide you, how to be universally aware, this is the beauty.

Now to know about our autonomous nervous system, about [the] sympathetic nervous system – even the doctors have to use at least 100 days to take your cardiogram, to take your blood pressure, and to pass you through all the pathological tests, this test and that test, and you have to do all kinds of things and lots of money is to be spent. Still, God only knows if they can really say this is this. But the self-knowledge is so correct that even a child can say that this is the thing. Now it's not only the knowledge, for example: now if you have eyes, if you can see something, it's not that we can see it, but by seeking it, we can correct our movement, we can correct our vision.

Supposing something is lying there, and we have got the light in our eyes we can see it, so we need not topple down over that. In the same way in Sahaja Yoga, when you come to know about your physical elements and physical troubles, you also have a power to correct it. You can correct it only by paying attention to that part because your attention is now enlightened by God. You just pay your attention to that and you can do it. This may be at a later stage you can say, but in the earlier stages, even you can move your fingers in the clockwise manner in that part. If you try to take out that trouble, you can by various methods by putting that trouble into the matter which is created out of five elements, and the trouble, also your obstruction is also out of that. When all these elements are in balance there is no problem, but when the balance is lost in them, you get into trouble. So, when in your

body that balance is lost whatever that extra is thrown out into that element, and that's how the balance is established, and you feel quite alright. So you have the knowledge of your physical being for which you do not need a doctor, or you do not need to go to a laboratory, to be a guinea pig.

Secondly, you know about your mental being – mentally you understand that you like someone, or you hate someone, but you do not know why? But after Realization, you can say by vibrations that you somehow or other cannot stand that another person. Why? Because he is giving you heat vibrations. In the beginning, the dislike was in such an abstract form that could not understand why you just can't stand that person though he is a nice person, but you don't like that person because that person is emitting such and such vibrations which are against the divine vibrations, if you had any, or if you were of the same type you would like [it].

So, mentally also you understand emotionally that why you somehow from inside intuitively you call it, you don't like the person. Or you go to some house, you don't like that house at all. You feel terrible in that house, but you do not know why you feel outside like that when the house is so beautiful. Then through vibrations, you can immediately find out what is the reason, and you will find out on your hand that there is the Agnya that is burning. So, you know what's the problem there. Now, now you can correct that! If the person is cooperating you can tell that person that such and such thing is there – let us get rid of it, and if you become an expert even without telling him you can get rid of it there. . So the knowledge of your behaviour outside – emotional behaviour or emotional outburst for anything is understood through Self-realization that you understand why yourself you are behaving in a particular manner.

Moreover, supposing you are a possessed person, you get a possessed feeling. You go outside, you get [a] headache, you feel funny, you get frantic, you start fighting, you become horrid: people don't understand you don't understand and get confused. But with Self-realization, you will know, that you have been invaded by some sort of a spirit, and you know how to take it out, and once you take it out you feel completely relieved and that's how you know your emotional self if it is being attacked.

In the hand, for example after Realization, you get more vibrations on the right-hand side and less on the left-hand side – immediately you understand that mister Ego is trying to press the Superego. So, you can balance it by putting your ego hand on your head and putting your left hand towards the divine force, that you give more force into this, and you can balance it. So, you understand your ego and superego (?) – that's how you understand your inner being – this is still in the gross form. Still, in the gross form, you are understanding yourself, physically and mentally.

Now intellect also is charmed, or we should say enlightened by Self-realization. Whatever you read before Self-realisation you get a very superficial idea of the thing. . But once you are Self-realized you think, oh, if this is the thing that they were saying about and that you must have noticed yourself that whatever you read, you know which is to be accepted and which is to be discarded as faults. You laugh at foolish statements, and you accept those things which were regarded as naïve and foolish as the absolute truth. Your priorities change, your proprieties change, and you become a person absolutely one with the absolute reality.

Because if you try to accept anything falsehood, you immediately start getting burning in your hand to an extent. It helps you to an extent because it has to maintain your freedom. So Self-realization helps you to a very great extent, unless and until deliberately you go on refusing all the messages from the reality, it goes on, help you. But still you go on sort of defying it, then naturally it disappears. You lose the power of getting the messages. But this is why it is Self-realization because not only the self-knowledge you get, but you know how to correct yourself.

Now people create, they create things. They think they are great artists, [but] they cannot explain how it happens and there are people who appreciate also, - they don't understand why they appreciate a particular art, or why they do not a particular type of thing. But, when you see universally, when the greatest connoisseurs sit down and appreciate an art. Then an ordinary Sahaja Yogi can go and see and tell exactly if the art is aesthetically rich or not because the vibrations will immediately tell you if there was even the slightest thing from that part, you will find terribly vibrations coming . If it is completely harmonious, absolutely in tune with reality, it is joy. Complete joy-giving quality if it has got in its perfection, then you get the vibrations that are congenial to

you. Not only congenial but are overpoweringly joy-giving. Sometimes you feel the flood of joy coming over you, dropping throughout and flowing over your being completely fulling and cooling . And that's how you decide about the art, artist or an art piece that whether it is real creativity or not. So, you understand the art created by others.

But supposing you want to create, if you already have the technique well and good, then the artist will find that he starts creating some fantastic things which he has never dreamt of, and continuously he will go on creating, so he taps, or we can say he reaches that source because if you find even the greatest of greatest artists they will create about say 10 pieces nicely then at least 30 would be useless. But if he becomes a Sahaja Yogi, not even one he will create that will be useless – all of them would be first class. The reason being that he is one with the source, so no question of making any mistakes.

But the people who just get a glimpse once, twice, thrice might be misguided, and so they can make mistakes. But an artist who is a Sahaja Yogi is there at the source and full with the technique. In doing any work outside, say in your business through Self-realization you get that confidence of your being, you feel confident because you are part of that light, and you feel so relaxed because you are just a drop in the ocean, so you are not thinking of cheating others. You are not thinking of bluffing, you are not thinking of all these useless activities into which people indulge and ruin their health and ruin the health of other people who come in contact with them. They have never [had] a very healthy relationship between such people.

You may cheat a person for one day you may cheat him for three days but later on, the relationship becomes very unhealthy. So even in your business relationship, you find that you understand the power of self. You experience the power of Self and because of that experience you rise in your Dharma, in your sustenance, and when a person stands on the sustenance, you see, such a man has a really powerful personality and he, when he tries to do business, then people depend on him, rely on him and he is the best businessman . Because he is not only held by his own powers, but at the time all the powers of the unconscious are at his disposal. So by knowing Yourself, you develop your confidence, and you know others, and dealing with them, even if you are cheated say once and twice, you will know that you are never cheated, on the other hand, the other person who tries to cheat you gets cheated. It works out like that is the magic of [the] unconscious.

Now, what is the knowledge in a business? That you get the knowledge of creating wealth out of nothing. This is the beauty of Self-realization, that you can create wealth out of nothing like an artist does. By middle tilting here and there, suddenly you find the same thing, which could not have materialized into wealth is working wonders. In India, there was one gentleman who got his Realization, and he found out somehow that he makes small little baskets.

In India, they are worth nothing, and he thought that in America, they will be selling like hot cakes. Somehow or other, you see, it came into his head, and when he started exporting them - today he is one of the richest men, (believe Me/really?), and he started with very ordinary things. Because of Self-realization, you see, you can penetrate into your own being, and see at a thing, as others would appreciate. For example; by Self-realization, now I go I am an Indian-born, but I can become an English man, through collective consciousness I can know what an English man wants, but normally an Indian cannot. Now, the plight of Indian export is that they are exporting things to England thinking you are all Indians. If they could be English by any chance, they can export the things that you really need here. So they will send you six (?) sarees. Are useless (?), with such horrid colours , which you think horrid, which Indians think are great.

So, you can identify yourself with another person, with his ideologies, with his ideas and can handle the needs of other nations, other people much better. You see, we sell something when others need something, normally people sell it because they think this is to be sold. But, by Sahaja Yoga only you can do this kind of a thing, even to the material side of it. How Sahaja Yoga helped you. It's an example, that how you understand your surroundings, which formally you were not able to understand, but now with Self-realization, you understand because you can identify yourself with another person. And that's once you start understanding others, outside, then you start understanding the outside life, so-called outside, that is not yourself, but it is had to be part and parcel of your being. And that is how the whole thing become a homogeneous.

Now, the greatest advantage of Sahaja Yoga is, the greatest of all, is that you know the technique of correction. People are Realised in this world, many are born Realised, but they do not know the technique, how to correct themselves, how to use their

vibrations, they don't even know they have vibrations, so many of them. So, Sahaja Yoga gives you all the techniques, how to use those vibrations, how to correct yourself. Because of this, a person who is a Sahaja Yogi can become dharmic (righteous). I do not name any particular religion., which you know, understand very well, but your sustenance power by which you sustain yourself to be yourself. Because unless and until you know what is wrong and what is good, what is absurd and what is congenial, or divine, how will you be able to decide, and that deciding power is dawned upon you. You see, these people do not understand what I mean by "dawned upon you" but you people understand that, that you can feel it, that this is not proper, is not to be done. If you do it, you know you have done wrong because immediately you know through your vibrations, that you have lost it. Or something has happened to your vibrations, or you are a little confused, and you find it out. So, this is the greatest thing that can happen, that you know what is good and what is not. It's no question of [a] matter of opinion anymore, but it is a fact!

That is why it is Self-realization because if self is a part of the absolute, you must let the values of absoluteness in you. And if you can really evaluate everything in relation to absolute, you have no problems. That is what is Self-realization! What a technique! What a[n] advancement, that so far everything is a confusion, you don't know whether this is right, that is right. This part of the culture is alright or that part of the culture [is] alright? Whether this what they say is alright, or whether what these people say all right? All kinds of ideas, [and] confused ideas have come up. Everybody has written books. Everybody who felt like writing, anybody who had 5 pounds can write a book. Now, what to believe [and] what not to believe? Where to go? What to do? All the confusion gets sorted out because you are now on a pedestal to see the confusion very clearly and your own pedestal too. That is why it is self-knowledge.

Because you know what is your sustaining power, so you know the beginning of your spiritual life. Then also you know what others are doing to harm their dharmic life. Sometimes, they are very troublesome to you, but gradually you start sympathizing with them, that they do not know what is dharma, they are angry with you because they are suffering from an unconscious inferiority complex. They think, look at these people they are saving their money, they are not wasting their money into these things: so, they are angry with you. Sometimes they think , they have got their family life quite intact so they are angry with you, sometimes they find [that] you are very happy people, so they are angry with you. What Christ has done? He did not do any wrong to anyone. He only cured people. What else did He do that He was crucified so badly and brutally along with, along with the thieves? Only thing that He did was, that He (dared?). All their ego was hurt. He just said, 'because I am the light, I am the path'. Only for saying that much, He was crucified because they couldn't bear anybody saying that to them.

When, such a great incarnation comes in also, so far in the history of this world and universe, nobody recognizes them, and they were just a waste, and all were misused, by all the people. When they died, of course, they were so-called a sort of worshipped without any connection being established when they lived. But only through Sahaja Yog , and your Self-realization through Sahaja Yog , now you can make out who is the person who is really an Incarnation and who is really a Realised-soul. This is the first time you can recognize Christ. Anybody who says I am Christ, you are not going to believe it because you can recognize Him because the instrument that is Yourself, that light is now burning within you, and you can see through that because you are really enlightened.

That's why it is Self-realization. Otherwise, so far, you see, anywhere, great men were born. Socrates, what has happened to him and what did he do? I mean, just think of it, he didn't do anything wrong. Galileo, anybody! Because never truth was accepted by people who were not Realised, they cannot because they do not have that power to bear the truth. And that's why always who propounded the truth was killed by people who really did not want to commit the sin, but out of ignorance they do it . So, now you are enlightened, you are wiser. And your ignorance is removed. Now you have the light. That's why it is Self-realization.

Now, through your Self-realization, you can feel the pain of others. Supposing now you are born an English man. The average English man will feel unhappy because some English man is punished someone. But a Sahaja Yogi English man will not if he knows that he was a brute, and he should have been; Because he detaches himself from that misidentification as far as a particular nationality is concerned. Because somebody is an English man or an Indian, he should be excused, (he has a?) very limited view of the whole thing. Why? Because, after all, we are all human beings. Anywhere in the whole world wherever anybody tries to dominate and destroy the innocent human beings that are created by God is to be punished whether he is an Indian, English man or anyone. Such a generous light enlightens your path and you become a different person.

For example, we can say Abraham Lincoln, a man we call him very great. What was the thing about him? He was very great. Why? Because he could see, that when I do not want to be enslaved, why should I have a slave? So, you are pitched higher only because you stepped into the realm of Self! Otherwise, you cannot, otherwise, you are misidentified all the time. I am this, I am that, but you are not Self. If you become Self, then universally you accept whatever is the Truth. Then you do not misidentify yourself with things (?) you are not satisfied with. On the contrary, when you try to do something you feel all these things, forces [that] are very beautifully balanced are helping you, and you are doing the whole thing as you say with all your heart, with all your mind and with all your body; all integrated so beautifully and balanced, that there is no problem for you doing that.

You do not feel hesitant about it if once you are established in your self-power. So, by Self-realization, you feel the power of Self. Now, power does not mean domination by any chance, but it means the balancing power. Gradually you start discovering around you, how you help others by your balanced personality, then you also discover that you heal, help the atmosphere, help the nature, after the light of self has come into you. You find that you become a vehicle for the unconscious, which flows into the matter. This has never done by human beings before, that they could flow the unconscious into matter.

Now you do because you can see that by your giving vibrations, you can make some flowers so very fragrant, so very beautiful, some trees giving so much of fruits. Some cows giving more milk, that you are surprised how you have given this power of divine love from the unconscious to the nature. So far man has been only abstracting power, or gaining something from, but no one has ever been able to give any power to the nature that surrounds . By giving power, you mean, that you give the vibrations to those which are other things, not human beings, like all other living things like plants and animals. And you find that they also change in their productivity, in their beauty, in their taste, in their colour, in their glow. That is how you enrich this Mother Earth, from Whom you have got.

When there are Sahaja Yogis together - if they live together, when they recite mantras, and when they sing the praise of God when they say prayers to God, the atmosphere itself changes. There is a change in the metabolism of the whole atmosphere that you can feel by the working of it if you try that.

Supposing some Sahaja Yogis go and visit a country, where there is a lot of strikes is going on, problems are going on, immediately you will find there will be a balance established, [and] there will be peace established, only by the presence of the Sahaja Yogis. That is how you realize how, in so many ways, the self, manifests itself when we become identified with it. . Why is it that so far, the Self, has not [been] identified? Because it had no vehicle. You provide the vehicle and that's how the Self becomes knowledgeable to you, you get the knowledge of the Self and you give that knowledge as vibrations to others.

There are so many things one can say about Self-realization, which you can tell from your own experience, how you have been able to know and verify various things.

Now take the case of Pat. He did not know much of Indian music, he had never studied them. He had never heard it, but now he is understanding the beauty of that music, and he knows what is going on in that music. In the same way, an Indian, who had never heard English music, saying your symphonies. . He doesn't understand what is the beauty in it because that has come from the unconscious, and now once he becomes Self-realized, he immediately recognizes the unconscious, the joy giving unconscious, which is written in those beautiful notes, which are beautifully woven and integrated through the instrument of that artist who has created it.

Now whether he is an Indian, whether he is a German or English makes no difference, but the unconscious has used that vehicle, but that has been used partially. [A] Sahaja Yogi can immediately make out which note is not good, which is striking, which is too much heavy, which is not in balance, which is creating a disharmony because he is now an instrument which records, judges and also emits that what is reality which is joy-giving.

I have to again stress one more very important aspect of Self-realization. [The] Self exists in the Heart of human beings – I mean

it is reflected in the heart, so a Sahaja Yogi who is Realised and is depending on his heart, or is trying to enrich his heart, is definitely a more sensitive person. By rationality, by intellectual pursuits, of course, you can accept Sahaja Yog better. But a person who can feel it through the heart – the feeling of oneness with your heart, surrendering yourself to your heart, humbling down your intellect before your heart, that's the temple of the Self.

That the Self, when it enlightens the Heart, the Heart is reflected in the brain. When the integration between the heart and the brain is completely established, then a complete integration between your intellect and the Self takes place. That is when you start getting the knowledge from the Self. This is at a later stage when you start receiving knowledge from the Self. Not only the discriminatory knowledge, but knowledge of all the things. Whatever you want to know will be there.

You just become a sort of a panoramic screen, and you are surprised how the Unconscious is throwing everything on your brain, and you are surprised What a knowledge! "Oh Lord, such a lot I have knowing, just through this". And when you start seeing it, you are not afraid of ignorance or of ignorant. Because you see that so clearly thrown before your vision of awareness that you start recording it, and seeing it, tallying it, verifying it and using it with all the confidence. And that is the time, I feel, that Sahaja Yogi understands much more.

Today is the day when a Mother is being worshipped as a Guru and is a very unique, so far mostly the gurus have been men. I too, has a Guru, and his name is Dattatreya. And this guru is also created by Adi Shakti Herself. It's a very funny relationship that exists because He is the Father, He is the Son. He is the Brother, all the sublime relationships that can exist between a Guru and a Disciple who is a Lady who is a Woman.

Now, this Guru was created when the world was created itself. Because one had to create a Guru before the world was created, in Vaikuntha stage only. But then He reincarnated many times, at the time of Rama, very early, even before Rama came into this world, much earlier than that. He was created by Satya Anasuya. She was Herself a part of the Adi Shakti who created Him out of the essences – the innocence of Brahma Vishnu and Mahesh. There is a legend about it, which I will tell you sometime. And She created Him, actually, She created Him, so She is the Mother. But then, She[He] becomes the Guru when She is born as Sita, He becomes the Father, so [the] father is Her Guru. Then when Rajanaka is born as Muhammad Sahib, then She becomes again the daughter. But when He is born as Nanaka, then (He becomes) She becomes His Sister. So the relationship exist. And whenever He is born, She is born in a way that, you see, that relationship is kept a [a] sublime relationship. I mean to say, that they are never born as husband and wife.

But this is the first time I would say, that I have become a Guru. I have never been a Guru in my previous lives. Guru means a person who tries to help the evolving souls to evolve, helps the people who are trying to swim ashore the shore of [the] Kingdom of God by their guidance. This is a Guru. This time only a Mother had to become a Guru because they being men, they were a bit too harsh and when it had to be a mass movement, it was necessary that a Mother had to represent the Guru. So, I had to come as a Guru to human beings and talk to you and tell you in a motherly way. But the Mother's position is the worst when She becomes a Guru because children take [the] Mother for granted, and they take always the great advantage of the Mother. They can talk quite rudely to a Mother, but not to a teacher. They can be quite arrogant and can be quite quarrelling with a Mother because that is the relationship of a Mother. But before a Guru, you don't even raise your eyes. So, this is a more difficult gurudom than a normal one, to be a Mother, and to give you birth, and to guide you. Because it is the most hateful thing for Mother is, to hurt the child, even when he is doing wrong, she feels sad. But a Guru does not. He won't mind slashing you out in case you are doing wrong. He won't mind throwing you down from a hill if you have done wrong. He don't (doesn't) mind slapping you if you have done wrong. But for a Mother, it is a very difficult task, but a Mother (?) to understand the children whom She has given Realization. So, I am the Guru and also a Mother.

Today is the day people, this is created by human beings and not by God as Guru Purnima because as God has created days of their advent, human beings have created days of their surrendering. So, this is the day when you have to give something to the Guru, and Guru does not have to give anything to you. This is the time you have to say what you are going to (give?) What you are going to do for your Guru? Because so far, the Guru has been giving. If you are in meditation, supposing you are saying you will meditate because Guru Purnima is there, that is not the way, Guru Purnima is to be celebrated. Because if you meditate, you are

taking from Me. If you try to correct yourself, you are taking from Me. If you are going to get cured, you are taking from Me. So, no! What can you do for Me is the point, you have to think about it. What can you do?

Now I have sent the same question to Indians and asked them to find out what can you do for Me. You will say, - Mother, what can we do? After all, what are we? That's the way of evading the issue, but if you really want to see, you can do a lot, and that is what it is that you are my witness. You are my publicity. So today you have to take some vows, and you have to say that, we are going to do these things. We are going to talk about Sahaja Yog . We are going to propagate it, we are going to spread it, and what may come we are going to surrender ourselves to Mother, even if She's supposing scolds us, or says anything it is for our good. And we are not going to get confused, and that's how you have to absolutely vow, that you are going to dedicate yourself to Sahaja Yog , to help others, to emancipate and to create the atmosphere for the completion of this universe of this creation for that fruitful day: when we will say that the Kingdom of God has been brought on this Earth.

So, today is not the day for Me to give for you. You have to announce for example (?) there is somebody who is in India, I don't know what is the position here, but supposing there is someone you want to celebrate, or you want to reciprocate, then what they do, they write in the newspaper that, 'such and such man has done so much for us, so we thank him very much for this', in the paper. You see, you get a complete three- four newspapers put together. You will find all such advertisements appear all like that. You see, this is how you do it, that you tell people, talk to them and do it in this way, so that the publicity for Sahaja Yoga spreads, that you surrender yourself as a vehicle of this machine of this great work. This is what God wants you to do. So, today is the day of certain determinations that by such and such date, on such and such time, we will have these things and we will do these things.

This is what you have to decide and think about it, and this is what you have to manage, and this is what you have to give. This is the only thing that you can give to God, is to become the instruments of God, complete surrendering yourself to Him, so that, this world of yours, this universe of yours, because I do not belong to any universe or any creation whatsoever, it does not matter with Me if this creation is gone or lives. It is for you people. It is only for you that you have to have this creation, and so, [the] only thing that you can do is to give Me the assurance, that I should see that by creating this universe and by this world, God has not gone wrong, and by giving you Realization, I have not gone wrong because you are going to help in the complete emancipation of [the] humanity. This is what Guru Purnima is. When you think on those lines immediately you know what you should do for the next Guru Purnima, you have to plan it now.

So, maybe I don't know what in India they will do. They may have a big lecture arranged in My absence, may arrange some big people to come and speak about Me, and talk about Me. I don't know what they will be doing. Of course, I would not like you to take out a procession, as these people will be taking out. But there may be some methods which you can think of, by which you can announce the advent of a Guru as a Mother, who is trying to help the people to find what they are seeking.

1977-0902, Letter

View [online](#).

2 September 1977

Letter / Poem

London (England)

Talk Language: English | Transcript (English) – Draft

Letter of Shri Mataji, Friday, September 2nd, 1977

The Kundalini is like a rope with many threads. She rises by unfolding her coils piercing every chakra. The width of the Kundalini or the number of threads start diminishing as She ascends if the higher chakras are not open or if the piercing points in the chakras are constricted. If the lower chakras are open the Kundalini rises as a whole, but if the higher chakras are not open then the constriction does allow few threads to pass. So it is very necessary to have at least the lower chakras cleansed. In the western mind the higher chakras are better but as their Mooladhara chakra is in jeopardy, the force is very weak and their own sensitivity very poor.

When the Kundalini rises without any hurdles, it reaches the Agnya and spreads on the lower brain plate like a cloud, so heaviness or sleepy feeling crawls. I say that first the mother puts you to sleep.

The second feeling is when the vital force of Kundalini melts down over the Ida and Pingala. As if the cloud of the vital force starts pouring bliss. Gradually the head feels as if the lead is being taken off. One feels relaxed. Now again these two channels carry it down up to Nabhi and now a new force from Kundalini joins it. ...Then the triple force rises which opens the Agnya. At this time eyes get closed. The pupils start dilating.

Now the head gets clearer but some feel a mild pressure or throbbing at Sahasrara. The Agnya crossing creates the thoughtless awareness. You feel the silence of Sahasrara. At Sahasrara, the Kundalini accumulates. A kind of release starts as the Brahmarandra (fontanelle bone) opens. It works slowly with some, but with most of them it is with a gush. At that moment, the sadhaka (seeker) feels the cool breeze of the vibrations. This is "Realization". There are many who have got "jagruti" (awakening) and have got the curing power but they cannot remain in thoughtless awareness. They touch it for a minute or so. But the process of Kundalini oozing out works out with time and ultimately they reach a stage of doubtless awareness.

With some like X it was a quick permanent ascent, he felt as if two bath of ice fell on his hands and started melting. The cooling crawled into his Being. If the Vishuddhi is doubtful or stretched and constricted, then, one does not feel the vibrations despite Realization, meaning the piercing of the Brahmarandra.

The collective consciousness is felt even before the Kundalini pierces the Brahmarandra fully. You start feeling the burning on the fingers and also the discriminating styles of collective consciousness are manifested.

1977-0909, Letter

View [online](#).

9 September 1977

Letter / Poem

London (England)

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

Letter, 56 Ashley Gardens, London (GB), 9 September 1977

My dear son Anil,

I got your letter and was overjoyed to read that you have taken Sahaja Yoga to Abu Dhabi.

Yes, the answer to the question that you asked is that the real name of Sahaja Yoga is "Antar yoga" (? yoga which transforms you from within). In this Yoga instant transformation of human beings takes place and only with the transformation this (yoga) starts benefiting. And only then the yogi can progress.

The life of a human being is based on the foundation of dharma. If someone tells us to build a strong/solid house on a muddy foundation then what can we call such a person. As you can understand, this is common sense. The advantage of Sahaja yoga is - howsoever is the foundation even after the house is built, the foundation can be rectified.

The only thing required is the will to do it. Sahaja yoga is very powerful and at the same time equally loving. That is why by using or practicing it we only will get benefitted and not it (Sahaja Yoga).

I had sent a letter for Nikkoo but possibly he wouldn't have got it since Pramila had left her house (? shifted from her house). I had sent it on her address.

I hope that the amount your Mother (SHRIMATAJI) loves you and respects you, you will also estimate (? value) yourself accordingly.

I keep busy that is why the reply to your letter is delayed.

[Posted by: Anil Sharma]

1977-1016, Letter

View [online](#).

16 October 1977

Letter / Poem

London (England)

Talk Language: English | Transcript (English) – Draft

I laugh aloud at the idea of writing a book! God saves the reader!

Great news for all the sahaja yogis. The first public lecture is on the 24th of this month at Caxton Hall. We have advertised and have invited many people. Let us see how it fares.

The way you plunged into dangers, you have really hurt yourself too much. The other sahaja yogis in London are also of the same type. I have to work very hard I know.

<http://www.sakshi.org/River/kathman.htm>

1977-1026, Workshop with new people

View [online](#).

26 October 1977

Workshop After 1st Caxton Hall Meeting

Workshop

Finchley Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mataji: Have they become beast or worst than the beast, even beast don't do like that. I could not imagine this is worst than prostitution I mean a horrid, it is hell, what else is the hell. No family is safe, nobody is safe, no place is safe, on top of that why do you need Rajnish to teach you all this. He is nowhere compared to many other people who are here. He doesn't know all the tricks of the trick as you people know, some of you. In Paris, you will be surprised, I have never told you this I don't think if I have told you or not.

Seeker: Paris is a dirty place.

Shri Mataji: It is hell personified. I don't know... I don't know what they are going to become, a word to call them dogs and bitches, animals and bulls in a state that's lunatic, that's how they are terrible and all of them becoming impotent there, all kinds of diseases and horrid people, very bad vibrations in Paris. There is nothing beautiful, there is no pure relationship. Now, supposing you come to my house, you stay with me, and you carry on with my daughters. Now they are married, you spoil their lives, you carry with them, it's like one train shunting another. All the Paris they are shunting everyone. How can the children be looked after, how can anybody be looked after, you see there are certain rules and regulations made for the society to exist in a proper manner. You must have a wife, you must have a husband, you must love each other, despite whatever is the problem and then you must have children, you must love your children and teach them. That's how our society is going to move about. Not like this what you call them anarchic people. This is anarchy... This is an anarchic society. There is no system at all left. Our house owner, we went to him just to take that house on rent. Firstly, he tells us I am already separated I looked at him and said it's very sad to hear of you, in my presence he was feeling even worse, he is a very shameless fellow, he's already been separated he could see in my eyes and in my language he could see that I am very disappointed. We don't say it like that. It's not a very great thing to be separated or anything. Why should I say like that, I mean to that "I hate" itself, is the dirtiest word in the language. How can you say that I mean it's a fun thing to say I hate you. I don't know its something funny, is it? Only dirty people can hate, I mean it's not a good thing to say I hate you, but it's very common. As if I hate you means as if you are something an angel and the other is something very bad. All these small small things have come up, never we used to say Rajnish people never used to say I felt it. Now what went bad here is they never talk like that they were sensible people, now foolishly they have started talking like this I hate you I will kill you these are the worst. Never say, this is worst than abusing someone. I mean you never say like that to anyone, you are crossing all the limits of decency and decorum. Pathetic, I mean it's satanic. Its only devils must be saying these things and children, pick it up and they say, "I hate you". How can you? Even an animal doesn't say that. It will bark but it won't say that. I mean you do it and you say it shamelessly, so shameless! You know, by saying "I hate you", you think you are very great. This is the worst part of the whole joke. "I hate him or I hate her", that stinking filth. What are you, are you stagnated being, what are you?

You should be like a flower, fragrant, beautiful, this fragrance. Anybody who sees you should feel the fragrance coming and you should enjoy the fragrance of others. That's what you are made to be, isn't it? And what are we doing here? This is what it is. That is what love is. That's what the face you are. I mean just relax but you think of sanity and bring sanity, you young people can do it bring some sanity, your elder people are fanatics they have other ideas they are materialistic. You have given that and you are understanding life better now, but then you have taken to another filth from one to another from one hell to another hell. This is equally condemnable the way you are changing your conduct with others. How can you do it I don't understand no human beings can do it everybody has become polyandrous animals or polygamous animals. How many animals have polygamous or polyandrous, it's very difficult to become... even at the peak of the stage there is not any polyandry or polygamy.

Seeker: Mother Muslims have four wives. Says something which is unclear.

Shri Mataji: Muslims have wives, is it? There is a point sanity part to it. At that time when Mohammed Sahab was there, a foreigner group has invaded a big group, they called it a plan or whatever you may call, and this one was hit all the times and many men were killed because they use to go on wars and people use to attack them. It was a different style of spreading the religion because at that time they couldn't even exist, even Mohammed Sahab was poisoned. Many a time he was attacked, so they had to defend themselves and many men were killed, but very few men were left and many women were there. So Mohammed Sahab said under such circumstances one man can marry four women because he can accept that he can satisfy them, but there are so many rules and regulations with that marriage. Apart from that, it should be a marriage, it has to be a marriage, because of the abnormal conditions of those days, they had to be like that. That's not so today's condition where men and women have to be like that. So the women are marrying women and men are marrying men(Laughing). All silly people will laugh. How are you?

Seeker: Very better.

Shri Mataji: Very good. So all done? Corrected? Finished? Seeker: Yes.

Shri Mataji: You must have taken it from someone.

Seeker: Yes I think so.

Shri Mataji: You do, sometimes you meet people there and you must have got it. Clear everything? (Name unclear) Is everything cleared out? Alright? You were controlling the avadhuta on top of this and I was smiling that this was the arrangement done by my tactful son.

Seeker: Says something which is unclear.

Seeker: Yes as soon as I had he said, "Come we are going to the welcoming." (Laughing)

Shri Mataji: He is very attentive. He was managing the whole place, you see very urgent it was. How are you? Come along.

Shri Mataji: Take all this William. Come along. Now, whose is this one?

Seeker: Says something which is unclear.

Shri Mataji: He himself was telling me the other day one of the gurus what they did. He is a religious man so he could immediately see what is wrong.. What I don't understand when they go to hell, or whatever you may have, but they spoil your kundalini that's the trick I don't like. If they spoil your Kundalini, how am I going to give you realization, how am I going to achieve for which you have been searching for years together for ages together for lives together and now if they spoil your kundalini what am I to do. His kundalini is spoilt poor Charlie he's an innocent person and awakened person. His kundalini was spoilt by his Kuguru. This is a very simple thing ready for you, it's already awakened for those of you are searching all here has become arrangement. Alex, you are great as your name is you are great, and now you have to take it further. As they say, a life is not enlightened to put under the bed but on top of it, I would say even more than that, it has to be a torch which has to walk in front enlightening others because we know what is the condition today. Everywhere, if you are a real Englishmen if you really love your country then you have to save it. Otherwise, this is the fall, this is the fall and this is coming up it's precariously close. You have to save all the young. Drugs have started like that, all sorts of things have started in this country, nothing is left off. 1965 was not that bad when I have first come, but just imagine what is the situation.

Seeker: Shri Mataji do know the name Shiv Puri Baba? Do you know Shiv Puri Baba?

Shri Mataji: I have heard about him.

Seeker: How is he? S

Shri Mataji: I don't say... you find out...I don't feel to tell a lie. Can you feel Nabhi on the left catch in your hand? Nabhi on the left, the basics itself is a flaw, none of them are. There are some great saints in India no doubt I would say Gaganghad Maharaj is one of them. There is one at Pondicherry, I haven't seen Pondicherry but he knows about me. He was telling to people that She has come. I met three people in Haridwar. I don't know if you have gone there, they came down from the Himalayas very old people, they knew I was there. They came and told me we first of all go and hang up there Mother, we will come later to earth, that's all. We will come later. They are all waiting. I don't know when will they come. I said I am going to put a pickle out of you. What are you going to do? Even Gaganghad Maharaj they know very well he was very nice of course I mean he was very great and he's John-The Baptist. He told people about me and he gives the water most of the time, tying them all sorts of things because they are like there they sit in dark away from the people who have no sense and then he told me that why are you giving them realization to every dick, tom and harry, what have they done, we have worked for hours together, we have worked for years together, we have worked for ages together, who are they, why are you giving them realization. I got these vibrations after twenty-one thousand years he says, because I was a frog since then I have been taking God's name and then I got it and these people just like that you are giving them such fantastic thing. Why don't you ask them, he said how many of them are going to give life for you. I said I don't want them to give life. So I couldn't laugh. I told him you people you see trying to show your chivalry and greatness and later you thought you have done it, you cannot do it. It was the grace of God which did it, that time also when you got your realization. Of course, you cleansed yourself fast you did everything, it would be something like walking from here you can get it, but if I can make cars I can give you cars or I can take you with me where ever you say, but you people tried to walk down alright you did it, so many of you fell down, you should have waited but you wanted to show your chivalry and greatness, but there are many who just remembered God and got it. There was no need for you to show all this chivalry and your greatness, in your innocence you could do it. So people like Nanaka, Kabira, all these got just like that. Of course, he said, "Mother you are great you are boundless I don't know whatever it is but he said after twelve years I will come back.", what is it. He is the one who has written that you have seen the Patrick.

Seeker: Says something which is unclear.

Shri Mataji: Did you get the booklet? No.

Seekers discussing among themselves which is unclear.

Shri Mataji: You have got Patrick also? I hope you haven't lost it. Gaganghad Maharaj you know they are very cruel you know very hard-hearted, I will never send anybody to them. There was one man he told me if somebody troubles you then you send him over to me. So I told him, you go and see Maharaj he has called you, you see. So I sent him. You have got it with you?

Seeker: Yes Shri Mataji.

Seeker: [I have always felt very strange. I won't do it in Rome. After the time I am going more & more to this guru - Unclear]

Shri Mataji: Yurin you have to look after him, he's your style, he has been everywhere and he has suffered a lot. So, you have to look after him. Alright. Come here in front & put your hands here, come on your knees, come on your knees put your both the hands open. I feel sorry for him because he's an amazing person, he spoiled. That day did you see gradually your sensitivity will improve and it will improve you. So its better see, come, you too now its better be cool, so it's better now. Did you see do you feel any cool breeze?

Seeker: Mother I don't know.

Shri Mataji: Just start seeing that then you will understand. Come along you come and have you please see them. Just put your hands like this and just see. Do you feel any cool breeze? First, you put hands towards me that's better.

Seeker: Right hand

Shri Mataji: What? Feeling anything?

Seeker: Right hand.

Shri Mataji: Right hand only not in the Left. This is because of the Sufi business, on the left, you are lost, you see our left side is that. You can feel. Now see it's coming. See? You cannot do Sufism, you have to be, you see the difference between the two, you have to be, you can't do it, you cannot achieve it, it has to be. You cannot say. For example, a dog cannot become a human being, you can say like that, something. It's okay it's better. Between the two hands, you will find this is more light than this hand, even apparently you can see with your eyes. This is more light than this hand and when my hand will be moving what it will do more light to this hand, see, through me, see lighter will be your hand, see. (Laughing) See so many things are amazing, even to reveal that as such as so is amazing and we take it for granted, you see this is something we have never seen that's why. Its nothing so great, nothing so great, it exists, it is there. Don't you feel we have come to know its better on left is it? So what's there? See that. Do you see that light?

Seeker: [Unclear] It's certainly lighter than that.

Shri Mataji: You see that light. (Laughing) Little imbalance in you it is also sure and you put your left towards me and right hand outside, so you see it's like an I was telling you its like tremense see left hand towards me, and right hand outside, so the flow goes like this to left and it passes out of the right into the elements.

Seeker: What is the difference between left & right hand?

Shri Mataji: very much different. [Unclear]

Seeker: If you are writing with left hand then left & if writing with right, right

Shri Mataji: No , just put this one like this.

Seeker: [Unclear]

Shri Mataji: See and open. You can feel here. If you see breathing here, you can feel it. Can you see it? Little breathing here. See your movement. Can you? There is some movement is here. You can see it clearly. For realized souls, it's not that magnified. Put your both hands on the floor, putting your hands it is worked out. Gradually you will start feeling as these people are feeling. I feel you have started feeling, see it's here. Right hand?

Seeker: Strong vibration

Shri Mataji: What you call vibration is this opposition you see, for that kundalini, is coming and hitting it hard because there is that opposition here

Seeker: [Unclear]

Shri Mataji: Here you see here the problem in the left-hand side is peculiar or something like that.

Seeker: Shri Mataji right side?

Shri Mataji: Right side is the liver.

Seeker: Says something which is unclear.

Shri Mataji: But actually you see heat may not be in the organ itself but it may be in the center. Now the swadishthana chakra is responsible for thinking, planning. Things start from there, it gives all the ideas to the brain, it transforms the fat of the stomach into the cells of the brain. This is nowhere in the medicine you will find this, but you see from where does these cells come in, you know we are using it every time. So from where does it come? It comes from the stomach. The transformation is done by the swadishthana chakra. So when you plan and think and all that, that is the one which supplies.

Seeker: Swadishthana. Which one is the Swadishthana?.

Shri Mataji: Aortic plexus this yellow one, you can see it in the hands. The one which goes around the Void. It has got a stem, it can move around like this in the radius or it can even become small like this, sometimes here there so it looks after that part, and it is responsible for transforming fat cells of the stomach into the grey cells in the brain. So, when you think too much or work too much or plan too much is through Swadishthana chakra or creativity also. And a creative person, if there is an artist, you see you will find his Swadishthana will be spoilt. Because he is using the powers too much of the creativity, and there is no way of replacement of that power. For example, you are going by car and petrol has been used, so you develop also tension that petrol is used up, and there is no way of filling it up. But supposing by some method you become one with that power, then there is no ignition trouble, it is flowing all the time, it's something like that.

Now there is a deity sitting on that, on the Swadishthana chakra, and this deity has once, has incarnated on this earth, once and he came as Hazrat Ali, he is the deity. Now, these Muslims do not know, they are fighting like fools against Hazrat Ali. Now, you take Hazrat Ali's name immediately Swadishthana chakra will be started, its vibrations flowing and even just talking about him. And the deity's name is Brahmadeva, he is the one which is the creative side or creator side of God, aspect of God. Can you imagine Hazrat Ali was such a great deity here now as the Nabhi this on the neighborhood which has moved to the navel now, at the navel point you can see that see clearly through the Nabhi, its moving around, you see now can you see it makes the movement like this, It's very little flow, in some people I will show you when the people will come for realization then I will show you.

Now this one is the Nabhi Chakra. At Nabhi Chakra, what is the thing is the deity known as the Laxmi Narayana or we call them as Vishnu and Laxmi. Now these deities are the sustainers, are the ones which creates sustaining power within us, which gives us dharma, the religion of everything like, as I told you about the gold has its own religion that it is untarnishable. Human beings have their religion, animals also like scorpion is a scorpion, lion is a lion, they have a dharma. Dharma doesn't mean 'religion' doesn't mean 'outside', going to churches and all. It doesn't mean that. It means a human being has a sustaining power.

For example, the Ten Commandments are here. Ten dharmas in the Nabhi, in the solar plexus now, this is there now in him it is disturbed a little bit and this sustaining power of Vishnu is disturbed. Now if you take his name it will move. Another thing is surrounding it, surrounding this deity, the sustaining deity of Vishnu and Laxmi, is the Void as you see there. This Void is always looked after by another deity as the Primordial Master and he was the same as we had Abraham, Moses, he is the same as we had Mohammed Sahab, and he is the same as Guru Nanak, they are all the same people came back again and again and preach the same thing in a different atmosphere. They are the same people (Laughing), tracking our neck.

And they are the Primordial Masters, they are the Adi Gurus. And he has that problem. why? Because still, he has not accepted me as a guru, that's why you are having this. [Unclear]) He accepts me as a Mother but not as a guru so far. Now, done, All right.

You know the reason. (Laughing). Good now. Close your eyes, see the dilatation of the pupil, you can see this. Yours are also dilated. Look how black is it looking you see his eyes (Laughing).

(Bell rang at the door) Open the door.

So in the Monday lecture, I am going to give you all the details, I am going to tell you the medical terminology, it's not much but a little bit, how gross they are acting on the different plexuses of things like that, but I don't think I will be going into the details of it and what are these powers and what are these deities how they have incarnated but on the third day when we are going to have a Monday again then I think I will talk on tantric. The way people have exploited it, and the way it's all wrong that I will tell the third day. And for the fourth day, I think.

Seeker: [Unclear]

Shri Mataji: I am only here for a month do you know that? You didn't realize that.

Seeker: [unclear]

Shri Mataji: Yeah, but I will come back, and we will have a program again. This time I am going to America, just telling them how to begin with. It's absolutely complete you see the knowledge is complete, absolutely integrated, and absolutely comprehensive and because this has not happened it was no use talking about it, it's something like that it has to happen to you. What's the use of somebody telling you the vibrations you get this you get that? Come along, now he had a very bad childhood, I could make it out, you see, three chakras on the heart see that right side. Please take out your black, as far as possible don't use black too much, you know these days, the horrible things settle down onto the black.

Seeker: [Unclear]

Shri Mataji: You can feel it, how hot this black is.

Seeker: [Unclear]

Shri Mataji: This is the chakra, (Name is unclear), put your hands towards me and bow. Now come along, you all also come along and see the vibrations. Now tell me where do you get the burning? Just sit down and tell me. Now here see here, there only you can feel it, just put attention to him and you will know. You tell me where is it? Which chakra is spoilt? Here feel that. You will be getting tingling or burning on the finger here.

Seeker: This one.

Shri Mataji: This one, what else, now tell me. Where do you feel now?

Seeker: Mother I just felt it here. The rest is unclear.

Shri Mataji: That is equilibrium. (The door opens, someone comes in) Hello, Hello! Come along. Hello!

Seeker: It's been late, I am sorry.

Shri Mataji: Even I had come late today, sit down. So now just tell me where is it? This center is not settling down, it's going here and there but it's actually here if you see and a little bit here, it's not settling down, it's coming up here. You have had psychological problems, quite a lot, see like here.

Seeker: [Unclear]

Shri Mataji: Yes, very true. You see these are all sympathetic indications of the sympathetic nervous system you see of all the seven chakras as I told you, all these five and this is the sixth and center is the seventh. These are the seven centers actually you can see, and you can feel it yourself when you become a little more sensitive you feel it much better. Now the problem with him is you see he has a psychological problem here in the brain, he has got it here. So, it gets distributed you see, it starts from his heart, because he has had a very bad childhood, father was a bhoot side, I mean father is a drinker side, father side is the right-hand side in the heart and left-hand side here. He has had a very bad childhood. So, this is all here, and this is all been sucked your security, your parents are important because they bring a pure sense of security. His sense of security was very poor, now here this side see the center here in the chakra resides Mother of the Universe or you can call her as Jagadamba Goddess, she resides here.

On the right-hand side is the deity, which is the aspect of existence of God Shiva, and on this side is the Rama, Shri Rama is on this side, he is the father. I am sorry he is the father, and the left-hand side is the Shiva, this center is the Jagadama. Now I have taken their names and immediately you find relief has started. Now this is a mantra which you should understand, now what's the use of saying something. Something is wrong saying it here at Rama's place, you are taking the name of Krishna, what's the use? It's a big science and it changes from one to another. Now from he's here it may come up here the problem immediately just now make out. At that time if you are saying only this mantra what's the use if the Kundalini has to move forward. You must know at what gate who is standing, whose name is to be taken and where are you now. You are changing gates every moment, moment here moment this side just now he's relaxing here. he's relaxing here, it's going up there, so this is a very great science and it's a living science.

Mantra is not a dead science so when they tell you something like that, you must know that it is a dead thing that they are calling. As I said you take the name of Rama and some servant must be coming from somewhere, he's not your servant to attend to you. You have to be realized, you have to enter into the kingdom of God, to be a citizen there so that he attends to you. Otherwise, why should he attend? Everybody you see as the way we are, let's pray and started. No connection nothing no authority just started like that.

Seeker: [Unclear]

Shri Mataji: Who is coming now?

Seeker: [Unclear]

Shri Mataji: Left Agnya is the one which deals with your psyche means the superego if it is from the superego means some sort of possession then Left Agnya that is at the back here but if it is ego then on the right-hand side. But these days you will be surprised that even your ego can be possessed, it also possesses. The ego has gone to such a limit now that it possesses you, sort of it accepts the possession from out you see, so difficult this thing. But on the fingers, you can know whether it is right or left. Now you see if you put this into some living thing, it can catch that possession, something living it catches that possession that's why you see when Christ put them into the pit, He was hanged. You can't put them into the pits, but I have started some new vegetarian style thing, why to ditch in the pits, we can get some fruits, or something just pick it up. Have you got a nimbu?(lemon) The shop from here, you can get it there.

Seeker: [Unclear]

Shri Mataji: Not those fruits, not fruits you see its lime, that has the best coefficient to catch these.

Seeker: Lemon.

Shri Mataji: Lemon, lemon they are the best thing, they have a special liking also, so they go into the lemon. You take it in the

lemon, and put the lemon in the water, they disappear. I have cured so many mad people with this lemon.

Seeker: Permanently cure (Laughing).

Shri Mataji: (Laughing) Its satan's play, it's a child's play, if you know the job, you see if you know it, it's a child's play.

Seeker: [Unclear]

Shri Mataji: What they have written?

Seeker: [Unclear]

Shri Mataji: The receptor is the word they called for the deities, you see deities are there it's very easy to understand but you know we do not think about deities, we just say alright, alright, like that. For example, they will say as in human being and ascetical meaning you see, things which are in parasympathetic and sympathetic. Now they say, the doctors themselves have come and confessed this, that they react in the human beings in a very different fashion. One will augment, one will relax, in one center it will augment in another it will relax, he knows that and what the doctors say that the mode the fraction of these chemicals why they are so merit in a human body we cannot explain, finished. Because there are deities they think. For example, now, anything foreign goes into the body has to be thrown out is a nature that's how it goes, but when it is a fetus, a baby, then not only that it is kept there but is nurtured, looked after, how it is decided, who decides there in the womb that it is a baby and not to be thrown out, to be accept it, to bereceive it, to be nurtured. We just can through science you can say that this is black, and this is white, but we can't say how it is black and from where it has come. Science can only do that much whatever you see you can see, but this you cannot see the all-pervading power, unless and until you are realized, you cannot know. But after getting realization you will be amazed you can even see Kundalini moving above, you can even see those dead souls moving about, now this anybody can see, you see there's a sunflower because only the sun's light it considers but the sun is the thing which exposes it. See now, you always feel very much lighter than you had when you have first come. (Laughing).

Seeker: [Unclear]

Shri Mataji: It clears your heart, you see. For you have found the truth they disappear from you.

Seeker: Is it from left side or right side?

Shri Mataji: For you see, you can be possessed from both the sides, now this is man is a transcendental fellow he does it from the right side, he has another horrible guru, he puts devil in the right side. See actually the people here don't know any Sanskrit, so you speak what's bija mantra, you will say Ahaa Ahaa he has given us bija mantra. I mean in India, every dog can do that, there's nothing special about it. But they have taken full advantage of this. Tell me now, what? You are not going to stick on now. But what I am saying is that they have harmed your kundalini very much, that's the main part is. They have harmed your inner being too much, and that's the main thing. This is the first time they have done it; they have never done it that way before, you see. They have never entered into this area. But because of your impatience, the way you full headed had a plunge into it, you see (Laughing). You got this hurt. If you have waited a little bit, it could have worked out alright. Left Nabhi.

Seeker: [Unclear]

Shri Mataji: Can you feel the heat from his body? So much heat is coming out. Not at the time, you have already been realized about the guru, otherwise, he would have beaten you because they entice you, they entice you, you are absolutely lost into that. You don't see anything else, it's very difficult till you reach a certain point of your realization, and you realize that whats going wrong with you. When there is no goodness at all, how can you do, all the darkness is there.

Seeker: [Unclear]

Shri Mataji: The first thing, he does is to make you a vegetarian.

Seeker: Yeah.

Shri Mataji: You see this is the best way of eating people. This day before yesterday I met a Finland girl, one ambassador's wife, she was terrible, but her daughter went to somebody like that, and he said you should become a vegetarian and this girl became so addicted, that they said she might develop TB. See her. Is she better ?. What's wrong? What are you doing in your life?

Seeker: I am a painter.

Shri Mataji: I told you swadishthana chakra, she is catching and swadishthana is she uses for her. She's an artist.

Seeker: [unclear] (Laughing).

Shri Mataji: What he said?

Seeker: Another joke from me (Laughing)

Shri Mataji: It works.

Seeker: It's not cold yet.

Shri Mataji: Take Hazrat Ali's name. Are you better now? and you? Are you? you? Do you say harsh things sometimes?

Seeker: Sometimes.

Shri Mataji: I know. Your father was harsh to you?

Seeker: Yeah

Shri Mataji: Better. What was the mantra?

Seeker: Shri Rama's.

Shri Mataji: Shri Ram

Seeker: [Unclear]

Shri Mataji: Are you feeling better? Where is your first's father name?

Seeker: My real father died in the war & my second father is there

Shri Mataji: What was your first father's name?

Seeker: Karl

Shri Mataji: Now close your eyes, now tell your father please take your birth.

Seeker: Please take my birth.

Shri Mataji: Your birth, his own birth, he should take his own birth, means he should be born again and that I will give him realization also. Eyes close, you tell that I am perfectly alright now, don't you worry about me, say that, close your eyes. Feeling better now?

Seeker: (Crying) I felt so much love suddenly.

Shri Mataji: Now you will have to know how to take the love so much. Alright?

Seeker: Yeah

Shri Mataji: You are going to be completely engulfed into it and then you have to give love to others, that's what it is. Just simple play. You take it and give it. Nothing else is there. Just keep to yourself, all the personalities, just fill it up inside and you will progress. Nothing much is to be done.

Seeker: I like it. I would like to do that.

Shri Mataji: See how many brothers and sisters you are here, and so many reside in India, and so many in America, all over the world you have so many brothers and sisters and they talk the same language as you do, they are the same people, all very simple people.

Shri Mataji: What is it?

Seeker: [Unclear]

Shri Mataji: Watch my face here, you watch here, all of you should watch because you see your Agnyas are unstable. How are you? Better? Good now. Shri You are good now. Vibration are feeling? Cool? Better?

Seeker: Coming up

Shri Mataji: It's coming in the up?

Seeker: [Unclear]

Shri Mataji: Now, how are you feeling? Better? Relaxed? His heart chakra is weak. You know actually your parents after the war, became very nervous people, I don't blame them also. You see the whole thing told upon their nerves very much and they reacted differently. Some became very solemnized, some became very worried about the habitat, some became very aggressive, all sorts of things you see how it affects they became very fanatics all sorts of things happening. So they lost that grip over their children the way they should have been, that love & affection that now lets fix-up. They should have built up their children with affection and that's how the children felt this insecurity very much. On top of that, you felt that they were very mediocre people and have to seek their love in materialistic. So you gave them up and started searching, and when you started searching you see you lost the route of your securities also because you see without parents having you to get out, you know every minute you have to fight for your life, and that became too much because after all, you are a human being. Even an animal needs its parents, so what about human beings? And the whole thing toppled out in this, that's why wars are horrid as they brought lots of problems, the way they brought you up, that's why you people became so insecure, so nervous and all the values of life are completely disturbed.

Seeker: [Unclear]

Shri Mataji: What happened with your father? Better now, you are better now. What is your name?

Seeker: Says something which is unclear.

Shri Mataji: From England?

Seeker: No Germany

Shri Mataji: From Germany? East or west?

Seeker: No, west.

Shri Mataji: We have been to the East very recently.

Seeker: yeah. Do they allow you to come there?

Shri Mataji: No, because of my husband's job, we went down. Very bad still I would say they are not free people yet.

Seeker: much better (Laughing)

Shri Mataji: Started feeling vibrations?

Seeker: Yeah

Shri Mataji: Very much better. How are you feeling now? Are you feeling better? How are you? Still there? But now you are separated from yourself because you can see yourself this is happening, it is coming here, this is catching and you don't feel bad about yourself, you see.

Seeker: [unclear] (Laughing)

Shri Mataji: (Laughing) It was changing places, is it?

Seeker: Yeah. Says something which is unclear.

Shri Mataji: Where do you live in?

Seeker: Says. There is homosexual going on ?[Unclear]

Shri Mataji: He has brought in your house?

Seeker: No no. I really don't know. [Unclear]

Shri Mataji: Alright. You give him a Bandhan like this, I will teach you how to give, that will be alright, your place also can be done right, if you see there's something it will be alright. This is also homosexuality, this is all non-sense you know. I mean these people tunk once and I mean its all absurd things going on they are trying to you know, completely brainless. Now there's a big sale going on Clothes for the punks. I feel by changing the clothes what are you going to gain. (Laughing) So superficial it is you see. It is made in the factory, sold by these people and I think some of these things are done by also business people just to sort of create a new craze because the machine is all the time you see, vomiting lot of material and it has to be put on someone

somehow so they create punks of their deteriorated junk, I don't know what they are creating (Laughing) at such a big rate they are exhausting the mother earth for nothing at all, there's no need, you see, to do all that. What's the need to do all that?

Seeker: I tis in the dream factory.

Shri Mataji: Dream Factory? What is a dream? It's a very very bad dream, imagine people will come. Absolutely devilish.

Seeker: [Unclear]

Shri Mataji: Better now? His kundalini passed from the Right Agnya. With your fingers the kundalini rises, you can feel it yourself when it's rising. With your fingers you can rise it, you can tie it up. How are you now?

Seeker: Sneezes

Shri Mataji: This is needed. Now see, better? Started, see? And you never feel bored with this, you go on with this, you never feel bored at all, no more boredom, nice now, you are alright, give her a bandhan. You are still in the Nabhi, you see the Nabhi Chakra below because of your Right Heart, you just take out [unclear]. His kundalini has risen up to a point, but the complete force has not come, because in the Nabhi you can see it still pulsating, you can see pulsation. You can feel it?

Seeker: Yeah I mean I can feel my Nabhi..

Shri Mataji: Now you put your left hand on the Nabhi and right hand towards me, Are you better now?

Seeker: [unclear.]

Shri Mataji: I heard about it very bad vibrations of what call is the runners, he used to run for miles together and he did hath yoga, hath yoga.

Seeker: [Unclear]

Shri Mataji: Sufi, so he did Sufi. So two things put together(Laughing)

Seeker: Says something which is unclear. (Laughing)

Shri Mataji: Really? It's all washed out now, doesn't matter, don't you worry. You don't have to tell me. There is no confession needed. So another thing which they were doing confession.must be black mailing system. (laughing)

Seeker: [Unclear]

Shri.

Shri Mataji: Terrible they are, still they are on this psychology set, they have a set psychology, we had one lady from there she was so bad that she became a real problem in India, they said Mataji from where did you get this crack please send her to there,(Laughing), very bad, she knew that what was here name (Name unclear)?

Seeker: Mary

Shri Mataji: Mary (Laughing).

Seeker: Says something which is unclear.

Shri Mataji: She was a nice lady, but her husband was murdered by then, so it happened, she got completely lost.

Seeker: Says something which is unclear.

Shri Mataji: Better now?

Seeker: Says something which is unclear.

Shri Mataji: You have got throat trouble also?

Seeker: Says something which is unclear.

Shri Mataji: Throat?

Seeker: No

Shri Mataji: Then if you don't have throat trouble then he may have

Seeker: [Unclear]

Shri Mataji: No no it just indicates, you are an instrument you see, if it is not yours then it is his.

Seeker: quite strong.

Shri Mataji: Better?

Seeker: [Unclear]

Shri Mataji: Are you married?

Seeker: No.

Shri Mataji: Give it a bandhan, very bad because I asked you," Are you married?"

Seeker: [Unclear]

Shri Mataji: Better now?

Seeker: She is not clearing out.

Shri Mataji: She didn't clear it out? I felt very bad.

Seeker: [Unclear]

Shri Mataji: Simultaneously, you see its working, you become one body and one feeling, you see its universal. Even if children who are actually born realized, they will say the same, even if you close their eyes they will say the same. My four grandchildren are realized souls all of them, my daughters are not realized souls and the youngest one is a little girl she was hardly six months and she used to raise the kundalini. She was one years of age then she used to come and see me, and she would bring

something that I use to wear or something that I put on. Early in the morning, my two other granddaughters, they were hardly five or six months old, get up in the morning first come and just start looking at my face, absolutely desperate all the time, for half an hour they would be there looking at my face and anybody got hurt or anyone they use to just come on my feet, that time, anything happened they will first come, it's like that they are so much and they know about kundalini already. Like this Kevin he's so young he knows everything about it, he's born like that.

Seeker: Interesting.

Shri Mataji: So many children are born with this (Name unclear). So many realized children are born these days, so many of them and they are very religious, they observe each and everything.

Seeker: Are they realized in last life?

Shri Mataji: Yeah, they were born realized, yes yes, that's true they were realized in last lives, that's how they are here. This Kevin recognized me, I mean in no time.

Seeker: [Unclear]

Shri Mataji: [Unclear]

ShriShriShri Mataji: Take the name of (Name unclear) (Laughing), they are Avadhutas. They also work relentlessly I have seen, they work relentlessly I should say and they understand religion so clearly, so clearly. This younger one of younger daughter of mine, we went to a place she was listening to people playing instruments and taking the name of God, she said I must tell you something about the people of this place, they are very foolish. I said "Why?" She explains, you see they are all the time troubling God, taking the name of God, morning till evening they are saying "Hare Rama Hare Rama Hare Rama" now God has gone away from their long time back, now I am also going to run away from here, it's too much. Why don't they understand (Laughing) I told you about what she said about Lama also, she said why are you sitting like this, by sitting like this are you going to become God.

Seeker: Oh Yeah Yeah in other lecture.

Shri Mataji: and my daughter didn't know what to do, she said why don't you say it like that, otherwise she's a very humble child, he's a simple person why are you touching his feet, he's not a realized soul. All of them they were possessed, so she went and brought the broom from there, she was showing the broom to that person, so then they will run away. You know broom is a very good way, in a realized soul's house if there is a broom, it has those vibrations, so with those in the broom, these demons run away. So she was showing there that broom so that if the devil is anywhere he will run away. (Laughing) That's such expert.

Seeker: Says something which is unclear.

Shri Mataji: I didn't see it all but Aradhana told me, she said Nani you going to get lot of dry in India, so you get rid of it with oil, I said, "How?" She said, "very easy take some oil, vibrate it and put it in the sea, so it will get oil and really they did it and they did it. After that they found it dissolves.

Seeker: Says something which is unclear.

Shri Mataji: [Unclear] You better? Feeling alright now?

Seeker: Says something is unclear.

Shri Mataji: Mataji's children are more than sufficient, that's most important is upbringing children the right way, the human being is the most important of all the living beings. Nothing is important, only the human beings who are free, who are free &

righteous. You are highest of all and who are seeking God is the highest of all and they are to be respected and they are to be worshipped, rest of it is can't make out anything. How is it? Are you alright?

Seeker: Says something which is unclear.

Shri Mataji: Are you alright? Better? You have, (Laughing), still have.

Seeker:.. My back

Seekers discussing among themselves which is unclear.

Shri Mataji: [Unclear] You are feeling sleepy right now? Is it?

Seeker: [Unclear]

Shri Mataji: Where?

Seeker: [Unclear]

Shri Mataji: Where inside?

ShriSeeker: [Unclear]

Shri Mataji: Better? Better now?

Seeker: Hmmm

Shri Mataji: Now, from where did you get the pain? When you lie down. From your Agnya?

Seeker: [Unclear]

Shri Mataji: Did you hear that?

Shri Mataji: Now see for yourself, now improved? you better?ShriYou deserve much more. Alright? You have to come again and again.

Seeker: Thank you very much.

Shri Mataji: And just respect yourself that's the main point, love yourself. I will be here tomorrow, tomorrow, and Sunday I will be definitely here, tomorrow also.

Seeker: Shri Mataji tomorrow you might be here or (Says something which is unclear)?

Shri Mataji: I will be here.

Seeker: [Unclear]

Shri Mataji: What?

Seeker: [Unclear]

Shri Mataji: Alright. May God bless him. Put your right hand on your heart. When did you go to that side? What did you do?

Seeker: [Unclear] I went to India.

Shri Mataji: You can become nirvikalp in no time, you have already got some Sahaja yogis that are in Nirvikalp, you see nirvichar is thoughtless awareness that you have got already. You get that thoughtless awareness now you want to see what you love to do you can see, after some time you become thoughtless whenever you want when you get nirvikalp means there is no vikalp, which is no doubt, doubtless awareness.

Seeker: [Unclear]

Shri Mataji: Then you jump into doubtless awareness, that's very easy it's nothing when you steady yourself you become doubtlessly aware. These big names you see they just try to impress you.

Seeker: unclear.

Shri Mataji: What?

Seeker: unclear.

Shri Mataji: Not at all.

Seeker: unclear.

Shri Mataji: No I think it is of course all these are negativities that attack, as they say, all those things are on the left-hand side all these bhootish things and then all the spirits, which have been.

Seeker: unclear. I t was just a skin rash but it was not affecting.

Shri Mataji: It has meaning, you see this is the center heart chakra, this is the thing, you know when you work with spirits they do not link, they hurt you there, and you won't believe we have one of the Sahaja yogis in India had such a black thing. He had such a black entering here.

Seeker: unclear.

Shri Mataji: It was so black and all these things are on this left-hand side, all these spirits, you shouldn't bother about them, in no time, they all run away, you all live in the conscious mind at the present moment here at this point, you are not supposed to bother about these dead, let them be.

Seeker: unclear

Shri Mataji: That's why you see, that's why I feel so bad, that's why I feel so horrid, you think of a mother who knows they are her children she has to give realization and in between somebody has come and put a clause, how she will give and has ruined them. You see it's like a tiger coming from somewhere and attacking on my own tree and destroying it, something like that. Despite your seeking only you are done, that makes me feel even worse. It's not a mistake of yours, I would say. It is bad to ruin you like that. I hope some of you recover. It's very bad.

Seeker: unclear

Shri Mataji: Yeah alright, let them be. (Laughing). You see in this prosecution they are prospering that. They are doing that, you are not.

Seeker: unclear

Shri Mataji: In terms of money?

Seeker: unclear

Shri Mataji: See you can see that one, you can put that one. Your hands become black.

Seeker: unclear

Shri Mataji: (Laughing) That's the truth is that so much of black is inside his body you see. What? With my attention, I wish I can work you know (Laughing), working on it because I was holding in my hand.

Seeker: unclear

Shri Mataji: This is good for you.

Seeker: unclear

Shri Mataji: This suits you. Feeling in the head. Now how can you feel this bliss unless you realize, that's the point I was saying that you must work on it, your name you said Jesus, isn't it?

Seeker: unclear

Shri Mataji: This is meditation, this is progressing, this is your power manifesting, when you will start curing others and when you will start giving them peace when you will start giving them tranquility, and you will start raising their kundalini, then you will know that you have your own powers, otherwise how will you know, you have to work it out. Better? How are you?

Seeker: unclear.

Shri Mataji: Let them come

Seeker: unclear. Is it something meditation we need to do at home

Shri Mataji: No, no, you are in meditation only. You are rather thoughtless.

Seeker: unclear.

Shri Mataji: You see on my photograph you can do.

Seeker: I tried it yesterday. But it is like printed? Is that alright if it is printed?

Shri Mataji: Alright, that photograph is very powerful. You are very fortunate that the photograph has such vibrations. It's a very great thing, so you can distribute photographs. You can keep it in a proper place because there are deities sitting around and some of them are always there.

Seeker: Yeah I know

Seeker: unclear. Left & right

Shri Mataji: What?

Seeker: unclear.

Shri Mataji: You can try.

Seekers discussing something among themselves which is unclear.

Shri Mataji: It will go away with don't you worry you see gradually it will go away. We have tried all kinds of tricks, and it did go away. Now you see some of the things stick around they go away and come along, but you don't worry about it, you will be alright when you don't think about it. Better now?

Seeker: [Unclear]

Shri Mataji: Don't feel like that. Better now?

Seeker: [Unclear]

Shri Mataji: Better?

Seeker: [Unclear]

Shri Mataji: Your father lives in France?

Seeker: [unclear.]

Shri Mataji: Watch it.

Seeker: [Unclear]

Shri Mataji: Better? See because of him, he's doing something on and on, so its a very big attack coming and to remove it you have work it out that fast, but if you could just forget him for some time then it will work out in no time.

Seeker: [Unclear]

Shri Mataji: Most of you are born saints, born saints and that's why you are attacked always. Saints are always attacked, that's why you are attacked and the attack will come directly through these sadhus and gurus who are talking of God and religion only, you see. So I don't blame you for that, such is the trick they use. They use all the methods that Gods are using, prayer, bhajan, everything they started, everything, hymns, prayers, everything they started but behind that is satanic, now .For example, I saw one dirty magazine, that was filled with all satanic forces, so I told Gavin we are going to use that magazine, so I put it there and it worked.

Seeker: [Unclear]

Shri Shri Mataji: It didn't come up well, such small words they have written nobody could have read it, they wrote it like that.

Seeker: [Unclear] We cannot understand.

Shri Shri Mataji: Photograph? The photograph was also not very clear.

1977-1027, Workshop with new people

View [online](#).

27 October 1977

Workshop

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Talk Language: English | Transcript (English) – VERIFIED

Transcription of Workshop with New People, Finchley Ashram 1977-10-27

(o)? (?not clear)... they said, and they are all (evident?) and think that have very muchwe are very strong. Let's come to you, that [is] what he did. He said: 'but I have been Intelligent...(not clear) people were very upset by ..(not clear) because I met to , another one, this Krishnamurti. Krishnamurti... he said: you are all condition if you say so don't you do that it is the condition you should give up, and you must become independent, see for yourself how ... do (not clear). Nothing, you will do it on your own, don't do this . Now, Krishnamurti's disciples are much more conditioned than anybody else. I haven't been able to give to even one Realisation one person, of this disciple of Krishnamurti , can you believe it? Not one. Because he says don't get to this condition ... you shouldn't get conditioned, so they get double conditioned , so he said I can speak like Krishnamurti, this fellow tells Me very interestingly , you will like him . He is young, he is about say 30 years of age already And said: I can speak like him, I can be a better orator than Krishnamurti , I speak just like him and I know all his books by heart, and I can talk to people as: - don't do this and that, don't do like that,, and here I am, I'm sick, I am not well, my voice is going down, I don't know what to do with myself, I'm horrid, is no transformation, I cannot speak (?in the night) So how do you explain? So I told him - then what do you say? He said I now realised, that I was doing Kriya Yoga one side, when I did Kriya Yoga, I was conditioning my one side and when I came to this side I started conditioning the other side. Now what happened? [If] you start doing something extreme, you see, you start moving on the right or the left. Now, for example, you want to become a very good sanyasi, don't get married don't look at women,...(not clear) , you just eat two leaves in the morning, two lives in the afternoon all these kind s of a thing then what happen, you start moving on to right-hand side, left is departed you become a dried personality, absolutely imbalanced, you go to the right extreme, you go to that extreme. Sometimes one in a million, you know if a Mother feels - 'look at this mad men, alright let him have Realisation. , he is going too far', (not clear)....so She,- one of them might get the Realisation, one of these madmen, one! If there are some love left in them. But they are horrid, very hot-tempered, , they hit you hard, they do all kinds of things. Now, this fellow, he said that Mataji this side I am caught up this way and that side that way, what will You do? I said it's a hopeless case, though he realises this. He tries, his Kundalini comes up and went down.... It comes up to the Agnya....(unclear). Now, five years he is coming to him , five years! So this is Mr. ?Lainly Baba and this is his disciple's Yoga. Now you see for yourself.

(some Sahaja yogis are talking to Shri Mataji about a lady.

Shri Mataji: Ha, she tells Me and asks (about someone?)... She never told them. But she was so bad herself, you know. There are permanent headaches and a heart pain, every sort of thing. .

Shri Mataji: (laughing) That's the best thing. Now, you must get Realization, and you must go near somebody who has been to this Shivpuri Baba.... Terrible.

A man is speaking (unclear)

Shri Mataji:and this lady was shaking before Me while the puja was on. She was at (?first) shaking before Me, so I didn't ask her who is her guru because if you say anything to a new one against his guru, the discussion (?lasts) ... together. I said, let her suffer for a while, let her feel it and then she will leave him. Very difficult, you know!? Nobody likes it. Because they are identified very much with them. And she suffered so much, you don't know. She had a...bad time, and now she is..... She said - when I put my head on Your feet, I felt two... of ice placed on my head...

Shri Mataji: But what about the one who sang that song? One better than the other, horrible, really, you see, this..... Ratangarh Maharaj I had told you, this Ratangarh Maharaj has written about Me. There were many rajas who know in India that I am there. They tell them about, that She has come, and see Her. . This Ratangarh Maharaj the one who is John the Baptist .. . He was announcing about Me ... He is so horrid... He is a Realized-soul, no doubt. But he takes everybody's task to a great extent, you know. One day he said that - Shri Mataji if somebody troubles You, You must send him over to me, I would like to see him. . One person was very troublesome, really troublesome, I tried all my patience, so, I told him - Why don't you go and see Maharaja. And Maharaja has called him. He was very elated. O, Maharaja has called me, o!. One has to climb seven miles, you see, to go to seat there. So he climbs. He is remembering Me. Maharaja. [Shri Mataji laughed] He went down. After one month, you know, I saw this man, he came to My program. Very big, he was sitting like that, . Both his legs in his neck and hanging (?)... What happened to this man? I say, why this Maharaja What this Maharaja was done to him? I... what did he do? Asked him, what have you done, why are you sitting like this? You had gone to see Maharaj, I didn't mean this, I said what have you done? He came and started crying. I said, come to my house and tell me what happened. He came and told Me that he went to see Maharaj, and he was very nice, to begin with. He said yes Mataji has sent you very good, alright, come along, have some food and all that. He lives in a cave on the top of a hill, and he goes about on a tiger, see because his legs have become like this as he stays in [the] water, so they had become more, sort of thing, like (spongy?) So, in the night, the tiger came and threw this fellow inside on a - what you call that? ... it's a ... khad(?), into a khad(?), he said, this fellow went down there, you know, and he thought the tiger had done,... but he was imbibed Maharaj himself had thrown him there, he said - three days I was lying there, I have to use the bathroom there and everything was there. . He couldn't move out, bought legs were finished, he couldn't move out you see? Then, [the] fourth day this, - I mean, look at the cruelty! And he ...some this, what you call it, a kind of a bread, chapati, he tied them on a string and laid down on this string... he says from there - "now eat them and think of your Mather and say all the time that I'm not going to trouble You any more, and you eat them.

He gave that food, [and] after two days again starvation come...then again a little food came in. See, after 5-6 days, imagine in that condition... everything there... , then he brought him out. Now, he gave him a bath and all that, then he said - "now you put this legs ... around your neck and go hanging to your Mother. She is the only one who will pardon you, and will look after you, not me. Now, if you trouble Her anymore, to your neck, I will do it the same way. (Shri Mataji is laughing). See, I am laughing now but, at that time, I really cried . He said: Mother, whatever I have done to You , please forgive me. I have done great mistakes. . You should have corrected me . Why did you send me to Maharaja? I said: you ran away to him like ... anything. Now, what should I do?

That's how they are. And he did right and left to all the Sahaja yogis. He sits with a big stick in his hand. ...and HAA! - he used to hit like that, they are terrible! There's another one, Bhootnath baba, he is a, no, no, no...he has another name, that's the wrong name (Shri Mataji thinks...) some Babaji. He used to live in the Himalayas

He came down, and his disciple is already, his disciple is this Jagannath Baba and this Jagannath Baba told one of my disciples, in a place near Bombay, there's a small little, what you call - a village you can call it, not a village, but it's a small place near Bombay, where this girl was there (the SY disciple), and he went and told [her] that he knows Mataji "you are Mataji's disciple, and I must go and see Her". She said- "How do you know I am Mataji's disciple and ...where is your guru?". He is sitting in the Himalayas, you see, near to Amarnath, he said Amarnath, and this Baba has told me, that - you go and see Mataji there and..... she said," Why don't you came to see Her in Bombay?" He said: no, why don't you call Her here and if She comes here, and can have a nice program here in our Ashram and ... So, I could not somehow or other, it happened I could not go there you see at Ambarnath, you see, she was there I didn't go. After a year or so when I went there. So, she said that - the other fellow has also arrived, - the Guru has also arrived. And he was waiting for You to come down. So I went, of course, they touched My feet, and all that, he makes Me sit on a He makes My Aarti, things like that. So, I said: how are you, how are you keeping? Now, this Jagannath baba (smoking?) before Me, just imagine... and this fellow gave him a ... - A, have you no shame? Why are you smoking? (Shri Mataji is laughing)..... He said, "I'm sorry, I'm sorry". I said: now, how did you remember Me? - I asked this

Jagannath Baba , how do you know Me? He said, now my Guru is also here, I must tell You; I have this Agnya Chakra, - imagine, his Agnya chakra was caught up. So this guru told Me that after 12 years Mataji will come to Amarnath d She will clear your Agnya. I am not going to clear it. See now. So I told him why don't you clear his Agnya, you waited for Me to come and clear his Agnya, why don't you clear? . He said: I am not a mother to spoil them. I worked for thousands of years and I want him to work. Why should I clear his Agnya? Let him work out. He wants to smoke in Your presence. I will kick him [when] You go away from here..... And he was so frightened. [that] he ran after Me [Shri Mataji is laughing] and I removed his Agnya, so he was cured. He said: Mataji better take me away. He ... because I smoke before You. I said: now, when you know I am coming you should not smoke before Me, that's a simple thing you must learn. He said- I will never smoke all my life.... but, You tell my Guru not to beat me....He was a realised soul; he has an ashram there, but this baba, the one who was He came before, -in My presents..... - He says: you are a Mother; you spoil him. I'm not going to spoil him.. And he said: - he kicks me, if my nabhi catches, he kicks on my nabhi, and he said - that's the way you all are going to be alright. (Shri Mataji laughs). ... Because they don't care about your money or anything, they don't want any position, and they don't have the mother's patience and love.....(unclear) .

You know, Janaka was my father, and he had a guru , twelve thousand years back. When Nachiketa came to see him, he said: you give me the knowledge of Self. Janaka is the same as Mohammed Sahib , and he said that: -no, I can't give you self-knowledge. You can ask ...(unclear). He said alright. Now, He made him sleep in a room where there was a sword hanging on his head, whole night poor man could not sleep. And I said: why did you let him sleep like that? He said: "Let him try", If he can sleep like that, then only can go to the second room where I have put a lion there. (everybody laughs) And he has to see the lion the whole night. And then to another room . And that's how it was to give him knowledge. They tested your courage, they tested - I mean, nobody would listen to you. This Maharaj, you should see this Ratangarh Maharaj, , he throws people down like that, doesn't listen to anybody.

A Sahaja yogini asks Mother:- " Yes, but how is it possible? When God is love, how can they do things like that to people when they are Realised?"

Shri Mataji: God is love. They do it in love only. They think, they do it in love"

Sahaja yogini: It is a very, very cruel love, I would say.

Mother says: " Yes, people need that sometimes.

Sahaja yogini "Ya?"

Shri Mataji; "They need it.

Sahaja yogini: really?

Shri Mataji: Very much . It helps a lot. ... one thing is better.You see, if they have given onenow all these bhoots would have run away. They will go into another who are surrounding you.

Ohh! I see. Ya.

Shri Mataji: Sometimes, if a little bit, they are ill-treated. That is why Christ had to take a halter on these people. This is needed. so many of them are like that. ... these are horrible things, you know. . I mean, there is somebody who is so horrible.... If I do anything to him, he will . I know . Not to him, but to the other fellow who.... but he will trouble him there. So I don't want to do it. I am doing it slowly. That's how the entanglement has to be given up. But they have no patience, there is no cruelty in this. Is love.

A lady asks:" is it possible that a realized soul can make a mistake?"

Shri Mataji -Of course. They do, they are human beings, they are not incarnations. Only incarnations They are Realized-soul,

that's all. For example, he doesn't want to come down. He says, after twelve years I come. I said: . Am I going to bottle you here? As the people are going to seat down here for twelve years, what am I going to do? He is already 108 years of age. After twelve years what is going [to] come and do here, when I have to do the work?

....they think, they have done work and have achieved a lot. You are made in the pattern of Ganesh, like Him, not like them! They cannot raise your Kundalini the way you can raise. They cannot feel the vibrations the way you can feel. You are in a way higher than them in a way. You will be surprised. I love you. You are the special ones. If I am going to give something special to someone, who are they to stop Me? They are very egoistical also , I think. Gagangarh Maharaj when I was going to see him, it was raining very heavily, and he controls the rain, you see, and the rain was coming, and he ...like that, was angered with the rain he was fighting.... When I reached there, he came before Me, just fighting the rain like that. ... I was all drenched. He came up. He said, "You have today killed my ego". I said "How?" He said: That the rain listens to You, not to me. It was raining heavily, you got drenched. He was very angry . He said, "I made a mistake". I am angry because the rain misbehaved to such a limit that it has drenched my Mother. You see, (everybody laughs). I had to counterbalance his ego. He must be thought that - my power has been challenged. I told him in the most sweet manner.... I said: see , you had bought a saree for Me, isn't it? And you want to give it to Me, if My saree is not drenched how are you going to give it to Me? There is no excuse, that's why I got it drenched. He was so surprised and did not what to do. All his anger went away with this, you see? All his anger went away. ...

He said: - there must be more point in that also. I said: Yes, there is. That when I was coming the rain was falling on Me and the vibrations have f flowing in the Mother Earth. you will have a beautiful scenery here when the water goes inside and vibrated. That's what it is. What is this rain, after all, it's My father. If it is falling on Me, what does it matter to Me ? Why should you feel so bad about it? No Mother, I am sorry about it. That's how they are. . They make mistakes too egotistical.

Then they think, why should you get it? Who are you? What have you done? 'We were standing on our heads for thirty thousand years.' Why did you stand?... Who asked you? You should not have to. -'We are not married, we have no children, we have given up everything . What is there to give up? Why did you give up? Who told you to eat only two leaves in the morning? I said: - You eat everything. God has created everything for you. Why do you eat two leaves? Who asked you? And then, on top of that you give an obligation on Me, that we live on two lives while these people are married, they are eating everything, and You are giving them Realisation. They are silly, you know. Incarnations... absolutely

A lady: You mean that....

Shri Mataji: You know yourself, only within yourself they are there.....(unclear) all of them are within you.

Shri Mataji works on new people.

HA! ... Kevin(?). He is one of these avadhutas only, he knows they have no patience. ... Terrible! Gets angry very much. He gets after his father... So, it's better now? How do you feel?

New yogi: Sometimes I feel better, You know, then I'm desperate for a while. I mean yesterday ... and in the morning again troubles coming in the eyes(?).

Shri Mataji: Let it be for some time, doesn't matter. It's a state of 'satori' (sudden enlightenment) they call it. You should never have touched these people. ... That sets in. In most of the people sets in, in the west, I have seen - the satori state. Come up here, come up there. As if you see you have jumped from the sea into the boat but still you are feeling that, or you have passed through the traffic, and you are put on the hill. But still, you can feel the traffic. Suddenly you know ... you see it's still like an inertia. It is still working in you. ... satori state. But some people just don't have it ... It goes and comes back, and don't you worry about the future or the past. Just ... alright?... You see, [the] only thing, - harsh, can not be done (?). Human beings are human beings! Lots of nerves and lots of ... and nothing harsh should be done. Thorough cooperation should be done of that kind.... If you know your body or your emotions. Apart from the worst thing in modern times, that people are very egoistical. You see, it is a very ego-oriented society. If you say anything, immediately the ego is touched, if you do anything the ego is touched . So you

have to be neutral. Then they will give you super-ego. Because you are guided(?) by these people. . So, they give you ideas. I say something, [and] an idea comes from the other side . I say something, then a doubt comes from the other side, so there is a struggle going on inside. You too. (Shri Mataji is addressing another yogi) - You, too, have that problem? Or not. You don't have the argument against Me now inside you? Is there an argument going on, something inside?

New yogi: Yes, Mother sometimes is like I'm catching in the dark, I feel.

Shri Mataji: But you don't feel it as such a, - you don't feel it as a big argument against! .

New yogi: It is not a big argument.

Shri Mataji: But that, he is getting an argument in himself. You may get it. Because you probably use your freedom. So they (the negativity) are not going to do it, you see because they don't want to live you easily. It is not easy. If you play with them. They don't want to live . They will come to such an extent, it is. There was a gentleman from Bhilathi(?). He was like, he was much more than what you are. He has in spirits and things like that. He was starting vomiting blood and when he wanted to come and see Me, he could not, you see, could not. He got in halfway he got down, he said - I want to go to the bathroom. And he just ran away towards ... All sorts of things..... I have to do . Now he is all right. He is a Sahaja yogi now. But the pressure is too much, he just runs away. They would say "Get Up" and Get Up" . You should prepare yourself. You have to say - get out , then would start seeing lights, alright? You have to say, just - get out! Now you'll see them coming. You should say - get out! You can see them even in the sunlight if you see them as black spots.

New yogi: I see white spots.

Shri Mataji: white spots... better, white spots are better. But if you see the black spot, if you close your eyes, and see a black spot here, then it's a spirit. . White spots are good. Good souls. . Still, you don't bother about them also, alright? If you see a flame that it's a good, it's a saint but if you see a white spot, then you should consider it is not a bad thing. But have nothing to do with the dead. But if you see a black spot, so the black spots are the worst type, they are [the] worse type, and they do not leave easily. They are horrid . Talks. Just laugh at them. That's the best way to laugh at them. Don't make too much ado of them . is nothing important. Do you know?. Useless things. Just lost souls. First of all, all your psychic powers, it works(?) . Everything will work [out]. In India, we had many... there(?). But in England, I think we(?) have so many of them here sitting at every corner, you find one Christian is sitting there and, in the name of somebody is sitting down here . So many of them are here. It's shameful, you know. Thus, Christ was the one who denounced them throughout. Here they call themselves as Christians among them, Pentecostals, devils they are! . (a person is saying something about churches)

Shri Mataji: Ha? Christian is Church!?, On thisthey start with mm, mm, mm, like that . Now, is this the way God comes into you? ... How can God come in mm, mm, mm, like that? In India, all the place God has no other place to go to? Anything extraordinary happens, you'll put it to God. It's wrong! HA! . (Shri Mataji works on somebody). They are all within Me, whatever you have. Don't you worry, I will put them right , alright! HA!

New yogi: ... drugs is being the biggest tragedy...

Shri Mataji: Drugs, you took drugs or so?

New yogi: ...LSD ...

Shri Mataji: You should not have taken more. Druggets and chemists, Druggets and chemists, if you take to wash off their stomachs , you can start a drug company. (everybody is laughing). You know, when came to Sahaja Yoga first, then I tell, you have to give up drugs, things,... do it, went back, he got into a brain(?) problem. Then he was jaundiced, so much he has done. Then, he didn't know what to do. So he came to Me. Now, he realises. But even now, I ... telling the stomach is to work it out, so may get some drugs for smuggling.....

A new yogini asks: "Mataji do you know of Swami Chaitanya Nand Sarawati? Ya?" "No? I didn't understand You.

Shri Mataji: He ... zero marks, . There is one incarnation, who is ...?

New yogini: Then is not this one.

Shri Mataji: Another one is there who is taking out something from the fire,diamonds. He is a well-known Rakshasa, you know. Ancient one. Who was born from a buffalo. He didn't look as a buffalo. His skin is like buffalo's.

New yogi: his face looks awful. His face looks ugly. Ugly faced.

Shri Mataji: Very ugly-faced. There is one thing good about all of them, ... missing, can make it out... Now, this one, Sai Baba, Satya Sai Baba. Sai Baba, the original one, is Mohammad Sahib Himself... But this horrible fellow, this Satya Sai Baba, you call him Asatya People don't think, you know. It's very If you think, you can rationalise. All of them you can rationalise. . For example, now, take this Satya Sai Baba, what did he do? He carries this from here to here. Now think [about] what is the interest of God carrying one thing from here to there. Haven't you got hands to do that? Why should God carry this thing from here to there? Think into diamonds. He will give it to a rich man. If he was such a giver, why doesn't he do it for the whole of our country, which is Why don't we think about it? And what is the interest of God in giving these stones? If He has to give, He will give something great. . People think he is a God. Absolutely brainless people. Think about all of them!. Those who talk that they are big . You tell Me all of them, I will tell you what they are, one better than [the] other.

New yogi: It is in this book, I don't know if You get time to read it, so much rubbish around this Shivapuri Baba. He talks in a way that seems to be good. Not in a rationalised way. So, seems he talks from experience and talks about svadarna and ... and it doesn't look like that he just read it from one book and put it in another book, You know. No?

Shri Mataji: ... Now, actually, what is, [is] no good as far as the vibrations are concerned. Alright? That's the different point. Now, supposing [that] even if you are not Realised, you sit and rationalise everything. Have you imagined?...

New yogi: No, It's a book. That's...it's a book.

Shri Mataji: It's a book. Alright, so you are not going to do it ...

New yogi: no...

Shri Mataji: You see, rationalised it like that. Let us do it this way. More practically. You are not going to ... It's a book. Still, it's not good. They put (?there) Christ also. Do it like that. Alright? Rationalise them! Use your brains. First use your brains, through wisdom, and then you understand. That's the best. You tell your mind it's all (?hoedown.) . You see, your mind is like a horse. . If you start in a way that you understand that you are not a separate rider, ... make you jump. If you make him go this side, [it will take you] that side, if you take him this side it will take you that side, . It will never take you to the right path. You will know if you are wise, that you ride the right path. Keep your mind straight and think it over. Is it what God has? What is there in that he had written about God?. What is there? What is so special? Nothing! .

New yogi: There is it a special, it seems to be a special book.

Shri Mataji: But what is it?

New yogi: All the other books that I read are rubbish, You know? But this one seems good.

Shri Mataji: What I am saying is that all these things are so horrid , that I can't imagine . It's so horrid that....

(somebody: talks about the vibrations)

New yogi: ... the Vibrations are another sort of conditioning . a bit.....

Shri Mataji: No, I tell you about it. It is not conditionings, I will tell you, it's very easy, that also can be rationalised. everything can be rationalised. Now, supposing it is conditioning. You put ten children who are realized They will say the same thing, all of them, and if you tally it on the person, supposing they say that this finger is catching. Must be a liver.... Has to be the liver.... if I ask he will say yes, my liver is bad. But when they give you vibrations, your liver is all right. Now, by conditioning, you don't cure people. And ten children sitting down say the same thing. That's how you must find it. Then you do it yourself. If by conditioning you can give them sort of, a feeling of thoughtless awareness, collective consciousness. Sitting down there, no. Where is your chakra catching? All of them are saying the same thing. No question. We are not paying for it. If it is conditioning, how can they say the same thing? All right, even supposing they are hypnotised and, sort of sect. But they are curing you, they are raising your Kundalini, you can see with your naked eyes, the rising of the Kundalini. Then, still, you are not going to believe it? This is going too far. And this nonsense whom you have never seen , you are believing so much, and you are talking about him so much. What is this mind you The man whom you are not going to meet, you have never known, who is a rubbish, useless fellow, why are you taking his side? Think about it. Rationality. Now see what is the mind. Now you see, clear your mind. You can clearly see, how it is. This is not helping. Is not being sensible. Where is he taking you? To this man. Whom you are not known, you are not met, just.... And what is your connection with him? Nothing. At the most you can say because you are Russian, and this Guru, that may be the reason It's too far. I mean, at the most you can go to the lastto with you want to say. But I am sitting before you, I am here. I am going to work it out. You have felt the vibrations, ... done everything. and, you see these thoughts (?) . Go ahead, settle your mind. Go fast. The more you are going to stand with it, the more you will go backwards This is the only difference between a Sahaja yogi who moves fast and a Sahaja yogi who flocks. Because you know you are there. This is what it is. That is what you are finding.... You have to settle down. Gavin has said, he must testing Meand all. But certain points he rationalised, that, what is Mother seeking for Her? She doesn't need anything. She doesn't want anything, nothing. Now, She is doing all this. He has seen it with naked eyes, the Kundalini rising. He had seen becoming thoughtlessly aware. Now, how can he not believe?

New yogi: He has to have a lot of experience.

Shri Mataji: Experience! That's what I am saying. You see, by this thing, you do not become anything! Nothing! You have to become something. The Becoming, you have to believe. And unless and until you believe into becoming these things are going to keep you away because they will make you very superficial. Because they will not make you anything, [the] only thing, what will happen, you will be reading them. You will be doing this, doing that. It is not doing; it is becoming, I am talking about. Is the actualization [of] what I am talking about. The one who can give you actualisation, you go to that. But not to ones who just leads things, he is misleading. You'll know yourself, you are going on the right path. . . You must ask for the becoming. You become. You have to be that. That's what it is. It's only talking, talking, talking, talking. Like, I would say that, people have to say the, - people started first talking about the flowers because they wanted you to have the hung So they say let's talk of the flowers. People will start going to the flowers and they will get the hung. So people started talking of flowers, flowers, flowers, morning till evening. So what happened? They talked to everybody, talked of this talked of that all the forms of flowers. Nobody got the hang. Alright. They said, no use of talking about the flowers, let us talk about the leaves. Mohammed Sahib taught, you see, so many of them taught like this. Christ did. Let us talk about the abstract(?) so they started talking. No use. It was talk, talk, talk, because whenever they talk, what happened? People became talking about it. Nobody became that ! Now, you will have to become a being! You get them and you have to become that! Unless and until you become that, nothing is possible. Is a becoming! And these things, you cannot become by reading, how can you become? You need to say because you can reading this, you can ...

New yogi: Oh! No , I realize that. I realized I get mental indigestion.

Shri Mataji: Actually, you are getting mental indigestion, but rationally if you understand, children, for example, do not read. A

person who is uneducated cannot read, if he cannot read, then he cannot get caught. If it is an universal phenomena, (Shri Mataji is addressing to some people who are coming) Ah hello.

New yogi: That's my girlfriend.

Shri Mataji: ... how are you? Sit down. She is very nice.

New yogi: Yes. His? Sister is very good too.

Shri Mataji: A, excellent!

New yogi:.....(laugh)

Shri Mataji: I know. But it will be alright. I will put you right. Put your hands like this. Alright? . What's your name?

Seeker lady: Mandy.

Shri Mataji: Mandy? Mandy, sit with your hands...

New yogi: : She comes from a loving family. Her parents love her.

Shri Mataji: You must teach him how to love. Ah! I will teach. You see now and too much reading also makes a person non-loving. Because you cannot read about love. The language of love cannot be read. Ha, you want to read? After realisation, not before, I would say [Because] You won't understand -[read] Kahlil Gibran. ... Read something sensible. What's this? From this side, he looks like a monkey. ... How did he die?

New yogi: It said he died at ...a hundred and thirty-eight, he died, that's what the book says anyway.

Shri Mataji: he died at 138 of age. So, what? There are some people in India who are evenof that age. Why was he living a life like that?... But you haven't got this book. This has been got? to you by this horrible ... get you all this, otherwise, after some time you cannot even bear them. . We have one Sahaja Yogi, he drowned so much, I mean ...he gets tense , so many of them. Just went and throw them off. (Shri Mataji is addressing to someone else). Hm, just see. Are you feeling fine?

(laughter)

(somebody said): H sister is good too.

Shri Mataji: You haven't got it from anywhere now, so you better come together. [The] thing is as like small, little children I have carrying in a boat and there are all kinds ofcome back, come back....nice there. Rather jump back. (Shri Mataji is laughing) . It's a mad, mad, mad. HA! Oh! She is good! She is a good girl! Despite these things, she is not caught up. Pull your ears like this and it will go away. Just like this. You see, you should ask Me for forgiveness. ...HA! (Shri Mataji is working on somebody). HA! Better now for every one of us? You are filling all lighter? I think a have been here. ... come now, it's no end to it. You have to (?grow) in silence It's quite distinctive. More inside. Gradually you'll find [that] all your doubts will vanish. When you start , using this, all you ... as if, when you give to somebody lots of money, and he doubts whether I should ...or something else, many start feeling that he realises that is very precious ... and when you start spreading it ... so try to accumulate more and more ...is for your own good, nothing is for Me. . Alright? This one is alright. ... Neem Kauri baba, have you heard of him? Neem Kauri baba. ...His disciple has come to my program.

New yogi: Baba Ramdas ?

Shri Mataji: No, no, not Baba Ramdas he is another one. Another ... I came to know all of them because of their disciples, otherwise, how would I know? So this lady came to see Me. with another very sensible man, who was... a Sahaja yogi and he told Me; Mataji, I was really ... with You,(this lady said she is a doctor of a friend of mine and really worried.?)and she is going back....I said alright. So I asked her, I said: come along now, let Me see your vibrations. No, actually, first I was giving a lecture, and she was sitting in front row, and she was doing like this. ... So I asked this man, you tell Me where did you get her from? And he said such and such place. I said: she is very hotted, what sort of men . She said: no, I went to Neem Karoli Baba, and I am his disciple. Really? ... She is such a brainless girl, she said, he gave me his own water. I said: what do you mean that he gave you his own water? She said; the water that he made. . What water does he make? This is urine. She drank the urine! And she was boasting on them! When I told her, she was shaking like

Second tape

Shri Mataji: catching on the right. No, you cannot. You are a saint! You cannot smoke. You'll be in trouble if you smoke You cannot smoke you know?She is smoking because of you, I think, also she gets upset. You love him a lot, isn't it? I also love him, don't worry. ... Is so attached to him. So she feels sorry. ... Germans are very (good at vibrations?); Russians are also getting their realization. I have given to so many of them. Because in Russia at least fear is there no doubt lots of fear., But what is this freedom also? Freedom to break your nose, break your eyes, break your ears; this is no freedom. I mean, Russians are of course suppressed very much, but they are innocent people. Here what has happened in freedom, you had become very, (? arrogant) what you call the wounded soldiers.

You won't believe I have been here for four years, and I didn't have a public program. First, I havesomething else. I didn't have a public meeting, you see. Only in the first public meeting, I have met them, and they were very happy.... .

New yogi:- Mataji she has pains, and she gets rashes on her fingers, it comes after anxiety, worry ...

Shri Mataji: See, these are blisters, now they are much better, you see off this, you see? This pain just see, ... see now, isn't it too, ... really, just see for yourself. She is so pale.

New yogi: - Oh yes, she receives some treatment, one treatment, from the (unclear)

Shri Mataji- ... Better? ... She has liver. What happened?

(Everybody is talking)

Man: - joys... thoughts

Shri Mataji:- you should have kept your photograph for them to see. (Sahaja yogis laughing) that would have been really nice, that you should have done at least.

(a lot of Sahaja yogis are talking and laughing)

Shri Mataji: you must see him, him, I mean, you are thousands [of] times better than what Marie Baap Re Baap(?), Marie was absolutely... she was, god knows where she was. I couldn't talk to her. When she was talking, I thought she was talking from some well, and I just couldn't hear her, absolutely, she was dying, you know, dying absolutely dying. ...

I mean there are much more difficulties, I tried the difficult ones first (Shri Mataji and Sahaja yogis are laughing) ... but it's a, and alcohol you tell them how much you suffered he's put down at least ten years his is gone down in his image, such an old man this one, ten years can...

...him, Justin, but about Douglass. I'll tell you, Douglass. The one who is here. People who knew him for so many days, they said where is Douglas?.

Sahaja yogi: Oh, when, when Maria came here, this young chap in a suit came up and said ma'am can I carry your bag? She said no thanks, I am meeting my friends.

Sahaja yogini: I didn't recognize him!

Somebody: whom, whom? Douglas!, I didn't recognize him,

Sahaja yogi: He was in his best suit ...

Sahaja yogini: ...his hair...

Shri Mataji: Hair, so much of hair. The best is Koolis. You must see him. Ba, ba! Koolis, looks like a, somebody from the jail. But Gus has really surprised my husband because he is so (? kind)

Sahaja yogi : He surprised everybody.

Sahaja yogini: My sister couldn't recognize him except the eyes you know, and the..

Shri Mataji: Oh, I see, she couldn't recognize him,

Sahaja yogini: She saw him at the stage and the meeting, and You know, I knew, I knew this fellow but didn't know from where?

Shri Mataji: (working on somebody) It is liver.

A woman: Is it possible to have somebody which (who) is not there, which (who) we cannot reach at the moment, a relation? I would like to do...

Shri Mataji: Who is that?

Women: It's my sister of my mother, an aunt of mine, which I like, but she is very bad...

Shri Mataji: Where is she?

Woman: She is now in (?Justine) in Germany, in the west, but she has to go back.

Shri Mataji: What is wrong with her?

Woman: She gets very frightened in her mind, and she always thinks that everybody is spying her, or You know, these years, and the east part has She has got very disturbed by living in the eastern part because she was always been afraid, afraid, afraid, and now she is saying, I mean I have the feeling that she has really got certain parts of the brain and slightly, slightly a ... disturbed and I really I would like to help her.

Shri Mataji: Don't you worry, you can do all ... But, just now, you don't worry. Just now, I want you to be all right. Just now you forget.

(All laughing about something)

Shri Mataji: Oh! Who is this one? ... this is the worst of all I tell you, .

Women: Oh!

Shri Mataji: Gus. Where is Gus ? Put that one.

Someone: O, shame, shame.

.

Shri Mataji: Who is this guy?

Woman: She was one of the clan. She was the mostdissolute female s, I ever met. She is in a terrible mess .

Shri Mataji: ...You know, this Christine was in a terrible mess. She was actually going to the lunatic asylum when she came to Me.

The yogis are talking....laughing...

Shri Mataji: Are you feeling better? Is your sister married or not? ...What part of the country you came from?

Woman: Australia? ... country at East Coast.

Shri Mataji: Which part?

Woman: near to Queensland border.

Shri Mataji: Queensland Border.This is where you actually go? All right.

... Put a bandhan to yourself, so you don't transmute your vibrations. Watch Me. Hm! . Relax. Hmm. Do like this. . Lighter?

Woman: ya.

Shri Mataji: Lighter?

Woman: ya, is.

Shri Mataji: This is the worst infection, I tell you. This is the worst infection, that of the mind. . Watch Me! . You are alright. But you sometimes go down, isn't it? Put a bandhan to yourself. You have to cover your aura, with your vibrations. ... Better? Put a bandhan.

Woman: ... attention is better.

Shri Mataji: Say the mantra of...., put your hands, one hand towards Me, and say the mantra. Hmm, hmm, ... silent?

Woman: ya

Shri Mataji to a man: How are you feeling? Better? How are you feeling? Better.

1:00:00

Shri Mataji to someone: Lots of black is still coming out of your ...) Put it back around...

New yogi: Today I used these small candles, so I feel a little bit, much clear, You know.

Shri Mataji: Better now? Are you better now?

New yogi: I don't need these small candles...

Shri Mataji: HA! Now, are you alright? (Shri Mataji is working on the people). Yesterday you got caught from that another boy that Italian. You were alright yesterday, and then again you put your attention to that Italian boy too much.

Someone: Alex? Not ... Alex? Hmm.

Shri Mataji: He was very bad, poor thing, he is completely infested. He was very innocent but... . You see, he found, his Guru is misbehaving to his/this girlfriend (?beeting) and when he denounced them and they had some sort of, done something to him, I mean..., doubling the trouble. You feel something there? ... Very upset. Everything is going to be alright, alright? Very well. You are alright, now? Hot still?

Woman: No, it was cold now it has become warm again. It was very cold breeze, in between

Shri Mataji: See, all these things (?happen), a bandhan

The woman: I felt a tingling in between just now before two again, In between it was completely all right.

Shri Mataji: How is it now?

The woman: Now it is better.

Shri Mataji: You see, when you want to separate yourself from others, just put a bandhan like this.

The woman: Left hand?

Shri Mataji: Right hand. Right hand. ...you bind yourself. Right hand. Then you test yourself. Like this. (to a Sahaja yogi) Show it, show how to do it

Sahaja yogi: You cover all the chakras you see, starting from the left. .

The woman: O, from the left? like that? Like that.

Sahaja yogi: Yes, yes. Seven times.

Shri Mataji: So, you become separate from others. You see, and then you can see for yourself.

Woman: vibrations.

Shri Mataji: Yes, is just aura. This is your aura, your personal aura, and you are giving it a bandhan.

The woman: I think I got from him (the negativity) because I was sitting here.

Shri Mataji: You got it from him. A little bit you see a sort of identifying. Now is it all right now?

The woman: Yes. .

Shri Mataji: (to somebody else) - How are you?... (everybody speaks at the same time). Lost.

(the music is playing, and Shri Mataji continuously purifies the new people)

Sahaja yogi: (who purifies someone) Agnya.

Shri Mataji: Hm?

Sahaja yogi: Agnya.

Shri Mataji: Agnya... Hm? Both of them? Just see. A, just see now. How Just see now! And these gurus never allow you to touch them! you know? If you touch them, they faint. They are, they get short-circuited. HA! Better now? Are you alright? How are you this side? Good? Are you feeling the vibrations? Cool brize?

Someone: Yes,

Shri Mataji: Are you feeling any cool breeze? Not yet? Did you give bandhan to yourself? Do it seven times. Again, bring it back. Bring back. All right. (Shri Mataji purifies him). Right now? HA! . Better now?

A lady asks something.

Shri Mataji: You throw away all these things which are not constructive in anyway, they have not constructed you, neither they are constructed anyone. Alright? (after some time) How do you feel? Better?... feeling this finger now?... Put a bandhan. (To a Sahaja yogi) How is she?

Sahaja yogi: Left Agnya and Vishuddhi.

Somebody else: Not like this one.

Shri Mataji: Hmm. (after some time) It is left Agnya...

Shri Mataji is working on someone. Music is playing. Hm? How is he? Shri Mataji is still working...HA!

Shri Mataji speaks to a Sahaja yogi: Yes, she gets realisation.... HA! .You get ...trying like this? He lost. (the lady tells something to Shri Mataji). This is the (?dooing) of subconscious mind.and Vishuddhi is better. Still, you are not aware? . Now he is come up through... Agnya, he is crossed. . He's on Agnya then falls down again.

Sahaja yogini works on someone: He is very cool on top.

Shri Mataji: ... Give him a bandhan.

Shri Mataji says mantras: Sakshat... Sakshat... HA!

Shri Mataji to a Sahaja yogi: Sahastrar? Waah! ... blocked... See what things they are doing. Just see! Remove this book. Put it into something, into paper. Agnya is still not very good.

Sahaja yogi: It's still Agnya. Still, Agnya Something happened ... pressure.

Shri Mataji: Back?

.....

Shri Mataji: ... Better now? (?some guru) find out if he has been there. . Let him find out. Let him.

Lady speaks something.

A man tells something.

Shri Mataji: is he alright? Raise your Kundalini. ... Come here. All of you raise her Kundalini. ... he is better now. Are you feeling better now? Alex? Alex.... Put yourself into bandhan. (everybody laughs) Come along, you too ...all of you. Till you feel yourself rising. Take it higher. Have you seen something? Have you seen something? Are you feeling nice ? HA! . (Music playing...)HA! How is it?

Men:pressure.

Shri Mataji: Hello! How are you? Doing better? ? Ahaaa! ... How are your fingers?

Somebody:(?It seems fine).

A Sahaja yogi: It seems to have pressure there.

Shri Mataji: Kundalini is dying. Raise Her. . (Music playing, Shri Mataji purifies someone) Now, what do you say? Pressure is much less.

The woman: keep ... up and down.

Shri Mataji: Hm? That's it...You understand that. Keep to the present moment, alright? (?then it will be alright) What is the balance?

Sahaja yogi: ...very slightly. It's cooler. ...

Yogis are talking.

Shri Mataji: Now see, now see, now see. Is alright.

A Sahaja yogini: It's much better!

Shri Mataji: Now, now see. Every moment you can see. Now?

Sahaja yogi:...little more, but still....

Shari Mataji: ... cooler, Now see. ... HA! Slightly, put your hands there. Put your head down there, I am sorry, you have to put it

down the head. Yes. Like that. (Music playing....) Now? HA! . Now? - HA! . - HA! Say the mantras, loudly you say.

Sahaja yogis reciting mantras.

Om Twameva Sakshat, Shri MahaLaxmi, Maha Saraswati, Mahakali, Trigunatmika, AdiKundalini Sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat, Shri Mataji, Shri Nirmala Devi Namoh Namah.

Shri Mataji: Again.

SY: Om Twameva Sakshat, Shri MahaLaxmi, Maha Saraswati, Mahakali, Trigunatmika, AdiKundalini Sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat, Shri Mataji, Shri Nirmala Devi Namoh Namah.

Shri Mataji: Once more.

SY: Om Twameva Sakshat Shri MahaLaxmi, Maha Saraswati , Mahakali, Trigunatmika, AdiKundalini Sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat Shri Mataji, Shri Nirmala Devi Namoh Namah.

Shri Mataji: Hmm, how are you feeling now? She is feeling absolutely relieved, liberated. Are you feeling all right? Ah! How are you feeling? Good? (Shri Mataji is laughing) HA! HA! Don't you worry about anything. Alright? I will cut their necks like this . Throw them away. HA! . What is it? Getting Vibrations?

Woman: Oh yes.....little.

Shri Mataji:...little, very little. HA! Feel fine?

1977-1028, Workshop

View [online](#).

28 October 1977

Workshop

Finchley Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Workshop, Part 1, Finchley, Ashram 28-10-1977

[Indistinct conversation]

[12:56]

Finchley, the 28th of October 1977. Questions and discourses after the first Caxton Hall lecture, 24th October 1977.

Man 1: I was lying on the bed [Unclear], I couldn't see anything. I was fighting with someone on the bed. I was totally freed off when I was fighting to [Unclear, get away from him]. But at the same time, I had to hold on him. So he couldn't get away from me. And then [Unclear, there came] a flash of light through the window. It was a [Unclear, violent] flash of light and I saw the other person on the bed, and it was me.

Shri Mataji: [Unclear]

Man 2: He was fighting with himself.

Shri Mataji: Oh, you saw the face and it was you?

Man 1: I did not see the face, but I knew it was me.

Shri Mataji: That's what it is. Then I [Unclear the spirit].

Man 1: It was a very powerful feeling .

[14:16]

Shri Mataji: What's your name?

Woman 1: Danielle . [Unclear]

Shri Mataji: You are an Indian?

Woman 1: No, I come from Mauritius. [Unclear].

Shri Mataji: Yes. Lots of Indians there.

[14:47]

Shri Mataji: Did you feel any vibrations, Danielle? [Unclear got there]?

Woman 1: O, yes, I did. I felt cold in [unclear, very hot]

[Indistinct conversation]

[15:10]

Shri Mataji: You see, how it comes at the [Unclear being]. You are condemned in your childhood, many a times. And then you developed, sort of get separated by the/your spiritual. And you also start, one part starts condemning the other part. Actually, it's really you are becoming [Unclear with two hearts] [Unclear]. It becomes two personalities.

I feel that the more people are advancing in their countries, the worse they are with their own children. [unclear, becoming very unnatural, very unnatural/unhappy. This kind of development is no good. I mean a child supposing, he spoils the carpet, then he, [unclear] the child becomes [Unclear, unimportant]. Very unimportant in the family. The only thing he has to [unclear] .

[17:00] (Shri Mataji is working on yogis)

Shri Mataji: HA! [unclear], very good... (Shri Mataji is laughing). Now see for yourself. An Australian wasting my time for nothing at all! I'm going to blame you for that.

(Shri Mataji is laughing). You have to tell him, why are you wasting Mataji's time for nothing at all? Just see the psychology of the person! You get somehow some book [unclear] you have to know him, you try to ask Me! Something sensible. What's the use of wasting My time, or your time?HA! [unclear] but still you - that's how you fight your possession. Now, don't feel bad about anything. (Shri Mataji is laughing) [unclear, getting] fun is so great. Now, will you please forget it? Now what I [unclear] I have done it automatically because you [unclear] alright? I'm happy you told Me that. You never do anything like that again. You must tell Me beforehand because there is nothing wrong, I'm your Mother, after all, you have to tell Me. [unclear] look after you. (Shri Mataji is laughing)

[18:15]

[Preparations for the workshop, probably going on]

(Shri Mataji is working on yogis, it is unclear what they are talking about. She is laughing and joking, and music is playing)

....

Shri Mataji: Put your hands like this. (after some time) there is ... warm One hand towards Me. ... I will tell you what it is like. (somebody came in) Hello! How are you now? ... better?

Shri Mataji! It's alright, it's alright. Put your hands like that.... [unclear]

[42:20]

[Mantras being chanted]

OM Twameva Sakshat, Shri Saraswati Brahmadeva Sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat, Shri Mataji Shri Nirmala Devi Namoh Namah

Shri Mataji: ...OM Twameva Sakshat Brahmadeva Saraswati...

[44:00]

[Shri Ma Jagdamba's name spoken many times]

[45:00]

Man 2: You know, today as I was looking at the picture the mind was still . The mind was still, but ... I forgave the demons of my mind. [Unclear]

Shri Mataji: You better [Unclear could/should find them out]

Man 2: All I keep [Unclear] ... many thousand ... [unclear] can I help?

Shri Mataji: Now I hope you throw away all the books that you have [unclear] with them. Alright? They only make you argue all these things out. You are not here to represent them in any way, isn't it? You don't have their lawyer's [Unclear certificate]. [Unclear]... get well. That's important.

Yogini: Much better now.

Shri Mataji: Much less. It's a waste of time. For you, for others, for everyone. Alright? HA! I would say this. ... Put your hands. HA! Better now? Absolute waste of time.

Man 2: Must be. [Unclear]

(laughter)

Shri Mataji: Now, you just think it like that . Now see, how it will work? if somebody else do that? [unclear, rational person] Alright? [Unclear] Why should I? What is the need? She knows everything, she knows. What's the use of asking? (?But it is the past thing). Nothing important. What is important is how much am I going to know about it. How much I'm going to achieve is the point. Even if there may be something, what's the use? What are they doing? Nothing. Now, you have to think. You have to achieve something, isn't it? You are not here for glorifying them, you are here for glorifying yourself. Look after yourself. That's not being very constructive about yourself. If you worry about others, you see, what's the use of glorifying them? Isn't it? HA! Just see now.

Shri Mataji: See, when you read them, you have them also in your head. It's very difficult.

Man 2: Yes, there's plenty of books in my head. .

Shri Mataji: There's a crowd of there.

Man 2: Too many.

Shri Mataji: You see ... there. You are nowhere. You are lost in the crowd's That's the point. (Shri Mataji is laughing.

Shri Mataji: Sit down there. Now, you put your feet in the water in front of Me. . [Unclear]

Man 2: The candles were black all the time. Always black.

Shri Mataji is laughing: [unclear] So now you will know what I am saying. It's true, there's a lot of dread/death these people have

put into it, it's true. Do you see? But if you think how things ... it will go [Unclear soot]. Don't you worry! I am achieving it ... If it opens up, the soot will go.

Shri Mataji: [Unclear] ... as I am is concerned, she is alright. [unclear] Agnya?

Sahaja yogi: ...yes, it's not heavy in the hand.

Another Sahaja yogi: ... Vishuddhi

Shri Mataji: Vishuddhi's bad because take the mantras, you see? On the right-hand side. On the right-hand side is much worse because [unclear] mantras.

(the workshop is going on, Shri Mataji and the yogis are working continuously on the subtle system)

[50:00]

Shri Mataji: Hm! Better? Don't get up. You are sitting in a [unclear]. The only thing [Unclear]. You see, in the beginning it happens like that. Gradually you will settle down, don't you worry. It's alright. After all, you met Me only the other day, isn't it? And all these horrid people you've had for years together. Bad company [unclear], it's not easy. They are not going to leave you alone very easily. They'll go away. Once they realise that you don't want them anymore.

Shri Mataji: But I must say your wife is having a bad [unclear, a name] is having a bad problem with her. Because of you whatever is happening to her, she refuses to accept that. Because she [Unclear] in [Unclear trance]. It's a serious thing. Very bad. You must [unclear]

Man 2: She's not my wife, it's my girlfriend.

Shri Mataji: It's just the same for Me.

Men 2: Yes, I know. [unclear]

Shri Mataji: You shouldn't have these things at all. You should have a wife only. That is not a good thing, a girlfriend and a boyfriend, and this is all [Unclear]. [Unclear] you realised? [Unclear, God]. Otherwise, He gets angry, [unclear, you don't know]

Shri Mataji: Better? [Unclear] Ganesha is like that. If He gets angry, then [Unclear].

Man 3: [Unclear When/The thing] you were saying in the car was very [Unclear]. About the animals and the human beings. [Unclear How] their attention must be concentrated.

Shri Mataji: Animals? In the car?

Man 3: Yes, in the car, you were saying that heavy animals have sex. In human beings, it has to be more.

Shri Mataji: More sort of, yes. [unclear] Human attention has to be more concentrated, no doubt. Sanctified. Because he has the awareness of what is bad and what isn't. For an animal, there is nothing like sanctity. It doesn't think of dharma, it doesn't think of sanctity. It has dharma. It is bound by it. For, a dog doesn't become a cat. That's the point. It's bound by it, so it need not know about it. But man is taken away from it, you see it is [Unclear].

[53:25]

Shri Mataji: [The] Best way to fight out this thing is non-acceptance. Just don't accept. As she said. You know otherwise these horrible, these [Unclear] people. [Unclear] I cannot give them realization. But she said, she couldn't go further, finished. At that point, [Unclear is all].

Shri Mataji: If you say, we'll have nothing to do, get out. Then they get out. [unclear] some of them are horrible, they are most [Unclear]. But most of them get out. Because they think they have not [unclear] with the person who doesn't accept it. So they get out.

(the workshop is going on with music playing)

***[1:02:15]

Shri Mataji: Better now? This you do at home also before My photograph, alright? Just put My photograph, you have got the photograph with you? Alright. Put both the hands towards the photograph and your feet just like this. And there is a mantra written also there. Take that mantra. [unclear]

Shri Mataji: How are you now?

Woman 1: It's in Sanskrit.

Shri Mataji: [Unclear] has to work faster. [Indistinct conversation].

Shri Mataji: What happened? She's coming?

Woman 1: No. She's not.

Shri Mataji: When will she?

Woman 1: I don't know. She was going to the country. She never stops [Unclear to do anything].

Shri Mataji: What is she doing in the country?

Woman 1: She's gonna go there and rest. I'll keep asking her to not do quite so much. Because she's always exhausted, so she doesn't have time to [Unclear anything].

Shri Mataji: [Unclear] See what's the use. [unclear] She will be alright. But you see, we cannot force we cannot make them [unclear] force them, they have to come themselves.

Woman 1: I'm just worried that she's gonna tiered herself too much.

Shri Mataji: Don't worry about her, you see? Just give a bandhan. What to do now? [Unclear]. You see, these people, they don't understand. What to do? [Unclear] talk about God, how can you ask? [unclear]. They have to come themselves. They have to ask for it. Then only they can get it. .

[1:05:00]

[Unclear conversation]

[1:06:00]

Shri Mataji eats chickpeas: For liver, this is a very good thing. This has protein. And protein [Unclear] and you can live on this.

Yogi: ... chickpeas.

[Unclear conversation]

Shri Mataji: [Unclear], and sugar. The doctors don't know, that the sugar is the fruit of liver, isn't it?

Man 3: When somebody has serious hepatitis, they put him on a glucose [Unclear drip]. So, [Unclear] enough food they can't eat anyway, and then they put him on a pure glucose [Unclear drip].

Shri Mataji: That's true. But the way they become eccentric about things [Unclear]. For example, everyone they will ask to thin down. It's a wrong idea. ... too thin. You shouldn't have fat, you shouldn't have this. It's very wrong.

[unclear]... (somebody came in)

[1:07:00]

Shri Mataji: And, the other idea they give is, I don't know if the doctors [Unclear give it], this tanning business. This is very wrong. Because too much of sun is taken on the body, you get skin troubles, [and] then you will get skin cancer. Brain [Unclear biliousness], you know, everything. Too much of right-hand side . Too much sun is not good, as too much moon is not good. If you have too much of moon, you might get mad, lunatic. In the same way, too much of sun is not good. And this is what they don't guide you against. And here women are crazy the way they are mad . [On] one side they will say that we are racist. We don't believe in black colour. . And here they will be made [Unclear].

[Indistinct conversation]

(Shri Mataji is working on people)

Somebody comes in.

Shri Mataji: Hello! [unclear]. How are you? Come along, sit down. Now, how is it? You didn't lose it after that, did you?

Newcomer: No, I didn't!

Shri Mataji: Alright! You see?! (Shri Mataji is laughing) Sit down, sit down. May God bless you! Is very good. Put your hands towards Me. [unclear] (Shri Mataji is laughing and music is playing). See this, see this! What a transformation, isn't it? [unclear]

Shri Mataji, after some time: How is the Agnya?

Yogi: right Agnya is burning [unclear]

Shri Mataji: Right? You just sit here. In front, watch My hand, sit down here. Why are you put the [unclear], (newcomer sad something and Shri Mataji is laughing, the yogi is laughing too). That's funny. Put it in [unclear, the hand]. Sorry, come along. Sit here. Put your hands towards Me. Feel you something? [unclear, could I have some tea?]

Shri Mataji: HA! Now, are you alright, Lakshmi? Right is alright?

Lakshmi: [unclear]

Shri Mataji: Left hand is less. [unclear, getting] (Shri Mataji is laughing) how is it?

Yogi: [unclear, left Vishuddhi]

Shri Mataji: Left Vishuddhi?

(unclear conversation)

Shri Mataji: What do you do, whenever you are feeling tense, you [unclear, yourself]

Shri Mataji: Now? Less now? Put a bandhan on you.

(unclear conversation)

Shri Mataji: you were sleeping very well. No?

Yogi: Ya, yes, yes, [unclear]

Music is playing (Gajanana Shri Ganaraya....)

Shri Mataji: HA! Good. Is there any imbalance in there? Let's see. I would like you [unclear, then/them to wash your feet] and then give him the [unclear] giving [unclear] glasses, you can wash ... what about his glasses? I hope you had not thrown it away. [unclear]

(unclear conversation)

(workshop is going on)

Shri Mataji! Watch Me. HA!

Yogi says something

Shri Mataji: Vishuddhi! Get up.

Yogi: Is cool on the left heart.

Shri Mataji: Left heart cooler. Right?

Yogi: Warm.

Shri Mataji: What was the name of his father, he said?

Yogi: John.

Shri Mataji: John.

Yogi: It's still cool on the left.

Shri Mataji: HA! Give him a bandhan. Are you feeling better? Alright. In the hand, are you feeling any cool? Not yet. Raise his Kundalini [unclear]

Shri Mataji: You drink? Do you drink?

Man: Ya.

Shri Mataji: You better ask him [unclear, Warren] how [unclear] drunk in the [unclear], never feel like [unclear, drinking] alright? Whenever you feel angry, keep [unclear]. I'm going to give you such a [unclear, state] that you will never get out of that [unclear]. Alright?

(Music is playing, Jai Deva, Jai Deva, Jai Mangala Murti....)

Shri Mataji: Left heart. How is your mother? Where is she?

Man: [unclear] she left my father [unclear]

Man: [unclear]

Shri Mataji: What's her name?

Man: Mary.

Shri Mataji: Mary? (After some time) Hm. How many brothers and sisters, you [unclear]. One? One brother.

Man: No, one sister.

Shri Mataji: She is older or younger?

Man: Younger.

Shri Mataji: [unclear, where] is she?

Man: [unclear] my mother.

(unclear conversation)

(unclear record)

Shri Mataji to a yogi, who also is working on that man: Left heart is still there.

Shri Mataji: Forgive her. Alright. [unclear], now you have a [unclear] Mother. Alright? I'm never going to leave you. NEVER! Forgive her. See, [unclear] going to come back. Don't you worry, alright? Forgive.

Shri Mataji to someone who just came in: Hello! How are you? Every day, he is looking better and better, isn't he? And his face is becoming more sort of [unclear]. How is it/he? [unclear] caught up? [unclear] everybody [unclear] now work on him. Now you all work on people, then only work [unclear, on yourself]. Come along and sit down here. Let them, three of them work, come along, let's see [unclear] take of [unclear] will be better, sit comfortable, alright? And they'll look after you with all love and everything.

Shri Mataji, still works on that man: Better now? [unclear] very cruel parents, [unclear] terrible. ... [unclear, same with] father [unclear, same with] mother.

(unclear conversation)

Shri Mataji: [unclear, how are you?] you should come here. And the Kundalini [unclear]. Better now? Falling down [unclear, the Kundalini]?

Man: [unclear, lost]

Shri Mataji: Lost it? I mean, it pierced through. (after some time) It has! (he's got his Realization)(Shri Mataji is laughing :))))). You got it. Pierced! [unclear, feel] nice! [unclear, he is] in the top of the world now! Put a bandhan, put a bandhan on him, he is got it!)(Shri Mataji is laughing), he is lost it, [unclear, when he asks] the Kundalini suddenly pierced [unclear] that's the point. You should know [unclear] Mooladhara, there, or it is out.

[1:31:30]

Woman: [unclear]

Shri Mataji: You yourself will be doing all these [Unclear, less Me]. All of you have to do it. Alright? You all have to use your hands, feet, brains, heart, everything. You too. Everyone has to. First of all you get well and then you have to do this work. Alright? Put your legs - if you are uncomfortable, you can put your legs forward. [unclear] like that. Sit comfortably. I told you, I'm your mother in the real sense of the word. You have to take all the liberties with Me. Alright? Ask questions also. (Shri Mataji is laughing) First of all, you get alright.

[unclear conversation]

Shri Mataji: Better now? He has a problem [unclear] that's the trouble [unclear, hurt you]. (Somebody has a guru) Where did he come from? Where did you see him?

Man: [unclear]

Shri Mataji: Hm? What does he say?

[Indistinct conversation]

[1:33:40]

Someone: He's got a bad heart.

Shri Mataji: He's a heart patient?

[Indistinct conversation]

[1:34:10]

Shri Mataji: He has a bad heart, he is a heart patient. Next time he comes here, you tell him about Me. Let him come down, I'll cure his heart and tell him what is the [Unclear]. You see, he should not teach that, better he should not teach wrong.

[Indistinct conversation]

Shri Mataji: He takes money?

[Unclear]

Shri Mataji: [unclear] but he's not something great. [Unclear] but still his heart must be alright. [A] terrible heart he has. He'll feel better now. Write to him – how are you feeling in your heart?

[Indistinct conversation]

Shri Mataji: Not alright?

[unclear]

Shri Mataji: [unclear] I'll be removing that.

The man says something unclear, above the head...

Shri Mataji: Is the Kundalini. [unclear, yet] the heart is not opened out properly [unclear] he has started, that's the mistake. Come along [unclear] you see, very wrong! Should not have been done. Nobody should [unclear].

Yogini: (She tells something to a newcomer)

[Indistinct conversation]

[1:36:30]

Shri Mataji: You must ask for forgiveness. And then you should say that I forgive, all those who trespass against me.

Yogini: [Indistinct conversation]

[1:37:10]

Shri Mataji: He is better now?

Yogini: [unclear], he is very good actually, [unclear], attention...

Shri Mataji: Then he'll be alright. Because, you know, they come with him because they want to disturb us. Once he decides not to come, they'll go away.

Shri Mataji: What do you say [unclear, Gavin?]

Yogi: Left heart.

Shri Mataji: [unclear] I will put My Feet there, alright? You don't mind? [unclear, you will be alright]

Shri Mataji: How is he?

[Indistinct conversation]

Shri Mataji: [unclear] towards the flame, up, up, little bet away [unclear]

Shri Mataji: I think he is an awakened person, no doubt, but he doesn't know what he is doing. Where does he come from?

Man, woman: South Africa

Shri Mataji: I was there. From which town?

Man: Cape Town

Shri Mataji: That's a problem with these realized people also. They go on catching you see, they don't know how to avoid it [unclear, Agnya is] like this. They move [unclear] poor thing what to do? They are people [unclear] no doubt, he is a good man. But the problem is that he deviates, he doesn't know how to deal with it at all. [unclear]. He doesn't know. What's the use of doing all [unclear] isn't it? You must get it first of all [unclear], you get polluted.

[unclear conversation]

Woman: He seems so gentle.

Shri Mataji: That's how they have to be. [unclear] very clever! [unclear]. They talk very diplomatically. [unclear]

[unclear conversation]

[1:43:30]

Shri Mataji: [Unclear] big scientist from America. [Unclear, they came to India]. And they told Me, "we have come to meet you specially. Now you teach us how to leave our body and take it to the moon." So I said, "why? Aren't you doing it already?" They said, "No, we want to do it [Unclear]" I said, "Why do you want to do it?" They said, "Now, it is very important for us, we have to do it." I said, "Now if I tell you that it is all done through the spirits. The spirits do that. They can [Unclear come in]. And they, if they do it, you get separated you from yourself. Take it from Me. You'll become sort of another person, and they take your attention [Unclear, there] and you feel you've gone to the moon. Would you like to do that?" They said, "Yes, why not?" I said, "Supposing I also tell you, that they will enslave you. And it will be difficult for you to get out of it. Still, will you do it?" "Yes, we don't mind." I said, "Why so much insistence? Of getting enslavement. You have fought for your freedom, and freedom, now why do you want to be enslaved? By these people taking you to the moon. You've got your aeroplanes and things. Why do you want to do? You've already reached there. Why do you want to do it?"

Shri Mataji: So they told me that in Russia, there is a big parapsychology thing going on. So we want to compete with them. When they are doing it, we should also do it. I said, "If they are burning their houses, why do you want to burn your houses also?" They said, "We don't mind." Such fools becoming big, big, great big scientists. I asked them who sent you to Me. I was amazed to see that they came to Me, of all the persons because I am very against all this.

Shri Mataji: So they told Me the name of one [Unclear, Patanjali]. And this Patanjali [unclear]. Because this fellow used to get this kind of experience. He used to get out of his body, go away, then he would come and tell his wife "I saw this nice, and I saw that". It used to come in the paper, make stage. He even got some [unclear, sign] to show that he went to the sea. And she was so shocked [that] she used to lock the door, and then she brought him to Me. Of course, he started shaking before Me, [Unclear] and I said, there's a spirit in you which is doing like this. [Unclear] He worked hard, and after one month the spirit left him, and he was

alright, he was normal.

Shri Mataji: So I rang up that Patanjali and I said, "You are such a fool, that you sent them to Me. You were suffering from the disease. Do you want Me to put the disease into them or what?" So he said, "I told them that you were against it, but they said they want to see." I said, now these three fools, send them back. And never send such people to Me because I have to tell them the truth. Now they came all the way flying to India, you know? Just to get this nonsense. It's very easy, to move this from here to there. What is wrong, you can use your hands. Why do you want to do it invisibly?

Someone: Curiosity

Shri Mataji: Curiosity, must have some wisdom in it. You see, curiosity without wisdom, can be very dangerous. Must have wisdom. First, you know, what is the interest of God in moving you from here to there? What's the [Unclear, use]

Shri Mataji: You understand? [Unclear] First thing and first test we must do. What is the interest of God? Supposing we have to ask God something, what are we going to ask? We ask [Unclear supreme]. Because you are asking for something nonsensical, you're getting all these nonsensical things. Depends on what shop you want to go in. If you have to come to Me, and ask for the supreme. I can't give you this third grade [Unclear]. Alright?

[1:48:00]

Someone: Do you mind me asking what everybody is staring [Unclear] Any instructions to take me to things ?

Shri Mataji: Here?

Someone: No, [unclear], particularly what we're going to [Unclear make/be doing].

Shri Mataji: Alright. Just now, I'm getting you alright. In the sense that you should feel the vibrations yourself, you should get the realization completely, you should be cured. Once it is done, then I'll teach you, and you are going to do the same. Because what you'll be doing, it's flowing from Me. [unclear] You just manoeuvre it. And you understand how it flows. In my next lecture, I'm going to tell you all about the mechanism. I'm not going to hide anything from you. Nothing. I'm going to tell you everything. But you should be capable of understanding it. Once you are developed that capability, gradually I'm going to tell you each and everything. I'm not going to hide anything from you. Take it from Me. I've come here to tell you everything. Everything I will tell you.

Someone: How long have you been [Unclear here]?

Shri Mataji: Four years. Seeking for you people. Can you believe it?

[Indistinct conversation]

[1:50:50]

Shri Mataji: One thing you must know is that by doing anything you cannot get [Unclear in/it]. You have to become [Unclear something]. By doing [unclear] you have to become.

[Indistinct conversation]

[1:55:30]

Shri Mataji: You see, like mushrooms, [Unclear] appear in the rainy season. In this Kali-yuga, all these horrible people have

suddenly come. [unclear]

Man: [Unclear what do you see/seek] in the future?

Shri Mataji: Future is going to be [Unclear grand]. Already started! Already started. By the time, 1980, you will see that you have entered the kingdom of God completely. Already entered. But then you will feel.

Man: [Unclear] all people?

Shri Mataji: [Unclear, ?Not all people] you think Hitler should get realization? These all of them are of the same style even worse than him, worse than him, all these.

Man: All the guru?

Shri Mataji: All these. Most of them. They are not gurus. They're rakshasas, demons. Satanic [unclear]

Man: Why [Unclear are they like that]?

Shri Mataji: You see, in their freedom they choose that. Human beings have been given freedom. Alright? You have to be given freedom because of your evolution. When you are a child, you have told [Unclear what is good]. When you grow up, then what happens, you can be understanding what is [Unclear]. Then you are [Unclear, given a] problem to solve. In the same way, the problem of life also [Unclear is needed/ is given to you] to be solved. In that, some of you became asuras, rakshasas.

Man: [Unclear What is that]?

Shri Mataji: Horrible, [unclear] satanic.

Man: [Unclear]

Shri Mataji: Karma? That's what I said. That who does the karmas is (?the pure) ego.

Man: Ego is the thing that wants to get out?

Shri Mataji: Ego [Unclear]. Especially given to you. To try. Like as we try an electrical thing on a battery, separately first, before putting it into the mains, alright? This ego is to be discarded later.

Man: You don't seem like you haven't got an ego.

Shri Mataji: I don't seem?

Man: I don't mean to say that [Unclear]

Shri Mataji: But you think I have got ego? I have. I'm the complete ego. When Christ said, "I am the light, I am the path.", was he egoistical? [Unclear, Because he was]. But I'm not conscious of it. Whatever I am, that I am. I have to say that. But I would say no. , why? Not because I should not, but because I'm very clever. I don't want to get crucified [Unclear]

Shri Mataji: I should say that! I should say much more than that! Like Krishna has said, "Sarva dharmana parityajya mam ekam saranam". Give up everything else and come at my feet and surrender. He was egoistical if you say that way, isn't it? What is there is the fact. That has to be told. Actually, I've never been that way. I should have been much more. That'd be much better. But I thought that it's wiser, not to go that much. You see, first, you appear like a very simple woman. So, I put an illusion on Me.

Of a very quiet, shy person. [Unclear, so it was] another illusion. Sometimes behave like an [Unclear, idiot]. So they feel alright. Because your egos are so developed, that I do touch here, there, anywhere you see, suddenly - whooom! [Unclear] come back on Me. (Shri Mataji is laughing)

Shri Mataji: I'm very clever, that's the point. [Unclear] these people will think that [unclear, they are] humblest possible ever born. Humblest, [Unclear not] doing so much [Unclear bad]. [Unclear Maharshi]. You'd think, oh the humblest man, nothing against him, [Unclear very nice]. All drama. [Unclear]

Woman: [Unclear] When I first saw you, on Monday, I thought you'd be quite gentle. But when you started speaking, you were so full of energy. Fantastic. (Laughter)

Shri Mataji: I have too much of it. I have been very gentle in my previous lives. Absolutely gentle that people [Unclear, do not know even who I was]. But today that's not the time. Here I have to speak.

Woman: I wish I had so much energy.

Shri Mataji: You will. You will one day. You will have to have that. Yes, you must have. HA!

(... Silence ...)

Shri Mataji: Perfection is still not [unclear, happy] what is it?

(a man laugh)

Shri Mataji: [unclear, somebody is sitting on your head? What's it/watch it?

Shri Mataji is still working on people: All the super-ego. HA!

Yogi: Left Sahasrara [unclear] opening now.

[Indistinct conversation]

[2:02:40]

Shri Mataji: You are alright? The same? The hole between ego and superego. I'm going to tell you about that in my lecture, alright? . Let, - all of you, I'm going to tell you where your attention goes, in between the ego and superego. You start seeing yourself both that as conditioning one side and another side hole is [unclear, clouds] . How they have crossed each other, can you see that? That's why you see on the left-hand side, the ego has come up. Right-hand side is the superego.

Man: Is this something happening to me? Or are you trying to do something to me? While I'm getting stuck in ego or super-ego, I think.

Shri Mataji: No, you must come out from the centres here. You should be baptized, you see? Now the balance is that your ego has covered this side and pushed back, see? This ego is covering up this way, and I'm trying to push it back a little so that there is a space in between. .

[2:04:00]

Shri Mataji: HA! [unclear] the Kundalini [unclear, rise up]. The pressure has gone out.

1977-1030, Workshop

View [online](#).

30 October 1977

Workshop

Finchley Ashram, London (England)

Talk Language: English | Transcript (English) – Draft

1977-1030 Workshop Part 1, Finchley Ashram

Hah, Did you get cool in your hand? Raised their Kundalini?(affirmation from a Sahaj yogini).. Congratulations....What about you, Did you get cool in your hand? Yes (affirmation from the new seeker male). ..Just see.. What about you Mandy? Good good (inaudible) you and David.. come along both of you, I will work on your Agnya. Your Agnyas are caught up. Hmm (Music continues) it is morning raga? Mother we have exhausted our ...(not clear) Again I will be making it to France? Now what's wrong? Did you get cool breeze? There there, on the left side. Feeling better Hmm. Better now, rest for a while. Keep yourself alert. But give yourself into Bandhan. All of you. (04.30)

Ha . Ha. Better now, better? (Affirmation from Sahaj yogini). Yes, absolutely 100%. Hah see. Ha ha ha ha (mother laughing) so nice all of you. there...over to you.... now you are alright. Mandy- (this is very small). That's all right but I just vibrated you see (inaudible conversation between Mandy and Mother)

Mandy - I was working before in France on Friday...

Mother- The are Greek?

Mandy- No Spanish (Not clear.....) Are you sure? If you don't mind take it out. Rocks every Dick Tom and Harry gives. Also, with what heart you are making. You cannot sell God. Can you sell God? What could be more insulting than this? Selling God. Making money out of him. (Music Continues, whispering) Now better? See the vibrations.laughter...Indian restaurant, hu? Indian restaurant. Horrible. Never eat there. They have the worst record for left Nabhi. He must have had his dinner and he had some. Both of you say sorry (to Indian Sahaja yogis, jokingly) Laughter, Ha Ha Ha Ha Ha Ha. You Know that Shaiza. Terrible. ...(music continues). Mother say in Hindi. . (We have pleaded them already to make better food) (Indian Sahaja yogini) (They cook very bad food) (Mother) 420 Number . (implying they are fraudsters). If they it in India they would be thrown away. They are corrupt that's why they are here. (Indian Sahaja yogini laughing) There they would have sort of burnt up the restaurant. Beaten up the Manager. (Music Continues) ha better, getting out This is exhausting, better now? See this is the fifth...(not clear), Left Nabhi, put his hand on the left side . First of all go and beat the restaurant. (13.37)

This one isyou are not. That one is you are not, Why should you? See the left Nabhi. (Inaudible). Just imagine they are afraid of love. Did you lead any celibate life, before you are married? (Seeker – Totally, but we are not getting into it. ...(Inaudible)... You don't believe him, did you say I am married. Don't believe him believe yourself, because all this searching, all this is going on To say that all the blabbering about Hath Yoga is going on.... Nobody talks about Yama, To say that there should be absolute abstinence. So nobody talks about this and this is just putting the whole thing in perspective.... (not clear) It's very easy to clean that way (Not Clear) , alright. (Not Clear) That's why you get up late. He is still very young. I don't blame him, it's the society's fault. Haa. Much cooler, Huh? Much cooler. ...(Inaudible). Your Mother has hurt you, isn't it? Now when we are hurt like that, we should resolve, but we will not do that, we never do that. It's wrong. We have to have society, we should have families, where children can feel loved all the time (Inaudible), all the time and where children feel that parents are interested only in them and in other people, running about and all this. You see that thing hurts you completely. It's so hurting that your mother gets so much involved in non-sensical things. And that you should never do that. That resolves, the first thing. Then for that what should we do? (Inaudible)...and have a beautiful life,(not clear) have nice family and nice children, where they grow in all compassion and love and more security. And when they grow up, they give love. There should such a society and such a family is necessary, and so we have to resolve ourselves. If we are not pure people, if we have carrying on with ten women, we can never have a good

life. Why should you, She is used to ten men. You are going to ten Women. You can never make a good husband and wife. You can never become good parents. These habits you have developed at such a young age, they have carried on. We have seen even old men of eighty years, I find them so immature, so foolish and stupid absolutely stupid fellows there. They have gone eighty year old now, ninety-year-old men they are (not clear) with legs in their grave, they are so stupid, you cannot imagine. What God must be thinking about these horrid people, why he created them, stupid old folks I call them. (laughter) I don't know what to say whether to laugh or to cry, the way these people are, they have wasted all their lives 80 90 years and now they are going into their grave, what is the use of such horrible people? They give news (obituary) to the newspapers. Newspapers publish it. All the people try to copy them. They are such bad models for us. But at least let us make a start. Let us know that the joy and happiness starts in our families. Are we going to be goods parents? Are we going to be good to others? Are we going to be good children? Whatever we have suffered our children should not suffer. Isn't it? We have to see maximum...(Inaudible) (19 Mins, 41 Sec)

Baba such a bad Agnya, (Not Clear) Buddha all these were angry. Just imagine what you have, we have a model given by Christ, I just don't say about adult people, but he said you must not have even adulterous eyes! And it's very true, I mean if you have adulterous yes you catch a very bad Agnya. What's the use of looking at everyone? You see, it is like a man who we call a libru (not clear) who sees everything through his lips. something like that. It shows no personality, , it shows no (not clear), it shows no understanding, why should we waste our (inaudible) what's the use?.. The nature is so beautiful. Even when you look at women you should see that she is the mother of some children. It is kind of a possessive nature about women with lust, it's not going to give you any strength, its going to sap you. You don't know after some time, even if you don't want to look, your eyes will be there. You cannot stop yourself. In the beginning, it will be your own movement, after some time you will find automatically your eyes will be going out, even if you don't want. Even if you want to concentrate, you cannot concentrate. Your eyes will be there. Anybody passing, your eyes will be there, even if you didn't want to see. You must watch yourself you see, such an energy is lost. Apart from that your eyes are absorbing from everyone, something. Now he is absorbing from me love, his Agnya is opening out. May be there is some devil there and he is looking at that person and absorbing something devilish also. As you can absorb good, you can absorb bad also. You can take in Nector, you can also take in poison. So you see you have no discrimination. Like you look at these all these things, moreover, however, the whole system is made in a manner, they have all these machines, they are making a lot of things, they must sell, they must sell all their weaknesses. So they are weakening the whole system. (Not Clear). Say this Ashram, there are twenty-five people. Somebody is carrying on with another's wife and somebody is carrying on with another's husband. How can you do Sahaja Yoga? (laughter) And you see for me a love letter will be coming, any problem...(inaudible)and you have a fight amongst Sahaja yogis, and all the girls ran away from the Ashram. Even in the family, in the family they were staying in Surrey, (Not Clear). She had three children, children were in school or college wherever they were. She ran away with another young man, French. Her son was maybe 22. And in college and she ran away with another young man. Such a silly woman In Indian no woman can think like that. I mean see we cannot think like that, and they say you are naïve, you are not enjoying life you are not free. Is it freedom? It is enslavement completely. This is absolute enslavement I tell you, complete enslavement and this weaknesses such that you can't see. You think, oh you have ten women around, but you don't understand you have enslaved yourself. Without women you feel that you are lost. At the age of 45, 50 or 70 man starts trying to look younger. He is such a slave. That will happen to all of you, because you have not grown up to your age. If you grown up to your age, you stand with your age. You must mature a little bit. It's better. And to be mature is greater than being childish. But that's what happens. You behave like young boys of sixteen years and behaving in a way to show that you are very young. It is so silly. What's the use of wasting your life? Your precious life, a Human life. After how many evolutionary stages, you have become a human being. It is being wasted, in stupidity like Donkeys. Even Donkeys are not that stupid, I would say. I haven't seen any animal being that stupid, I haven't seen any animal. Can you name anyone? (24 Mins 47 Sec)

So, we have to mature and we have not to accept anything stupid. Gradually in Sahaja Yoga we will laugh at these things, many things happen and this silliness going on. (Not Clear). And in their norms, in the way the things that we did, the way we create atmosphere, and we condemn, say if a girl is not having a boyfriend, they condemn. Non sense! Why should you? Why should you have a boyfriend? I don't understand, there is no need. Either you have a husband or you don't have anything like that. It's a relationship where you value utmost privacy(not clear). It is a law of nature. It's the sustenance of the human being. If it was not, see reason it. Everything, you are not(Not clear) supposing, it is not so, then why there is jealousy? Why are we jealous? Alright forget about jealousy, I am seeing people get rid of jealousy at any stage, even if people have no conscious, still there is

jealousy (not clear) see why there are diseases? Why diseases come out of this (not clear). Here on the streets you will find people kissing each other, if you ask where are they going, they will say they are going for Divorce. There is a divorce case, (laughter) on the streets they will be showing their love and they are going for divorce. You decide for one person, a marriage. (26.35)

And marriage is very big blessing. You have to understand that also. Marriage is. See now, look at him. How he feels about his mother. Why? Why, if they think deeply, marriage is a sanctity. It's collective acceptance. So many people have attended the wedding, they have seen my mother, they have seen my father being married, it's a collective acceptance and this collective acceptance has been denied, and that is something which, whatever is collective within you, is making you be (not clear), it shines. You feel little ashamed of you. It's a fact. Why do you feel so? Because it has been collectively accepted as something (not clear), even under these circumstances, I have seen people seeing a bride being very happy. Why? It is a natural thing. You see a bride, you see on the road you stop, (not clear), because she has been collectively accepted. Collectiveness is the point. You see if we are accepting something collectively, that means this collective acceptance. It is coming to us from the collective consciousness, from the collective unconsciousness as they call it. But for you it is collective conscious, because now you are collective conscious, but for others it is the collective unconscious. So the collective unconscious come and blesses at that time through everybody. Because all of them are there. They are all Blessed. I will tell you. I am sitting down, I am just the same, I am just the same. (unclear) Why? Because you are the channels. (unclear) you see when there is a Bhoot, you must have felt in the thought, tremendous vibrations, because of so many people there. The more chitta people are there, greater amount of channels. Like when there are many lights, so you can enlighten many lights. (unclear). It's like that only. So it is a collective acceptance, that's why the marriage Which is Holy, is to be done. Christ was a celibate person. He attended a wedding. He didn't become a Sadhu, Sanyasi and went away somewhere. Nothing. He attended a wedding. Not only that, but he saw to it that the whole thing was done very well and everybody was very well and was happy. You won't do any harms, when husband and wife are happily married. The way a cyclone moves (not clear). You see husband and wife are nicely married. And the children are nice. You feel so happy. But will you a happy in a house where wife is (not clear) certain place I forgot. (29 Mins, 31 Sec)

It is to be understood, it's a deeper feel. Normally people will say what's wrong? What's wrong is the thing that your mooladhara chakra itself catches you. Mooladhara chakra is where there is red Chakra. On that Shri Ganesha resides. It's the same who becomes Christ later. But he is there in that place. He is the one who is looking after the protocol of the mother. If you try to do anything through the sex, it's wrong, that's why they say this happened, that thing happened. It's very dangerous. Because of all this nonsense. They will touch your private parts and try to do nonsensical things and they ask you to (not clear). That's your mother! What an insult to touch your mother that way through your sex. It's like that. It's an abuse. It is the worst sin that you can do is to think like that, imagine it's a horrid thing. That is what it is, and when they do it, they get into all these problems. They spoil. You see they are such experts now, some more experts at Mooladhara, some are experts at Nabhi, some are experts at Vishudhhi, some are experts at Swadishthan. And that's how they are spoiling one by one. Somebody is spoiling someone's Agnya, Somebody is spoiling Mooladhara, So that once you spoil them, your chakras, you can never have your self-realisation. You cannot go through another transformation. You have to become a devil. They want you to become a devil, that's what they want. That's what they want to achieve. (31.24)

I have to tell you all this, and you have to make yourself in such a manner to let this work of God to be accomplished. It is working you see, for example, when you are to be born immediately your mother's breasts start giving milk. (Unclear) Even before you are there it is there in the blood supply, even before you were born, it is already, the breasts are prepared. He looks after you in every way. These Rakshasas would have finished you if there was not God's dominance. In his domain, it is his power that protects you. These people cut him short, they try to entice you, because of your acceptance of the evil things are getting spoilt. If you accept his domain then you will be surprised, at every moment, at every curve he's manifesting, you'll be amazed how he manifests, how he works it out. But you make yourself available first. Make yourself available in such a way that his power is easily manifested. His power is not wasted out. (33.07)

For example, supposing in this candle, in this wax there is water, or if the wick is half, half-finished, it cannot burn. How can you use this one? Only thing what you have to do is to make the wick all right, wax alright, he will light and in that light you will see that he works everything out. Everything whatsoever. You only do what you can do and you should thank God for his blessings

that he has made you humans. You are the ones, that he has made humans. (unclear). Every moment you see and you will be surprised, how ____ (not clear), but his sovereignty must be accepted and you should be available. For example if you are working in London, you know ____, you know there are laws working. You do something wrong, you are found, you are caught, you know there is something going on. It's not anarchy everywhere. In the same way when you enter into the Kingdom of God, every moment, he's acting every moment. ____ (not clear) But if you're not ready for that, you are not helped. You have to make yourself available for that. For his power to work, his power, his silent power works. (34.47). (Flute Music continues)

Now, this is not only a living process, when I say it's living process, people think a living process, for example a seed is being sprouted. Yes, that's all for analogy, because nothing is higher than human being for me to explain so I take as an analogy a seed, I say. But when I say seed I don't mean your seed is the same, because you are more than a seed. You have emotions, you have a mental faculty. So, when I say it is a loving process, then you understand, that it is also the process which also makes you aware of the love that you have and your mental capacities. Supposing you are all the time with your mind, trying to create thoughts which are against righteousness, which are wrong then this will not work out. Your mind has to be surrendered mind. Mind has to be accepting his greatness, his commandments and his ideas, not your ideas, not your conceptions about him. Accepting oh Lord, ____ (not clear) gives us wisdom. That humbled, mind that kind of a mind is the best. Then your heart and it's emotions also, for the loving process it is necessary there your heart is simple. Should be clear hearted person, in the heart. In your heart all the time if you thoughts about sex or other things, but if you keeping your attention on how to be kind, how to be compassionate to your fellow men first, then you will find that it will work out faster, manifesting His love. Some people it works out fast, some people it does not. Physically also it is important. If you have harmed your body in some way, in your body there is a problem or you are sick, you are eating something wrong, then also it will not work out easily. It is such a subtle happening. (37.51)

You see as soon as he came in, he is a good SahajaYogi no doubt, he had his right Nabhi, err, his left Nabi caught. It is a very bad thing. That means before going to the restaurant, if he had seen its vibrations, even entering the restaurant he should have put a Bandhan, and he should have put a Bandhan on the fellow who brought food, and put a Bandhan on the food itself, on all that you eat, you would not have got the problem. Now it will go away, no doubt, but next time he will remember now. As soon as he came here, he got his left Nabi caught up, he's not sorry about it because he knows that is a mistake he made. He's not afraid to tell it, he is not angry, because he is not his chakras, his attention is away from his Chakras. When you become the light, you're not worried about the lamp. You are the light, you are seeing that. This is wrong, this wax has got here little bit water, it is not burning properly. Because you are the light, your attention is on the light and not on the lamp. (not clear). (38.59)

When you are in the wax, then your attention ____ (not clear) . If your attention is on the self, then you are the one with collective consciousness and that's what it is. But it does not work by giving lectures. If I give you lectures, you see this is not going to work out. No use of arguments also, nothing. See by argument also it will not work out. What am I arguing about? Nothing. It's working out. Just working out. Only thing is if you see it working out, you should see it manifesting, along with your mind. Your mind will start all kind of thoughts. I have seen. I have seen. When you see your mind will still go on like that. If you have an Agnya, that's a very natural one, it will argue. How can this be? How can that be? How can this be? You say now shut up for some time. You have seen it with your own eyes. I have had an experience. (40.16)

For example, if I say Vishnu. What have you got in mind? His four hands with Gada, weapon, Conch and he's standing like this and you see him. Immediately the idea of Vishnu comes. Your mind understands that Vishnu word means such and such deity, that's all. Maybe you will listen to my lecture, maybe you will also know that he is in the Nabhi, but as far as this knowledge goes, you can get it from any book. If you read any Sanskrit book, you can get it. All these things you will find it there, but still it is not an integrated knowledge you have. It is not a loving knowledge you have. With a loving knowledge, what happens it's an experience. It's an experience, for example, for the one who is suffering from the Nabi chakra, if you take Vishnu's name, immediately it will be alright. Then you are going to believe him. That belief is integrated knowledge because it is an experience. Without experience how are you going to believe him? That's what is combined and crowned by experience is loving knowledge. It is a knowledge which becomes your love. You cannot defy from that. Because you have seen it. You have known it. How can anyone deny it? You cannot. Because you have practised it. You have practised it. So one thing you have to do is to practise SahajaYoga. Unless until you practise it, it is not going to be come your loving knowledge. Practise it and you may see you may

just settle. You will be amazed how it works, very much amazed. First of all it will be odd but you will see how Sahaja it becomes. It becomes your experience, your complete experience. ____ (not clear) (42.22)

It becomes an experience with you. Once you have absolutely experienced it, you develop that knowledge, then the doubtless awareness, that is the Nirvikalpa samadhi starts. First is the thoughtless awareness. There is no thought in your mind. But to become the Nirvikalpa, the doubtless awareness. It is Big name. What is so great about Nirvikalpa? Nothing so great if somebody can do it. Only thing is that you have to experience it. Start spending, experimenting. First doubts will be coming definitely. First Nirvichara will come, doubts will come, how can be it be so simple? how can be it be so simple? Can be. If somebody knows the job, can be why not. You see when I was young very small, that time we could never think that human beings can go to the moon. Even today If you go and tell my grandmother, when we told her, ____ (not clear), she said not possible, When we showed her these photographs she ____ (not clear) will not believe it. She will say it's a drama. She will not believe it's true. In the same way, the time has come, if somebody who knows the job, can achieve it, but one thing is there you should cooperate, then it works out. (43.59)

Music continues

Its gone now. It's clear now, don't catch it now. For Agnya best thing is to put water on your thoughts, say one thought arises you say shut up now, I know where it is coming from. Then you start seeing them, actually. You see a black spot here. This is the one to be taken out. Just dry them out. Very easy to dry them out. If you just decide, this is the truth I have found out, now get out. They're afraid of you, they're afraid of light. (44.56) ____ (Not clear).

ha put it to the left {noises of door creaking music et cetera,} Ha alright. {Noises of door clicking noises of vehicles coming from outside} (46.47)

Just see the Daag (- Means Black spot in Hindi). Just see how about your black (spots) Is it gone now it's gone. Still coming? (seeker yes Still coming). Alright let you go and shower. But in your mind you see you try to be more at rest, try to go to thoughtless awareness instead of fighting, go to thoughtless awareness. No need to fight just go on to thoughtless awareness. (47.22)

(A seeker asking a question) Mother in the morning when I was meditating, I saw a creative force, yes sacred. Is it part of some plan, so in effect contraception goes against the plan the natural State?

(Shri Mataji) Correct! Absolutely correct 100 marks! You see I tell you it's very easy to justify what you said. You said about contraception, I talked to them about this population and all that. ____ (unclear, some Sahaja yogini talking to mother). (48.51)

Alright, you see the population, let's say you have a heap of filth and dirt put together, then you will get lots of mosquitoes flies, bugs, worms everything, everything, isn't it? You make that spot absolutely clean and you won't get anything. Why? Because, those horrible things these parasites are not interested in a clean place. Why don't they come there? Because they don't like that. In the same way the world has become so filthy, that all the parasites are taking birth. Even some of them are flies as humans, some are mosquitoes, some are scorpions. In man you will find a scorpion, a Lion and a Horse and a dog and a Fox, everything put together. (Slight laughter, Clap) God knows what thing will come out when. So, so many of them are taking birth and they become, they form a major portion of our population. The worst are born in country where all kinds of licentiousness, ugliness, theft, corruption or I mean all kinds of these so-called freedom is there. Naturally, you see they will not be born in a country where these things are not appreciated. They would not like to be born. (50.41)

All the dogs of the world maybe born in a country where there could be good dogs in human form. And you see, in the same way, all the cats who were thieving may be born in a country, where thieving is there. Like our country India, as humans. (Slight Laughter) So, all these animals are taking birth and that's why this animal style behaviour of the society. But at the same time when there is greatest filth, Lotus is also born in the same place because that is the God's help. Because, he puts one Lotus in the place or in that mud which blooms and enlightens the whole place, saves the whole place. So, the saints are also born. One

extreme is that, there is the greatest filth and the worst possible things are born and on the other side the saints are also born. And the saints are the one who are seeking. Those who are seeking God, are all Saints, otherwise they would be seeking all the mud and the muck. But they are seeking God. They are seeking something divine. So, all the people who are seeking are the Saints. So many saints were never born on this mother earth, as they are born now and so many rogues were also never born. All the Rakshasas, all these Devils who used to be born after one thousand years or so, at least there used to be 500 years or so. But now all of them have been born now especially from the last I think thirty forty years they have been taking birth. And such great saints are born these days, you have no idea. Within 10 years you will see how many great Saints will be coming up, because they're still young boys. Absolutely _____. They know everything about Kundalini, they know about me and all that. Such superior class of people are taking birth. You are also saints because you are seeking. What is the definition of a Saint? A saint is the one who seeks. And the one who has sought, the one who has found it, has been blessed, is a realised soul. (53.36)

But it was also promised that only in Kaliyuga you will get this. It was promised. There was a Nala Damyanti story. Where Nala was destroyed and troubled and very much tortured by Kaliyuga. Kali means the one who has started this horrible modern times. And his habit is to make everyone miserable. So, once with this meditation power Nala found him. His wife had departed, I mean he suffered a lot. So he found him somewhere He caught hold of him and told him that I am going to destroy you with my powers, permanently to ashes. So Kaliyuga said alright you can do that, (telling a Sahaja yogi. Please sit down there, be comfortable alright, I am holding this in my hand, alright) He said, I you will be destroyed and I am going to destroy you. He said, alright you destroy, but let me tell you my glory my mahatmyam, there is something about me also. Nala said, what is your glory? He said when my time comes, when Kaliyuga is there. (54.53)

You see we have four Yugas. Satyuga, Dwapar, Treta and Kaliyuga. There are four yugas. This is the fourth Yuga. At this time when the Kaliyuga comes, that time a (long pause Shri Mataji pauses, as if to say I will be born) a _____(not clear) will be born, , who will give salvation to many of these Saints who are roaming in the jungles. This he said about, even before Krishna, say ten thousand years, it was promised, even earlier than that, earlier than Rama. So alright Kali said, these Saints who are seeking God they will achieve their realisation during Kaliyuga. And that's how it has worked out. (55.49)

Because you see to see something in its dark condition, and its complete truth, it has to be in its extremes. So, the worst possible sins are committed, worst possible, there was never in the whole history such sins so rampant. Some sins used to do, few people used to do, public used to denounce, but here publicly it is being accepted. People are fighting for non-sensical things. See all this is happening in the modern times, when the Saints are also born. They want to seek God. Alright, what these people(devils) decide, they spoil the saints, as soon as they are born, they are hit. For example, this boy who came in the other day, what's his name? Alex. Alex is one boy, who was really a saint boy. He was hit at the _____(not clear). Her son was a real saint who was born. He has a real ardent desire to see God and he was hit. I mean all of you were hit by some way or the other. Then who remained whatsoever, then these gurus came in and the spoiled your Agnya, mooladhara, every chakra they have spoiled. That's how they have managed. (57.09)

Now, to gather all the Saints it is so difficult. They are so misidentified. If you talk to them about anything, suddenly they will get up. We are not_____(not clear) don't talk about celibacy. We had some boys with us before, young boys in Ashram, very young 16 or 18, when I told them that at this age you cannot go for sex or get married. At the age of thirteen years a girl went for _____ and she said no mother I can't. Imagine at the innocent age of thirteen. And then she couldn't continue Sahaja yoga. What a shame. What a shame. All her lives she has worked so hard. Because her mother gave her a pill at the age of thirteen years. Her mother did not want to take the responsibility. That you can have it. So, it started. Even now if you can stop it, even now if you can put your attention, you will learn. You have been seeking for ages. You are not going to be satisfied. You have to find it. You have to find it. You will be most unhappy person, if you do not follow it. You have to do this only. Nothing you will be seeking. This is what you are. You will not be satisfied with anything superficial. Today you will go to some Guru, after 10 years you will come back, after 10 years you will come back all spoiled. This is what you must ask. Because this is what reality is. Of course, there are desires, there are things within you, they will all be fulfilled but in a sanctified manner. It should be in a sanctified manner. Then you will enjoy. Supposing you are a thief and you have a lot of money. You cannot enjoy. But if you earn with your sanctity, even Say Ten pounds, it's worth something. You will really enjoy it without any guilt, without any stigma about it. That's what it is. You have to give up whatever is there sin, whatever sin is it to the extremes. It causes Death if you go to extremes. Be in the centre. I never

say sex is not good for you, it is, but it ___(not clear). You get married, get a wife, you enjoy. Then you will enjoy a wife. What's the use enjoying sex with say five women_(not clear). After some time at a very young age people, I have met in America people becoming impotent. Most shocking and surprising. In India I have disciples, who are 95 years, still being potent. They are not impotent. Absolutely fine. How have they managed. Because they are in the centre. If you go to the extremes, you get destroyed. You become impotent, because that is something you're going against your sustenance against the Nabhi. Ten Nabhis. Nabhi is the sustenance of human being. If you spoil this ten things then what happens is you become a _____.(not clear). You are seeking. You are like a vessel of Gold, there is no mixture in it. You were born like that. A little bit spoiled, burnt that can be cured, but look after yourselves. Feel your own dignity, glory then fill it up with that nectar and enjoy. That's what the God wants. He wants you to enjoy his creation. Absolutely enjoy, that's what he wants to give. And not to fritter away your sensitivities to all these non-sensical things.

1977-1031, About Jesus Christ

View [online](#).

31 October 1977

About Jesus Christ

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – Draft

[Audio file starts from midway through Shri Mataji's talk. However, the beginning of Her talk appears to be midway through the audio file as transcription below repeats at approximately 1:14:00 mins. Unfortunately, the sound quality of the beginning of the talk is extremely distorted so it is not possible to transcribe the missing part accurately at this point. Hopefully another recording of better quality will come to light which will make transcription easier.]

...Without realisation, if you say that, then it might create a problem there, and that's why I have seen, to My great horror, that so many pastors and people have got this chakra caught up. It's the saddest thing I've seen. They believe in Christ, they really believe Him – they call Him all the time – but there's something fundamentally wrong with them that catches this chakra [unclear] It's a very sad part, and I don't know if they would believe, to listen to Me but, as I told you, in the younger generation which are come up now, the whole thing is going to break down. All this fanaticism is going to get out – Muslims, Hindus, Christians – the younger generation, which is thinking now, is going to be tomorrow's Prime Ministers and ministers. They are going to finish it. Of course, if they are not captured by the satanic forces, by the drugs, by the horrible things and these guru [unclear] who are making money out of you. You will be the people who will be completely transforming the whole world into a new arena where there will be no fanaticism and a complete [unclear] You can see this.

So, this is the chakra of Christ. In this chakra, He has shown a very great [unclear]. Krishna has propounded in His Gita, [Sanskrit quote] Means, this Divine Power cannot be killed by an instrument, neither can be burnt out by anything, neither can be thrown away by any priest or anyone. His son, who was Christ, has proved it by His Resurrection and Resurrection is the message of Christianity. The way you make Him miserable, hanging like that... I mean, it's surprising, how can you conceive of Christ like that? He was dynamic: beautiful, healthy man. I think you put your miseries onto Him and make Him like that – lanky panky. Oh, you people could not look at Him; [unclear/what glows in His face; and what a Son.]

The idea that we have about all the bhaktas and about all these religious people is that of slaves, you see. That's not the way it is. They're above all those things; they are kings and queens and they do not bother about the smaller things of life. They're dynamic, full of power and energy. They have the greatest energy that is of Love: is beyond all the powers of hatred and destruction. Is the highest Power and nobody can get out of it. And when they know they have these powers, do you think they are going to behave like these slaves that you have seen in some picture or somewhere? Sometimes I am amazed the way He is painted somewhere; that's why like Rubens, at least he's better. Rubens was not that horrid, you know. Some of them are so horrid that He – they have made Him a TB patient [Tuberculosis], absolutely a miserable creature. Oh my God.

This is not the way it was. And that [unclear] they started the self destruction, of leading a very austere life. Christians means serious, they were taught: very austere, proud, tensed-up people. Oh, He was moving like a flower all the time, fragrant all over. Like a king He ruled and with love [unclear].

It's the greatest insult to Him, when you picture Him that bad. That shows your own mind which is so small, which wants to curse Him with all these horrible things. Unbearable to see. You think the only Son of God would be that horribly miserable? Then who would like to be like Him? You create a model that is detestable and then you want people to follow Christianity? Nobody would.

Now you have the last: Sahasrara. A minute, there's no time, you see, you must be on time. Sahasrara is the last, the seventh one, is the centre of the limbic area. All the nerves become like this, and inside is the limbic area, surrounding like that. This is the Ego

and the Superego – they meet like this, in that area. I haven't told you how it is formed, how the attention goes out, because it's quite a lot, but you just understand that this is how it is the brain, inside of the limbic area. When the Kundalini enters into this, this is the Kingdom of God. [unclear/Thoughts may be passing through the Agnya] but you become thoughtlessly aware, like you all have become now. There is no thought in your mind, you see. Already there is no thought; you have become silent inside. But very few people have been able to open this out. This Sahasrara opens out like this because this is the seat of Shiva, which is in the heart – the seat is here. Like the seat of queen is here: though she has gone above, her seat is here. In the same way, His seat is here. So when Kundalini touches it, it opens out.

It is made of a thousand petals. Now, doctors will say that: 'There are only nine hundred and eighty-two nerves,' or something like that. Not to bother on that point. This is made of a thousand petals, because it looks like flames: flames. Silent flames of many colours. All these seven colours that are in these chakras can be seen in that: flames. And it is said that: 'I will appear before you as tongues of flames.' Now, where are all these people who are teaching Christianity: 'What does this mean?' In the Sahasrara is the answer.

When it opens out – like this, like a lotus – the Kundalini rises up, touches this point and becomes one with that subtle force, which is everywhere. In the atom, it is acting on the mesons. In the Mother Earth, it is acting on its axis, as the gravitational or the magnetism. In the human being, it is acting [unclear] Kundalini. Acting [unclear] Kundalini, but what is acting is the Spirit, and as soon as it touches, then the light of the Spirit comes within you and you are enlightened. But as soon as it happens, what happens to you? You immediately get connected with the collective consciousness. Because it is in the subtle form – like as I told you, it [unclear] on to you and to you and to you – you are separated because your attention is outside. Once your attention goes in, the thread [unclear] and you start feeling others' Kundalini.

Now these three have been with Me; some of you have been and you have seen how you can feel it – train and you can feel it. You can feel the chakras on your fingers, you can feel the Kundalini rising, you can say that the Kundalini has dropped, how to control it, how to take it out and how to make it move. So first you get the thoughtless awareness when it crosses, then the Kundalini rises, comes out and you get this realisation, which is, you should call as the collective consciousness. With this you get the Power immediately like Ganesha has got it, is to raise Kundalini. You move your hand, and you move Kundalini. It's dynamic. It's fantastic; nobody can believe what is there. When the Power starts working through you, it's [unclear]. You start curing people, you start doing everything – because it is has come to you as the truth. You say, 'This is the truth.' This is what has to happen. Not becoming naked, not dancing somewhere, standing on your heads, but this is what has to happen, that our awareness must become collectively conscious. But we say, "See, we are all brothers and sisters. No racism allowed..." It's all talking. But once you realise that, his Kundalini and my Kundalini is working together and we can feel his Kundalini. You start feeling your own Kundalini – you'll go inside and you'll start feeling it in yourself. With some of you who came last time, have started feeling it, because you pursue it as a serious thing.

You see, it is not a fashion or a joke that is going on; you have to take it up very seriously. You must give some due and some respect to yourself. The thing is we come to a lecture and say, or we go to anyone: "Have a nice time," you say, "It's a good thing." It's not that. You don't understand your own values. To be born at this time, to come to this hall, it means that God has chosen you already; to be the messenger, to be the fruit, to be His instrument. And you don't fritter away yourself. That means you do not know your values, you don't understand, you do not respect yourself. But there were some who followed it up; they have got realisation, they have understood it, they have understood the Kundalini, they have started giving realisation, they have started [unclear/coming]. So it's not just a concept, but the truth is a little bit dry in the beginning.

It's a loving happening that has happened; it's a loving happening. It is not 'living' but living plus loving. Because, if emotionally you are dry, then it doesn't work out. Then gradually, you start feeling the love. The joy [unclear/of the universe] you start feeling [unclear] When you put your hands towards a person, how nice. And you will see these people doing that; if somebody comes, a good one, they will call, "Come, come, come, come, all of you," and then you will feel it, the joy, coming as joy inside. The whole being filled with that joy. It's pouring from their love. Then you feel the love and then you'll get the love, the joy. And all kinds of joys; there are joys and joys, which is not one thing – again a different aspect of it, it's a different aspect of a joy – comes in; it's beautiful, it's tranquil. You become then the instrument of God. From collective consciousness, you jump into the thoughtless

awareness to collective consciousness. Thoughtless awareness, you jump into the doubtless awareness, which I call as the Nirvikalpa, and beyond that, you become the complete Self: complete Self starts. Then, absolutely then the feeling, the state of: 'I am' comes in. Just: 'I am.' When that state comes in, you start sitting down here, you can do whatever it is. What do you do, sitting down here? Just love. Send some waves of love to a person, the person gets cured. You think of him, he gets cured. He feels better, he feels happy. Let us start a new method: to anti-God, this hatred that is there. When we hated our nations, when we hated all these problems and all that, we based it on hatred. Let us base now our lives to this new form, which is already existing there and which is acting all the time. This is all a myth. Only He acts, only He works. It's only His force that is working. The rest is all a myth in which we are now. Once you realise that, [unclear]. Let's see how many people in this country can do that. It's very important, where is the Heart of Mother Earth. Do you know why? It's the Heart. All the rishis and munis know this, in India, that it is the Heart. Though the Kundalini lives in India, the Kundalini lives in India, the Kundalini has to come to U.K.

So this is the Heart, and if there is no spiritual yearnings among the people who live in this country, God save this world. Of the real, serious nature. Not just a frivolous thing, as a fashion going about. It's a very important thing. It will not appeal to people who are already busy with 'very important things of God,' or with other nonsensical things, but it should appeal to people who are wiser, and who all know that there has to be a solution.

So I invite you all to this – I wish you could all come to our ashram which we have started. You see, ashram is some place where four or five people together are staying in a place, which you call as ashram. Tomorrow, at Gavin's place – you see, he will give you the address – tomorrow, I'll be there from three; three o'clock onwards till the night, I will spend with him there, with all the press will be there also. All his friends will be there. You all come along, then you will feel that and we are going to have a proper understanding about Sahaja Yoga, because it's a very, also an individual working; one has to work on your separate chakras and see – everybody has a different problem which is to be sorted out and it works out, you see. We have seen now – Bogdan, in one day, went from here to here. Christian, you can ask him, in one day, he was [unclear]. So, it can happen. And all of you should work it out, put your chakras in proper way, and I'm going to be there definitely tomorrow, and also on Thursday, we'll do – I'll be in Finchley. But take it up seriously: pursue it. I am here only for next month, you see, we are having another program on the 14th, and then again on the 21st, same time. But lecturing and all this – listening to lecture is very interesting, no doubt: "Wow, it's very interesting..." It's not that; you should get it. That's the thing you should enjoy. And then after that, on the – I will be going to India on the 8th December, but then I'll be back again and we are going to spread it. And this is a very central position, where people from all over the world come. And people are still very wise and steady here and they have understood certain things. They have come to certain conclusions and we can work it out together.

Of course, no money, nothing; I never suggest such a thing. It's wrong. This is something very different; it's the happening, to become. There is no money; it is not economics, nor politics, but economics of God and [unclear]. His blessings are anxious to cure you: just have it.

I think already it's 8 o'clock. If you want, we can have a session for a while but when the gentleman at the outside, he says we have to go at 9, so we manage, somehow. Let's see what can happen with you people, so we'll take a little account of that. In any case, you'll get the address from these people and also you can take these things with you and – you see, we haven't done much publication, but these papers, this paper was done by Me this afternoon, Myself has done it. I hope you like; it has got the vibrations in it and you can see for yourself. This can be used also for curing other people. There's a little protocol about it, [unclear/don't] point here and there. Keep it carefully. [18:14]

[unclear passage for several minutes as sound quality very poor, but Shri Mataji is preparing everyone for the Self-realisation process.] You all have to know about the instrument, and how to [unclear]. Before doing that, I would request [unclear] because we don't have much time [unclear sentences]. [24.00]

At the very outset, I have to tell you, it is not the knowledge of anything that you read in the books, or even if I tell you [unclear/the way Kundalini passes.] It has no meaning to you unless and until you experience that. ??

The rest of the things are useless

[From 1:14:00 or so, repeat of beginning of file. Tape was turned over and talk repeats... So the beginning of this talk is actually in middle of file, but sound quality very very poor!]

1977-1101, You all are Shri Kalki

View [online](#).

1 November 1977

Workshop

Euston, London (England)

Talk Language: English | Transcript (English) – Draft

Workshop in Euston, London, Day 6, "You all are Shri Kalki", November first, 1977

[Four tape recordings; a break in the audio might exist between two sequential tapes].

[Tape 1]

Shri Mataji: ... And out of it right now. See, but we take it for granted because it's God obliged [unsure], it's all right, we don't know how God has made it and how marvellous it is. In the same way, if this is a living process and it's the most important thing, it has to be the easiest. It has to be all built-in there. Like a switch, you have to just put on the light. But of course, there is a big mechanism behind it. That is what it is. And how they have built it, that I have told you yesterday. How they themselves chose to come down and built it up.

Ha?

Sahaja Yogi: Seems to be cool on the right but still catching on the Left Heart [unclear].

Shri Mataji: Now see, he is telling you, you can also tell the same thing. You have got that paper of My hand? You see, it is written on that, where do you feel, what you feel and all that. Please keep it carefully. Now, all right?

Sahaja Yogi: Now I am feeling better on the right.

Shri Mataji: Left Nabhi is upset you see. Very upset, ambitious. Put your attention to God, all right? Put your attention to your heart where He resides.

Hm. Sit.

Sahaja Yogi: Swadisthan.

Shri Mataji: Right?

Sahaja Yogi: [Unclear]

It's better now.

[Shri Mataji is clearing out catches].

Shri Mataji: What is your name?

Sahaja Yogi: My name is Dani, short for Vincent.

Shri Mataji: Vinny?

Sahaja Yogi: Dany.

Shri Mataji: Vincent?

Sahaja Yogi: Vincent. Yes.

Shri Mataji: All right, how is she?

Sahaja Yogi: All right better.

Shri Mataji: Now you are better. I say, "How you feel?" and you turn around. Now see, you should not think of all these things, wasting your energy.

Sahaja Yogini: Sorry.

Shri Mataji: It is all right. Wasting your energy on nonsensical things all right? So, what you have to think that it is such a great fortune, all right, to be able to get Realisation. Isn't it? How many people have got Realisation?

Sahaja Yogini: I don't know.

Very few. In this country, very few. And it is such a great source of joy and happiness.

To establish it, you have to completely depend on God. Then you see, you give Him some areas, you see, for his realm to work out. As I say this, it's being better. You see, you just allow Him to work it out. And how He solves the problems, you have seen He solved some of your problems already. It is better to get rid of people who are horrid.

Sahaja Yogini: I'm having the same problem.

Shri Mataji: Hm?

Sahaja Yogini: It's similar to my problem.

Shri Mataji: Is it?

Sahaja Yogini: Yes.

[Laughter]

Shri Mataji: On the left side. Just leave it alone. Leave it.

Better now. Okay?

Your pillow must be hard, don't sleep on a hard pillow. Be very particular as to where you sleep. This is a very important chakra as I said, do not [inaudible].

Now see.

He is looking so much better already. May God bless you.

You are looking so much better, I am saying.

Sahaja Yogi: It is this place, you know.

Shri Mataji: You are so very sweet! How you accepted Sahaja Yoga! I do not know.

Sahaja Yogi: Mother, it's [laughter].

Shri Mataji: May God bless you.

Shri Mataji: Now how simple you are. If you are simple, it is the easiest way.

Sahaja Yogi: If you are simple. It tickles my heart, a place like this. No, there. This is very, very- this is why the first question I asked you was about the fear of the mind.

Shri Mataji: It's a horrid place you go to. Terrible places. And when you will get Realised you will feel even worse. Because you see, with this new condition that you are into, you will feel terrible, because you will be feeling it all coming from all sides attacking you.

Sahaja Yogi: I feel relaxed Mother.

Shri Mataji: No, you feel relaxed but when you go to that horrid place, where you have been before. Where you have been, I am saying. You will feel, sort of again being attacked more if you go near them, those people. Where you have been I am saying.

He is a boy who went to TM. And he is suffering already from terrible- what do you call that?

Sahaja Yogi: What is it?

Shri Mataji: Skin problem. [Inaudible] It's terrible what he has. Instead of improving it, you see, they gave him on a mantra. And that mantra that he would die with that mantra. You see, it's like that, they are very cruel. Because they thought, it is better for such people to die so they get out of the organisation. Then they use their spirits later on. Oh, they are terrible these TM people. They want to kill people whom they can use the spirit later on. They are introducing nothing but spirits in you. Horrible people they are.

Sahaja Yogini: I was going to ask you that. What happens just when our physical body dies? What do you say?

Shri Mataji: Your physical body, when you die, you don't die fully, only a part of it would die, you see, comes out like a - what you

call – that portion is called as the earth element, you see, whatever is made of the earth element comes out. And the water element gradually disappears, evaporates you see, becomes smaller and smaller [inaudible].

But if you are a sort of a person who is very much still desirous and not a satisfied person at all, and you have some hatreds left in you and sort of a vengeance left in you – such people, you see, don't want to die, really, in the real sense, because they think that, "We should be somewhere in the atmosphere". So, they hang around. They do that.

Sahaja Yogini: As spirits.

Shri Mataji: As spirits.

Sahaja Yogini: And make a nuisance of themselves.

Shri Mataji: Yes, they are very busybodies.

Sahaja Yogini: Right.

Shri Mataji: They can be quite troublesome, they can be very harmful, they can be cruel. Some of them are monsters also. Some of them are evil geniuses. And they are all captured by these horrid people. And they use them. And they introduce these into you. And they give them names you see. They can even give the name of Jesus, they can give a name of Rama, they give this, that and all that. And they can give them this work.

There is no question of transformation. No question of transformation. The only thing what they give you is a way by which there is another spirit that comes in. And then you feel a little better because the spirit is looking after you; you are like a drunken person, you see. You are like a drunken person. Your awareness is absolutely zero at that time. But another one is working through you. Your instrument is used.

May God Bless You.

Shri Mataji: Sharda, what time you rang up? Because I telephoned – your phone was ringing, ringing nobody was receiving.

Sharda: Yes, somebody downstairs, they're all very busy. It is actually outside my, Ravi's flat.

Shri Mataji: Ah. I was wondering how to tell you.

Are you all right now?

Sharda: Much better.

Sahaja Yogi: Shri Mataji? Is there a possibility of any of our chakras being possessed, by any of these spirits?

Shri Mataji: What is it?

Sahaja Yogi: The chakras, can they be possessed?

Shri Mataji: Chakras do not. Chakras do not. But you see, what happens that the chakra is a thing made out of two sorts of things, you see: the left-hand side and the right-hand side. So, what happens, in the chakras there is deity placed inside that thing. Now it is a sort of a three-trap door, you can call it, a three-trap door. By two traps coming together, it makes a chakra, like that. And inside this is awakened, a deity sitting down there, which is working out, regulating everything. But in the beginning when you are not Realised, then the Deities are doing their job, all right? They are balancing you, they're looking after you; everything they are doing through the parasympathetic activity, which is there all the time acting in you. But you are not aware of them at all. You are not aware of your chakras, neither you can control. Because parasympathetic you cannot control. Now, what is a parasympathetic? I will tell you.

Supposing you want to increase the beat of your heart, you start running, the beat of the heart increases. But it reduces by itself. You cannot do anything about it. So, the one that reduces it, that is known as the 'auto' we can call it or whatever they may call it. That is the one that is done through the parasympathetic activity. It gives you the balance, it also gives you the harmony it gives you the peace and the sleep, and all those things come through the parasympathetic. Now this parasympathetic is the central thing that I showed yesterday, the Mahalaxmi power. That is the one who is expressed outside in the gross as parasympathetic.

You see, yesterday, the whole lecture turned out to be so much of incarnations that I could not talk on this medical terminology. But maybe I might be able to do it next time when I say or otherwise. Because people get bored with these scientific words also.

Now these Deities which are settled down on these chakras, you see, they sleep off. If there is too much activity on both the sides, and a man in his own freedom refuses to listen to them, he goes to the extremes of one thing, they just give up. They are not bothered. At a- till one point they go on working, suggesting. Also, they make you, you know, supposing you are overdoing something. Then you feel heated up, you feel exhausted – that is the indication all coming from them. But still, you don't listen. You go on doing bad things. You go on doing horrible things then they sleep off. So, once they sleep off, then what happens that your mind, your mind itself is a creation of these elements, you see. The mind is the creation of the elements. So, we have in the mind, ego and the superego, both the things. So, in the ego and superego, an entity can enter into your ego and superego - and through that, they act on your sympathetic nervous system.

For example, if somebody enters into the ego. This fellow TM mostly puts them on the ego side. So, you see what happens: he takes up your ego, he starts working. And you feel very dynamic for a while. And you start doing a lot of work and you feel relaxed for a while because somebody else has taken your responsibility, you see. You are not doing anything. But when you are exhausted, after three-four years, you discover that you are nowhere. And you are left high and dry and that fellow disappears. And he makes you very weak. Out of proportion you work, or whatever you do is out of proportion. So, this is what happens with this TM. But he gets all the money for your work. That is what it is.

So, the chakras are in a way not caught up. In the chakras, the Deities are sleeping. So, the area they get it. So, then we have to decide our chakras like this: when the Deities sleep then what happens? The chakras become like this in the sense the areas are formed. Now, these empty areas can be occupied by some other entities. Or could be even in this stage, they can be occupied, in this stage. When they are fully like this and opened out, that is the best. That stage is the best. But normally it is never so. Normally it is always - at least a minimum for Sahaja Yogis also - they have some space left like that. You see, to be absolutely Sahaja, then this is it that you leave everything to God, it will become like this. That is very difficult, very difficult.

[Laughter]

Sahaja Yogi: The ego fights.

Shri Mataji: Ego, yes. Ego is a problem.

Sahaja Yogini: Lack of faith also.

Shri Mataji: That is also true.

But with experience, you must have faith, you see. You try to do it, increase the area by putting more onto it, "All right, let it Mataji, let Mataji do it". You say like that. Now it works out everything. Now, these people are doing it now. They are understanding the value of that.

Sahaja Yogini: Yes, I found it rather strange, yesterday. When You were trying to raise or raising people's Kundalini, the time I got it most strongly, I mean most strongly, You hadn't even said a word. It was when You came in and this lady started to sing, my heart felt as if it was going to burst, and my body was going berserk. I was quite frightened.

Shri Mataji: That is very true. I knew that. Because she sang this song, you see. Even now it will happen.

Sahaja Yogini: Yes.

Shri Mataji: Because what she sang is in my praise, you see, that is the Mahalakshmi praise. Because I am the power behind all these things, so she sang Mahalakshmi praise. And now by that, my chakras, you see, these things started - they got so excited about it and they started flowing. And I told her also, "How am I to speak now?". Because my whole body was shaking with her. If you see, when they sing these things to Me, especially when they do my puja, it is so many vibrations. That is why the puja is to be done. But we don't allow, you see, unless and until you are at a particular stage.

Sahaja Yogini: Well, I thought I had to leave the room. Because I was about to burst. Yes, the longer you sang, the more it got like that.

Singer: It's a long piece. I cut it short.

[Laughter]

Shri Mataji: Even in India, even if they say a hundred and eight names of the Goddess, they say. And I say, "Now, finished now, you receive it at least". Because you are not yet that much sort of bigger hearts. You don't have that bigger heart to receive all that, you see. And I think that you are not receiving all that and then I feel a little uncomfortable, here. That I am giving too much

and while you are not receiving. So, then I said, "Stop it. Now it is too much".

Sahaja Yogini: Then I was just going to ask you because really, I was really a kind of terrifically beating very hard and jumping about. But when I let it go and stopped feeling frightened, it stopped. And then I just got so high it was incredible. I could not believe it.

[Laughter]

Singer: You must understand one thing if – when I am in front of Mataji and sing, first of all, I get so choked, I can't open my mouth. I, -it is an effort for me to sing.

Sahaja Yogini: It was beautiful I thought.

Shri Mataji: It is, you know, it is the happening. It is the experience. It is not just giving you a lecture, "Oh, it is very beautiful". No, no, you should feel it.

Singer: It is to become as You were saying in India.

Shri Mataji: To become. Becoming is the point, becoming is the point. But if you are true seekers, you all will find it. But there are some very superficial ones. You know yesterday one boy came drunk absolutely. And he was talking so foolishly. Actually, I do not know how to make out a drunk man. I really must know. Because I did not know what it is – they all told Me, "He is drunk, Mataji, he is drunk". I said "Really, is he drunk? Then take him away". He was arguing and arguing with Me.

Sahaja Yogini: Who was the drunken one?

Sahaja Yogi: He was a psychologist.

Shri Mataji: No, no he is not a psychologist.

Sahaja Yogi: No?

Shri Mataji: No, he said, "I am also like a psychologist". He was drunk absolutely. Imagine coming to a meditation! He said, "I came to see what things you do here". I said, "Are you Inspector General?"

[Laughter]

You see, this is what we are deceiving ourselves, you see. Supposing I sit here. Supposing I say, "There is a diamond lying here". You must come and see at least, what it is like, isn't it? It is really too much for people. That is [inaudible].

What Bogdan says that, "It's beyond me. Now, I just can't think about it. It is too much". But it is so. I mean it has to be done. It has been promised to you in all the books. That this will be done. You will be taken into the Kingdom of God. Everything has been promised. Now you mean to say that God is a promise-breaker? Either the Bible or the Koran, all of them are wrong. Or they are correct, it has to happen. But when it has to happen, they just don't believe in it.

[Laughter]

Sahaja Yogini: I was coming to [unclear] center. I bought a return ticket to the train. And when I got down at [unclear] center, I lost my ticket. And I searched everywhere. I couldn't find it. I was very frightened, "Now these ticket fellows will catch me. I'm sure I'll get into a lot of trouble and penalised". So, I prepared myself I thought, "I'll first go and apologise and tell them honestly, "Look you can search. I have bought one but I cannot find it" I prepared to pay the penalty also, whatever you charge me ". I went and stood there – not a single ticket collector, Mother. [Unclear]. I stood there for five minutes looking very guilty whether to go or to stay there. Or leave there and I said to my [unclear], "Now let me leave, if somebody is behind me, then I will stop". Nobody came. I was looking behind watching for the longest pause.

Shri Mataji: How things work out, it is so remarkable.

Singer: Really, how to answer this?

Shri Mataji: You see, after all, God is not going to allow this Creation to be destroyed by this tomfoolery people. He is not going to allow this Creation to be destroyed. You must know.

Now I will say one thing: if you go on thinking of nonsensical things, there can be some busybody around, he will enter into your head. All right? And you will start doing something foolish. You just do not allow your mind to drift like that.

You give her a "limbu" [lemon], it will be a better idea, I think. You can give it in her hand for some time. All right, sit now for a while, I'll see that.

Sahaja Yogini: Thank you.

Sahaja Yogi: Mataji.

Shri Mataji: Yes, Binny?

Sahaja Yogi: I think last night you said that the first thing was to be holy?

Shri Mataji: Was made like that. See, the world was made like that. First the holiness was made. Now think if the Mother has to create something. What She will do is the protective thing, isn't it? For her children. So, what is the best thing for her children is the holiness. So, She creates, you see, the atmosphere of holiness, to begin with. That is the first thing She created. And what is holiness? It's the complete faith in the Mother, in the love of God isn't it? Complete faith. Then you just do not do anything wrong. There is no temptation, nothing. You just live in that eternal peace and joy and happiness. You are not bothered about anything. That is what She created for your sense of security. For everything, She created that.

But later on, humans beings lost it. All right? Because of their freedom, doesn't matter. Once you become collectively conscious, actually in the subtle form, you get connected with that holiness which was spread out a long time back. Which is in a subtle form. Holiness is the same as love, as Divine love is. It's the same as the truth. It's the same as the joy. All these things put together is holiness. That is known as "Brahma tattva". It's known as the essence of Brahma, "Brahma tattva".

And Christ was made of that. Completely embodied, imagine. His body was also made "pranav". It was not made at the time when He was to be born. It was made thousands and thousands of years much before as Mahavishnu. First, He was made as Ganesha and then Ganesha was made into Mahavishnu, in which Kumara's body also was made. See, Kumara also was brought in. Actually, it is more Kartikeya than Ganesha is. In the Christ, it is more Kartikeya.

Sahaja Yogini: Kartikeya.

Shri Mataji: More Kartikeya.

Through vibrations [Hindi] omkara.

You know any Kartikeya, Christine?

Sahaja Yogini: Yes.

Shri Mataji: You know.

See it. Better.

[Hindi]

We have got one, in the Finchley if you go, there is a big one. We have put a statue of Kartikeya. We'll see the vibrations of that. He was specially created to kill a very bad demon. And his power was put into Ganesha, you see. And that is how Christ was created.

And that too Radha created Him, re-created Him. I mean sort of, they used those. First of all, they evolved these people and then they put them together. There are eleven rudras in Christ. Eleven rudras. Eleven powers of destruction He has got. Eleven powers. Which at the end of the world, He will take them. Eleven rudras. It is not a simple thing. Christ does not mean a simple thing the way we are all over the world. [Unsure]

Sahaja Yogi: Shri Mataji, what is the source of demons?

Shri Mataji: Demons?

Sahaja Yogi: Yes.

Shri Mataji: Demons are human beings only, you see, most of them. At the animal stage also, they are. But more on the human styles, when they go into extremes. You see, when they go into extremes of doing things and when they become egotistical too much, or too much sly also, you see, they become demons.

Sahaja Yogini: Yes.

Shri Mataji: Going into the extremes, they fall out. Going into the extremes they fall out and either they go to the collective subconsciousness they fall out. This side they go to the preconsciousness and to the supra consciousness and they fall out somewhere. They are all demons.

Sahaja Yogi: Are they lost forever Shri Mataji or can they also-

Shri Mataji: You see, the demons are- they go to hell, like a jail it is. They pass through all that and still retain some of their

problems and come back, you see.

Sahaja Yogini: Mataji [unclear]. When I asked You the question about when the physical body was dead, died, what happens to your Spirit? Because we are not to end, aren't we, as You said last night, there is no particular religion to relate to what is true too.

Shri Mataji: Yes.

Sahaja Yogini: Because there is a better world after. So, what does happen Mataji? What do you-

Shri Mataji: I told you.

Sahaja Yogini: Do you reincarnate again?

Shri Mataji: Yes, yes, yes.

Sahaja Yogini: Immediately.

Shri Mataji: You mean, after you have gone to a proper place where you rest for a while.

Sahaja Yogini: Yes, yes. And you are aware that you are there.

Shri Mataji: Yes, yes. You are there aware absolutely aware, into the collective subconscious, you are there. And there you stay on. And then you come back from there, you are reborn and reborn and reborn many a times.

Sahaja Yogini: Actually, revived.

Shri Mataji: Yes, of course. You come back and evolve on this Mother Earth only. Not there.

Sahaja Yogini: And eventually when you get pure enough, you can get off the-

Shri Mataji: No.

Sahaja Yogini: That syphon.

Shri Mataji: I would say – you would say that first, you evolve from the animal [stage] to human beings you are getting purer and purer. That means your awareness increases. But when you come to the stage of the human being as you are today – now we have immediately jumped. This is the first time, in your own awareness, you have realised that you have jumped into a new awareness. First time.

Before this, everything was done without your knowledge. From amoeba to the human stage.

Sahaja Yogini: Yes.

Shri Mataji: Now at the human stage only, you realise that you have jumped into a new awareness. Because that is the reason, because God wanted you to know this! That is why He gave you freedom.

Sahaja Yogini: So, what is the next step?

Shri Mataji: Next step is doubtless awareness. In which there are no doubts in your mind, nothing – but you remain in complete joy and you start doing even [unclear].

Sahaja Yogini: Even while we are here on Earth?

Shri Mataji: Oh! Very much.

Sahaja Yogini: In our body?

Shri Mataji: Oh, of course. Of course. And after that, you go into complete Self-realisation. That is, sitting down here you just feel, "I Am". That is all. You move about in the whole world it seems like a drama going on. You are not bothered. And then you start controlling the elements also at that stage. Then there is God's realisation into which you can jump into. Let us see how far you people are willing to go. I am with you. We will work it down together.

Sahaja Yogini: You see, Shri Mataji, I hope you don't mind me asking You.

Shri Mataji: No, not at all, not at all.

Sahaja Yogini: I want to ask You, cause it's too worrying, all right? The thing is when you get Self-realised, and if what happens, happens like it has been happening to me, rightly. And you obviously recognise everything else outside is kind of not really real – but a kind of waking nightmare. You can still cope with it, don't you?

Shri Mataji: Yes, you're right. Yes, because it is a drama you understand. You laugh at it and make fun of it. And you can play with it also. You see, you understand the illusion about it. But then after some time, you can create illusion also.

Sahaja Yogini: When you become- you're not attached to it, it is easier to stay detached anyway.

Shri Mataji: Of course.

Sahaja Yogi: Right.

Shri Mataji: But only that, but you work out many things sitting down. What I am saying was, that you become connected with them in a subtle form. And you start acting on them.

Sahaja Yogi: It's like you play your flute lighter than theirs.

Shri Mataji: Of course, of course.

Sahaja Yogi: So, they resonate to you.

Shri Mataji: Yes, yes, that's how it is. You become an absolute flute then, you try and take tune up.

Sahaja Yogini: Yes, because there are some very overpowering people. And I am thinking of the one I live with.

[Shri Mataji is laughing]

Sahaja Yogini: Who, when he is present, knows and negates all my feeling of joy without saying anything, it's like he closes you up. It can be a very strong personality.

Shri Mataji: They are, they are, some of them are all the time crying people also. You see, they all can be corrected. It's due to the imbalance in them. Too much drawn towards the subconsciousness, too emotional.

Sahaja Yogini: That is emotionally depressing.

Shri Mataji: They think of the dead and the death and all that is gone by. And that's horrible that is going to happen to them, that time. You can change all of them.

Sahaja Yogini: I hope so.

Shri Mataji: Even with my photograph. If you ask them to take a treatment of photograph as they do, they will be changing very fast. We had some people last time who come to see us. They are absolutely changed. It is quite easy.

Can you put on the light? Is there any shawl around there? Nothing?

[Inaudible]

Shri Mataji: All right, a sweater.

Shri Mataji: Vishudhi, somebody is catching.

Are you better now?

Now see, this is, see now, this is such a child's play. You know what is this? This is a lemon, you know that all right. This is- has a coefficient as the same - or you can say, this has a very good meson [subatomic particle] on which Shri Ganesha can act, you see. His vibrations can be active. So, what we do through these- these can be ordered through vibrations when I put my vibrations on this, to suck in the spirits that are in other people.

So, her problems are sucked into this.

Sahaja Yogini: Yes.

Shri Mataji: Then you take this and put it in the water [after use]. They can be dissolved. You can cut them off and they can be liberated. All things can be done with this. Instead of putting them in the pigs as Christ did it, I am putting them in a vegetarian manner.

[Shri Mataji is laughing]

[Shri Mataji and a Sahaja Yogini have a conversation mostly in Hindi].

Shri Mataji: has three children poor thing. Left her.

Sahaja Yogini: My son - there has been a big problem.

Shri Mataji: What happened?

Sahaja Yogini: He (her husband) had come here with a lot of money. Spent it all on women. Then he called the son, "I need four hundred pounds". [UNCLEAR]. Said in front of everyone, "See my son is asking for money. What is a son for? Why doesn't Ravi come himself?"

Shri Mataji: All right, what happened was good.

Sahaja Yogini: He is sitting at home very depressed.

Shri Mataji: Why to sit depressed?

Sahaja Yogini: In front of everyone, it was said.

Shri Mataji: Tell them, "He did not give us a penny".

Sahaja Yogini: He is not going to say that.

Shri Mataji: All right then let us stay in peace.

Sahaja Yogini: He said, "Let it be". He phoned today.

Shri Mataji: Call him here. I will talk to him.

Let him come anytime. What happened was good. It is good now.

Sahaja Yogini: Yes, my goodness, what a behaviour.

Shri Mataji: What a relief. Now you say Sharda, it is Sahaja. Otherwise, your son was not going to escape from his clutches.

Sahaja Yogini: Absolutely. Is just like a lunatic. And yesterday when Your talk was going on, Mother, in the hall. I had said the day before yesterday, "We had met Mother in [UNCLEAR]". To the mad father. When he was told he said, "I am not going to come anywhere". And he eats like a rakshasa. Every half hour.

Shri Mataji: The rakshasas have come into him.

Sahaja Yogini: Every half an hour he is hungry. Something has to be given to him. So, I told Ravi, "There is some bhut inside that".

Shri Mataji: Better not, call Ravi here. Let us see.

Sahaja Yogini: He was going to come today. He was tired. "Tell Mother, when can we speak?".

Shri Mataji: Take a 'limbu' today. Tell them.

[Shri Mataji speaks back in English].

39:05

Now this, her case I will tell you. She is an Indian lady. She was married at the age of seventeen. And our Indian men are very, very oppressive type. Sometimes can be. But she did not realise he was such a monster as he was, you see. And he took to this kind of same thing as these people are doing you see, – giving mantras and this and that. He became a guru. And he was a very big crook you see, very big crook. And he took a sanyasa and made all kinds of dresses and all that. And he had a very big business. He was a very big, rich man, businessman and all that. And in that group, he used to call lots of young girls and young boys and all kinds of things he was doing. Big, big political leaders, all these people used to come. And she was the wife. She used to see all that, you see. And he would come home and beat her. She was staying upstairs and her children – she had a very intelligent boy, her son. And he also, because of all these things, the son also developed a kind of disease. What is it called?

Sahaja Yogini: [UNCLEAR].

Shri Mataji: And, you see, it was very much-

Sahaja Yogini: Not ordinary beating but beating with brandish also. With iron which was hot. Because they would not do homework. And he would sort of kept, I'm just telling for you to know all - He kept a teacup like that in the wrong place, that was enough. Or he went in the bathroom, had a bath and forgot to put the soap back in the tray, it was enough to be brandished.

Another method of his torture was you know, the belt – take out and beat. And beating was never done quietly. It was always done in front of the servants, visitors, guests. And I used to sort of go in between and tell him, "You can beat me, but not my, not the children". I tried to save as much as possible by taking it on me. But it hasn't. But the sum total is, he was totally under, what you call – occultism. A lot of gurus and spoilt him. He wears black clothes and is very, very unsettled in mind. At night he used to scream at the top of his voice sometimes. And use women as his instruments. I don't know how women become his instruments. I don't know. I don't know whether you know. David Lean a famous film producer had an Indian wife. She lives in Grosvenor House now. She is his instrument. Such a rich woman. David Lean had settled twenty-five million pounds on her.

Shri Mataji: What is her name.

Sahaja Yogini: Lean. [Leila Matkar] David Leila name. He had given her Grosvenor House flat and settled twenty-five million pounds on her.

Shri Mataji: All right. He did all that and then tortured her very much. And she did not know what to do, you see. So, one day she ran away from the house, again she ran away from the house to her father's place. And there she studied. And by studying and all that, she got a degree and all that. And she became a director in, what is it called?

Sahaja Yogini: [Unclear].

Shri Mataji: Handlooms. Handlooms and handicrafts. She started advising governments and things like that. Again, he came. He took her up again. And she again thought, "He is my husband" and all that. And again he was so nasty to her. Then one day she just left home and went to another friend who was a minister's wife. But she had herself suffered a lot also. She actually, she is My disciple. And she brought her. And then after she, somehow or other, managed to get out of them and she got out. And then she came here with her son. He studied, he started accountancy. He is a very clever boy, very, very clever boy. And she also has a daughter. So, she started a business with her daughter. Now this man, when she told Me all this, I was really in so much pain. So, I said that, "This man is going to get very sick. He is going to be absolutely destroyed".

Sahaja Yogini: He is very sick now.

Shri Mataji: He came to London.

Sahaja Yogini: Just yesterday he left. He was staying in a hotel here. He is very sick.

Shri Mataji: And she said that, "He has become like a monster now. He wants to have food every half an hour".

Sahaja Yogini: Very high diabetes. Very high diabetes. So, of course, my son out of courtesy, went to see him. Because he had come he said, "After all, he is my father. I don't want to really depend on him. So, I can call him".

He found him so sick that every half an hour he would ask for food. And that too very, very sweet thing, you know, "sandesh" (a Bengali sweet) and that. Ravi says he was surprised. He was taken aback. That a set of food is brought say, in the morning breakfast with a set of four or five toast, eggs, bacon, coffee and everything. He eats it. And then – seven-thirty. By nine-thirty he is hungry again. Wants another set of meal. Shri Mataji: Horrible.

Other Sahaja Yogini: So, what you do think of that?

Sahaja Yogini: And he can't walk from here to there without panting.

Shri Mataji: They have all back on [UNCLEAR] now. He used her ...

Other Sahaja Yogini: You see, I used to think about God and religion. And these religions say if you are a good wife you should stay by your husband in spite of what he has...sorry for his sickness; I can't say that. I can't agree with that. Because you are also a person who has to evolve. Why should you be shut down and tortured like that?

Shri Mataji: But what happened, in the olden days it happened. It happened like that.

Sahaja Yogini: It is difficult in India, to, you know, just leave and come out of the house. Especially in orthodox families.

Shri Mataji: And moreover a woman stuck onto that, she developed her own powers inside. You see, she developed her power. And you see, in India, a woman who is devoted is the most powerful thing. I tell you she is even more powerful than even Krishna was also. I am afraid of "pativratas" (dedicated wives) also sometimes. You see, by their dedication and all that they achieve their power. You see, something like those – (in Hindi), what are "tapasvis" called? Ascetics. The people who have worked out very much. Like that you know. And very, very strong-willed women we have there. And Krishna you see was cursed by one of them once upon a time. And He had to die. Because they become very powerful. Gandhari.

Other Sahaja Yogini: Because of all the things they have to put up with. And fight against and grow through.

Shri Mataji: You see what – they fight it and build themselves up inside. They go on fighting and build themselves up. But that is not the way I would say for Sahaja. Sahaja did not say that. If the husband is that bad, such a monster then better give him up. But then don't marry another horrible fellow. Do not go on choosing...

Other Sahaja Yogini: You are all laughing but this is my third attempt. And I ought to be getting very powerful by now. I have been

with this one nine years and he gets steadily worse.

Shri Mataji: So it is better to shut down that man you see. And you get to God's life. All your life where are you going to fight it out? So that is not a Sahaja method.

Sahaja Yogini: [UNCLEAR/ anyway, fight without any return].

Shri Mataji: You see, but what to do? I would say it is better some social reforms must be made and some compromise must be brought in between husband and wife. And people should not marry who have no proper ideas about marriage. They should be properly brought up you see. Sahaja Yogis are easier husband and wife. If there are two Sahaja Yogis they can marry better. But they must cleanse themselves and they should be much clearer and must be integrated people. Then it is easier to marry them.

Sahaja Yogini: [UNCLEAR]. I have always searched for meaning in life. And I have always believed in God. And I always had a lot of faith. I did not know where to look. My husband is a completely logical, highly intellectual person with a scientific type of mind. Psychiatry, psychology that is his job.

Shri Mataji: Oh God!

Sahaja Yogini: And he thinks, you know, I am just crazy.

Shri Mataji: You see, because the psychologist and the psychiatrist always catch from the patients that come to them.

Sahaja Yogini: And that is my life every day, actually.

Shri Mataji: And that is why they are so absurd. They are very absurd.

[UNCLEAR/multiple people talking].

Shri Mataji: What happens, they free those patients. And when they free those patients they catch from them. These patients are abnormal, pathological cases. But they make them general patients. They call them general. Like they will generalise everything. Saying that a woman, a mother's love, a child's love is sexual. All this you see is generalisation style. Because you see, they themselves are caught up by one pathological case like that who tells them like this. And then they give an idea like that. So it happens. So that is why they are also pathologically affected. They don't know. You will be surprised now after realisation you will see – if there is that kind of a person even a little bit mentally upset if you go near that person you feel terrible.

Sahaja Yogini: Yes, this what keeps happening to me all the time. I can't stay in the same room for longer than an hour.

Shri Mataji: You are smart.

Sahaja Yogini: I have to get out of the room.

Shri Mataji: That will teach you how to ...

Other Sahaja Yogini: After Ravi came home from the hotel, I have been feeling miserable. I think he has got [UNCLEAR/parasite] into the house.

Shri Mataji: No, no good, that one is no good.

Sahaja Yogi: [UNCLEAR/South African one].

Shri Mataji: From where does he come, from South Africa? He is not so good, you know, he has got back trouble; he is not so good.

Sahaja Yogini: Ma, even I read some poster, some Soham astrologer. Soham. Who is this Soham?

Shri Mataji: Soham is horrible. He is the worst of all. He is much worse. At least, he is not a monster. He is not. But he is a mislaid fellow. He is mislaid. But his disciple is with the owner of the place.

Sahaja Yogi: Yes.

Shri Mataji: So, he has given you free to live there, is it?

Sahaja Yogi: He has [UNCLEAR/given] a meditation centre for the whole of [UNCLEAR] London.

Shri Mataji: And how many you have there?

Sahaja Yogi: Four of us live there and we have about a hundred and fifty meditators.

Shri Mataji: Oh God! They all will be spoiling their Agnya. Very bad Agnya you have got, all of you, you know.

Sahaja Yogi: I didn't know.

Shri Mataji: Yes. It is very bad, even you have that. You do that "trataka" (third eye meditation) no?

Sahaja Yogi: Not everybody, but I do.

Shri Mataji: Yes, very bad Agnya. You too have a bad Agnya. Have you got a limbu? Let us try on his Agnya. But you see he will be spoiling hundred and fifty people. Oh God! What is he doing? What is the matter? Come, come I will [UNCLEAR] your Agnya.

You see now, you feel your forehead. You see. Now feel. You can feel it? It is very much, too much swollen. David had one of the worst you can say.

Sahaja Yogi: Oh yes, I know. He could see his [UNCLEAR].

Shri Mataji: It is very wrong. [UNCLEAR/Binny], does not understand. Sinful. To spoil somebody's Agnya like that. You have a hundred and fifty meditators. They come down to that hall?

Sahaja Yogi: Some of them. Not all. We usually have an initiation centre as well.

Shri Mataji: What do you do, initiation?

Sahaja Yogi: Puja.

Shri Mataji: Whose puja?

Sahaja Yogi: Guruji's. But it's you know, its...

Shri Mataji: They are all foreigners or Indian?

Sahaja Yogi: Indians too, all nationalities.

Shri Mataji: Have to talk to them. Is wrong. He has no knowledge about it. Is terrible. Like I was stunned while talking to you.

All right, you sing Kartikeya, he will be all right. He will be better. Sing Kartikeya.

Hello, come along. What about the lights? Have you forgotten about the lights?

Sahaja Yogi: No, there was a blackout. It is a power cut.

Shri Mataji: Oh, I see. Good. You should get some more of these I think.

Sahaja Yogi: They are all sold out. Because everyone has got the same idea.

Shri Mataji: But what about the "deepa" (lamp) or something? You can make out of oil. Have you got some oil? I can make one nice one.

Sahaja Yogini: How much more [UNCLEAR] these [UNCLEAR/type]?

Shri Mataji: All right.

Sahaja Yogi: We have the aarti recorded of the Ganesha one?

Shri Mataji: Taped?

Sahaja Yogi: Yes.

Shri Mataji: Is there?

Sahaja Yogi: I have sort of got it [UNCLEAR/on].

Shri Mataji: Put it on. Will be a good idea. That is the best way. Yes, take it out. That is why you are greying. You are so young. Why should you grey?

Sahaja Yogi: Which one, the Ganesha one or the aarti?

Shri Mataji: You people never felt the heaviness in the head or anything? Never. Thank God David at least felt a headache.

Sahaja Yogi: Put on the Ganesha? The Ganesha.

Shri Mataji: Yes, Ganesha you put.

[Break in recording].

Shri Mataji: What about you? I mean not that he is a bad man. I would not call him bad. Not a monster. Monster is that who knows he is doing wrong and still doing it. This is just like a naïve personality.

[UNCLEAR/Sahaja Yogi is describing some catches to Nabhi and Vishuddhi].

Shri Mataji: You must use rationality. This is a test I said that he is not doing [UNCLEAR]. You have to become. This a test you must to put to everything in modern times. Now it is nothing doing but becoming. You must become. Had enough of it. You have done everything in your previous lives. Otherwise, you would not have had it. Now no more doing the other thing. We are going to have it. This is like, "They are making the cake, they are making the cake. Now how long?" When are we going to have to cake? We should ask. After all, we are seekers no doubt. We are truthfully seeking. Then now no more of this kind of lecturing to ask. Give us [UNCLEAR/ the right?].

[Tape 2].

Shri Mataji: Very great. No, not yet. Want to sit like that? Yes, it is all right. Just see. Is it better now?

Really, is it better? Just see. Better?

Sahaja Yogi: I think it will take some time.

Shri Mataji: All right. But is it better in any chance? Since yesterday it is better. Much better.

Hold it tight to My foot. Hold it tight.

Are you feeling throbbing? Throbbing in My ears. Are you feeling?

That is it. That's it. Agnya is spoilt. See, most of it is mesmerism. It is mesmerism also. They do mesmerise. But this is when they take, they do it to do something you know. Then what they do? They do not mesmerise you, but they spoil your chakra and mesmerise you that way. But I must say you are very independent people the way you have denied that. By understanding that was something wrong. It is something great. This shows your willpower. Otherwise, it is not easy to get out of their clutches. See, they are very powerful, okay? Isn't it? To understand that this is wrong. In spite of their mesmerism and everything.

Ask him to put the hand out towards the Agnya, this side.

[UNCLEAR/Sahaja Yogis whispering to each other].

Now how is it? Just see it. Now both. That is it.

How are you, Vinny? Better? [UNCLEAR]. But you take this one. Put it under your pillow tonight for two days. And Thursday throw it away and come and see Me then.

Ah now. It is throbbing is it? Minutely. Slightly it has started. And he gave you a mantra also. That is why Vishuddhi is bad. What mantra did he give you? Better tell Me. Don't hesitate.

Sahaja Yogi: Am-bi-um. Am-bi-um.

Shri Mataji: Am-bi-um? Am-bi-um?

Sahaja Yogini: It could be Ambika.

Shri Mataji: Ambikam. Is it Ambikam.

Sahaja Yogi: Am-bi-um.

Another Sahaja Yogi: He is a South African. Might be a variation.

Sahaja Yogi: But he isn't. He is Indian. [UNCLEAR/He is Brahmin].

Other Sahaja Yogi: I thought he came from South Africa.

Sahaja Yogi: [He lives in/UNCLEAR].

Shri Mataji: Ambium? Am-bi-yum it can be. Am-bi-yum. [UNCLEAR/Uday?] chakra itself. That is the problem. It is the best way to get you entangled you see. Putting on the Heart. You feel insecure.

Sahaja Yogi: Not terribly unsure. Uncertain.

Shri Mataji: That's it. That is what it is.

Just see him.

Sahaja Yogi: Mostly on the left side.

Shri Mataji: Left side is catching? Left Agnya?

Sahaja Yogi: Also it starts from there.

Shri Mataji: Oh. He tried something with the private parts, is it? Did he touch his private parts? No.

Sahaja Yogi: David and Thomas also had the same thing.

Shri Mataji: And there was a girl also of the same style as you are.

Sahaja Yogi: She was here last night.

Shri Mataji: She was very much the same. You see I could see from the frequency. And when I asked David, "Is she also seeing the same guru?". He said, "Yes". I said, "See. She is suffering from the same problem". What was her name? She told Me. But he recognised. David said yes, she is one of them.

Sahaja Yogi: [UNCLEAR].

Shri Mataji: Oh God, hundred and fifty of them are finished. Ian? Vinny, you are real seekers you know. You are very truthful people. I feel sorry for you. Because you are people for whom I have been born.

Now, is he better?

Sahaja Yogi: It is clear now.

Shri Mataji: Clearing out. Still, on the Agyna is it? On the left?

Sahaja Yogi: Right Vishuddhi.

Shri Mataji: Right Vishuddhi but left Agyna. Right Vishuddhi is not much but left Agyna. Mostly men who [UNCLEAR] it is left

Agyna.

Sahaja Yogi: More like right Agyna now.

Shri Mataji: Now it is on the right Agyna.

Sahaja Yogi: It is cool on the left but right...

Shri Mataji: What did you say here?

Sahaja Yogi: It is cooler on the left.

Shri Mataji: Cooler on the left? Than the right? This mandala business is on the right-hand side. Oh God.

Are you feeling any throbbing? On your finger? Feeling the heat in the back.

No, it is all right. Are you feeling the heat in the hand now? At the back. You are feeling still. A lot of heat.

All right. I will cool it down.

Better?

Now? Better?

Sahaja Yogi: I am feeling right Agyna.

Shri Mataji: Right Agnya is it?

Now. Still there? Little bit.

Now? Still there a little bit.

Ha! Clear.

Sahaja Yogi: The whole [UNCLEAR] is better in general. It is just the [UNCLEAR/faint] which is there.

Shri Mataji: You know you have to forgive also someone. All right? Forgive him only. He has done it through ignorance. Forgive him. It is all right. Now it is better. The same only [UNCLEAR]. Forgive him. Are you wearing something given by him?

Sahaja Yogi: [UNCLEAR/photo of guruji].

Shri Mataji: [UNCLEAR]. Take it out. Till then it will never work out. Take it out.

Sprinkle water. It is gold?

Sahaja Yogi: [UNCLEAR].

Shri Mataji: He is better now. Bring some water. "Subramaniam" you sing. It is a very good thing. For Agnya, ideal. It is horrid. He will improve in no time. [Sahaja Yogini sings "Subramaniam Namaste" a well-known raga in Carnatic style, in praise of Shri Kartikeya].

Shri Mataji: Very good. It is better now.

Sahaja Yogi: Yes Mataji.

Shri Mataji: Is it better now? Is it better?

Sahaja Yogi: Yes I think it is better all except the Left Vishuddhi is the only one catching.

Shri Mataji: Must have been given some prasada or something? Were you given prasada? Ha. Now?

Sahaja Yogi: It is better, it is better.

[Sahaja Yogini sings a stotra Syamala Stuti, in praise of the Mother Goddess in Carnatic style].

Shri Mataji: Wah, wah, beautiful.

It is better now. You are better. You see, in this shloka, what they have said is sometimes very interesting that "Oh Goddess, you are very fond of music". It's [UNCLEAR] isn't it?

Better now, isn't it?

Sahaja Yogi: I don't know Shri Mataji.

Shri Mataji: How are you feeling? How are you feeling?

Sahaja Yogi: I feel good.

Shri Mataji: Feeling lighter? Cooler in the hands? Better?

Another Sahaja Yogi: It is a little bit cooler on the left I think.

Sahaja Yogi: It is okay.

Shri Mataji: All right. You won't say right is cooler than left.

Sahaja Yogi: No.

Shri Mataji: Put your hand there. You have to forgive. You must forgive. Just forgive. This is the thing that is stopping. You have to say; what is stopping (you)? I mean, it is a myth. You know, when we say we don't forgive people. It is a myth. Let us say Lord's prayer for him because he has got Agnya and it will be cleared. Say it thrice, all right. All of us should say it. Come along.

[Everyone recites The Lord's Prayer three times].

Shri Mataji: How are you feeling now? Better?

Sahaja Yogi: Yes.

Shri Mataji: Good. You got it. Now very good. May God bless you. Come along. May God bless you. Come along. Good. Now you

are all right. Definitely. Aren't you? Keep it (lemon) for your [UNCLEAR], for some nights. That day, Thursday throw it in some water. And come and see Me. Put it in a paper. Like a paper bag. Nicely packed. It will go away.

It is good now. That is better. May God bless you.

Sahaja Yogi: Thank you, Mataji.

Shri Mataji: So, the only thing you have to do – “I have to forgive, I have to forgive”. Everybody. Any thought comes in it – forgive. You see, now temper will be rising now against the gurus, against this, forgive them, forgive them. The greatest weapon is to forgive.

Mohammed Saheb has told us another one is to write their names, give them a bandhan nicely and beat them with shoes. That is what. We do it. But this is also a very good way of forgiving. If your forgiving capacity is great, then you don't need it. But, you see, sometimes it is very necessary. These people will beat themselves. You see, write their own names. If the ego is there the best thing is to write down your name, put a bandhan and beat yourself. Maybe your ego is troubling you. Good.

Sahaja Yogi: My feet [UNCLEAR].

Shri Mataji: All right. What about your problem? You want to go? All right. May God bless you. Hope you will be here on Thursday, will you be?

Sahaja Yogini: No.

Shri Mataji: No? You will be going back.

Sahaja Yogini: I will try to come next week, Mataji.

Shri Mataji: May God bless you. Give My love to your children.

All right. It is much better now. How are you now?

Sahaja Yogini: I am much lighter.

Sahaja Yogi: Is it your handbag?

Shri Mataji: Is it your bag?

Sahaja Yogini: No, [UNCLEAR].

Shri Mataji: Now, Can I have her name? You got the photograph? Let us see. Which is the one?

Sahaja Yogini: This is my aunt and this is my mother.

Shri Mataji: And who is this one?

Sahaja Yogini: This is my aunt who is the sister of my mother. She is very, very negative all the time.

Shri Mataji: Oh, terrible.

Sahaja Yogini: Yes, it is very..she gives us a lot of pain. And my mother is also very spiritual and my mother can't stand it. But she

loves her and she can't help her.

Shri Mataji: Just look at this, it is very funny. Shaking with her. What is her name, Anna?

Sahaja Yogini: Erna, Erna.

Shri Mataji: How you do spell it?

Sahaja Yogini: E-r-n-a.

Shri Mataji: Erna. What is it?

Sahaja Yogi: Her bag.

Shri Mataji: Her bag? Which one is that?

Another Sahaja Yogini: I came and sat by you, Mataji.

Shri Mataji: You must have put it somewhere here?

Sahaja Yogi: What colour is it?

Shri Mataji: This is yours. Thank God. You have to find it.

This is (lemon), you have to keep it under your bed for two days. And then throw it away in the water somewhere. All right? Under your pillow. Erna, will she co-operate if you tell her something?

Sahaja Yogini: Yes she will. Yes. She phoned me today and I told her.

Shri Mataji: She would be better.

Sahaja Yogini: Yes she will be.

Shri Mataji: She will be better. But in any case, you tell her to take the photo treatment. And that they will tell you. Gavin, you explain her nicely how to do it. He will tell you just now.

All right? She will be better. Is this your mother? Which one is your mother?

Sahaja Yogi: Did she find her bag?

Sahaja Yogini: This is my mother. These pictures are not so [UNCLEAR/good]. See there is one more.

Shri Mataji: This is who?

[Possible break in recording].

Shri Mataji: ...wealth. But the wealth we understand in the material way is not the "vaibhava" (prosperity), "sampada" (abundance) you see. Even a man who looks poor to you may be a "vaibhavashali". Like a king, he is sitting down. Not bothered about these small things. So, that sort of a thing. You see, if you use those for the wrong things, for the bad things, in the left-hand side it is the sign. Completely catching. I don't know how she stood that horrible fellow.

[UNCLEAR/Sahaja Yogini replies].

Shri Mataji: And also Agnya, she is catching very badly. Though she might have been born Realised. Might have been. At least, she is an awakened person. And it would have been easier for her to know this man than you people can. They have an innate built-in eye you see. They just refuse.

[UNCLEAR/Sahaja Yogini replies].

Shri Mataji: She should. She should. [UNCLEAR/catching]. She was given Krishna's mantra also.

Sahaja Yogini: I don't know.

Shri Mataji: You are not supposed to tell. Your own daughter, you cannot tell. I think must be Krishna's because Vishuddhi is catching very badly. So you can see now – this lady is your aunty?

Sahaja Yogini: No my mother. The photos are not good.

Sahaja Yogi: Same lady.

Shri Mataji: Same person.

Sahaja Yogini: [UNCLEAR].

Shri Mataji: Both are the same type of person. All photographs. See I hope she comes back and does it because at this age it is rather difficult to stick on.

Sahaja Yogini: [UNCLEAR/give up].

Shri Mataji: You see, these are very simple people. I tell you, what I call the spiritual naiveness. One thing, one, they do not know. I think because of the Pope or because of churches you have had organised religion. That they do not know religion cannot be organised, firstly and secondly money cannot be given to a person who talks of religion. Only once, Christ was sold for thirty (coins). Only once. And what happened? You are selling Him every time you are paying money for Him. I hope to see her. But this lady is to be helped very much. For that [UNCLEAR/he] will tell you what is to be done. Write it down properly, how to be done, photographs. [UNCLEAR].

[UNCLEAR/Shri Mataji and Sahaja Yogini are discussing].

Shri Mataji: See if you are seeking you have a problem. If you are not seeking you are sitting down there. So what to do? It is like a train which is moving in the wrong direction. Or it is not moving. What to do? Is a problem like that.

It will be all right. Now, how are you feeling?

Sahaja Yogini: It is fine.

Shri Mataji: Hands are all right? Everything? Vibrations?

Good. You are really remarkable.

How are you [UNCLEAR]. Now you have become a real Sufi, you know. You are absolutely a real Sufi now, in the real sense of the world. Now you will understand all the Sufis of the world. See, otherwise, they had no meaning. Sufis – who was Sufi, who was not Sufi – now you will know. Now with vibrations, you will know who was a real Sufi. All right? We had a very big one in India – Nizamuddin Saab. One very big – Nizamuddin Saab, in Delhi. In Delhi, in the times of a king – who was the king?

Sahaja Yogini: Tuglaq.

Shri Mataji: Tuglaq. Tuglaq. But his name was Muhammad Tuglaq. Muhammad Tuglaq you see. And he was such a horrid king. He got after this Sufi. He was this – Nizamuddin Khan Saab. He said, "You must come to me and say [UNCLEAR]". He said, "I will not say it". And he refused. And ultimately you see after some time, he tried everything. Destroyed him in every way possible. But nothing could be done. In the end, he said that if you don't come and do that, I will kill you. It came to that. And, he said, "All right, I will see about it". And within seven days this king was killed – by his own nephew or son.

Sahaja Yogini: Actually, he was coming to kill this Nizamuddin. When he was coming people said, "He is coming, could you please get ready to receive him"? He said, "Let him arrive, then I will think about it". And he did not come. Actually what happened – he camped somewhere nearby and his own nephew wanted to kill him. So, at night, he cut off his throat in the camp.

Shri Mataji: Camp.

Sahaja Yogini: Tent. The whole tent fell on him.

Shri Mataji: Died in that. Then you have to do it, you see. Then don't call it violence. These horrible people. What to do? You have to kill them. What is the use of killing also? They have been killed many a time - again they are born, again they are killed, again...This time, let them hang by the nearest tree for some time and be in the coma. That is the best way I have found out. Terrible people.

Now don't think too much about your aunt, all right? If you think too much about it, you will catch. You have to think about where you are. You are here now. You see, she is on the left-hand side. In the centre - Any questions anybody has, I will say them now; otherwise, I will tell you about it.

What about you? Better now? Getting cooling? Cool in the hand?

Sahaja Yogi: Yes. My feet as well.

Shri Mataji: Feet as well? Good idea.

Sahaja Yogi: Only on this side though.

Shri Mataji: On this side? Not on the other side. All right. Just put that under My foot. What is that supposed to be?

Sahaja Yogi: It is a beeper you know. Telling you to telephone someone.

Another Sahaja Yogi: Put it in a bucket of water.

Sahaja Yogi: So, you can never escape.

[Sahaja Yogis are laughing].

Shri Mataji: What happened? What happened?

Sahaja Yogi: When that beep happened she had to go and telephone someone – like a good little girl.

Sahaja Yogini: Like a road block (?).

Another Sahaja Yogini: That reminds, is it?

Another Sahaja Yogini: Yes. It reminds you – you have to telephone to somebody.

Sahaja Yogi: It is an order. It is an order.

Sahaja Yogini: Funny, never had such an instrument.

Another Sahaja Yogi: Give it vibrations so [UNCLEAR].

Sahaja Yogini: I just switched it off.

Shri Mataji: But you know – if you know how to meditate on the waves of your mind, you see. Timing – you need not see the watch at all. The timing – just it tells you, this time this is that – everything works out. But if you do that way, you see, it is another kind of concentration which can work out. You see, at that time it will come to you, that this is to be done. But higher than that is this way – is that you just don't have time, no concentration, just leave it. All right?

So, you are going on the road. Suddenly you feel like turning on to another side. You turn, you find a person standing there. Finish your job. And that is why you become dynamic. You finish so many things in such a short time. That you do not know – otherwise it would have taken too much time for you.

Today it happened to us also. I was going with Jane – did she tell you? And we had to buy some mirrors and things. So we asked them where do we get the mirrors? They said you go to such and such place. There we went and what we find? It is absolutely interesting. It was the frames. I was telling you about the frames. And there they were. Just the frames, no mirrors. They said you get the mirrors from such a shop, but these are the frames. So, you see, everything is; these material things work out just like that. You don't have to bother. Nothing important. But even emotional and everything, you become so dynamic.

Some people who have never spoken, have never given a lecture – they start speaking, they start controlling, and they start giving realisations. Even small children can do that. You become so confident and you become the instrument of God – that it starts working. And you are so confident because you know it's not your own, it is coming in. Now don't worry.

Sahaja Yogini: No I am not.

Shri Mataji: Don't worry. Pay attention here. Pay attention here. All right?

Another Sahaja Yogini: Let it go.

Shri Mataji: Let it go, let it go. Smile away. Smile away. It will go away. You see, it is not your responsibility. Now somebody is your mother, somebody is your father – in a way it is a part in you. But to a point. To a point. When you have accepted Rama as your father, forget it. That is his job, to look after them. See like, some of the parents are so orthodox, so fanatic and so much half-baked – that like, you cannot do anything about them now. They are so spoilt. For example – Hello come along. Ah, ha. Everything you bring something. Must you?

Come along. Now you should not think like that all the time paying attention to them. Oh, my father is like that, mother like that,

no. First, you achieve your own goal. First of all, you achieve your manifestation. First of all, you achieve your powers and be a master of that. You master yourself completely. You become the master of yourself. When you are – May God bless you. Thank you. Thank you.

All right – it should be eaten by all of us today.

All right – vibrated na?

So, first thing is that you pay attention to yourself. Love yourself. Know your valuation. Estimate yourself. And enjoy. First of all, establish yourself. Then you will be amazed that you will not have to bother about anybody. You will touch and the thing will happen. Because you become the light you see. A complete steady light. Which knows how to handle itself. Control. Where to put the candle, how to enlighten. Everything you know. You master the thing completely. Then things will come up.

I will tell you about Gavin's example. Here he is. He is just like you, was just like you. Not now, of course. Now he was very worried about his parents. Naturally, everybody wants – his parents are very good people otherwise. He wanted his parents to get Realisation. And so especially he took leave, he took his wife, both of them are Realised people. They went down. And I was a little smiling at that time. I did not say much. I said, "All right, go ahead".

But they found the parents were very difficult. Difficult for them to accept anybody but Christ. Because from childhood it is told, the brain. It is difficult because they are quite old now. So, you see it was rather difficult. They tried to break it. Then they came back. But I was amazed; they were not disappointed. They think it is difficult now. Next time they go, it will be better.

So, first of all, build up yourself fully. If you build up yourself you will be amazed how beautiful it would be. For your own life. And that itself, the beauty of your life will spread itself. People will say, "Just look at this person. Where was he? What has happened? Now how is it?" This one is sitting here. I tell you he was one-third of what – you can sit on the chair here, you will be more comfortable. On the chair. So, they looked at him – he was very thin; he was one third or one fourth?

Sahaja Yogi: I don't know.

Shri Mataji: Like the jockey you have.

Sahaja Yogi: Rather thin(?) style.

Shri Mataji: Last night's jockey. What was his name?

Sahaja Yogi: Lester Piggot.

Shri Mataji: Something like that he was, you know. But now he is changed. He is artistic. So different. See, his health is different. Everything. It itself is a certificate. And that changes much more people than any argument, saying anything, nothing can change them. And moreover you can work on them. When you are such a master of the whole thing, you can work on them. First of all, you must check on yourself. You check the thing inside. Your vibrations must be checked. And you must ask others to check.

For example, now you are with a problem. Supposing one has no problems. He thinks you don't have a problem. All right. You do one thing – you sit on the photograph; see for yourself. You can [UNCLEAR]. Supposing you cannot feel anything – then ask her. And you check her. And you won't feel bad about each other. Because you see, you are now separated from yourself. You will be amazed. You will say, "I am caught up here, I am caught up there. There is a problem here, there is a blockage here, there is a blockage there". You yourself would like to clear it out. You will say, "No I am not well. There is something wrong with me". Normally if you tell somebody, "There is something wrong with you"; you might get a slap.

But now after Realisation, because you are separated you want to be cleared out yourself. [UNCLEAR]. Lots of things are still to

be cleared out, isn't it, Boghdan (?). You don't mind it at all. On the contrary, you feel happy that it is going on. Because it becomes like your cloth. Your being becomes like your cloth. You see, there is some sort of a spot on it which must be removed – you say, "Mother, there is a spot, you must clear it". It does not become your...you are not identified with it. But you see, this body, this mind – everything is a vehicle. Like your car. It is not you. You are your Spirit. You are that Eternal Being. You are not this...outside.

So, once you are identified with that, you say, this body of yours need repairs; let us take it. Like the car, let us take it to Mother's shop, get it repaired. It is like that. Nobody feels bad – on the contrary you feel happy about it. But because you are identified with all those things, you do not want to do it. You feel nervous.

Now. Better now. Much better. Now, say "forgiven". Say "forgiven". Inside your heart, you just say, "I have forgiven them". Come along. Say it. Just for saying's sake, you say it.

Sahaja Yogi: [UNCLEAR].

Shri Mataji: [UNCLEAR/No kamsa]. You are placed. All right? And you will be amazed – when you will meet them now, they will be changed people. They will be very different. Their attitudes will change. It is impossible for human beings not to respect Divinity. It is writ large on their face, you know. If they are human beings. If they are monsters, forget it. But if they are not monsters, they will. If they are, drunk, of course, maybe different. But if they are not drunk, if they see, then it is fine. Because it is writ large on your faces.

You can see that he is a man who is a divine person. Definitely, he is. But monsters and those who are enticed by monsters or who are possessed, or who are drunk or have not got their awareness as human beings have, naturally I mean, you cannot expect much from them. They are the people who have crucified Christ. Some of them were egoistical. Ego is also another possession. We are possessed with the idea of ourselves. Like Napoleon, once such a great man. You possess yourself also sometimes. When it is separated you see yourself in your pure Self.

Now let us see where are we and where we could have been. So, as I told you, in a human being, we are placed first of all, in a situation where we jump in from past to future, future to past. All the time. Our mind is thinking either about the past or about the future. The present moment is very little. Very little. The now. Is very little. In between. So, we are jumping like this. You see, the waves of our thoughts – they come either from the past and go to the future. Either we are there or here. Never in the centre. All right?

So, when we start from the past, if you rationalise it, it does not exist anymore. If you think of the future it does not exist either. May not be the same. Supposing you decide that, "No, tomorrow I must meet Mother". Mataji may not be there, She may not meet, may not happen – anything is possible. So, what is true is the present. Today you are sitting down here. But while sitting down here you are thinking of the past and the future. And you missing the joy of this moment. Because at this time you have to alert and enjoy the joy of this moment. Which is tremendous, dynamic.

So, at this point of, the crossing point of future and past – you see like this – this is the swastika as it moves – but the destruction swastika is different from the construction one. The one we use is the construction one. All right. Between the two, is the central point in which you have to move straight forward, in the centre. So, you move on – now, now, now, now, now, now, now, now. At that point, there is no thought. So, you are thoughtlessly aware. You can watch. You can watch the past. You can watch the future. But when you are at the present, God knows how things are working out, fit into the moment, sort of. The more areas you make or collect, God to act into that present moment, the more forces can move in and help you.

So, that area has to be made. So, how do we make that area? For Sahaja Yogis, very important. The first attitude should be, "Let it be". Whatever "Thy will be done". Is a mantra. You know, "Thy will be done" is a mantra, is a very big mantra. I would say that if you want to write the central point, the essence, the tattva of Sahaja Yoga, is "Thy will be done". Is the essence. Now when you say that, you will say, "Mother, are we not a person? Are we useless?". No. You are very great. You are the chosen ones as the

instrument of the Dynamic. If you were not that great, you would not have been chosen. But the One that flows the dynamic, if you become that, it is very great. But you are not so. You are the instrument. So how do we do it? As I said, the first and the foremost mantra is, "Thy will be done". Thy will be done.

Thy then becomes I after some time. Because you realize after some time that you are a part and parcel of that Thy, you see. Like this finger is a part and parcel of this body. It does not say, this finger, "Thy will be done". Nothing But it acts according to the brain that is telling it. It is absolutely one with that. So whether you say it or not, it acts. It works out. But if this finger starts suddenly thinking, "I will be on my own", then malignancy starts. This is the malignancy. Malignancy is that when you say that, "I will be on my own". If the cell starts saying that, "I will be on my own" then there is no tuning, no harmony, there is no relationship, there is no coordination and there is no control.

Once that is broken, society becomes a victim of cancer. Is a social cancer. There is also an emotional cancer. Social and emotional and a political cancer. And all kinds of cancers develop. When we forget the unity of one body. Of One. And it is so much integrated. See now, this flower is here. Just now, I am thinking about this flower. Now, look at this. It is so fantastic. We take it for granted otherwise.

See, it was grown on a rose tree. Think of the rose tree also as a Sahaja. Just think. Can you think how a rose tree was created? Out of what seed? You know what is the seed? It is just a small little seed. Very small. Out of that, this is created. But this one especially was not created out of the seed but out of the stem. Just imagine. This was done by human beings. He has got the power to create a rose tree out of a stem. It is a living thing he has done.

So, a special power human beings have. That, certain things, he can do that. He can transplant living things from living things. Living from living. Though he cannot create living. Now the Sahaja Yogis can give the living process of evolution in their hands. With their fingers. With their mind. With their chitta, is the attention. Now, where are we? Our attention has to be in the centre. In the present moment.

Now here is a rose. You are watching this. Now, what is the best way of watching this? To get completely out of it is to be in thoughtless awareness. So what happens? You are thoughtless. Now all the joy of creating it is inside this. All the truth that is this rose is, is inside it. As soon as you become thoughtless, the whole thing goes into you as the principle, as the essence of it. And you feel that joy, as the essence of it. No thought about it. Nothing. But just the joy. Just the joy.

Marie, you wait till I finish My lecture all right? If you don't mind.

So, you do that in thoughtless awareness. Can you watch this? Can you watch this without thinking? Let us see.

[Silence].

A thrill will pass through you after some time. Those who are Realised, can. They are without any thought. They are just looking at it. No thought is coming. Now, I remove this. Is "alambana" (base). But now you watch My face.

[Silence].

Now, most of you are not thinking. But something is going on in your face. You can feel it. Some movement in the face is going on. Some sort of energy. There is a little pressure here. Some people are getting it.

So, you see, the energy from This face is flowing to you. And is organising it. Through your eyes now it is going to the head. Now it is coming up here. It is trying to take it out. All these problems together. So, a force is coming, like the force of a river or a jet coming on your face. Very gentle it is, very gentle. And it is trying to correct it. You see it is working out. Now you are not thinking about it. It is just working out. It is happening. It is working out. It is working out still. Now it is coming here. For every one of you, it is working out that way. Like in the cell, many cells together, when the bloodstream flows in you see, all these cells open out.

And they open out at different timings. For them, there is a timing, not for you, so much. Of course, there is, that way, but then they open out.

Now with hands, you have opened out. Now the flow has started flowing in, getting inside and you feel something happening to your face. You don't know what is happening, but the glow is coming outside. There see that glow on your face. You see. And that is why a person who is realised shows the flow. Now, what is happening? Is this integrated force, this force of love, this essence comes out.

[Tape 3]

You burp out, you see these are some sort of things inside, these obstructions. They get out. And you forget the time. You are in the present moment. Now you feel the flow coming up? Still on the Agnya. There is a problem. So, at the present moment when you are – this is the present moment and you are receiving – you are in complete joy and bliss. Because you have come to this point. To this point, you have come. Still, if you feel some heat in your head coming out. You see – not yet coming out. It is throwing away the heat from your face. Now you have been walking on the street. Correct? Little heat. Still not – the cool is not there. But after some time you will find a cool breeze will be there. So, all that collection on your face itself is a very subtle thing inside you know. Whatever is in there is thrown out.

Now, how? There is a hole made. From the hole, the [UNCLEAR/heat] comes out. Now, this is the baptism.

Still hot. Still hot. It has to cool down. After you cool down, you will feel the relief. It is coming. You see, it is coming.

Now, out of you some of you are overled (?), some are clear. But because we are sitting down, everybody is forcing it out. Whether you are able-bodied, or less able-bodied, makes no difference. This time we are all together, so everybody has to feel the load. You see, like supposing there is a big block we have to lift. So all of us put our hands to it. Some aren't, some are healthy. Some are healthier people, some are weaker people. But everybody feels there is a load. And you throw it away, all of you put together. And it works out.

This is what is the collective effort. But actually, the collective effort is not done by thinking. Or by doing, "Oh I have to do it" – nothing of the kind. How you do it is, only by allowing your Kundalini to rise. Now, and while the Kundalini is rising, you must know where it is pressing and where it is not working out. Now at this time, you feel the heat is coming up here, it is coming up here. Coming to the Sahasrara. Now it depends on where it has come. Just now it has come to the Sahasrara. Most of the thing is here. You see, the problem is here. Come up here.

Now, what do you do? Depending on the chakra, wherever you find the problem is – you take the name of the deity. And you take it out. Like that. Now, at the Sahasrara, you have to take My name. That is the point. Now come along, say My name and it will clear out. They know how to say it. You see, they have made a mantra, these Sahaja Yogis only and they know how to say it. In India.

Now come along. Say it thrice and you will clear out. Because you have said the Christ thing so this is cleared out. First of all, say "Allah O Akbar" because the little problem on the left-hand side is still here. Say "Allah O Akbar" thrice and then say My mantra. It will clear out. Say now.

Let us see where it is. So you decide. I cannot give you a mantra permanently. Nothing. Depends on where is the Kundalini. Where is the problem now?

That is why in the present. In the present, you will be changing every moment. Depending on – supposing a tree has to go. It sees which way it has to move. It has to see how the root has to move. It does not decide, plan beforehand – "No, I have to go straight". It cannot. It will see the obstruction and how it moves. The same way the Kundalini moves. Now come along.

Say it, "Allah O Akbar" thrice. Let us see now. Put your, these fingers are for him. Now say this. Come along.

Sahaja Yogis: Allah O Akbar, Allah O Akbar, Allah O Akbar.

Shri Mataji: Cleared out. Better? Now when your Sahasrara is opened out, you will be amazed, even if you put these things into your ears, you can hear everything clearly. You can hear with this thing, you can even see with this. You will be surprised. It comes to that extent that you can see through this. Because in the limbic area as you know, there are the seats of all these – the eyes, nose, ears and mouth and everything you can feel it here. Supposing your tongue has become dead. You eat something, you can feel it there. It is a medical thing. So, when this is enlightened, you can feel it and because you are aware of your Sahasrara, you can. Now say the Sahasrara. Say.

You can put your Sahasraras to Me.

Sahaja Yogis (three times): Om Twameva Sakshat Shri Mahalaxmi, Mahasaraswati, Mahakali Trigunatmika, Adi Kundalini Sakshat Shri Adishakti Sakshat Shri Bhagwati Sakshat Shri Adishakti Mataji Shri Nirmala Devi Namoh Namaha.

Shri Mataji: Good. Better? It has cooled down. Cooler? Better?

Now, where is the problem you know? Put it over here.

Better now? Right hand?

Now you have to accept Me as the guru. That is the point. That is the point. That I am a Mother and Guru. It is a difficult task. But guru means something higher. All right?

Only in this lifetime, I have become this. In none of My lifetimes, I have tried this. Very difficult to become a guru. Because then you have to chide, tell people. This is wrong, that is wrong. Guru's job is this, which is a very difficult thing. So that is why I am. I have taken up this job. Because the Guru Himself is inside. The Adi Guru is inside Me in the stomach. You can see for yourself He is there. And when He is there, you see – I Am That and He is Me. There is no difference between the two. But you have to accept Me as the guru. Then it will work out [UNCLEAR]. On the right-hand side is that.

Better now? You see, the Guru is saying, "why don't You tell them?". So I tell you. And that is how it is.

Good now. See the Kundalini has come up.

Look at them. How they are alert. And how they are telling you.

Done?

You see, this kind of body was made a long time back, once only. Where it was a cow. And all the Gods were put into That, and all chakras were put in. Now again it is built-in in this body of Mine, you see. And all chakras are there like a machinery. You must know that it is all there, it is working out. It will work out. But you must take more and more of it. Have as much as you like. I want to give you. It is all to be given and be distributed. To have a lot of it.

I want you to have the highest and highest of all. Let us see in one lifetime how much you can achieve. From ordinary human beings, you have become Realised souls. From Realised souls, you have to be completely realised. And then, God-realised. [UNCLEAR]. If it could be done in My lifetime, that is the greatest thing that could be done. It is the last part of the creation and it will be the greatest. Because even the devtas and all that – the Gods that were created to look after – for example, there is a God say, to look after the water or Jaladevta as you call it. There is somebody, an officer appointed to look after the water. He also

cannot give Kundalini rising.

You are in the centre you see. All your work is in the centre. Evolutionary work. You don't have to bother about this side or that side. You are in the centre. Your work is all evolutionary. You are there to give evolution to others. So, you do not have to bother, "we have to master this and master that". No. You are on the stage. You are the real actors. They are all side people you see. They have to throw light. They have to throw water at the time it is needed, they have to do this, that is all their job is. And you just tell them. And they have to work for you. You try to verify if it is true or not. So, you are the actors on the stage. And you are the people who are going to give the show, give the drama. And they are just waiting there outside, just to help you out. You see.

So, only thing is, you have to ask for it. Anything you ask for – for example, you have seen in a drama, how the hero and heroine are painted first of all. So you go to the painter. "All right, I want like this, I want like that". All right. They will paint. They are just appointed ones. You are the ones who have achieved it. Have been granted. You have been bestowed on.

In the style of Ganesha, you have been created. Is a special style. That is why you are more powerful. But assume. The assumption is the point. The assumption is the point. When you want to assume it you must know your values and you must know how far you are. And how much you are made. An ordinary clay, out of ordinary clay, Ganesha was made. Through ordinary people only. Middle people. These are the middle people, not extremes. Neither are they over-rich neither they are over-poor, very poor. Neither they are over-powerful, nor powerless. Out of them the middle people, the normal people, this is meant. And they are the seekers. They are taken like this and put into that.

They go into the Sahasrara of Virata. They sit in the Sahasrara, in the brain. They are the riders. That is the Kalki. The collective conscious Sahaja Yogis, that is the new incarnation, is called as Kalki. This is the tenth incarnation of Shri Vishnu.

My name Myself is Nirmala. Means that. Is the same. Means Nishkalanka. Actually, when I was born, there was no spot on My body. No blood, nothing. Without the navel cord or anything. So My grandmother, My father's aunty, she called Me Nishkalanka. She said, is the Nishkalanka is born.

You are the people who are Kalki. You are the incarnation of Vishnu, in the sense, that you are His nerves. [UNCLEAR]. Maybe, if we need, Kalki may come, may not come. Depends. In one form. But you are the ones. You are the people who are Kalki. The collectively, one Being in the brain. Like all the nerves think the same way, feel the same way, attend to the problems in the same manner. There is a problem with the finger, all of them will support that. There is a problem here; all of them will support. Sort it out, completely. But this now has the complete integration with the heart. Complete integration. The whole body acts as one. That is why Buddha has said, "Sangham Sharanam Gachhami". That means, "I surrender myself to the [UNCLEAR/group]" – of Realised people. Buddha means 'Realised'. How many Buddhas there have been? How many Realised people? Seldom.

Now you are the people who have gone into this area. Now you don't worry on this side and this side. On the right-hand side, what do we have? One the line which I showed you yesterday, which controls the right sympathetic nervous system – which caters to all your emergencies of the mental and physical side. On that line moves the deity of Hanumana. Is the preconscious mind. Is a monkey. Is a monkey if you see; the preconscious mind, which is receiving everything I am saying to you. Is the one Which is moving from conscious mind to preconscious, to the unconscious mind, to the supraconscious, it is moving from one side. Is the monkey. Is the Hanumana Himself. He is very great. He is a great trick player. He plays the trick. You see, today He has deliberately put off the light. Too much light is no good. Natural light is very good. You concentrate better with that. He is very tricky. He has a big long tail, he uses it to play. He can tickle your nose. Just now He tickled your nose, to take out your badha. Problem there.

See, like that. He is Hanumana. And actually, He is nobody but, who we know as Gabriel. Is the angel Gabriel, is Hanumana Himself. Hindus do not have a separate somebody, or Muslims do not have somebody. He is the same Gabriel who is Hanumana. If you are in a problem, if you want something to be done, you just tell Him. You tell Gabriel, "All right, now we are in problem, now solve all the problem".

One of My two disciples who are in the, who are journalists you see. Once they were travelling by car and a big truck came in front of them. And the driver was driving, and they were at the back. And the driver was in the front. And the truck came just face-to-face with them. And they were on a slopy road, on a hill. They just say, "Mother now we leave it to you, to Hanumana. Come along". And you will be amazed, they said, "When we opened our eyes, the truck was that side and we were here". So many things. They are journalists, you see, they even told the newspaper people. They said, "Now you are also enticed by Her, we must say like that". You see because they cannot accept these things you see, difficult for them. So they are all getting enticed now, into this. So [UNCLEAR], by enticement if you are saved like that, what is the harm? like a joke.

But there are things like that, He does it. Now if there is one realised soul travelling, you will be amazed – there will be an accident, but nobody will die. The whole train will go round and round but Hanumana can support it. Because He has got nine shaktis. He has got nine powers. Anima, garima, laghuma, like that. He can become big like a mountain if He wants and support something. He can become a sukshma, means He can become very subtle.

Sit down.

So, you see, this is the main thing. That you are in the centre and He is the main person supporting on the right-hand side. And who are the others who are supporting? There are many. All the five elements are on the right-hand side. This is the supraconscious. You don't have to see light or anything. No, no, no. There is no need. "I see light" is wrong. Don't have to see light or anything. Light is on the right-hand side. So, all these five elements as you know, they are on the right-hand side.

So the supraconscious mind, the supraconscious area is on the right-hand side of the preconscious mind. This is the preconscious mind. And this is the "mana". In the Sanskrit language, this is the mana – preconscious mind. But for English people, I do not know what they call mana. Because in the Sanskrit language, mana means the preconscious mind. But the preconscious mind is a part of the "annamaya kosha" means the food that you take. It is built up with that. So, they said, for food one must be particular. Now see how you have deviated and how you are made into wrong things. Now they said for food you must be very particular. So you must food which is very sattvic. Is very, very divine type. You should not take food which is not divine. All right? Now how do you make out? So, they said, "If you take milk, is divine. Is sattvaguni". Means in the centre. There are three gunas. One is the left side, is the tamoguna, the right side is the rajoguna and the centre one is the sattvaguna. Means left side is the desire or the existence of desire; the right side is the creative force or what you call rajoguna means all the activities. And the centre is the evolutionary force which is called as the sattvaguna.

So if you take to sattvaguna they said, then your mind will be all clear. But what is sattvaguna? At that point, they went wrong. They said if you eat vegetables, you will be sattvaguni. Then what about all the animals who eat grass? Is a wrong idea. It is not by eating grass you become that. No. It is a wrong idea. Sattvaguni means, the food that is in the centre. Again, too much of grass is very bad because you will get diarrhoea. Is wrong. Too much of meat is also wrong because you will get into trouble; you will get constipation. All right. What is the middle?

If you eat cows, it is wrong, because it is too hot a food and is a very big, big – you see these things are there. So, the cow is not good. Because if you eat cow's meat, I tell you - if you stop cows meat, if you stop eating cow's meat, your teeth will be all right. Those who eat cow's meat always have bad teeth. So the Muslims, it is never written in the Koran – no, never – that you must eat cow's meat. It is not a religious thing. But that time, you see, nothing was available. In that country only cows were available. It was made a divine food by giving vibrations. And people would eat. Halal. It was given to God. And then, as we say grace, it was kept in the name of God, made into divine food and then given to human beings. All right?

But who are the people who are making it halal? Are they priests? Have they got the right to make it halal? That is why the cow's meat if you eat, is not prohibited in the places where it could be done in a halal manner. But where you can easily get a goat – goat, you see, is a mild animal – so if you get a goat, is all right; is in the centre.

But what happened at the time of "yagnyas" (fire sacrifice) and all those people were sacrificing meat and all those things; you

see, Hindus used to do this. Rama used to eat meat. Krishna used to eat meat. All "Kshatriyas" (warrior castes) used to eat meat. She is sitting here, ask her. Only the people who were Brahmin, who were seeking God would give up meat. But that also started a long time later. Because if you read the Upanishads, it is there – they used to eat meat, all of them.

But the Buddhism when it came in, all right? The Buddhists thought, "Let us start a new trick". Buddha Himself used to eat meat, of all the persons. In the end, He ate some pig's meat in somebody's house, it is written down. There was something wrong in the pig's meat. Because you know pig's meat is bad for one reason. Why it is not allowed also. Because it causes very bad liver. All the parasites of the world live in the pig. All of badhas live in a pig. You see it is such a dirty animal [UNCLEAR]. Not the pigs that you eat here. But in any place, normally – in India, if you eat the pig's meat, they eat faeces, everything. So, there is no parasite in the world which lives in the liver of the pig, I mean, the body. Is not such a forbidden thing. But it is, in a place.

Sahaja Yogini: It would really make common sense.

Shri Mataji: Common sense, yes.

Sahaja Yogini: That is what they were trying to preach.

Shri Mataji: Yes, yes common sense. Absolute truth she said. Is the common sense and is in the centre. You use your common sense. In a place where a pig..in India, I mean, you never eat a pig. There are pigs and pigs and pigs. But in India, you will never feel like eating even a cow. Because they are such sweet things.

You see, here the cows look like buffaloes. Yes, my granddaughter asked Me. She said, "Grandmother, how is it the buffaloes in this country are white?" Because she thought they were all buffaloes. Because Indian cows if you see, are very mild. Because in every home, there is a cow. Kept in the home. Now, from childhood the child sees the milk taken put from the cow and given to the child. It is like a mother. Now you don't feel like killing your mother. Is a simple thing, you know. Is very much a common sense.

But you cannot make a dogma out of it. They made a dogma out of it, arbitrarily. They made a dogma out of everything and they created problems. So when the Buddhists came, they thought, "Let us do something nice". Because the Hindus were killing and all that doing – they were sacrificing animals. Just to take out the badhas and bad spirits. These are sensible things that have to be done. You know, if it a very big badha, you have to cut a big buffalo. You put the badha into the buffalo and cut it down. Is good. Is correct. But only for a person who is a Realised soul. Now how many there are?

And to kill this Mahishasura, there was a big buffalo. Who later on came as a big rakshasa. Now he is again born in India. He is there. He looks like a buffalo. And he calls himself a big guru. Just like a buffalo he is. He is a big Mahishasura. And so to kill him, you have to kill the buffalo. But that is all right. So, this no violence, this is what is common sense. And religion is not nonsense. It is absolutely common sense. And your common sense comes to you from there only. All these abnormal things you are doing is not religion at all. You are going out of your way. So, this common sense, as she said, is the correct thing. Is the common sense of doing. The right thing was needed, "Evolve yourself". And where did the ideas come in? From your unconscious. Was given to you. So, you just localise it and keep it.

Now for Muslims, to have four wives. Is absolutely common sense at that time. There were so many men killed in the wars. Very few were left out. So many women were there. And somebody had to look after them. So all right, marry them. No prostitution. Sanctify it. In India, there was a question like this, where there were very few women. In the South, we have got a portion of Kerala, where so many men were there and women were very less. Because something happened, an epidemic. So we had a polyandrous society. And it worked. But it was common sense. Was tried. Finished. But then you do not stick on to it. It would be like when you have war, you have rations. All right. The war is over, everything abundance, everything – still you are rationing. Why? The food is getting rotten there in the thing. We are rationing you know because in the war this happened.

Yesterday, I saw a Jew, looking so miserable and this, everything coming up. "And it is very wrong to kill people". Now, this

happened a very long time back. Now forget it. What are you talking in these modern times? It is all over. Hitler has gone away, war is over, everything. Now, what is the present-day problem? Let us face it as it is. He is still weeping about what is happened. Now, where is Hitler? He is killed, finished, everything is done. Now, what is the use of blaming Hitler and doing something today? Finish it off.

That is what common sense is. And common sense comes when you decide everything is – you sit on a chair, that will be better. So, this is what is common. So I would say, “Use your common sense”. So, when you say, “Use your common sense”, use your vibrations on deciding anything. So, when it came to food also - for you people, the best thing is, to see the vibrations. Now he has got the food. See. This he has brought with love. But he had been to horrible gurus. So there is something of them also, is there. His personality. But his love is there. He has brought it with love. His love is there. Now what I am doing, is to give it vibrations. By vibrations, we can excite it. Make it absolutely divine. Every part of it which will go in your stomach will create new dimensions of awareness. In your stomach. It will cure your liver if it is something.

But the same food could be, without vibrations would be nonsensical. You go to somebody's house and you don't feel like eating. Though the food may be very good, excellent – you don't feel like eating. Why? You must ask. There are bad vibrations. The person has not cooked with love. He has not given with love. Or the man is not; there is something wrong with [UNCLEAR].

[Sahaja Yogi says something after responding to a phone call].

Shri Mataji: Impossible is coming?

Sahaja Yogi: I don't think so.

Shri Mataji: Possibly. Possibly. So. Once it happened, I went to – I mean, it is a very common thing with Me, you will also see that, if you keep yourself alert, you can see. We went to somebody's house and they had invited us to dinner. Very beautiful people to look at, very big house, very artistically done and everything. Nice three daughters, this and that – little, little girls. But as soon as I entered the house, I told My husband, “Better go back”. He said, “Why?”. “I must vomit, I am feeling like vomiting”. And before I could say anything more, I said, “Better take Me to the bathroom”. I vomited.

He said, “Now what's wrong here?”. He knows My habits you see. “What's wrong?”. I said, “Something terribly wrong here”. So I told the lady. I said, “I am sorry to go back home. I am not well”. So she could not bear a woman sitting and vomiting so she said, “All right. You better go”. So we came back and My husband was very angry with Me. “What is this? We were the chief guests of honour and everything”. What to do? I just couldn't eat the food and I came over. And poor man, what could he do also, see? I vomited a lot of food also. I mean, the food I ate at My home, I vomited. I could not take it in because that was also touched by bad vibrations.

So he said, “What's wrong? They are such nice people. Now You must tell Your stomach to behave itself”. But the stomach is religious you know. The stomach is religious. So I said, “All right. I will tell you after eight days what happened”.

After six-seven days, a little girl came to our house with My daughter. Very miserable-looking child. And she was about same as My daughter's age. And I asked her; her mother was a teacher in a school. And her surname was the same as that gentleman's surname. So, I asked her, “Do you know him”. She said, “He is my father”. “Yes, he is my father. And my grandfather educated him. He became a barrister. He gave away the property. And he drove away my mother and three of us”. He had three daughters from the first wife. “And my mother has no money now. And she is working as a school teacher”.

“And who is this one?”. “No, she got friendly with him in England. She is an Indian girl. He brought her here, he was carrying on with her, he used to beat my mother – all kinds of things”. So that woman's you know and children's crying and all that things were filled in that house. And I could feel it, in a way – so depressing. You see, when you are depressed, in a way, you don't feel like eating, you feel like vomiting. It was so depressing. So I told him, “This is what kind of ..”.

If I, now we may have to go to parties or something. They may start a cabaret or something. Even the name of cabaret, I start. Then I say, "Baba I can't just sit down over, please take Me to the bathroom". Then I go to the bathroom and vomit. I try to sit but I cannot. After three-four vomits he also comes out. They force us to – you know, the trouble is, the stomach is religious. The religion is in the stomach. You can't see a woman selling her body and eating your food at that time. Oh God, it is impossible.

So the stomach is religious. Which has the common sense. That teaches you. What is good. What is bad. So, for a Sahaja Yogi, it is important, that before you eat anything, give it your vibrations. And also you have to see what your body needs and what it gets. For example, you are a patient suffering from a liver problem. Then you should not have anything to do with things that spoils your liver. Just forget it for a while. Plus take things that have good vibrations or take things that are good for the liver. Your liver will be all right. You have to go, give it a three- dimensional effect. Then it works out.

First of all, on the right-hand side is all the elements in that. Now somebody is suffering from the throat. For example, our, say Pat. He has a throat problem. Is much better now but he has, he is sensitive. And then he goes and stands in the rain. "I am a Sahaja Yogi. Why should I care". This is not common sense. This is not sensible. This is not wisdom. Wisdom is that you have got a throat problem. Protect yourself, also take Krishna's name. And do certain exercises that are required for the throat and do them and get all right. Now, this is what it is.

Now the Hatha Yogis, they are doing all the time this and that. Why? What is wrong with you? Your stomach is all right, then why are you doing that exercise? You have to do this exercise here. Your heart is catching; you are doing this exercise? You see, they have no sense of proportion. There is something you have to do and there is something you don't have to do. At a particular time. That is the thing. At this time if you are suffering from say, a heart attack and if you are doing that thing, "paschimatama" or something with the stomach; immediately I mean, you better prepare for a coffin and then do it. It is like that. It is sure and shot. I have seen so many yogis dying just like that. Just like that, they die. Or if they live, they are horrid. You just cannot face it. Very hot-tempered. Extremely hot-tempered, you know. And they are just like fire. Because they work on the right-hand side.

Sahaja Yogini: So how do you know what [UNCLEAR/thing] is for what?

Shri Mataji: Beg pardon?

Sahaja Yogini: How do you know then? What told you then, the alternative? Apart from you personally being up there? What good is [UNCLEAR]?

Shri Mataji: No, you see, your own chakras will tell you. You put your hands towards the photograph or even like this, you can see for yourself what is catching in you. You can feel it. That is why I have given you My hand photograph there. You see for yourself which is catching. And whatever is catching you correct it. And there are methods there how to correct it. So, this is what you do after Realisation. Before Realisation, you don't do anything. You see, you understand the complete comprehensive thing. Then you find out what is the problem with you. You correct it.

Now the problem is with your mind, say for example. You are doing Hatha Yoga. Hatha Yoga does not mean at all, you see – actually Patanjali nobody reads. That is the problem. Somebody who ran away from real yoga has come down, brought only these physical ones and you are following that. Which is the wrong thing. There are six things you have to do together. And Patanjali Yoga is such a big thing! Six things. You do that under a guru under complete discipline and abstinence. Complete abstinence. Imagine.

But Sahaja Yoga is a different style. There are special ways of that. Is for you the householders, in the family life. Not these extremists. Nothing of the kind. It is for you who have lived a normal life – husband, wife, mother, father - they get it. None of these sanyasi babas will get it. Those who wear those dresses will never get it. They will have to change. Now you know why I say cut your hair a little bit. Don't be an extraordinary thing. No. If you are extraordinary, then might be, some extraordinary thing will come, ESP – some extra sensitive personality will come and sit on you. We are normal persons, all right. Everybody has to be

normal.

But you see, it helps sometimes to have a little beard, because going to the barber is too much expensive. It is all right. Have the beard. It is quite normal. It is nice to have the hair which makes you totally not [UNCLEAR], but you can keep them bare. You cut. Respect them. They should not be dishevelled. They should be well-kept. And you should be well-kept also.

If you come to Me, you will be surprised, all of you, at least once, you will get a massage on your head. At least, once you will get from Me, a nice massage on the head. See, your hair then should be done well. See, you should look [UNCLEAR]. This is also a self-destructing method. Before you sleep, as I told you, our Gus used to do that. See this Gus is the last word on this. Nobody could be better. So far, I have not met. If I meet somebody then I will give them this [UNCLEAR].

Now what he did? Listen to this; what he did. Hair all absolutely, never combed. And he never looked after his food. Never. He would eat anything, whatever he got. Wherever he slept. In his room, there was no heat, nothing. He was trying to say, sort of build-up himself. And, in the whole thing, he became a very sickly person. He could never bear Sahaja Yoga on himself. He was so sickly. I mean, the more I saw him, the more I wept. Which mother would like a child to starve? Actually, in Sahaja Yoga, fasting is not allowed. Fasting is not allowed at all. In Sahaja Yoga. Come along. If you are fasting then you cannot get Realisation. It is definite. Do you fast?

Sahaja Yogi: I don't know.

Shri Mataji: Yes, I know you do.

Sahaja Yogi: [UNCLEAR/I don't starve].

Shri Mataji: You must eat. So, you see, there was a very great Sahaja Yogi from Pune. And he developed trouble of prostate. Prostate. And in the prostate gland, is our Ganesha sitting down. In the prostate gland. He is in the prostate gland. "Now imagine!", I thought. He is such a great worshipper of Shri Ganesha. And he is a very celibate person.

Come along, there is some space here. Come along. Come. Come in.

There is such a lot of respect for Shri Ganesha in his heart. He is such a celibate man. And why should he get into this problem of prostate gland? I could not understand. So, I told him, "All right. Take this chana" – that I give to you all. I always give you to eat. "Take this chana and eat". So, other fellow looked at him. "Today is Sankashti, the birth of Ganesha, he does not eat". I said, "That is the reason. Today is the birth of Shri Ganesha. You must eat. Oh God, how much He eats. He eats ladoos, and He eats this; you have seen His stomach. He is like a child. On his day you are not eating, you are making Him feel small. You must eat with competition on this day. There must be a competition of eating on this day while you are starving. Who told you this?". He said, "All the brahmins say". I said, "Which is it? Where is it written? In what shastra it is written, bring it just now and show it to Me". "These Brahmins. They are rakshasas", I told him. They have told you the wrong things. Telling you not to eat on a day when it should be celebrated.

The other side is in England. When it is Christmas, drink. They don't know. On Christmas day you should not drink at all to feel the joy. If you are drunk, how will you feel the joy of God? You miss the whole fun. It is just the opposite they do. Just the opposite.

So, this is what they were doing for food, and I told him, "Just now, you eat this. Take it from Me". He ate. And you will be amazed. After eight days his prostrate was completely all right.

And every "sankashti" they starve, imagine – these mad people of India. Now another day is coming, the fourteenth day of now, after the – just before the Diwali day: Narakchaturdashi. That is the day one should not eat at all in the morning time. One should sleep the whole night. Because that is the day when Narakasura was killed. The greatest, one of the worst possible – I don't know – what word should we say for a monster?

Sahaja Yogis: Devil, demon.

Shri Mataji: Demon. Demon of the last type was Narakasura. He could not be killed easily. And he was killed on that day. On the night. And to throw him in, the gates of the hell were opened out. See, that is such a day when everybody should sleep very well the whole night. And morning time they should sleep till eleven o'clock. For example, last night was that way. You have to get up in the morning at eleven o'clock. You all should have got up at ten o'clock or eleven o'clock.

[TAPE 4].

Shri Mataji: Terrible thing. Now, why are you putting these dead in the church? Is that the place of the dead? Put them in a separate place. All these complications, in every religion they are. Muslims also. You go to any place – you go to Taj Mahal; there will be a dead body there also. Any beautiful place you go to – I mean actually, surprisingly – all the beautiful places are nothing but graves.

Sahaja Yogi: Mother, when certain doors are opened by Your teachings, then will it be that these spirits will leave those places?

Shri Mataji: Yes, yes, that is what. They go away. But you see, you must keep yourself protected. And understand. Have wisdom. That don't go near – what is the need for you to go near crematorium and all that? Have nothing to do. Why [UNCLEAR/mess it/necessary]? Why put your hands?

Sahaja Yogi: [UNCLEAR/space].

Shri Mataji: Move forward, move forward.

So why do you go near such places? You have nothing to do. You shouldn't worry too much about the dead. You shouldn't worry too much about the dead things. And you shouldn't have anything to do with the dead. Is a simple thing. You see, that is not our area. That is on the left-hand side. That is the subconscious and the collective subconscious. Why should we worry about the dead? Dead are dead, finished, gone. Leave them alone.

But here in London, you will find at least fifteen hundred people, calling the dead. They are calling the dead. They call them on a planchette, they do all kinds of things, there are spiritual churches by Greeks. Horrible people. Why do you want to disturb them? Let them be alone. Let them go away. You will be surprised, even if you remember the dead – your parents and things like that, it has an effect on them. Then I have to tell you to tell your parent that, "You (parent) should take your birth again. And I am all right". Then it works out. They have nothing to do with you now. You should say, "All right, you take your birth again. And I am all right". This is how you must suggest. And if you go on indulging into them, the more you go on indulging into them, the worse it would be. Because you don't know how to handle the situation on that side.

Now, what are the situations you get? You get sometimes, this "extrasensory perception (ESP)". You think you are very great; somebody has come and told in your ears. But in India, if you – people know about it. They call it "karna pishacha". "Karna" means ear and "pishacha" means a monster. A monster who comes and tells in your ear. Somebody is going to see you, you know that he is going to come inside. Then do not think you are great about it. No. If you are Realised, is a different point. Then you just get a feeling, vibrations inside. But if you are not Realised, and somebody comes and tells something in your ear, then you must know it is not good. That is ESP. And don't try to have those ESPs around.

These ESPs are nothing but people who are dead, who are busybodies. I told you they are busybodies and they are trying to bring some information to you. So, from the collective subconscious, they come down and try to oblige you. Now if the more obligations you take from them, the worse it is.

Now suddenly somebody finds in their house, a Ganesha murti comes in – in India. There is one man who has got so many of them in India. Some have even got diamond ornaments on them. See, I have seen with My own eyes. And he came and told Me, that, “They have told me about You also, who You are. You are Hanumana’s mother, you are this, this mother..”. Because of the right-hand side, you know. They are coming from the right-hand side.

So, these are the statues, they are worshipped by some dead people. And they are somewhere, here, there – in the storehouses of their children, [UNCLEAR] thrown away, all that. Not bothered. Or some people are not even doing proper worship. So these dead souls are bringing them along and putting them. He even writes, you know, things. He says, “Somebody writes for me”. Even if you do not know Sanskrit, they will be writing in Sanskrit. They say verses in Sanskrit, you will be amazed.

There was a lady who came in My program, once, in the very beginning. And when she saw Me, “Huh, huh, huh...”, she started. I said, “What is this all going on, nonsense?”. She said, “The goddess has come into me”. “The goddess has no other place but to come into you?”. But she went on and on, “Mother, I have come to see you, because you have come in person. I have heard You have come in person”. So the people got her out and they said she started speaking very good Sanskrit.

And she was an ordinary maidservant. So people were surprised. How can a maidservant speak such a good Sanskrit language? Then she said all kinds of things about Me. She gave fifteen stanzas written by Markandeya in Sanskrit. Spoke on that. “This is what She is, this is what She is, this is what She is”, all described there. I said, “These dead people, these bhuts have to tell about Me; it is better that she goes away”. “Now will you please go away?”.

There was one man, an ambassador, who came to Me and he became a Sahaja Yogi. Of course, his Kundalini was a funny thing – would not rise. He said, “I am a Sahaja Yogi”. I said, “You get realisation, then you will be a Sahaja Yogi”. “No, no, I am a Sahaja Yogi”. I carried on with him. He started writing great poems in the Sanskrit language, which he knew nothing. He started writing great poems. Now I told the thing that was in him, “Now get away from him. There is already one lady who is writing poems; they have seen her. She is all time doing like this and writing great poems about Me. She is an ordinary housewife. Has never done anything like that. She is writing great poems”.

I [UNCLEAR/said], “Now will you please get out of her?”. They do not want to get out. So this man, I told him, “If you stop writing these poems, they will go away. Why do you write poems?”. He said, “No, I have become a genius”. I said, “Suddenly, how did you become a genius?”. He said, “Because I am a Sahaja Yogi”. I said, “I am Myself telling you that this is not your power. This is somebody else’s power. Why don’t you give it up?”. But he was feeling very great about himself. One day the thing left him.

Sahaja Yogi: Didn’t Sahaja Yogis come together to purge him [UNCLEAR]. How did Sahaja Yoga start?

Shri Mataji: What did he say?

Sahaja Yogi: They start with the purging of [UNCLEAR]. Sahaja?

Shri Mataji: No, it is a very old style. Sahaja, the whole thing is Sahaja. The whole evolution is Sahaja. You see, the whole thing is spontaneous. Sahaja means that, spontaneous. Born with you. It is all built into you. Like a seed. Has all the trees, map of it inside. Spontaneity. It has not started anywhere. It has started since the whole creation is...

Sahaja Yogi: Yes, yes, that is true, but its manifestation – wasn’t it of the brahmin, priest?

Shri Mataji: Yes, but this realisation business started in My lifetime, in My own lifetime, because I discovered, in My own lifetime, how to break the Sahasrara of human beings. My own evolution has happened. As you said that, it is the evolution of a deity itself. And then I started doing it.

Have you been with Rajneesh?

Sahaja Yogi: No.

Shri Mataji: No? Thank God.

So it was not the beginning or anything, but the culmination of it. The culmination. I actually saw the Sahasrara opening. Actually saw the pouring of it with My hand. I saw all that how [UNCLEAR/it is]. You see, that is why some people have an objection about other incarnations. Why didn't they tell the whole thing? You see, up to the point you were, they could tell. What is the use of telling somebody if he does not understand? For example, Christ. Why didn't He say 'Kundalini'? Whom to tell – those fishermen? You see, the stage at which human beings are, you can tell.

Sahaja Yogi: He actually said, "There are many other things which I cannot tell you".

Shri Mataji: He did say, He did say. So many things you know. If you read it you will see, so many things I said, He has already said it. But the things He did not say because – you know, it is a sad thing; He lived for only three, four years with those people. And they crucified Him. What a young age He died. He was of your age; He died. Think about it. It is a tremendous thing that happened. Very heart-wrenching. Horrible people. What about Muhammed Sahib? How they tortured Him, you have no idea. He had no place to live. He used to run from places to places with His wife and children. His daughter. They tortured them. That was not the time.

Today they are not going to crucify Me. I know that. They cannot crucify Me. At most, they are going to say, "You cannot cure a person because You are not a doctor". But they cannot crucify Me. So, the awareness is different. At a different awareness always it is worked out.

Now Krishna, what He did – should we change the topic? If you would like, I would like to tell you about Krishna's Sahaja style. If you like to hear, that will be sweeter. Rather than talking about this subconscious. Or want to have something – questions on subconscious style?

Sahaja Yogi: No. Just that, yesterday was the only time I forgot to open your lemons. Woke up in the middle of the night feeling a bit crazy. So, I opened the lemons and went back to sleep. Somewhere in the middle of the night. It is the first night I did not do it, no?

Shri Mataji: Yesterday was a horrible time, is it? So! Now he asked Me Sahaja style. I will tell you about Krishna's Sahaja style. Tune yourself. Tune yourself with it. Then you will understand Krishna's Sahaja style. Such a Sahaja system He used. This, all His plays with gopis was Sahaja. What He did? You see, "rasa". Rasa means holding the hands together. Used to hold the hands. All right? "Ra" is energy, "sa" means with. He used to hold energy. Their energy through – who was "Ra"?; Radha was the energy sustainer. And He used to hold their hands. And the energy used to [UNCLEAR] rasa. Is the rasa. Now, what did He do? His Sahaja style was – of course, it was told to Me by – I sort of knew it, but sort of it was retold to Me by someone. I said, "Boghdan, you tell Me your experiences".

Like that, when I went to America, there was one Mr Lord who was an engineer. And when he got into realisation, he saw some of his past. Very strong man. I must say, one of the strongest Sahaja Yogis we have in America. A very strong person. And he saw himself being with Krishna. And he said, "What did I see Mataji? I was realising. When the Kundalini came up to this point, a light came and in that, what did I see? It was that we were small children playing. And there was a very bright, very illuminous child playing with us". And what He does, you see. He saw. And he saw that all the children were playing. And they climbed upon each other like a pyramid. And broke a little, matka is it, pot. Earthen pot. In which some butter and some this thing was kept – butter and some...

Sahaja Yogini: Dahi?

Shri Mataji: Butter and some dahi. Some curd was kept you see. So they broke. Climbed on top and He broke. And the thing fell down. And everybody got filled with that. Now this man had never known Krishna, he had never known anything. He was an engineer and about fifty-five or so age of man. And he doesn't know anyone. And it all fell down and [UNCLEAR]. Then an elderly lady came, you see, Yashoda. She came in and she said, "What? You have broken this? I will tie them together". "And she tied us. You see, she tied us with a thing like this, a sari".

And, what he says there is the Sahaja. He said, "We found that our solar system was excited. And everybody was getting, sort of, their solar system excited". Because it was tied to the solar system of Krishna and children of the same age, the same age group were tied together. So, the awakening at the solar system started; see the Sahaja style. And he also saw Me later. Which he described in a very, very correct manner. Forget that. But this is Sahaja.

Now what Krishna did was, that Radha was the energy Herself. She used to go on the river Yamuna; put Her feet in that. Now you have seen when I put My feet in the water, it gets vibrated. It gets so vibrated that water can cure. All kinds of skin diseases, all kinds of stomach diseases can be cured – it is a wonderful thing. That is the river Ganges. It is more the river Ganges. Now, She used to put Her feet in the river Yamuna. Now, these gopis used to come and fill the water and walk with that. So, the vibrated water was on the head here. So, He used to break it. See. Break it with a stone. And that vibrated water would flow on their Kundalini at the time. Vibrating the Kundalini, awakening. This was His system.

This was; He used play rasa. In that Radha used to give (Shri Mataji claps in rhythm) [UNCLEAR]. This is the pulsation, "spandana" as they call it, pulsation. Of that force. And She was keeping the time. And She was also holding it too sometimes, in Her leg. (Shri Mataji is probably tapping Her foot – a sound like a thumping beat), She was giving it. This is the heartbeat – of that force. And it used to vibrate, to awaken them. Because at that time, they were not Sahaja Yogis like this, learned. Some engineers, some this, very learned, [UNCLEAR], but were very ordinary, simple people living in Gokul and Vrindavan. So, that is how they played. And in that playing, they used to touch.

Now here I call you, I call Cooly, "Now come along, put My hand here" – nobody would allow that kind of a thing. So what they used to take – a little kumkum and put it to Krishna. But they were so sensitive that they knew Krishna was great. Because Krishna showed His powers in His very, very early ages. At a very early age, Krishna killed Kalia. They saw Him killing two big rakshasas. When He killed them, they were actually in a tree. And when both the trees fell down, they came in their true state. He killed the Putana rakshasini. And all that they saw, with their own eyes. And ultimately He killed Kamsa. So He had the power to kill – "hanana". Even today He kills. [UNCLEAR]. That is how He kills. [UNCLEAR] chakra. That is His style. If you are suffering from throat trouble, you have to do like that. Ha!

So, this is what the thing is. So, you cannot say Sahaja was not there. That time Sahaja was there. Kabira. If you read Kabira, if you see him, see what he has to say. There is musical; we have got some bhajans or hymns that Kabira has written. He has said about Ida, Pingala, Sushumna, everything. And he talks about collective consciousness. And he talks about, also about vibrations. He talks all about them. Kabira is the same as Khalil Gibran. If you read Khalil Gibran, he is the same. If you read Zen you will understand. Zen is nothing but all Sahaja. Kahlil Gibran is all Sahaja. Rama was all Sahaja. Everything. His going to the jungles, He was sent to the jungles, the whole drama was played because bare feet Radha, Rama and Sita had to walk to vibrate the whole country. Christ was complete Sahaja; nothing else but Sahaja. You test Him, in everything He was nothing but Sahaja. You see the system of Sahaja means, "saha" means with and "ja" means born with you. The spontaneity that is within you works out.

But at this time, the culmination point is there – on the Sahasrara. Where your Sahasrara is broken and you get your Realisation. And bhaktas and all promises got together. And the complete. And even you people. For example, I would say the Sahaja Yogis who have been with Me for the last four years know much more than you people. Much, much more than you know. They are much more sensitive. Stand much more than you. They understand much more that you do. You will also know. And will be, after some time knowing much more. Like the awareness you see. Will be given to you so much - as much as you can grasp it. Even

telling it is too much sometimes.

Yesterday when I was talking - I was thinking, some people it was going on the head. They were like this. Something, it was going from the sides. They were like this. And some of them were taken out from their clouds. They were blasted. And some of them felt it so much that they went away. And some of them, they did grasp something. They felt there was something. Different. New. That, if religion is one, it has to be integrated. It is like one tree coming up. One tree has many branches, had to be that way. Two flowers here, two flowers there. All flowers belong to the same tree. And the people have plucked them out – “this is my flower, this is your flower” – and the flowers are dead. It is one living tree having many flowers, at a different time. And their integration is to be understood through Sahaja only, means through vibrations, through Chaitanya.

Now Markandeya Swami lived so many years back. He was Sahaja. If you read him, I mean, we sing him here. Markandeya we have to sing. If you have to understand, you have to sing. Markandeya, because He excites My chakras so much, the vibrations increase much more when you sing him. And Shankacharya was the greatest Sahaja. The real one – Adi Shankaracharya was the greatest Sahaja. Muhammad was the greatest Sahaja. All of them. Hazrat Ali was a great Sahaja. All of them. Buddha and Mahavira. All were Sahajas.

With Buddha, the thing happened, He went round and round and round and round and came back [UNCLEAR/to Me]. And He thought all going round [UNCLEAR]. Because He was a human being who became really divine. An incarnation. And I would say this was the greatest. For Christ, because He was an incarnation. But He was a human being who became an incarnation [UNCLEAR]. But what are these Buddhists, horrible people, doing here? The worst possible people of [UNCLEAR] are Buddhists. They have no sense of any kind. Beggars. And using their sex and all those things, in the name of God.

Now you people have to decide. If you have to go further and further, first of all, establish yourself in the Truth. No falsehood about this. Be truthful to yourself. First of all, you have to be truthful to yourself. Am I honest with myself? You have problems, I know. You have problems of centres because certain mistakes have been committed. All right. We will correct it. But first of all, be truthful with yourself. Because if you are really the greatest seekers, then you will find it because you have asked for it. For many years, for thousands of years, you have been seeking. And today you are sitting in London as ordinary people.

Sometimes My husband says to Me, “What are you doing?”. I say, “I am doing the service of the saints”. He says, “Where are the saints? I can’t see them”. I said, “In modern times they are wearing suits and boots and jeans. You can’t see them. They are all saints”. Because those who are seeking are the saints. And those who are realised are the pirs, are the Brahmins, are the enlightened ones. Are the Christians. Are the baptised. Something like, at the time of Christ – in a hut, sitting like this He is talking. Horrible times. Worst possible things happened. They all passed through all that.

You are all going to be tomorrow citizens of a new world. And you have to give them. The time has come. Because the time has come it has worked out. There was one flower in the beginning. There were five flowers. Now it is the blossom time. You have started blossoming. At the blossom time, how do they mature? Thousands and thousands of flowers into fruits. And you are going to mature.

I was waiting for a certain time. Because you were to be convinced that all nonsensical things were to be given up. This is falsehood. This is not God. This is not what we are seeking. Needed some time to decide. But you cannot decide fully with this brain, I can tell you. Only you can rationalise it and come to some conclusions. But you have to experience. You have to become that. That is what you have to ask for. You see, even a person who is very ignorant on the education side could be a great Sahaja Yogi. We have people like that.

You know, there is a man from a village who comes to us. He doesn’t even know how to write. He is a very, very great Sahaja Yogi. These people have met him. We went to his house, to his village. And you know, he had two to three hundred people gathered very devotionally. Arranged for us the program. And such Sahaja Yogis were there. And he comes to the programs every time, from that distance. And every time he comes to the program, he will bring a flower, a garland for Me. So, I felt a little bad. I said, “Everything time you have to spend so much money. Must you come all this way?”. He says, “Mother, you have solved

my money problem". I said, "How?". He said, "You don't know?". I said, "I don't know". He said, "I will tell you. We had one farm where we used to work. But it used to yield very little to us because it was a small farm. And part of it was absolutely useless. We never used to do any farming in that area. And one day a man came to me after I got my Realisation about seven, eight days later. And he said, 'This part of your land, we would like to take the clay from here? It is very good for making bricks'. And he is giving me enormous money. And with all that, if I bring one garland for you, why should you worry".

So, you improve materially in Sahaja Yoga, you see because your Laxmi chakra is improved. Laxmi gives you strength or "vaibhava" as the wealth. Lakshmi is a Goddess which has got the form of a lady. She is a mother. She is a mother. And a true mother will give – every bit of her material possession and every bit of her emotional possession to her child, you see. There is nothing in this world she will not give for her child. Nothing more important than her child is, so she is a mother; Lakshmi. Then She is also having in one hand, another like this – see Lakshmi? She gives you "abhaya", She gives you reassurance – abhaya. And this which She gives.

So the man who is supposed to be rich must have must people whom he has given some assurances. To whom they are "ashritas". Dependents. He must have some people who are dependent on him otherwise he is not a "Lakshmipati", but he is just a man who has money. Is a wretched thing. Is hopeless. This one. This one. He should be generous. All the time flowing. With this hand is flowing. Lakshmi.

Now, She has four hands. On one hand, in these two hands, She has got a pink coloured lotus. Both the hands, two lotuses. Pink is a sign of love, of warmth. And the lotus is very cosy. She is the cosiest. A person who has money – in their house if you go, it should not be like a hospital. Everything painted out, all starched. Down you don't know where to look, what to do – so nervous about the whole thing. It should be cosy, a cosy thing. Like the lotus. Is very cosy. Is very beautiful also. It is very beautiful and inside is placed, a nice bed. To rest. And it closes down in the night. And the fragrance of the beautiful pink lotus spreads all over. So, a man who has money should have a house like that. He should be always receptive. His house should be full of cosiness. If a man who is rich is miserly, he is not a rich person. He is not. In any way. He is not enriched at all because he is a miser. A man who is rich should have his heart open so that he receives anybody who comes in. Even a "bhunga" is a; what do you say to a bhunga in English?

Sahaja Yogini: Bee.

Shri Mataji: And the black? Black bee. Even the black bee comes in the lotus and makes it sleep on its bed. So, that is the sort of a rich man he should be. He should be beautiful and he should have "Shri Shobha" means he should have a glow about it. And he should be fragrant. These are the signs of Lakshmi. And of all the things, She Herself stands on a lotus. Means such a man should be so light. While if you see the rich people, Oh God! You don't know how to face them. Immediately you will know they are rich. They will show off they are rich. They will bore into you. They will have such a weight.

But Lakshmi is a light one. She mixes up anyone, She goes anywhere, She throws. That is what is a Lakshmipati. That is why it is vaibhava. It is not money. It is not wealth. It is much more than that. So, that is what is a Lakshmi. And when She is awakened, everything comes to you. That means whatever money you get, you get dynamic with it, beautiful things – out of little money, lots of things are done.

There are people who will cook with small little things, and when you eat it, "Ah, it is so nice, so nice". And you go to a big place and they have thrown a big dinner and a banquet. Whatever food, we could not even eat anything. Better go and eat something at home. It [UNCLEAR] with that kind of a thing. It is that.

So Lakshmi also rises. You also get money; you get materially better when you are a Sahaja Yogi. Your problems get solved. Many problems get solved. You become very artistic. Your creativity increases. So all happens because this power is within you. Because of Swadishthana chakra. This I will tell you some time now – seven chakras; what happens when they are awakened. Outside. Apart from inside.

We had one disciple, Modi. He came to Me when he had no job. In India, if you have no job, it is a terrible thing to happen. He had a wife and two kids. And he came to Me and he got his realisation. Of course, he suddenly became very dynamic. He felt very much better. So I told him "Why don't you decorate a ship?". He said, "Ship? Decorate it? I have never seen wood; I don't know what is wood and what is good". I said, "You see the vibrations and do it". He did it. Now he has a very good job.

You develop new dimensions into anything. Because it is your own power which manifests. You know there is a power. Everybody says, "There is a power that is within you, that is within you, that is within you". Where is it? Just you get it, "Now it is here". It is flowing. And not only that it enlightens you, but it enlightens others also. This is the thing. It was the property of very few once upon a time. But historically, it should have been the property of many. Otherwise, people would not have been convinced. That is what happened. Gregoire had a very nice point about it. He said, "In the East, there were very few people who found it out. Christ found it or something. Then what happened with other people? They said, 'We cannot find it', so negate it". They started negating it. They went on to the other side of it. So, they developed a collective awareness of society, of political awareness and this and that. They developed. But the main point was missing. So it had to combine. So this awakening had to come to the masses. So this en masse revelation is there. Had to. Historically. It is beautiful.

This disciple of Mine, if you read his book you will know how a person can become absolutely dynamic. He was paranoid when he came to Me. Paranoid. You see, his head was going as if two big horns were coming out of his head. When he first saw Me, (Shri Mataji intones non-stop talk), I said, "What is he talking. God alone knows. Now how am I to know what he is talking". I said, "Don't talk to Me". I can't hear such people. He was going (Shri Mataji intones again). My husband also looked at him, "Now is this madman you have got in the house?" He was really like a madcap. And he improved so much. And now he has written a book you see [UNCLEAR]. And in such a short time. Now he is writing another book. You all must read his book. It is wonderful.

Sahaja Yogi: [Unclear].

Shri Mataji: Ah? And Gavin is going to write another. She is going to write another. She is going to write about all these sadhus, babas and these gurus and all these people she has met. And all the occultism she has faced. And she knows that. Because it is an inside story. Because her husband did all that. So she is going to write all that. Any questions?

You came today? For the first time? Has he come for the first time?

Attendee: Yes.

Shri Mataji: This one with the blue. First time?

Attendee: Yes.

Shri Mataji: All right, do come here. Come along. Please come. May God bless you. Sit down. Sit down.

Now see, when I attend to a person, you should know that person has a problem. That is why I am more attentive to that person. And those who have no problems, I do not attend to them because they are all right. So, you should not feel hurt I am not attending.

For example, Miriam, I do not attend to her at all. She is a born Realised. So, I don't attend to her. And I use her the most, you see. So, you must know you are like that. Those who need repairs are attended to. This is a repairing shop, to begin with.

Now let us see. He has not been to Me before I know. Just see his vibrations. Come along.

So, you have to learn how to repair yourself, how to give Realisation, how to repair others. And how to enjoy yourself you must also know. But you have to go deep down into it. That is one thing I must tell you. Like you have to dig a well. You go to several

places. But once you have found the water there, then you have to go deep down into it. Then again you will start digging other holes – you will have nothing but holes within. Go deep. You have to be deep. Tell your mind to go deep. Not to go into superficial areas. Your mind has been superficial in the sense that the depth was never felt. But when you felt the depth, remember it and catch hold of it. And go deeper and deeper into it. Because superficially if you exist, you cannot get much deeper.

Only those who are seeking the depths of their own being can go far. Because we have Sahaja Yogis of different levels, I have seen. Some of them are very, very superficial. Extremely superficial. Even in India, there are so many who are superficial. What is the use?

[UNCLEAR/short conversation between Shri Mataji and the newcomer].

Shri Mataji: What is your name?

Newcomer: Antoni. Antoni.

Shri Mataji: Antoni? Now, you been to some guru or someone? Have you been to some guru? Someone? No one? You have never been to anyone? You have listened to somebody's lectures? Never?

[Shri Mataji asks Sahaja Yogis to check the chakras].

Sahaja Yogi: Both Nabhis.

Shri Mataji: Both Nabhis? Where are your parents? Parents? Father, mother they are here? Your parents, where are they?

Sahaja Yogini: You speak what, Italian or English?

Newcomer: Italian.

Shri Mataji: Somebody Italian should tell him. Come along, come here, come here. He has not been to any guru or anything is it?

[Sahaja Yogi asks in Italian].

Newcomer: [UNCLEAR/taking drugs].

Shri Mataji: I was about to ask him. Nabhis, both. I was about to ask him that question. But I was a little worried about him. You see, both the Nabhis. Drugs. Drugs. Both the Nabhis. Drugs. I was about to say that. But I thought he will feel hurt. So, let him sit down there and take out for a while on the right-hand side. Go and they will tell you what is to be done. All right? Now, what about you? Are you all right?

Sahaja Yogi: I don't know.

Shri Mataji: What about your friend? Come along.

Sahaja Yogi: Which hand should we put out the window? Which hand out the window?

Shri Mataji: Just now for the right, you put towards Me and left you get out.

Now all of you can tell him. Now see for yourself. Which finger is burning. You put yourself in a bandhan. You give a bandhan to your aura. He is not yet realised; you have to work on him still. A little bit on him. But others are. Now. Seven times.

Now you just tell Me. What is the thing [UNCLEAR/working out] on her? Tell Me, all of you.

[UNCLEAR/Sahaja Yogis are checking and clearing].

What else? She is saying the same, Swadishthana. This is a serious problem. It is here. Now you see, you put these thumbs in your ears. It will be better. Let us see.

Are you all set-up? Much more relaxed. Are you? Now tell Me, which one is catching? It could be easy to know yourself.

Now, even better. Now which one is catching, see first. No, they will tell.

Sahaja Yogis: The whole right hand. The Nabhi. Right Nabhi. Right Agyna. Right [UNCLEAR]. Right over there.

Shri Mataji: All right. So let us sit down with the right hand first and [UNCLEAR]. Can you take out your socks also?

Sahaja Yogi: Which hand did you say was to be outside?

Shri Mataji: Right hand towards Me, the left hand outside. The one which is bad has to be towards Me. Left outside. Is better. Is it?

Sahaja Yogi: He was getting a cool breeze last night.

Shri Mataji: He is. He actually got Realisation. You see, I never saw him last night. I saw him the previous day. Did I see you last night again?

Newcomer: No. I was there.

Shri Mataji: I did not see you. That is why I thought that; but still.

Now, what about your father? Don't write to him?

Newcomer: Sometimes.

Shri Mataji: Very unhappy about him?

You are married?

Turn around. Turn around. Come along.

A little bit here on the right-hand side. You can feel it also.

All right. Better now?

Is he better now? What is your name? You never told Me.

Another newcomer: Sheela.

Shri Mataji: Sheela.

[BREAK/UNCLEAR comment by someone].

Shri Mataji: You will be. Absolutely. You are to be absolutely cleansed and made into beautiful swans in the lake of God's [UNCLEAR/realm].

Feeling better? Now, what is your name? You never told Me.

Newcomer: Alfred. Alfred.

Shri Mataji: Alfred? Is all right. Kumar? The right side is better? Everything.

Are you feeling vibrations?

Newcomer: A little.

Shri Mataji: Are you feeling, both the hands? Vishuddhi is good.

Sahaja Yogis: No.

Sahaja Yogi: Taking the Left Vishuddhi.

Shri Mataji: Left?

Other Sahaja Yogis: Right.

Shri Mataji: Both sides? I was just wondering – an Englishman having a good Vishuddhi, I have not met.

[UNCLEAR/Sahaja Yogi mentions the name of a boy and everyone laughs].

Sahaja Yogi: He is only a couple of years old.

Shri Mataji: Don't call him an Englishman. He is beyond. He is a born Realised. Born Realised don't belong to any nation. No, because [UNCLEAR/properly] may be the reason. Let us see now.

(A little loudly): For all the English people, get out of this Vishuddhi problem. See, never to say a harsh word to anyone. That is the best thing. Never to say you see. Never to be in the quarrelling style is the best way. The way we answer back, and we think, "What is wrong?" Is not [UNCLEAR] you see, because you people have been very, very powerful politically, once upon a time. Then on top of that, you smoke. And all over the places, there is smoke. And the Vishuddhi gets [UNCLEAR/blocked].

[End of tape 4 and end of workshop recording].

1977-1103, Workshop and discourses

View [online](#).

3 November 1977

Workshop

Finchley Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

"Workshop and discussions with Shri Mataji," Finchley Ashram 1 11 November 1977

Tape 1

(1977-11-03 Workshop Part 2 Finchley Ashram, 93', min 43:29

Shri Mataji: See, in the beginning Sahaja is such a sweet thing that in the beginning it makes you such that you get the vibrations alright. And in the beginning it doesn't give you the feeling of heaviness so much as it would to these people (yogis). It doesn't make you feel nervous. Because supposing the first day, only, you get a heavy head, you would say, "What sort of a Sahaja Yoga is this one?" See? So it makes you, first of all, [feel] very nice and happy. But then, you see, it makes you also strong! And it makes you a witness. Then, when you start you don't mind: you just got this in your head, it's alright "haaa hooo," but you take it out, you fight it out. It's like you see it's training, in a battlefield, and you have to fight the satanic forces, alright? So suddenly you are not exposed to the battlefield, but what they do is to first of all prepare you. First you are hit by a mock sword, so you don't feel it. Then you strengthen your sword.

Better now? Better?

They used to be so much frightened, you know! Everybody coming used to be frightened! They used to be very frightened, now they have become very relaxed!

Italian Yogi: (Tells story about something)

Shri Mataji: That's what I was telling you that, you see, God's power is everywhere. You will see that now, you will feel it. When you become subtler and subtler you will see that, that is everywhere it's acting, it's organising with love. Only the trouble with us [is] we do not leave any space, any realm, for Him to act. When we try to do everything ourselves, he says, "Alright, go ahead!" You [must] allow Him to work out. Sahaja means that. 'Sahaja' means that you allow Him to work out.

Sheila (from Harrow): (tells story)

Shri Mataji: But to recognise Me is a big thing you have done. There are so many of brains, you see, but they don't recognise. They never recognised Christ, and it was very difficult and by the time they recognised Him, He had gone away, and He was resurrected: that's the time that they recognised. Then they started shouting and beating their heads. And this is what they did to you. That shows your pure sensitivity, pure sensitivity. If you are not sensitive you can never recognise Me, whatever you may try: you cannot. That's it!

Because there are so many realised-souls, some of them, born: they do not recognise.

Sheila: Why?

Shri Mataji: You see, the reason is, because they have achieved their realisation, they think, through their efforts, through their penance, yes, and they think they have been very great warriors, and they have done it, so the ego develops in them, and they do

not want to recognise somebody in person because they have got it in an abstract way, so they do not want to recognise Me. But sometimes they do not, but then I have seen, ultimately they do.

But those who are born at a much higher level, they recognise me already. I mean, I have not met them, so many of them, but they know me [that] I am there. They are telling people that, "She is there. Go and meet [her]." So many of them.

Satpal is one of them, he went to somebody who is a mahatma who never comes out of his place; and first time before coming here he went to him, and he said, "What are you asking me this [for]? The Shakti has gone to England now! She is there. Shakti is there. You have come from England, why don't you see her there? She is there."

But they stay in the temples, they stay in the forests, they are not down. Because they are afraid. You know, people might do something against them; they really tortured. And this also they catch [from them]. You are under my protection [so] I can look after you; but this catching business, if there is nobody to look after it, it can be terrible, you see. Now this Gagangan Maharaj he has both the legs like this and hands are like this, he can't walk by himself, so he goes on a tiger. He knows about Me; because they have an awareness of a different style.

Are you better now? What is it? Give a bandhan to yourself. These all have come out from the same sort of problems as you have. They have all, very much, so they understand and they have patience for you, that's the reason.

So whom did you go with?

Seeker: My guru?

Shri Mataji: Ha.

Seeker: Muktananda. You don't like him?

Shri Mataji: Oh, like? I mean! So, did he touch you somewhere?

Seeker: Ah yes, he did touch me there.

Shri Mataji: Agnya?

Seeker: Yes, on the Agnya.

Shri Mataji: Yes, will you please remove your hair a little on top, if you can now watch here (Mother's Agnya).

Better now?

Horrible!

Actually Muktanand started, Muktanand was a realised-soul, his guru [Nityanand] was a realised soul. But I wouldn't say that he was a very higher realised personality, but he was realised, born-realised, but he had not reached a great achievement to know many things. And he used to catch his Agnya too much from other people, so he used to throw stones at people, anybody who would go to him, he used to throw stones, and then this Muktanand also joined him and there are many others who joined him. And when he died Muktanand said, "I'm his chief disciple," and this and that. But he developed these powers. And this you can develop very easily. It's very easy. I'm going to tell you about how they developed these powers. But these are not powers, but these are sort of diseases, actually. And as you can contaminate another by your disease, in the same way it was with this fellow.

And then he started this ashram in a very small manner to begin with. Then in India we have lots of black markets, lots of them; we had them, and again we are having them. I mean, in any countries where there is too much of income tax, there are these types of people.

In India, you see, basically they are a little frightened of God all the time, so they think that, "We are doing all this [bad things] so let's also have some generosity, some sort of a guru, so that we are saved." You see, at least a part of it should be given. So they try to find out someone. So, you see, Muktanand came forward, and actually he started an ashram for the people who were doing well. And then lots of hippies coming down to Goa and all these places. So they said, "Alright, my guru has lived, and I will start my ashram." And he was in the military first of all, and then he retired from there. On the other hand, this fellow Jungde, he's another horrible fellow, he joined him. And he was a private secretary of (some politician) ??? and that, because he was a private secretary before joining him, you see, he knew how to administer all forms of income. His wife was a very sensible woman to begin with, but then she also got into it. And the business started fast. And the minister was the minister of industry in India, in Bombay, just Maharashtra, that part, that state. Actually I know him so well, you can't imagine, this minister. He was my father's (?). And he knew about Me from my childhood, he knew that I was something exceptional and all that. And he came to Me one day, and he asked Me, and his wife also asked Me, "What do you think of this Muktananda?" I said, "Which Muktanand?" Because many are called Muktanand. I said he was a realised-soul. But actually I did not pay any attention to Muktanand at that time. And they got into it so badly! You see, because the money that was coming from this black market and all that was given [by them to Muktanand] and these people had sort of a respite in that: so that they would give the money and the people would go and stay there, and they would feel that a little bit our sins are being taken away by that sort of a charity. We call it as daan (: charitable gift). Daan is a gift to God, or something you give to God. Then so many hippies we had in Goa and when they started...

Shri Mataji: Hello, how are you?

Seeker: Very well

Shri Mataji: Good, good! Very nice! Sit down on the chair. And you don't wear [clothes] that tight, alright? Your clothes are too tight, and we must all wear a little loose clothes, is a better idea. Alright, put your hands out. I mean, no harm in wearing a tight one but for Kundalini movement and all that, if it is tight, then the muscle movement is not easy because it flows through your muscles and everything, the vibrations, so if it is a little loose clothes it is better. At least for meditation it is better. Alright.

...then this man, when he started this thing, these people from Goa, especially from Goa, had no money after some time. You see because the money that was sent to them was finished, so maybe the parents must have given them up, whatever it is, so quite a lot of them were there in a big mess. So this gentleman, this minister, he thought, "Why not put these people into that ashram?" Sort of he brought all of them and put them there, sort of atonement for the sins. These he brought there. And he prepared in the early stages, some of them, into this business side of seeking. And they were taking drugs and everything. So on one side the drug system was there and on another side they were having their food and all that, and it was like a show there. So, for Indians, when they went there they saw so many foreigners being saved, you know, [so] their feeling of pity was satisfied that, "What a thing we are doing for these poor people!" and "We are helping them out and everything." And it was such a great experience for them to feel that, and everybody started donating money. And then this fellow started it in a big way, and then he also started pressing at wrong points of many people. For example, the one who had come that day, he had touched. And he touches on the private parts of – Muktananda has done – on many people he has done it. Not [only] that be, he has also used some women, many more women, who came to me. But you see, Indian women are so afraid, even everybody is afraid, you see, the women, to say like that, that, "That he has used us." Such a nonsense it is. I mean, it's being a prostitute. It's being like that.

But there were lots of reports and people went to the police and this and that and there was some Mr. Wuqtat, who was a minister of, I think he was the minister for the land and revenue, and the police came to him and everything happened, and they wanted to have a case against it. They wanted to file a report against him, the way he was on. But you see, it went to the government said, "No, we are getting lots of foreign exchange now for that, so let him be, don't disturb him." Just imagine!

And I shouldn't say all these things to you, but I know this has happened, then you must know.

And so they left him alone to do whatever he pleases, because he was bringing lots of money! When he went to America, about three years back, he got three crores of foreign exchange.

Seeker: They had a jumbo jet.

Shri Mataji: A jumbo jet, yes. And, with that, when he came back, naturally people said, "Now he's bringing money to us." But actually he didn't bring the money as such, he didn't give it to the government. But you see, so much foreign exchange was earned, and he got the exchange for that! You see, foreign exchange he got, is the point. You see, supposing you take money from here, and it's the foreign exchange, then the money you can have, Indian money you can have, but they get the foreign exchange, isn't it. And that's how they were very happy with him, because they could buy jumbo and all that, with that money.

So the whole thing turns out, just see how; how everybody gets involved into it. It passes through such a materialistic style, and it makes everybody branded because, "It's alright!" Like a prostitute selling her body and earning her money: "It's alright! It's alright! What's wrong? I am getting money quite alright, what's wrong in it?" It's the same style. And that's how the government, at the time of Indira Gandhi only this happened, that she said, "What's wrong in it? He's doing foreign exchange, let him do it. We are having foreign exchange, what's the harm?"

Same thing happened with the fellow Brahmachary who was with her. Every day he used to come on the television! Horrible fellow! And when he came here, he wanted to give me a photo. I'll manage him that way. But I am saying [that] this is what it is. And every day he was there [on TV] and that ashram was donated to him free of cost by the government people! Government has given that ashram! Such a big ashram. And he was given special sort of facilities; like he could travel anywhere he wanted to, and he could enter into Indira Gandhi's house, absolutely, even in the night. Any time he could come out and enter there and stay with her and do whatever he pleases! When the whole government collapsed then this came out, but this fellow, this Brahmachary was having a - there was a lady, Chopra, Mrs. Chopra, but the man [husband] reported that he used that woman: and there were seven rooms he had which he says, and he used to be in the seventh room, and you have to pass from one to another and the one who went through each seven had this kind of a 'blessing' from him.

And this Mrs. Chopra, poor thing, you know, it was announced in the paper, all these things came up: her husband told that, "This is what happened, I went from the back side on the seventh floor, and, and I saw her sleeping with him!" He saw, and he said, nobody hit him or anything because he was arrested, and he was sent to jail, and he was in jail all the time, because he saw this happening to his own wife! And when this Indira Gandhi's went down, then his wife said, "Yes, it's a fact." But in India such wives have no place so poor thing, she's in a very big mess now, but this is what it is.

Sheila (from Harrow): I can't understand why the women let him do this. .

Shri Mataji: That's it. But what happens, I tell you, it is the way they impress on you [is] because they mesmerise you, they mesmerise you. You see, they mesmerise you. And by that, and they just say, "Come along, this is God's thing. You are a seeker."

Sheila (from Harrow): They manipulate you.

Shri Mataji: Oh, they play all kinds of tricks! They mesmerise you. They are very polite, they are very kind. They never say anything against anyone. Oh, and you think they are a gem of a people, you know. They are very, very soft-spoken, and very sweet to you and [then] all sorts of things they do.

Seeker: Are you saying that Muktananda was doing this? Or was it this Brahmachary?

Shri Mataji: Yes, very much. Very much!

Seeker: But Muktananda is a powerful abstainer, isn't he?

Shri Mataji: He tells outside, abstainer. That's what it is after. They tell as if it is abstaining. And then [when] you go inside, they tell the (?) !

Yogi: [unclear]

Shri Mataji: They have a private audience, you see. They have a private audience. They are rakshasas! They can have ten women at a time. They are horrid people! They eat like hell! If you see how much they eat. This Muktananda's food, if you see, you'll be surprised how much he can eat.

Seeker: They say he eats very little, and that, since he was fifteen, he has been a total abstainer.

Shri Mataji: That is what it is! You see, what happens is that they have a group of people around them, and they give all these stories. All these stories are given out like that. Terrible!

I went to see him, Muktanand, just to put him a little bit right. Oh, but he is a master, so you cannot put a master right! I wanted to see him what sort of a fellow he was, and he looked at Me, and coming in a big car with a chauffeur, then they know that she's such and such and her husband is such and such. And he looked at Me, and he came with a very great thing, and he gave me also a shawl. I said, "I don't take anything from you." And he took Me down to the meditation hall and all that, and he said, "You see we need lots of money to build up this and that and that..." I said, "In this meditation hall, you have got photographs of so many people! What are these people who are here?" He said, "These are all the people who come at my feet!" I said, "Really?" And he took my photograph also with him, somebody was there who took my photograph, so I said, "Are you going to put that one also here?" He said, "They come at my feet." He said, "No, this is meditation hall, and I want to tell people because once they recognise that way then they'll surrender better." He said, "Are you by the way interested in meditation?" I said, "By the way, I am not at all interested."

And many women have come to him, but they don't want to say it.

Seeker: Brahmachary is in jail now, isn't he.

Shri Mataji: Brahmachary was in jail, but what about this Dekhadas? Dekhadas is the same type. He's now got leprosy, imagine he's got leprosy! And another thing is Muktananda is suffering from VD! Now, this is the limit of this: he's suffering from VD!

You see, he has a doctor who is a brother-in-law of Subramaniam.

Sheila (from Harrow): Why do they do this?

Shri Mataji: Because they are on the other extreme, you see. Because they are monsters!

Sheila (from Harrow): Everything they do is exaggerated, not just sex but food...

Shri Mataji: Everything! Or they will be abstaining to such an extent, some of them are like this also, I would say, they can be like that; that they are hot tempered, absolutely! They don't eat anything, they eat only human beings, you see the mind is like that, their appetite is that if anybody passes, "Put them! Do this! Do that!" Absolutely from inside, sort of a burning fire! They can be two types, extremes.

Yogi: Like the old sages.

Shri Mataji: Yes we have had some Vishwamitras and all that in our own times, we have had. They never did any salvation work for the people. You have to be in the centre. Sex? Alright, but must have sanctified sex. And rise above it. You should feel satisfied about it because if you do not feel satisfied about it that means it's no good! So with one wife, one person, if you have sex all your life, then gradually you rise, and you go deeper into her, deeper understanding into it. But you see the whole society is so upside down: they think if you have sex then you are a great person! I mean, what is so great? This is only done among...you know, impotent people only think like this! You see, only impotent people have these kinds of ideas that if you have sex, then only you are a great person.

Gradually in India, if you start from childhood that [you] try to keep your mind away from this as far as possible. I mean, you are not even allowed to see naked women or any photograph like that. I mean, they used to say that, put your eyes always down below. I mean, anyone like that walks with the eyes down below, in India. The people of my age in India walk with the eyes down below, I mean, those who are brought up from the proper family. And, looking too much at women or interested in women, people don't like; they don't like it. In the society women are separate, men are separate, if you meet [or] anything. And any man coming too much among the women and talking too much, then they won't like it; they call him (grandpa??), which is a bad name for him. Here, (?) the other day for the priest, they said, "He's a ladykiller!" I mean, if you said this to an Indian he will die of shame, "Oh God!" Because we have had models like Rama. It's regarded as very bad! You ask them, they have been to the villages: very innocent people! They just don't bother about these things. I mean, if somebody does that they think, "Ah! What sort of a man!"

Now, in my family, once two sanyasis came and my daughter said, "Mummy, you don't let these two horrible fellows! You see, they have very bad eyes. We don't want to have them in the house." And here a girl seems very much enamoured [by attention]. We are surprised at that. Once my husband came down, and he said, "You know, it's very funny about these people! The father of the girl was telling me that these two girls went for a bathing in some place, and all boys were making remarks on them, and they were feeling very great about it!" In India, the girl would have taken out her slipper and beaten those boys! How dare he pass remark at her! And this is getting on [encroaching] your privacy. Everybody doesn't have the right to look at us with that eyes! That should be taught.

And it's surprising [that] it's in this place where Christ is worshipped. What did He say for this? Not even the adulterous eyes. To that subtle power he went into. Even not only the mind but even the adulterous eyes. Even if you have adulterous eyes, he will not live here: he said it clearly. It's an insult! It's just to make Him die in this place [Agnya] that they did all this.

It's not regarded as good manners in India to be exposed like this: very bad manners it is! Now you ask these girls – they will tell you, they have been to India – how women live and how they behave. Actually, you meet all wrong type of people here.

But you were also [once dharmic] like that. It's all been spoilt only recently. Funny ideas of modernism of using women. I mean, one should feel ashamed! And that's how the women, when they lose their power, the whole nation collapses. It's only on the women, their power, the nation exists: on their sense and their wisdom. And they become so aggressive! Now this boy has a mother who is so aggressive! Terrible people! Is she better now?

I know, I know how they are. I have seen them – most surprising. A mother has to be extremely loving and tolerant and wise, and should respect her chastity. I mean, it's an abuse in India if somebody says about the mother, and here it's surprising, he's saying that everybody has relationship with the mother. What to do now? Are we a different type of a people or some funny, funny people who are born in that country where it's an abuse. If you say that [in India] you can be murdered for that! Perhaps maybe in the law it may not be permissible if you say that in India to someone. Hmm. Horrible!

Now first I used to think that this Muktanand is only using that money and publicity and all that, so I said, "Let him have money, whatever he wants. Doesn't matter." But then when his disciples started coming to Me, I realised he had spoiled their Kundalini. Then I was very angry with him. Because that is the primule, you see. That is how you are going to get your second birth. And he's spoiling that! And for so many of you would never have got it, for many lives the way he has spoilt. Some of them he has

spoilt very badly.

Now there's a problem we have with this man, bald headed gentleman who comes. I don't know if he'll get it. He gets it, but it drops down. You see, his Kundalini drops down, drops down. When he [Muktanand] touches the Kundalini, he makes the chakras so loose that the Kundalini comes up and after some time drops down.

Now.

Yah! Come along! How are you? How is Ravi? (1:17:30 Short Hindi conversation with Ravi) For his treatment? Wooooow! He's gone for his treatment, or what has he gone for?

When he got there?

Ravi: Kuch ?? .

Shri Mataji: Kaise abhi? (How is he now?)

Ravi: Bas, kharab hai. (Still sick) Us ka tabiyat. (His health)

Shri Mataji: Bahut kharab (very sick). Bahut usne safaya. (He cleared a lot). Ghar mein chalna chaahiye (He should walk in the house). Ghar mein, main chalana chaahiye (At home I also have to walk)

Ravi: (Hindi)

Shri Mataji: Aisa hai. Ye sach hi baat (That's very true). That style of people, very thin, angry.

Ravi: (Hindi)

Shri Mataji: No, no. You cannot. You leave it too much. You cannot change him. It's really not possible, you know.

I got it from him. Now which one is yours? Now come along. I could bring chocolate for you only! All for the Sahaj Yogis is a good idea. But, you see, I could bring you chocolates. Today we have dinner for you, I must announce beforehand. You see, we have dinner but cook it now.

Marie: It's already cooked.

Yogini: Marie has done it.

Shri Mataji: Oh! Already been cooked. So there is dinner for us.

Marie: Only the vegetables are not cooked.

Shri Mataji: Ah, come along. You see, the other day, Gavin said a very sweet thing: he was angry with Me. When I went away in the morning time, he came on my foot and his Agnya was caught. I said, "Why are you angry?" So he said, "I was very angry Mother because you didn't keep them for food!" I said, "Well, you should have told me! I was thinking you had no food in the house!" And they wanted to go, so I said, "Alright, go now!" I didn't offer them any food. And I was very happy, you see. The whole day yesterday I was very joyous to see his generosity about it. And the way he was angry, it was a correct way to get angry with Me. I love it that way, if you are angry that [way]. You see, he had brought for everyone, and he was very unhappy that he couldn't give food, you know.

How are you? Fine?

Have you removed the water? Now remove it! Take out the water and wipe your feet. No, let him wipe! You put yourself on the side here. And then you have to take yourself that water into the WC, alright?

Are you better now? No?

Seeker: I'm not sure.

Shri Mataji: A little cool in the hands? Not yet?

No, you come here, I will feel what's the problem. Hmm. You must see the vibrations coming. Ha?

It's better now. But what is behind here I want to see.

You see, the trouble is more with the ??? and they have to get out.

Agnya? Now, are you feeling cool breeze in the hands? Let's see now, now you have been cleared. Sit down. Aaaah!

You see the vibrations of this person, just see. Take a bandhan and see for yourself. Turn around. Just see now.

Are you lighter now?

Coolly is at the back.

Feel very good?

Marie: I feel a little bit cool on this hand there.

Shri Mataji: I mean, we've removed this quite a lot. But you won't be alright till your father is alright because you are catching from him. You see. Our father and mother, both are built within us.

Hello, how are you? Good! Good!

So nobody is going away without eating, alright? And at the time when you want to give them to eat, you tell him. .

And I'm just eating your bhoots all the time! (laughing) Ha!

For Me, it's alright, I'm never hungry.

So you have met some friends of his?

Marie: Not really, no.

Shri Mataji: Hello! How are you? May God bless you! She has not yet come, your wife?

Bogdan Shehovych: Not today, she wants to talk to her sister.

Shri Mataji: I knew that. She has a big problem. Sit down. See his vibrations.

Bogdan : The whole day, I was just cramped here. It was burning in Left Swadishthana. My whole left side was just aching, but I was still in thoughtless awareness, when I was watching TV in the evening I sort of sensed some badha or something coming into superego. I had a sympathetic shock and I ran off to eliminate my bowels. Anyway, I just looked at it. I wasn't liking it much, but I looked at it and in the morning I was good. But it's getting irritating. It doesn't want to stop.

Shri Mataji: Now, if I told you about your friend, you would not have been used to that. But you see how terrible they are! Their contamination is so terrible that it is better to know about them. You see, this experience is necessary also, because otherwise how can anybody know? They will think that, "Mataji is telling about everyone like that." But you see, whatever is a disease or whatever is a contamination, you must know about.

Ha! Better now. Heart? Left? Oh God! Just give him a bandhan. All [of] you put your hand on your heart. Right hand on your heart.

(1:29 – Hindi conversation with Ravi)

Hello, come along! How are you now? Really? You put your right hand there, you take it off.

Only with thirteen years, how many times he must have (? lethargy) , isn't it?

And what is he going to do there? Ruin so many people for his 'treatment'?

Bogdan: But he doesn't know it, he doesn't care. He doesn't know it. (?) Anyway, I want to forget him.

Shri Mataji: But it is very necessary for anybody who is responsible, that if you do not know something, then you just don't do it! You must know about what you do. I mean, you just don't jump into something that is so unknown; I mean, for anyone who feels responsible for his own life and responsible for everything. Isn't it? You should do what you know, and what you do not know you should not do. I mean, going to that extent without knowing from where he's getting his powers.

Bogdan : He thinks it's his higher self, his intuition.

Shri Mataji: How does he know it is his self?

Bodgan Shehovich: He doesn't know.

Shri Mataji: (? Kahata Kabira ananda bhaiyo bhai, bhaje ko anahata ???

As you grow , (?joy, to pulsate, first you established the truth, and then it comes to you as joy.

Absolutely like this? Ha! Is it better? Haa! Huun! You can now feel it. Better?

(End of tape 1 recording)

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... a very good method of getting out of the situation. But now she has to face the reality, so she is refusing this way. Getting into trance is a very good idea, you see, so that you just don't see the thing. What happened? Something came up?

Yogi: No, I felt a 'tsschh'!

Shri Mataji: How are you? Better?

Bogdan: Easier. But yesterday, this finger felt like somebody trod on it. (Mother laughs)

Shri Mataji: You don't know [that] it's a very dangerous thing to catch that finger like that; but because you are a Sahaj Yogi, you don't feel it. Very dangerous you know, this is the existence itself. On the left hand side this finger is the heart organ itself. The heart organ is left, this finger.

Bogdan: So they are affecting the existence, my existence?

Shri Mataji: Yes, attacking the existence!

Bogdan: Yes.

Shri Mataji: And now what you have to do: at that point, who exists there is Shiva and you have to ask for forgiveness from Him, because you've done a little mistake, you see.

A few things you have done, a mistake. As you said that, "I gave a bandhan to this hand, and he jumped onto that." But whatever mistakes, you see, there's a beautiful couplet about Shiva, what's it? Is, a beautiful one.

Mrs. Sharda Devi: Mantra nahi chalega? Om namah Shivaya?

Shri Mataji: Mantra nahi. No, no no: om namah Shivaya to thik hai but this shloka on Shiva is very good to show how He is – Karcharankritam.

It's a shloka, it says:

Karcharankritam, vaak-kaayajam, karmajam vaa,

Shravana nayanjam vaa, maansam Vaaparadham,

Vihitam Avihitam vaa, sarvam etat kshamasva,

jay jay Karunaabdhe, Jay Mahadeva Shambhu

(Shloka translation: Whatever mistakes I have done with my hands, feet, voice or body, or any works,
Whatever errors born out of my ears, or eyes, or mind, or any sins,
By any prescribed or unprescribed actions,
Please forgive all of these things,
Victory to you the Ocean of Compassion, Shri Mahadev, Shambho)

His name is Mahadeva. He's called Mahadeva. And they call him Shambhu also.

So what you say is that: karacharanakritam – by my hands, or by my feet, or by my tongue – vaak kayajam va; or by my karmas, if I have done any mistake please forgive me. And he says that – vihitam avihitam – if I have done correct or incorrect, any way incorrect, whatever I have done, by chance or by mistakes, please forgive me.

If I have done anything by my mind – manasam va aparadham – you forgive me.

'Jaya jaya' means you sing the glory of Him, because You are the ocean of compassion – He's known as Karunasagara, He's known as the ocean of compassion, Karunabdhe, who? The Shiva. The Shiva aspect of God is karuna, and you ask for it. You have to hold your ears and ask for forgiveness, that, forgive me, if I have, by any mistakes, said anything, or done anything, You just forgive me. Now remove your [hands] from the other side now, you put like this. You remove and put like this, yes.

It's ok now. Because He's in the heart, and we are always making mistakes. It is our ego which doesn't make us ask for forgiveness. Because it is said that, "Forgive us our trespasses, as we forgive them, those who trespass against us." So the first part is "forgive us our trespasses" is at the heart level, but when you come to the Agnya, then you say that, "As we forgive them, those that trespass against us." then your Agnya is released.

First of all you ask for forgiveness, and you then forgive here, so that both the chakras are relieved. See? Hold your ears, all of you. Start! Come along! Do it like this! First of all like this! Then go on like this; then again like this; then you put your hands like this. But with the feeling that you are asking for forgiveness. How it improves, just see: how it relaxes. Are you feeling better now?

Seeker: I'm good.

Shri Mataji: You too hold your ears. Ask for forgiveness from God, for that, all kinds of things, whatever you have done. Hold it like this! Hold this portion (the earlobe) like this, with this finger here; hold it, pull it down, yes. Now push it on the other side, and ask for forgiveness: forgive us!

(Mother takes the mantra – "Aham sakshat Karunanidhi", meaning "I am the Ocean of Compassion")

Karunanidhi...Aham sakshat Karunanidhi, Aham sakshat Karunanidhi, Aham sakshat Karunanidhi, Aham sakshat...Haaa!

Alright?

Seeker: Yes.

Shri Mataji: Haaaaa! It's good now. Now on the Agnya. On the Agnya it has come, see now. Everybody's Kundalini is on the Agnya. Now, on the Agnya you [must] forgive others. Now will you forgive, for today? If you don't forgive, all of us are going to catch the thing. You just say, "I forgive. Alright, I forgive." Say like that, alright? You should all say. You should say in your hearts that, "We forgive everyone. Those who have tortured or troubled us, forgive." Sharda, you too!

Mrs. Sharda Devi: Yes Mata. Today I really was very upset. (?)

Shri Mataji: Now you forget; forgive, forgive, forgive! Forgive, just forgive! That's going to give you the Agnya.

Ravi: Mai, aap bolte me ki mai us ko waise chod do (6.00 ???)

Shri Mataji: Abhi chod do tum! Responsibility tumhari nahi! (Hindi: Now leave it! It's not your responsibility!) Forgive! Responsibility tumhari nahi! Kya karne tha? (Hindi: What to do?)

Ravi: Us ka tabiyat itna karab hai, usko phone ek bar karega.

Shri Mataji: Abhi, wo apne karma ... (??)

Ravi: Ha ji, magar, kya me mere sath rehesetao, I mean, can I live with my conscience.

Shri Mataji: Conscience is the point, you see. ??? anadhikar cheshta hai na tumhari. Anadhikar cheshta ho jayega. Abhi dekho, abhi ek admi hai...there's a man, who's trying to murder, supposing, him. And he comes and asks Me, "Mataji, have you seen Bogdan?" Now, this is anadhikar, unauthorized. I am not to tell him. That's not my job. See that? You cannot correct him.

Ravi: No, I can't

Shri Mataji: Then forget it. Because that's the only way you can save him. Otherwise, you'll be harming yourself. You leave it to Me. Can't you do that? That's all, that's all, you save yourself.

Ravi: Because it becomes very difficult when he comes and says, "O mere beta" (Oh my son...)

Shri Mataji: But, you leave it to Me. Decide on that. You have to react. There's a very good story of Radha and Krishna, on this point [regarding] what is sin and what is not a sin, for Her. And punya is the opposite of sin, what should we sad? [in English]?

What did you take out the word 'punya' Gavin?

Sheila (from Harrow): Opposite of sin?

Shri Mataji: Opposite of sin.

Sheila (from Harrow): Virtue.

Shri Mataji: No, but virtue, no, but the blessing that you get out of virtue.

Yogis: Grace

Shri Mataji: But grace is like a force, isn't it? But graces, you can say blessings.

Mrs. Sharda Devi: But there's no equivalent word.

Shri Mataji: Equivalent is not there, alright, about, about the same – as if you accumulate that.

Yogi: Merit.

Mrs Sharda Devi: But you see, here 'merit' is not like, suppose a person comes first in the class you say 'merit'.

Shri Mataji: Spiritual, spiritual. You can say, 'Spiritual merit' : spiritual merits that you have achieved. Punyas, are spiritual merits that you have achieved, alright?

Ravi: Because otherwise, merit seems to imply a sense of competition.

Shri Mataji: Yes, yes. Yes, yes. So this is the spiritual merit you can say, that you have achieved. Punyas, I will use the word 'punya' you see, so that I don't have to use that.

So, there was a thing: how to get punyas, you see. Like, this boy is in a conflict: what should he do about his father? What should you do about somebody like that? So I said, "Leave it to Me. Just forget about it. Right now, leave it to God. We'll manage everything." But now, when I say that this is so, then one may say that, "What about the punyas?" You see? What about the merit that you have to achieve in spiritual life – whatever happens to that? There's a very nice story about Radha and Krishna, is a very nice one, it's symbolic.

When Krishna went away to Dwarika as a king, Radha stayed back with gopis and gopas, her followers and, She stayed there. She didn't go with Him, She stayed down. And Krishna, being a politician – so, you see, He's the Divine politician – and He had to do lots of things by which He had to move in a way that would give sort of protection to many women who were arrested by one horrible king. And these women He liberated from that prison. And when He brought them, everybody started saying to these women that, "You are not married to Him, and He's using you just for His purpose." You see, in those days also there were horrible people. So He then said to them, "Alright, you are all married to me, I am your husband." You see, He is a God. You should understand that, when He says that, it's a very different thing because He doesn't commit any sin. He being God, He doesn't commit any sin. He doesn't touch them, nothing. But for the sake that, after all, relationship is that He's the God; and that He is the one who has married them, so that nobody can say about these women that, "How is it that you are staying with that man, and how is it that He's not using you? How is it possible? Under what relationship you are together?"

So, at that time, once, it so happened, He had also another five wives. The first one was Rukmini. And these are all, actually, the five elements [which] are described. Five elements, are symbolic. And these sixteen thousand women are the nadis, are the centres, the nerve centres from the Vishuddhi Chakra. Because He has sixteen [sub-]chakras, you see; so sixteen-thousand: there are sixteen into thousand of the Sahasrara – sixteen-thousand nadis. It's the symbolic style, which you should understand.

So you see, one day what happened, this Narada, who is the one who creates problems from here to hell, he comes and tells these women that, "You see, He doesn't love you. He really only loves Radha, and that is His wife, and She is everything to Him and that is Her power. You all are good for nothing! He doesn't care for you, it is She only He cares for!" So they said, "How do you know this?" He said, "You go and ask Him." So they came and asked Him, "Do you really love us, or you love Her only? You do not love us fully, You only love Her." And like that, you see, they were saying.

So He said, "Oh God! I have got a terrible pain in my stomach now!" He was a diplomat, He used to play diplomacy. "It's a very bad pain in the stomach and I don't know how to get cured." So they said, "Is there no cure?" He said, "There is a cure: one cure is that you take out the dust of your feet and put on my head, then I'll be alright." "That's too much..." (break in recording) "...because you are trying to take out our punyas!" Because if you take out [from] our feet, I mean, you are not even supposed to put your feet towards Him, "and here you want to take out the dust and put on Your head? This is very nice! Not [only] that you don't love us, but also you want to take out our punyas and that's why you are doing these things, and we are not going to give you the dust of our feet." So He was very, very naughty I should say, but the pain would not go!

So He said, "Now from where to get the dust of their feet?" So He went to His disciples and bhaktas as they call it [and] they said, "No, how can we do that?" "But He said He wants it, so what's the harm in giving?" They said, "No, no, we can't do that. We can't give away our punyas. How can we lose our merits? How can we?"

So, then He said, "You'd better go to Radha and ask." So Narada went to Radha; She was in Vrindavan, far away. He went there, and he said that - you see, ... it's all attention moving, you see, it's all attention. Narada is also a character that creates problems out of everything: within ourselves, this is all yourself I am describing, within yourself. So he went to Radha, and he said, "Radha, there's a problem." She said, "What is it?" He said, "Krishna is very sick." She said, "Why? What's the matter with Him? Why should He be sick? I hope He's not making fun of you or something?" He said, "No, He's very sick, and He's got stomach pain." She said, "What stomach pain? Then what's the solution, He said?" He said, "You must bring the dust of the feet of my disciples or anyone like that, or my wife. If you bring that, then only I will have to put it on my head, or I will eat it. Otherwise, I will not be alright." She sat down, She said, "Take my dust from my feet." He said, "What!? Are you not afraid your punyas will be lost?" She said, "No, not at all! You'd better take immediately and take it and give it to Him!"

So when he took the dust to Her, you see the Vrindavan soil is absolutely yellowish, like the saffron colour, you see, it's a very yellowish kind of a soil. So Krishna saw that, and He ate part of it. So Narada said, "Are you alright?" He said, "Yes, I'm alright." Still Narada was wondering, he said, "But one thing I could not understand, this Radha has no wisdom. She doesn't bother about Her punyas!" He said, "You better go and ask Her why didn't She bother about Her punyas? Why did she do that?" So He said, "Alright." He took that dust in His hand, He said, "Alright, smell the dust." You can ask Her by smelling the dust. So, the fragrance of lotus, a beautiful lotus, he felt; in the lotus was sitting Radha and lotus was in the heart of Shri Krishna.

So he asked Radha, "How is it? Why did you allow your punyas to be taken?" So She said, "See, my feet are in the heart on the lotus. Where He is, He's kept me in the lotus of His heart. I'm touching Him with my feet everything, now how am I to do punyas and papas? How can I do sin and punyas. I mean, you just see now: He is the One who makes me do all these things, He's the One who carries, so why should I worry? He's doing everything! Why should I worry?" And that is what it is.

You see, it's a myth that, "This is my duty, this is my..." – is a myth. Alright?

Ravi: No, but the way I looked at it was that the only thing that's going to dissuade him from ????

Shri Mataji: The best duty you can do is to bring him down in a way, that you bring him to my notice, that's the best way, to my attention, that's all. Because now, your ego and superego is going down, you are no more yourself, so how do you have a father like that? You are not responsible [for him]. Bring him to my notice, I work it out. Alright? ... Ha!!

I want to make you strong enough that you can face many more like him later on. First of all straighten yourself.

You see, you and (?name) have to teach her two children to come up, isn't it? (?...)

This is for you Bogdan, for both of you.

Bogdan: For everyone?

Shri Mataji: Yes.

Bogdan: I don't know, there's ten there. There's ten.

Shri Mataji: You have five for yourself, five for your wife. She needs much more than you need, take it from me, because she's combining with them, that's why. She's acting according to what they have said, so it's more dangerous. Because you are going against it, that's why you are feeling it. Better?

Seeker: Alright.

Shri Mataji: Alright, you get up. (? name) for him, this one is for him. Yes, you will feel much better tomorrow. Tell him what is to be done.

Seeker: Thank you.

Shri Mataji: , Now what else? Who else is there? Come along! Come here! Sit down, sit down! Take him that side. Michael, let him sit down! Put your right hand on the (?ground).

Better? How is it? Bring water for him, let him sit down for a while.

Now, what's her name?

Bogdan: Sheila.

Shri Mataji: Sheila, now God has been very kind to you, you have to master the Kundalini, and you have to learn everything, alright? Maureen, Pat, all of them know all about it. So, you must learn it. Where do you live?

Sheila: Harrow.

Shri Mataji: I know Harrow.

Yogi: It's in the North West (of London).

Sheila: But Mataji, I might not be clean inside.

Yogi: She said she may not be pure. She said she may not be pure.

Shri Mataji: So you have to learn methods of cleaning yourself, alright?

(talking to Mrs. Devi) Right side Vishuddhi problem...Haaaa! Ha!

Krishna ka koi aata ki nahi? Shloka ka ek Krishna ka? Krishna ka vandan (: praise). (Hindi: Have you any Krishna shloka or praise?) Harmonium me.

Mrs Sharda Devi: Harmonium me? (Hindi: On harmonium)

Shri Mataji: Because you know. If you want to go to the false gurus, if you do not, there won't be the weakness. That Mandy, I'm worried about her much more than I'm worried about you [Bogdan].

Bogdan: She doesn't seem to be able to be accepting what's happened, you know. I keep telling her that You are offering a jewel, moksha, you know, this is what You are doing, and it's still not getting through.

Shri Mataji: She's absolutely [the] blasted type! You know, what has happened is that, whatever were in you, went into her, blasted her brain completely; sort of her brain doesn't think. Do you understand?

Bogdan: Yes.

Shri Mataji: It doesn't go, I mean, the intelligence part is missing, now there. Nothing goes into the brain!

Bogdan: She has being in thoughtless awareness this morning, but I don't know. She was in thoughtless awareness.

Shri Mataji: In the morning?

Bogdan: ...after we got up from sleep. We started talking because I've written to her parents that I want to marry her, You see, and her sister just came in to say that, she's a bit worried about what's happening, and she listens to her sister.

Shri Mataji: Sister is good!

Bogdan: But she doesn't want to know anything of this, she's not interested.

Shri Mataji: Is it?

Bogdan: No, her sister doesn't want to know.

Shri Mataji: She might also have a badha in her, God knows.

Bogdan: It's possible. You know, everyone is taking drugs there, so God knows what happens in the subconscious.

Shri Mataji: You should see her. Did she get Realisation?

Bogdan: She wouldn't take her shoes off.

Shri Mataji: Just imagine! Ha. Here they will give five-hundred pounds to someone and they won't even take out shoes! Just imagine, how much liberties they take with Me! Isn't it? You said she was a good girl and something.

Bogdan: Yeah, very loving family. I mean, she's never been interested in religion or finding this. It hasn't been her way to do this.

Shri Mataji: Then such people cannot. I mean, if you are not knocking at the door, God is not going to fall at your feet that, "Knock at my Door!" You have to ask for it.

Bogdan: Can you keep limes and lemons for more than seven days, I mean, has it got to be exactly seven days or more than seven days?

Shri Mataji: No, better after seven days throw away, then we'll have another set.

Bogdan: Because I can't remember whether I've had them for six nights or seven nights. (laughter)

Mrs Sharda Devi: You can make a note in your diary or something.

Shri Mataji: No, it's alright. It doesn't matter. Koi farak nahi (: doesn't matter). Better thing is to have them for about six, seven days: makes no difference.

Mrs. Sharda Devi: This is a Krishna sloka describing him from Bhagavat.

Shri Mataji: From?

Mrs. Sharda Devi: Bhagavat.

Shri Mataji: Eh?

Sharda Devi: Bhagavat.

Shri Mataji: Ha.

(Mrs. Sharda Devi starts the Krishna sloka as requested by Shri Mataji)

Shri Mataji: Wa, ha! Awaz kaise liye tumhara! (Hindi: What a voice you have!)

Wa, wa. (27.15) Sara Vishuddhi kati atowka. Everybody's Vishuddhi opened out?

Yogi: It's come up here.

Shri Mataji: Agnya?

See how it's opening out! Ha!

(Sharda Devi starts another song, "Ganga Jamuna nirmala pani")

Shri Mataji: Good, the Vishuddhi? Everybody is good? It's saying that let's go to the River Ganges and the Yamuna. Let us go because the water of the river is so pure that let this mind be taken there, where it can clean.

Sing something of Subramaniam! (possibly because of the T.M. people in attendance, as Shri Kartikeya is the destroyer of Narakasura)

(Sharda Devi sings a song of Shri Subramaniam)

Shri Mataji: Now, if you say Lord's Prayer thrice, the Agnya will be cleared out.

(Yogis say Lord's prayer three times as per Shri Mataji's instructions)

We can have that Sabko Dua Dena, so if you come here. That day you sang together. All of us can say that, then we can have...Sabko dua dena should we have? Come along!

Hmm. Very good now. Everybody's opened up very much, isn't it?
Put the aarti of Ganesha first, then we can do that.

I think Sharda, [if] you translate to them, would be better.

Sharda Devi: Yes.

Shri Mataji: If you just tell them clearly.

(Sharda Devi translates the aarti)

For the sake of relieving all the sufferings of humanity you have taken birth so many times, come on this earth in different capacities...

"Vishva me teri mahima" The whole universe knows about your greatness. (Mother laughs)

"Tu hai Ganga Jamuna" You are Ganga and Jamuna. Actually here they are saying, Ganga, Jamuna, means all the oceans, everything, all creations, She Herself is embodied in everything.

Then "Jo bhi sharan me aya, sukh hi mila usko" Anyone who came (surrendered) to Your Feet they only saw happiness and joy.

"Baitha ka dil me o Ma, laut ke na jana" So, You have sat in my heart, so You are not going to leave us and You cannot go. (Now that You have sat in our hearts, Mother, do not ever go away)

"Man me avatara ke, kar diya ujjiyala" You have brought light to darkness (by incarnating amongst us) So You have lit the whole universe.

"Kaliyuga me maya hai, phir bhi pehchana ma" In spite of the confusion of this world we have been able to recognise You

"Santa jano ki dharati, hai bharata mata"

"Is dharati par aake, dukha se dura karana"

All the sorrows that You have come on this earth in India; You are relieving all the sorrows and sufferings.

"Jab dil me aye tab, madhu sangeet suna lo"

Shri Mataji: Whenever you feel like, you can listen to my sweet music.

"Hoya sake jo seva, ham se kara lena"

Sharda Devi: Now you understand?

Shri Mataji: Just come in now.

Sharda Devi: Chalo, let's start now!

Shri Mataji: How are you? Everybody is cleared. Still quite a lot?

Hello! How are you? May God bless you.

One minute, let Me put him right, then you do it (aarti).

(Mother seems to be working on someone who has just arrived or giving them bandhan before the aarti)
How are you?

Yogini: ...but it was a serial pain and it was so strong that I couldn't take it anymore, and then I woke up, and it was very, very interesting. And it was so that I couldn't take it anymore – Vishuddhi, something came out.

Shri Mataji: Better now. That's the place. Your mantra was 'ram' mantra, isn't it? He had given you a 'ram' mantra? Which one?

Yogini: Shriram.

Shri Mataji: Ha, Shriram. That's on the heart. But the fellow (possession) has left you now.

Just imagine! 'Shri Ram' name. 'Shri' lagake! Himmat dekho un logon kya! See, they give the name to the devil 'Ram' but even 'Shriram' they give! It's very much daring on his part. And then, what do you think – should I forgive such people?

Australian Yogi: All this trouble from one bear-hug!

Shri Mataji: Never go near these spiritual people, you see, that's what I was saying. And the first day he was arguing a little bit for him.

Australian Yogi: I'm sure he's learnt his lesson now, though!

Shri Mataji: (Shri Mataji is laughing) You, yourself, will realise how terrible these people are, gradually. Now many are cured [so] if one person comes from the Transcendental one you will immediately know – terrible! Now he came from Transcendental: everybody was [feeling] so heavy with his catches! (Shri Mataji is laughing) Now you will realise how terrible things have happened to you.

Hello! How have you been?

Seeker: Fine.

Shri Mataji: Oh, that's good, good; that's very good, excellent! Thank God!

Bogdan: ... Mandy's period pain, you know she stopped contraception about four months ago, and she had problems here when You put Your Feet on, You put Your this part, she's normal now.

Shri Mataji: Normal now. But she has got something in her mind now, you know!

Bogdan: Well, yes. That's more important, I guess.

Shri Mataji: Her intelligence is completely blasted! She doesn't understand anything!

You don't catch from her! Give her a bandhan and ask her to beat herself as you beat yourself, every day. You tell her that, "You have to be alright!" And keep away from the sister for the time being, maybe she is also possessed as well.

Bogdan: It's hard because we live in the same house.

Shri Mataji: But you are not practising anything now?

Bogdan: I was never practising.

Shri Mataji: You did your medicine?

Bogdan: Oh, You mean as a professional?

Shri Mataji: Ha.

Bogdan: No, not anymore. You know, I was thinking about taking it up, but I'd like to know more about this full time.

Shri Mataji: Oh, I see. That's the best. That way it's good you are not practising, otherwise it would have been that you weren't a seeker. You see, that means you are more malleable, isn't it?

Bogdan: There's always a chance of catching things from patients, I guess.

Shri Mataji: I'm sorry?

Yogi: He said, "There's always a chance of catching things from patients."

Shri Mataji: Very much! And ego, ego is the main part, you know. If you become a regular doctor, you become very egoistical – very badly egoistical.

Aaaah! Here she comes! Before the thing, we needed her very much, isn't it? Come along!

How are you?

Yogi: I'm well, thank You!

Shri Mataji: Oh, good!

Now all of you have to master this. Cleanse yourselves, as you said; yes, you have to cleanse yourselves. And how to cleanse it you know: to sit before the photograph, put your hands towards the photograph; if you don't get proper breeze then put your feet in the water, give yourself bandhan; put your mind on the watch: see how it works. If there are waves of negativity coming into you: sometimes bad thoughts, desires, all kind of things come in; so, put another anti-waves on that, and say that, "Not this. Not this."

And you should say that, "I'm so fortunate that I have got this. Now I'm going to retain it, and I'm going to go higher and higher. I'm not going to lose it anymore now. I've been searching it and searching it all my lives, so you, my mind, please keep quiet now! You have never helped me. You took me to wrong directions and wrong things. And now I have come to the right place, now you don't try to divert my attention!"

And it's a horse: if you master it, he knows where you have to go. You see, the horse also sees whether you want to eat grass or what you want to do. If you don't want to be careful about it, then it goes all over.

That's how you steady your mind and tell your mind that, "I'm going to go deep into it." You are going to work it out. And if you work out even for a month in the right earnestness, you'll settle down in a very proper place.

And then you have to give it to others, you have to save others, because you must know how serious it is. These are seekers who have taken birth many a times before, have been seeking, but this is the end of it, and you are going to be reborn. And you are going to stand by it. If you just take it like a, "Oh, just this for me, it's very good. I'm feeling nice," then you have not done any justice to yourself or to others! You shouldn't take it for granted! You have to give it to others. If you do not give it to others, you cannot go deep down. You have to hollow yourself. The hollowness comes by giving. The more you give, the more it flows.

You see, we have so many in Bombay, even in London we have. At least fifty people, maybe more, who have got Realisation, even

when I was not having a programme. But they just do not go further with it, then they catch, then this thing happens, then this has happened, that has happened – what's the use? You have to establish yourself.

After establishment, you must give, after all, why did you get it? For a purpose, and the purpose is to give, and save others. There are thousands and thousands of people who are in a terrible mess, in a terrible mess, and they are going to be destroyed. And you will be held responsible for their destruction because you are the pillars, and you have to look after them: like the pillars of a bridge, so you have to stand up. It's not a thing just you take it, "Oh, what's it? After all, I have got it, I am happy! This is that." Not that way.

And your doubtless awareness will also....

(break in recording)

...most surprising thing is, you see, when you go to a guru he makes you stand on your heads or do this and that, makes you pay money and do all kinds of things to him. Here I work hard on you, and it's I put in all the effort. Then, what you should do? Is to give Me what? Is to give Me My children back, those who are lost; look after them, be kind to them. As you are, they are also seekers. Do not neglect them, and do not run away from them. In the beginning you'll be [a] little frightened: you wouldn't like to do much about them, but don't be afraid.

One thing Bogdan, I'll tell you, your friend is not a seeker.

Bogdan: No?

Shri Mataji: No.

Bogdan: He's not my friend anymore.

Shri Mataji: Good.

Bogdan: I had a dream last night where I was somewhere up there, and I was sitting here, and I said, "Don't touch me! I don't want to have anything to do with you!"

Shri Mataji: Hmm?

Bogdan: I had a dream and I don't know where I was, but I was sitting there at the table with many other people and him, and he was sitting next to me and I just said, "I don't want you to touch me and I don't want you to sit near me. Then he touched me on the foot....and then I think I was with You, I was like a small child, and I was looking up at You, and I was sitting to the left of You, smiling.

Shri Mataji: Hmm?

Bogdan: In the continuation of the dream, I was a small child looking up to You, and You were talking to me and smiling.

Shri Mataji: Oh.

What's his name?

Bogdan: Taras.

Shri Mataji: Taurus? T-a-u-r-u-s?

Bogdan: No, T-a-r-a-s.

Shri Mataji: T-a-r-a-s.

Bogdan: That's his first name.

Shri Mataji: What's the surname?

Bogdan: Chertan

Shri Mataji: Chertan? Cherban?

(Sounds like Mother, or someone, is shoe beating him.)

Ha!

Chertana shadit ?? These spiritualists are sitting in every third house in London! Anywhere you go there is a spiritualist sitting, they are doing planchas, they are doing spiritual curing, they are doing pentecostals, all sorts of nonsense going on in the name of Christ!

You have to awaken to it. It's a very dangerous thing that's going on. It's a big war between the satanic and The Divine, and you have to rise.

Mediocreres are of no use, no! You have to come up.

Sheila: But Mataji, what do you do if you are living in the same house as somebody who has got positively evil vibrations, and you can't leave?

Shri Mataji: You put a bandhan to him. They will teach you how to do it. Bandhan, you put a bandhan. What is the relationship?

Sheila: He's my husband. (laughter) It's as bad as that.

Shri Mataji: Take some kumkum and sprinkle it. There are so many things they can do. Alright? But don't pay attention much to him, then he will be better.

Sheila: I don't.

Shri Mataji: Good. What does he drink a lot?

Sheila: No, but he's ?? in all kind of ways. He's really messed up.

Shri Mataji: Then why don't you bring limes for him.

Sheila: Well, I didn't know I've got to.

Shri Mataji: Oh, I'll give you one, today, out of these limes.

Can you bring Me a lime?

You take a lime today and place under his pillow, can you?

Sheila: Yes, I can, but he might find it.

Shri Mataji: He may find it?

Sheila: What about under the mattress?

Shri Mataji: That's better.

Sheila: Otherwise, he'll think I'm doing witchcraft on him!

Yogi: You are!

Sheila: Oh, you, stop it!

Shri Mataji: You see, it's a witchcraft in the sense that you make all the witches your slaves and ask them to get out of there! Horrible! You should not go near them! Why should we bother about these dead spirits?

Hah, is it alright?

Bogdan: Sometimes, you know, feeling the left heart.

Shri Mataji: Not now. Then?

Bogdan: What happened yesterday was quite a drama.

Shri Mataji: Oh?

Bogdan: Yesterday night, I thought, "Oh no! Please go away!"

Shri Mataji: (Laughing) Anything you tell me, all these things, I smile and laugh, you know, but actually that's the only way you can get over these things: I mean, it's nice that you do not see the seriousness of it: terrible those! Terrible things.

How many of them are?? in these groups? You are better now? You are better I.V.?

Is he better?

Yogi: Yes, he's better.

Bogdan: It is certainly better than when I came in.

Shri Mataji: Yes, put your hand there, wherever it is.

Yogi: It's much better now.

Lady: Is it not always building up again the negative vibrations? Is it not always coming again?

Shri Mataji: Yes, they do. Because it's like this, you can say: an aeroplane which is not fully alright, it doesn't fly very high up. It goes up, comes down, goes up. So we have to repair you completely, alright? So it comes down. But you will avoid all that. Anything coming like that, all these sorts of [things, you should say], "Get away! We don't want this, we have had enough of this!" They'll go away. Alright? You have to say positively, "We don't want any."

Lady: Will it be alright then, one day, steadily?

Shri Mataji: Not so much, but to some extent it does go down sometimes. But when you know how to protect yourself, and when you know how to meditate, you always rise higher and higher. And sometimes you are surprised, the way you are matured – the things are.

How are you, David now? Alright? Good! Now you are not afraid of them so much.

David: No, very catchy today, but I didn't bother, you know.

Shri Mataji: Good! I am very happy. And they went away? Then they didn't bother you much?

David: Well, they went away when I left the place, but when I came down the road I felt everybody had got much better.

Shri Mataji: How was your trouble? Your hands and things, are they better?

David: Well, I think I'll have to stop working in the things...

Shri Mataji: Actually, it's like a reaction on. There's like a blistering, as you get: if you put your hands on some people, you may get a little bit of a blister. In the same way, it is. That's not a place for you at all.

David: No, I don't think so.

Shri Mataji: You'll go mad! Just don't do anything there. Better get out! Imagine to put you there of all the things! Just look at their brains. Now this boy has suffered mentally, everything, and they put him with whom? Is the incurables!

Yogi: No, he went there himself.

Shri Mataji: You went yourself?

David: I went myself, yes, but they interviewed me.

Shri Mataji: They should have told you not to go there. They are creating more incurables then, if they do like this. You see, a person who is mentally sick should be taken to a place...what's that?

Yogi: It's a present from David.

Shri Mataji: Present my!?

David: Oh, just something simple.

Shri Mataji: What's that? Shouldn't buy presents for Me!

David: I didn't buy it.

Shri Mataji: You didn't buy, alright. I tell you what, I have to give lots of presents to you. When I have finished with my presents, then you start giving Me.

(Mother opens the present) Is it a perfume?

David: Oh, you weren't meant to open it in front of everyone, it's only water.

Shri Mataji: Good, very beautiful. It's beautiful! I love it. It is perfumed already. If you want, you can see.

(Laughter)

That's why I opened it. Alright? If you want to see the perfume, you can have a look.

(Laughter)

Beautiful perfume. And it will take away all your badhas. See, after all, how the perfume is created in this world, do you know that? Perfume is the essence of Mother Earth, and what is that, is the love. Anything you give Me with love will have perfume. And anybody who thinks about Me, then, he will be perfumed, and the perfume will show that I am with you. Alright?

(1:13)

Tape 3 - 1977-11-03 Workshop Part 3 cut Finchley Ashram, 67'

Lady: Now what is the (?karma) that allow these people which gives so much disturbance to the human beings, they must be very bad.

Shri Mataji: Satan! You see, as the God has to give you love and joy and happiness, they have to give you all the unhappiness. They are sadists. They enjoy that. If you can understand a sadist of the cruellest way, they are that.

Lady: But how could that appear in the Creation.

Shri Mataji: That's the problem. What happens is that, at a certain stage, human beings are given a freedom. At this evolutionary stage of human beings that they choose bad. You see, this is the main point.

Lady: Yeah, but how to make the rights in the world then?

Shri Mataji: And because you are free to choose between the two.

Lady: No, but if you say 'Satanic powers' then they must get their powers...

Shri Mataji: They are not powers, I don't call them powers. They are not powers. They should not be called as powers.

Lady: But how can they exist in a perfect Creation.

Shri Mataji: They can! You see, the thing is, I tell you: if you see in a car, there's a brake and an accelerator, alright? So the brake has to work also. You go to a point of indiscrimination, then you have to be thrown out; there should be some way of expulsion. Actually, it's the excretion of the Virat. And there has to be excretion.

The whole thing has to be seen at this stage: where are they these people, where are you people. There are devatas on the right-hand side, there are ganas on the left-hand side. I am making you sit here, and now it is for you people to put the balance.

Oh, God! How can I eat so much!

Marie: What You don't eat, you can give to other people as Prasad.

Shri Mataji: I think you [should] give Bogdan to read Gregoire's book so that...

?? thinks he's more powerful than Gregoire's is.

So he also sees these things coming. If all the time eating them, I must say. This is such a lot. How can I eat? They are not eating at all! All of you can go and eat.

Yogi: There's a big crowd of them, there's no room there.

Shri Mataji: Now how are you? Feeling better?

Yogi: Erm, I still have tensions.

Shri Mataji: Too much?

Yogi: A lot.

Yogini: Actually Mataji I have to go soon.

Shri Mataji: Get her something to eat. What will you have? What should I give you? Alright.

Yogini: Thank you.

Vince Lindsay: Mataji, there are so many teachers, You know, swamis, sages etcetera, etcetera, how are we to know who are good and who are bad?

Shri Mataji: You have to use your brains all the time. For example, it's very easy to flout Mahesh Yogi. You should ask him, and he must tell you, how does he do, what is the system behind it; by taking the name, how it works out; how can it be. Better ask him. It's not written in the books at all that by taking somebody's name you become trance. He doesn't talk of God, he doesn't talk of Christ. How does he relate himself to Christ? After all, it was not created to be a waste. Are they all wasted? Mohammed Sahib, Christ is wasted? Everybody wasted? Only this Mahesh yogi is the only person? Use your brains.

Vince Lindsay: You see it's only in the later writings of Mahesh yogi that he's not mentioned God because his system is orientated towards businessmen etc. But in the early days he did speak of God.

Shri Mataji: You see, actually they come out in their true spirits. You should say, "You are inconsistent! How you started with God and how you finished it off." Because whatever I said the first day, I must say today also. Use your brains! How can you change? "In the beginning you used it as a camouflage, how can you give up God now?"

Vince Lindsay: ... he explains, You see, I'm sorry I persist, but I still have the ?? from Maharishi, you see, although I'm here through Raj. But, the way it is explained now is because not enough people were coming to meditation because they are not attracted to the spiritual thing, You know, the spiritual side of it. But the way he has explained it is that the end is justified by the means. So if

it means that more people would come to meditation and perhaps spiritual understanding without the mention of [God].

Shri Mataji: But this is great for him to say all this! He's handling thousands of people! He doesn't know what he's talking about. How can you depend on a man like that? A captain: the ship doesn't know, perhaps the ship may go this way or that way!

You see, if you listen to him, it's so insulting. You can find him out, in no time you can find them out, very easy.

Vince Lindsay: The thing is you never get the chance to talk to him.

Shri Mataji: This is maintained! He never talks to anyone.

Vince Lindsay: Only his teachers.

Shri Mataji: You know, I asked somebody who is a very close relation of ours and a very big man. I asked him, "Do you talk to him?" He said, "No! Whenever I talk to him, I am drunk." Nanaka said you should not drink. Everybody said you should not drink. Even Christ in a way. Moses was told not to drink. Everywhere it is known that it goes against awareness. Then how is it [when] he calls himself 'Transcendental Consciousness' and how can it be 'consciousness' which goes against it. Every one of his disciples can drink, can do what they like, they can have three girlfriends or ten girlfriends, makes no difference: that means whole of Bible is wrong, Koran is wrong, Gita is wrong, all shastras are wrong? Is only ...

Vince Lindsay: He has done a translation of the first six chapters of the Bhagavad Gita.

Shri Mataji: And what is so difficult [in that] ?

Vince Lindsay: Oh, no, I'm not saying it is difficult.

Shri Mataji: No, but what I'm saying [is that] that's what they did. In the beginning even Rajneesh started talking about God, you will be amazed. In the beginning they wrote. How do you make out a thief? When he comes out in his two colours! Not when he is camouflaged. They have to camouflage. Now, if I'm saying today something, and after ten years if I say something else, you must understand. There's something wrong, this is inconsistent.

Vince Lindsay: Yes.

Shri Mataji: And a person who's supposed to be the spiritual leader at least should not be inconsistent, minimum of minimum. Then his own personal life: so much interested in money! How can a person? (Can he? That took), away other people's money!

It's a big organisation: he's got some of the big bureaucrats from India employed by him.

Mrs Devi: One of my relatives also, he's one of America's greatest scientists, my niece's husband – he's running around him.

Shri Mataji: And K.B. Lal! Of all the persons, I cannot imagine a man like him. He's such a brilliant man, he's all been befooled by him. And I asked him what did you talk to him? And he said, "No, whenever I talk to him, I'm drunk." He drinks a lot himself now he's started drinking so much this man, and also he's become so hot-tempered, ask him.

Mrs. Sharda Devi: I'll show you my ?? letter, which a very well known lady in Belgium has written. I'm so glad he's left our country.

Shri Mataji: He was a very nice, sweet tempered person.

Seeker: You see, myself, all I got was good from it when I was doing it. When I was doing T.M. I had good experiences, I felt very good.

Shri Mataji: Felt very good? The reason, I'll tell you, why he felt good. That is true, you feel good in a way. In a way, you do. That's the camouflage. What happens [is] a spirit comes into you. It's like you see, if somebody gets drunk, he will say, "I felt very good with the drink." It's something like that. You see, somebody else takes over from you, you are not yourself, so you feel nice. To be yourself, without Realisation, is a difficult situation.

Seeker: When can we know that we do not have a spirit in us?

Shri Mataji: You will know, now, see. If you had a spirit, you would see yourself, separated. Start seeing the spirit separated, absolutely. You will see, and now you will know how to face that. That's what it is. You will not only know that, but you will know all obstructions within you and you will cleanse also. This is Self-realisation: k It's to know yourself absolutely: where is the spirit which is come into us.

Gavin: I was trying to reason that answer out: the first thing is that you can feel your own chakras and your own centres, and you can tell whether you are alright or not, that's the first thing.

Shri Mataji: First thing.

Gavin: The second thing is that you get collective consciousness. In other words, you can feel what other people's chakras are like. And once it starts that you can really recognise that this is fact, that you are feeling their chakras, and you can tell that this is their Agnya that is blocked, and it ties up because they've been to T.M. or it ties up because they wear glasses, or it ties up because they don't forgive their parents for having a fight, then you know that you've got collective consciousness.

Shri Mataji: The proof is there! Of course, absolutely. Absolutely.

Gavin: The first thing is that you can feel your own chakras.

Shri Mataji: The first thing for a child also! Anybody! Now you are feeling your own chakras, you see for yourself: now feel which finger is burning.

Seeker: Burning?

Shri Mataji: Ha, burning. Are you getting cool breeze?

Seeker: Slight.

Shri Mataji: But there's an obstruction that you are feeling on one finger or two fingers?

Seeker: It's feeling here.

Shri Mataji: Absolutely! That is Mahesh Yogi! Left Agnya, the left-hand side and the superego.

Yogi: Heart.

Seeker: And what does that mean?

Shri Mataji: Heart. This is heart: heart organ itself. What is the mantra he gave? What mantra he gave you?

Seeker: I'm not really supposed to reveal it. I'm not really supposed to speak it out.

Yogi: He says he's not supposed to speak it out.

Shri Mataji: No, no, no, you tell Me. Better tell Me that mantra.

Seeker: Umbium.

Shri Mataji: Umbium?

Mrs Devi: Somebody else also had the same mantra.

Shri Mataji: Umbium, yes, he gives it. That's the name of a devil.

Umbium is a mantra...is the left-hand side, on the heart. Left, left side, that's why you are catching on the left.

Seeker: Was it given to help that? Was the mantra given to help that?

Shri Mataji: Now supposing he gives you a real mantra of Rama, alright? Take it like that. He's a devil, and he's not supposed to do all that. Alright, first of all you'll bend your head before him and take the mantra, accept it, now you start using that, without authority. Without authority, if you try to meet someone who is so high as that, even queen, you cannot meet her. And if you enter into it, you will be caught, police will catch hold of him and put you in the jail. It's that same sort of a thing it is. You just go on taking Rama's name, first you see there's a little temper, there's something they show temper, they try to correct you, they try to improve you, everything, but still you don't listen, so they disappear completely, sleeps off, Rama sleeps off, on the right-hand side – immediately.

He will also tell you some ways by which you spoil it even more. Say, He will say - if you are rude to your father, something, and you go and tell him, "I'm rude to my father," he will say, "It's alright. Forget about it. Don't you worry." It's like that. So it will be all more spoilt. Now he asks you to take the name of Ram, then there's a devil by that name [so] he comes and sits there. He has got regular armies of people like that! 'Umbium' and all these things are names given to certain lieutenants of his, and he has got some armies with him.

Seeker: But how can a sound like 'Om' be used for any kind of harm? 'Om', how can that be used against someone?

Shri Mataji: Because it is a name of someone. You see, it is a name. Now supposing you sit down here and take the name of "Ram, Ram, Ram, Ram" – He's not your servant to come! He's not at your beck and call! You see? He will not come. You have to enter into His awareness, you have to come into His awareness, you have to rise much higher to be in His presence, isn't it? How can you just go on calling His name like that? And what happens is that somebody by the name, servant by the name of Ram, only can come. And this servant is arranged by Mr. Mahesh Yogi, and he comes in and settles down there, and he controls you. And when he controls you, you feel nice and happy because somebody else is doing the job, and you give up all your money, everything, whatever you have.

Vince Lindsay: It still creates a problem for me Mataji because even a puja, no matter whose puja, You know, even Your puja, how would I know that was not going to harm me? Of course to you, it isn't, but having been told that somebody else's puja or somebody else's mantra would have harmed me, how am I to know?

Shri Mataji: Yes. Without Realisation, you should not recite any mantra, because you don't know [that a] mantra is not a stationary stuff. Just now, your Kundalini is stuck up on the heart, alright? His was like this: it was stuck up on the heart, then we raised it; so we had to take the mantra of the heart. Only Realised people can, not unrealised. Then we removed it [the catch]; then it came up to the Vishuddhi, then we had to take the name of Krishna. Then it moved onto the Agnya, we had to take the

name of Jesus. Then it comes up here, then we have to take the name of Kalki or Mataji, then it comes out.

You see, you have to take all these names.

Have you had [dinner]?

Lady: Yes, thankyou, thankyou, thank you very much; thank you very much!

Shri Mataji: May God bless you!

Now you all go down and have something!

You see, that is the thing. So this is the thing: if you raise your Kundalini, then from her movement you must know how to - which chakra is needed. It's a big science, it's a big science, you cannot just cure chakra like that. In the olden days, (?) master of Kundalini I can move your Kundalini like that, in five minutes it comes up, in a second it can come up, but in olden days they used to raise Kundalini step by step, you see.

Supposing somebody's Kundalini had stuck up at the Nabhi Chakra; so they would give him a mantra of Lakshmi Narayan or someone like that. So they used to give a mantra, so [the] guru used to tell the mantra that, "You do this, and it will be alright." All over. But not now. Now you are going to get your mantra, every moment changes, moment to moment. Now the Kundalini has to rise!

Vince Lindsay: Yes.

Lady: But Mataji, where actually Kundalini is situated mainly?

Shri Mataji: In the triangular bone, in the coccyx.

Lady: Yeah, but is she going up and down all the time totally or is she sometimes...

Shri Mataji: No, when She's awakened She comes up and goes down, and comes up again; but not the whole of it comes up. You see, She's made of many threads and these threads come up but to have a Realisation you have to have many threads; a certain amount of threads has to be there. If they are added up, they open it out. But then again it settles down, goes back.

You see, for example a person who is coming from some of these gurus always you find, in the beginning you find [that] the Kundalini falls down; again you have to raise it, tie it up. Because of the chakras being spoiled by them. That's how they make chakras you see [damaged] like that.

Lady: Yeah, but when the Self-realisation is [at] the full stage is it then not permanently...

Shri Mataji: Oh, then of course, you are there.

Lady: It is permanently there ?

Shri Mataji: Yes, it is permanently. But Kundalini, you see, is newer - it's a residual force (?) but, the complete oneness had to take place.

Lady: Yes, it is connected everywhere like a full growing plant or...

Gavin: It starts putting roots up there!

Shri Mataji: Now, you see, there's one more thing: these gurus show their own powers, they don't give you any powers. All these people [here] know what is happening within you and are telling you what's happening: he's telling you, "This is happening, that is happening," raising your Kundalini, giving you Realisation. They have given Realisation to people. The one who gave him Realisation was a disciple of mine. So, I mean, it is your power which should be manifested, isn't it!?

Vince Lindsay: Your own built-in.

Shri Mataji: Your own built-in power should manifest.

Vince Lindsay: Yes.

Shri Mataji: That doesn't [with them]. Only by taking [the] name somewhere, you don't know anything about it. You just take a name, and you feel alright: that's something like taking [alcoholic] drinks, for which you pay, quite a lot, much more than drinks. And you hurt your Kundalini so badly. But when Self-realisation takes place, your own power will manifest. That should be asked from a guru, always: "What are our powers?" He [Mahesh Yogi] doesn't even talk, he doesn't even tell, he cannot even explain what he is doing, how he is doing it, but I have told you everything. And I'm going to tell you everything! Secrets of secrets I am going to tell you. All the gupta, gupta taram as they call it in the Devi Mahatmayam: Markandeya has said that, "You know all the gupta and gupta taram." I am going to give you all that, all the knowledge, otherwise things cannot be alright.

Vince Lindsay: You see, Guru Raj has also said to us that, "You will have no secrets."

Shri Mataji: But he himself doesn't know anything!

Vince Lindsay: He says he does.

Shri Mataji: How can he?

Vince Lindsay: How can you tell?

Shri Mataji: He's spoilt your Agnya and spoilt his Agnya; he's spoilt everybody's Agnya!

Everybody's Agnya he's spoilt. He's only talking. If he's done it, I have shown it. For example, I have met someone only a few days ago, Bogdan. I met him only eight days back, and he knows such a lot.

Vince Lindsay: Yes.

Shri Mataji: Who first came here from your group?

Yogi: David.

Shri Mataji: No, David was second, somebody else was first.

Yogi: No, David was first.

Shri Mataji: You were the first David? You remember, as soon as I saw you I said his guru has a very bad heart, do you remember? Immediately! What did I say?

David: Yes.

Shri Mataji: Very bad heart.

David: He was born that way.

Shri Mataji: He should be saved, all his ?? . But he's done a very big mistake. He's very, very wrong. He's very, very wrong. You don't know: he has to do a lot of repentance for what he's done – spoiling everybody's Agnya, imagine! With what, - if he (?continues), this is built in evolution. It's the highest point for a man to reach it/him, it's quite a price (?to be paid). And these people are killing in them. . Killing him in you! Inside here.

Vince Lindsay: But that practice which he has given us, 'tratak',(: fixing eyes on an object) has been given for many centuries.

Shri Mataji: No! Not this way. No, not that way. That is given - You see, the hatha yoga is not to be done by householders, not to be done in London City! Hatha yoga has six things. After Realisation only trataka is to be done, that too, in the jungle with a guru. If you read Patanjali, it's such a big book.

All these people, some of them decided ... It started, I would say mainly started with this Lahiri Baba and secondly by that ... Shivananda. This Shivananda never got any guru, see, so he knew only -he in the first, only, the foremost thing is, to know very little of it; was to know [a] little asanas, that's all he knew, and he came down [here] with the asanas. He had a big stomach like that, but still he started teaching asanas!

I mean, it is six things together, and that too is to be done with a guru who is living in the Himalayas, and you have to be a complete celibate person, complete brahmacharya should be there; and he (the guru) looks after you. It was the domain of very few to give that. Very few used to get it, and it was not allowed to every Dick, Tom and Harry, or to anyone; or to the masses it was out of the question! Then time had to come, in the history, that masses had to get it, so I have come.

Vince Lindsay: Why is it so simple for us? I mean, the very name of your society is 'simple' yes? Easy. Yeah? Sahaj.

Shri Mataji: Vincent, do you know, everything important is the simplest! See your eyes, it's so complicated and it's so much God has done to make it, but it's so simple to see! Has to be, because it is too important. Supposing your breathing was difficult, you could not have lived even for a moment. It has to be simple.

Because you are to be evolved, it has to be the simplest – has to be!

All God sent things are so simple [that] we don't see, we take them for granted. See outside: you see, suddenly you find the flowers, then suddenly one day, morning, you see the fruits, then you see the seeds sprouting – do you see all these miracles or not? You see them, but you just take them for granted. This is a miracle which you have not seen, that's why you think it's too simple. Know, there's a machinery behind, you have seen it, very complicated. But, as I say, I have done the cooking, you'd better have it! If you are hungry, you must eat it, and enjoy it. It's for your own enjoyment, isn't it, Bogdan? With that you'll [grow] so fast you'll see it, and you'll know what I'm talking about.

Yogini: Mother, is there anyone that hasn't eaten?

Shri Mataji: So many are there.

Yogini: Those who haven't had dinner, please come now.

Shri Mataji: Alright, you go and eat. Are you going, Ravi? (?...). Go down to have something to eat.

Bogdan: Mataji, You were talking once about God and there are some parts of His nature that are beyond Him; like it's His nature to be eternal, and he can do nothing about it. That was interesting in the fact that this All-controlling God...

Shri Mataji: And another thing I told you which you have forgotten is, of course these are all things which I am telling you but should not create too much controversy into your mind, but to understand it you have to be much more [subtle]. In that way God has been so sweet that He bound Himself by these regulations to Himself; that He has to be eternal, He cannot change it, He thought that - 'I might change my view later on, I may give up', so He said, "Better tie Myself up with this one thing."

Another thing is that He cannot take away your freedom.

Bogdan: The thing that came about that is that this All-controlling God has given us our freedom. By doing that, He's put us beyond His control, so He must love us very much to have done that to us.

Shri Mataji: There's no end to His loving.

Bogdan: He must accord us the greatest respect to have done this; to put us beyond His control.

Shri Mataji: That's what I am saying! If you see that, how great He is! How His love is tremendous! He wants you to grow big, just like a father makes you independent, He's made you independent.

Bogdan: So He must feel very sorry when He's powerless to stop us going the wrong way or to stop people going the wrong way.

Shri Mataji: You see, these gurus have taken away the respect of God all to themselves: that's what they are doing. Because without giving anything to you, what they have given is disrespect to God, disrespect to your dharma, to your sustenance power, disrespect to your Kundalini – everything! Everything is gone upside down.

Seeker: But why Mataji? (? Why should they do that).

Shri Mataji: Why they do it? That is beyond ?? . They are spoiled children. You see, in the body, you have to have excretion, isn't it? It's like that. In the whole Virata samstha (: institution) as you call, the institution of the Virata, it has to have also excretion system, and they are formed as the excretion part of it.

Ha.

Yogi: It keeps coming back to heart, left heart, right heart.

Shri Mataji: Right to left?

Yogi: Yeah.

Shri Mataji: Left Heart is his guru, Right Heart is his first guru.

Yogi: Perhaps he had gurus in previous lives as well.

Shri Mataji: They were rakshasas [then]. Rakshasas, they were your enemies.

I can't eat [more] now. It's too much. But I request should be no fight about Prasad. Take it down, I think.

(? name), go and have something with him. You should be alright because your heart is disturbed.

Turn around. Let's see now.

You have no questions? You are in complete joy, is it?

Yogi: These two fingers are burning.

Shri Mataji: These two are burning? All the time?

Yogi: Off and on.

Shri Mataji: You might be catching from others.

Ravi: (says he's catching on right heart)

Shri Mataji: Kaunse? Is me? Yeh tumhara father hai. (Hindi: which one? That is your father.) Right-hand heart is the father.

You see, maybe, what kind of a pillow you have? Pillow has to be alright.

Yogi: Pillow?

Shri Mataji: Or you sleep without a pillow. You have a pillow?

Yogi: Man-made fibres, polyester.

Shri Mataji: Because there's a pressure over here. That's why. Tell him how to take out the Vishuddhi. Just tell him to push back.

You do it like this. Or you put your hands back, would be better, here.

You've got more of these or not?

But good news, I must say that this is the first time that Mahesh Yogi's disciples are getting Realisation – we could not give them. And Muktananda Baba. Only one man we have given in Bombay of Mahesh Yogi's disciples – one man. It's most surprising. When they said, "Mahesh Yogi" I said, "Oh God!!" The first time!

Jane, you have to go down (to eat).

Vince: Shri Mataji, You only speak of seven chakras.

Shri Mataji: No, there are many more.

Vince: Yes, but, how many are there?

Shri Mataji: I've exaggerated all of them!

Vince: I've been told there's seven hundred and seventeen chakras.

Shri Mataji: Yes, so many are there, one thousand are already the...but at least you can see two more here (Shri Chakra and Lalita

Chakra), and on top of the head there are three chakras. But gradually you take the basic ones and then the sub-chakras there.

Yogi: This is the special introductory course.

Shri Mataji: Even in mastering these you will take some time! That one is Sahasrara, this one here.

Barry (Oz): There's a book called the thousand names of the Goddess of the Sahasrara, someone once asked me where it came from, I said, "Comes from the ten thousand names," And they said, "Where do the ten thousand names come from?"

Shri Mataji: The twenty-one thousand, should be, minimum!

Vince: Shri Mataji, can you see the chakras?

Shri Mataji: You can see if you go from outside, that's what they did. They went from the sympathetic, they saw the chakras, and they thought they have entered into it. But when you are inside the house, how can you see the house?

Barry: Nabhi, both nabhis.

Seeker: I've got a four-month-old baby daughter.

Shri Mataji: Baby boy?

Barry: Daughter.

Shri Mataji: Daughter, you have got?

Seeker: And she's got really bad wind, is there anything I can do to help her?

Shri Mataji: You just put your hand on her stomach, and think of Me and put one hand outside – she'll be alright. Alright? Try that.

What's her name?

Seeker: Amber.

(36 mins Hindi conversation with Ravi)

But after all the fruits, you eat this, and then take water. Till you have to leave.

Better now?

Vince: Yes

Shri Mataji: But you have to cooperate, eh? And you have to go deep into it because you have a problem.

And it's a Mahesh Yogi's disciple. I was amazed Myself – first time they are getting Realisation, otherwise none of them. Perhaps you people have denied ?? And this another guru of yours, such a bad Agnya he was putting up, baapre-baap! This Mahesh Yogi is spoiling everybody's heart, and he's spoiling everybody's Agnya: very nice! It's like from frying pan to the fire like that! Alright Vincent?

Vincent: Yes. It was hurting a little bit lower down before, but it stopped.

Shri Mataji: Because you have started feeling it now. The hurting and all that you have started feeling, now you will start feeling the pressure as you start feeling the Kundalini move.

Barry (Oz): When shall we have our next meeting?

Shri Mataji: Now, the programme is: you all should meet as many times as possible.

I have not given you Realisation, have I?

Seeker: No.

Shri Mataji: Come here. You have been doing Hatha Yoga or so? Hatha Yoga?

Seeker: Just a little, a few exercises.

Barry: Could you take your socks off first?

Shri Mataji: Same thing like mantra. You take out your socks as well. You see, Hatha Yoga is also like mantras. It's a big shastra, it's a big science. You shouldn't do it, it's not a novice's job. Everybody should not do that.

Just see, is it the liver? Heart? Heart first of all, that's why I said you must have done Yoga.

Seeker: I'm doing, also, this meditation with Raj.

Shri Mataji: The Agnya?

Seeker: Before, I was doing a little bit.

Barry: I'm just going to take a bit [of Prasad] for Mataji's husband.

Shri Mataji: Just see now, with one grace you can do it, the whole thing can go out. What are these gurus? Throw them out! Haa! Haa!

Just see now. Raise his Kundalini! See it. Where is it?

Now, don't make noises.

Ha! Ha! Haaaaa! All these gurus and all that. Got it? Close your eyes. But now you'll have to work, no doubt, but you've touched it. Haaa! Come up? (Shri Mataji is laughing) If the Mother's grace is there, what is there [to worry]? After all, it is written already: when She will come, She will just do it like this – isn't it? Haa! You've got it. Very good. Got it? Done!

Ho gaye? Paara uthara gaye, santa janare – the saints have crossed the ocean!

That's what [it is], you are all saints. You must understand you are all saints, you have been seeking for thousands of years, and that's why you were attacked. Haaa!

Kundalini is in the half coil now See when the river flows how she throws away all these obstructions. She's not going to stop for anyone.

Don't allow your mind to stop anywhere! Say, "I must have it!" Then you'll have it. He came with that idea. You got it.

Everything cleared you see: heart sab, sab aoge (– all will come)

It can be you also – jump into it! Throw away all that! You have not achieved anything so far, na, from that? Throw them away, finished! Don't worry. The more you will think about them, they will work in your mind much more – progress will be slower. Haaa!

You can tie it up on top. Let it be. Haaa! Done now! Haa! This is known as 'paash'. If you read the Devi Mahatmyam you will know, this is paash. Alright? And this is ankusha they call it, you see? All these are described in all of these papers. Huuun!

All of you feeling better?

Seekers: Yes.

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

Seeker: Nice, very nice.

Shri Mataji: Nice, very nice! That's the thing now; [the] river is flowing into you! Good. See his eyes are dilated, see.

One thing is to be achieved only, nothing else! Is God – Twamekam sharanyam, twamekam varenyam (Adi Shankaracharya: You alone are my refuge, you alone are my desire). That's the one to be asked for, that's what you must get and nothing else. All this nonsense, throw away! You don't want it. Haaa! Huuur!

How are you?

Seeker: I want too much. I want to be happy at something, and I'm kind of in between being happy and being unhappy, I'm kind of like a stone between a mountain and a sea or something.

Shri Mataji: They will tell you what to do. Tell him to beat that Muktananda with shoes! Every day! You see, this is what Mohammed Sahib has told us: you all beat them with shoes. You have to write their names [and] beat them with shoes, and that's how you will be cleared out. That horrible fellow, he has no sense that he is a sweeper – he's touching everybody's dirty parts! He's going to eat faeces in the hell, that's what I can tell you, and I have no words to describe this horrible man! Haaa!

Good. Come on. Chalo, ho gaya? Sab log saf ho gaye? (Hindi: Let's go. Done? Everybody cleaned?) Everybody feeling better? Bien? So let's go!

Barry: It's for C.P. it's some sweets.

Shri Mataji: He's very particular about the Prasad, he'll ask Me, "Have you brought your Prasad or not?" (laughing)

What about these chocolates?

Barry: Ravi brought them.

Shri Mataji: Everyone should have them, isn't it.

Gavin: Should we make some plans for next week, while we are all here?

Shri Mataji: Yes, for all of you, you should make, but Me you should exclude. I'm going to try the other side of life, giving their Kundalini jagruti, you see, all those people coming for the conference, all of them. I've given to so many Russians: so many ambassadors and ambassadors wives.

Barry: Which conference is this?

Shri Mataji: This is the annual conference of the council. All these nations will be there, all will be represented. It's a very huge, big thing: seven days. They live in Ganard Hotel and something like that.

Yogi: He's saying he's planning to go to India very shortly.

Shri Mataji: No! No! You just don't go! You are in the greatest mess! You first of all clear out yourself! What is in India?

Seeker: I just want to go to a place for a while where there's less traffic and less noise and..

Yogis: Go to Scotland!

Shri Mataji: You should be alright inside. Inside you will be alright, then you will not mind all this.

Yogi: You can go to the Richmond Park.

Shri Mataji: Nothing to run away! We have to face life as it is. You have to be brave. This is escaping. You are not going to escape, you are going to face it.

Barry: I think he wants a holiday, that's what he's saying.

Shri Mataji: You are having holidays after holidays, now why do you want a holiday?

Seeker: I am being thrown out of England.

Barry: He's not allowed to stay in England.

Shri Mataji: Why? What country you belong in?

Seeker: Australia.

Shri Mataji: You are supposed to go back?

Seeker: I thought I'd go back through India.

Shri Mataji: If you could wait for some days, we are going to have an ashram there, where you can go and stay. And then you'll not...you cannot. You get him completely into your hands...actually I'm really...see my husband is sitting there, and he was telling on the phone, "Now have you given me up?" I said, "I'm busy with my children here." (laughter) You are overpowering Me.

How are you?

Seeker: I'm alright.

Shri Mataji: Now you don't hate them at all? And cut your hair a little bit, alright? Sometimes with the hairstyle and all that also the...be normal, nothing abnormal to be done. Not to be very fashionable, nor to be absolutely careless. Respect your body, respect your mind.

Now, how are you? Better?

Seeker: Yes, a little bit.

Shri Mataji: Did you do that way? Did you tell him how to do the Vishuddhi?

Maureen: No, it was someone else you told.

Shri Mataji: No, I said, "Tell him how to do the Vishuddhi." Put your hand here like this and tell him how to do it. All of you can do it. Put your hand like this, at the back. Now, Gavin, you tell him. At the back, and think of God as the Virat. Not to laugh because this is a very important act.

Done! Better?

Moreover, these fingers are of the Virat, and the mantra of this Vishuddhi is one of them – of course you can say Radha Krishna – but one of them, the greatest one is putting these in the ears and to say "Allah hu Akbar". Say it thrice, "Allah hu Akbar." (whilst demonstrating, Mother does not shout but says it quietly).

Better?

Seeker: I didn't really understand.

Barry: Allah hu Akbar.

Shri Mataji: Allah hu Akbar, see, God is great. And the greatest of God is Virat.

Seeker: Oh, it's Islam.

Shri Mataji: Yes, it's Islamic. Again say it. Now once you have done twice and then thrice, the same.

Everybody is saying "Allah hu Akbar."

Now see, you are putting this in your ears, still you are hearing. From where are you hearing it? Through this. Again, you say it. Come along.

Everybody is saying "Allah hu Akbar."

Better? This is for Vishuddhi.

For Christ, you have to take the name of Jesus Christ and you have to take the Lord's prayer. Or at the back use Ganesha's – that's the beginning of, I mean the Christ's former, I mean you should say the basis, the bija; use Ganesh, from here. That one is created here.

And at this point (Sahasrara) there's a mantra written on my photograph which you can read it. Have you got my photograph?

Vince: Yes, I have.

Shri Mataji: You haven't got it? So take the photograph. Now work it out, and you beat each other as many times as you can.

Are you feeling better now?

Seeker: Oh, it's still very heavy at times.

Shri Mataji: What are you wearing in the neck?

Seeker: Oh, it's taurus. Zodiac sign.

Shri Mataji: Take it out. (?...)

Are you better now?

Not there, now there. Not there, not there, not here. Here you are feeling it, isn't it?

Which side on the right or the left.

Seeker: Eyes and here , all over. Eyes.

Shri Mataji: Better? Try to sit in the water, alright? It will help you. Ha.

Left side catches. Left side catches is mostly due to emotional side [that] means. But there seem to be vibrations at an extreme point. You've been to a guru or someone?

Seeker: No, I feel very exhausted because I've had a very exhausting experience with my girlfriend; very exhausting.

Shri Mataji: You must be that way exhausted. That's on the emotional side, you see. What is she doing now? She's living?

Seeker: Yes. She's an Indian?

Shri Mataji: She is an Indian? She's given you this experience? (?) Horrible Indians! (laughter) Got no shame! That's why I say don't marry Indian girls, you don't know what will turn out of them! Horrible! Ravi is looking at you now! (laughing)

I mean, you don't know, some of them are terrible!

Seeker: She's very spiritual.

Shri Mataji: Very spiritual? What's her name?

Seeker: Lakshmi.

Shri Mataji: Lakshmi? And what is her surname?

Seeker: Ramachandran. By that name she was married. Ramachandran.

Seeker: She was married Ramachandran, her maiden name was Vasudeva.

Shri Mataji: Vasudeva. Now she's worried because the name you are saying is of her caste name. So she's saying now marry my son when you find a girl (laughing). She's worried now. How do you say she's spiritual, what does she do?

Seeker: Errm.

Shri Mataji: She married you?

Seeker: We went through our own ceremony, our own marriage ceremony.

Shri Mataji: Which one?

Seeker: No, it was one that just happened, we knew it was...

Shri Mataji: For an Indian girl, she knows that this is not correct. That means she's not so spiritual.

Seeker: And we both thought (?it was) sort of ceremony again.

Shri Mataji: You are alright, you have a western mind, but she's a "spiritual" Indian woman I'm telling you about her. And she's troubling you, her husband; an Indian woman won't give up her husband even if he's mad, or even if he beats her; even if he becomes a leper.

Seeker: She's divorced.

Shri Mataji: She's divorced you, or she's divorced another man?

Seeker: She divorced her husband.

Shri Mataji: (talking to Mrs. Sharda Devi) Dekh lo tum! Certificates le lo, kaise kaise hoti hai aurate! (Hindi: Look at that! You take certificates, how they are the women!) Give her a bandhan, hopeless! Good for nothing. Calling the name of the country.

Mrs. Sharda Devi: He is very immune.

Shri Mataji: Taking such a big name, nothing, she should have some shame: giving such a big name. Indian women are known, even once Roosevelt said, that they are like a magnolia flower: if there's one flower in the whole locality, everyone knows there's a flower; this is what he said. I take back my words about Indian women, with these exceptions also...Haa! Marathi me – Lakshmibai hati patlazawala (In Marathi – 'Lakshmi is wearing a brass bangle' which means 'her name is Lakshmi, but she has no character of Lakshmi')

Only if he's a rakshasa, she can leave [her husband].

Seeker: Aha.

Shri Mataji: If the husband is a magician, then she can leave the husband, under law, under Indian law. She has no children, nothing?

Seeker: Yes.

Shri Mataji: She left the children also?

Seeker: No, no, she still has them.

Shri Mataji: Why did she leave her husband.

Seeker: She never liked him.

Shri Mataji: I tell you India is like a ??

Thank God, that our Sahaja Yogis should never marry an Indian!

Mr. Devi: Why is it? In India, Sahaja Yogi girls are good?

Shri Mataji: We have arranged it so well that no Sahaj Yogi marries a Sahaja Yogi. If you marry, then you bring that one to Sahaja Yoga. But if you are a Sahaja Yogi and another is a Sahaja Yogini, you are brothers and sisters. Before coming to Sahaja Yoga, if you are related, that is alright, but after Sahaja Yoga you are all brothers and sisters. I have arranged it that way. Otherwise, the whole of Sahaja Yoga will be ruined. You'll be having your romances instead of Sahaja Yoga and meditation. All are brothers and sisters.

Not one marriage – can you imagine? – amongst thousands of people! Not one marriage has taken place.

Somebody says something and everybody is laughing.

Shri Mataji: It is going to be better than Kali Yuga, don't you worry! In Kali Yuga in India, one couple is producing twelve children!!

(break in recording)

Seeker: Is there something for me inside?

Shri Mataji: Then you should do inside her. But then these things should not come into your mind. This should not come into your mind. To pay her back, you must do something to give others. She hasn't got it through sex, and you are not going to get it through sex. You cannot return it through sex. You haven't got it through sex, and you cannot return it through sex. Now see the difference. This is the purity of understanding. You see, this is your Mother sitting here. At this time you are like Ganesha's all of you. Your attention is not at all on the sex, and if somebody has done for you something through Sahaja Yoga, for her, if you ever have that kind of a feeling, you'll fall, or you'll be exposed. Never. Keep yourself clear on that. Here, you can have somebody, friend or someone, if you come, if you are friendly before you get Realisation, alright. Afterwards, if you meet somebody, bring one more person, I'll give them Realisation. What is there? We'll have another person here! But a Sahaja Yogi, you will not. You will be surprised, all of them are living here. Ask them how they have become brothers and sisters. I have strict rules.

Yogi: For four years we have been.

Vince: It seems so narrow.

Shri Mataji: No, not at all! You see, you think that being wise is vulgar. Actually that is vulgar, that is being vulgar.

Vince: But it's only vulgarity in the mind, Mataji.

Shri Mataji: No, no. Because you are purified, inside you are purifying Vincent, that's why. You see, it is like this: now this is the

drawing room, alright? In the drawing room, you have to come to sit down and talk. Will you use a WC here, or you will sit down and throw it out? It's like that. There's a place for everything. It's not narrowing. If somebody says that, "Why don't you allow your child to do everything here, you are very narrow-minded !" It's something like that – everything has its place. It's decorum and decency, it's privacy. It's a private thing. You also say it's 'private parts'. I don't know why, but you say it's private; and you make it so vulgar in the sense that it's so open to everyone. This is not narrow-mindedness. This is an understanding of the whole thing. Will you call Christ narrow? He said, not [only] adultery, but He said even adulterous eyes! And you don't know [that] half of the devils come to you through your eyes and then even if you want to stop it's difficult, it goes on looking, looking, like this. That's the worst part for Agnya. Best thing is to put them on the Mother Earth and fix them up. You'll know this. Gradually they are doing it. Good. It's alright.

Seeker: Mataji, these people giving us Realisation, but what about the karma that we have stored up.

Shri Mataji: That question I have answered already. That is: the karmas are done by your ego, isn't it? Who does the karmas? Your ego. If I have removed your ego and superego on the sides and your attention has come up [so] now who does the karma?

What do you say [is], "I'm getting, it's happening. It's moving," like that. You never say, "I am doing it." This is akarma. It has become akarma. You understand? Karma has become akarma.

Like the sun doesn't say, "I'm giving you light," it just flows. That's what has happened. And now you will say, "What happens to karmas?" I will clean them off, I will remove them off.

Yogi: Still takes a long time to cure your chakras up completely.

Shri Mataji: I have eaten them off, I have sucked them out. You have seen [how] I have sucked them out of many people.

Seeker: We don't have to work out our own karma, Mataji?

Shri Mataji: No, you don't have to work out. You get your Realisation. But now you keep yourself on [a] steady path. Whatever karmas are troubling you are still there, though little bits are there, forget! Forget the past! That's the best way. Be in the present.

Yah? Be in the present. If you are in the present, the past and future are finished and you enjoy. Now [it's] for you to enjoy: finished all those dramas! You better enjoy now, come along now! When are you going to enjoy? You don't go on weeping about your girlfriend of that dirty type! Useless! She has no shame! At least, she should have given happiness to another man. She cannot give happiness to one man, what is she going to do in this world? Useless! She calls herself Lakshmi! Such women, we call them as 'dushtas' in India. Tell her! You go and tell her Mataji has given you a name – 'dushta'!

She can't give happiness to one man? What's the use of such a woman? She's become, I think, western. I don't know what to say. (laughter)

Vince: Mataji, I don't know, it doesn't seem right to me, I've got to say. I've got something I must say to you. It doesn't seem right to me that You should say that perhaps she's useless. Perhaps it was her husband who was useless.

Shri Mataji: Because I know who she is, that's why I'm saying. Whatever I am saying is through knowledge. You see, I can feel her vibrations.

Ravi: Mataji, why not give her the Realisation so that she makes him happy.

Shri Mataji: But let me say something bad to her so that she's cleared a little bit. Alright? By doing that, she does [clear]. You see, h when I do anything, it's all for your kalyana. Even if I give you a slap, it will be for your kalyan.

Seeker: Are you going to? (laughter)

Shri Mataji: Even if I kiss you, it's for your kalyan. Even if I say something, it's for your kalyan, because what I am is kalyanamayi. You see, I am here just to give you that. So I will see how to keep it all, how to bring it along. Everything is for your good.

If I am saying anything to her, it's for her good: you'll find her to be a better person. Do you know, we write the name of the person and beat her with shoes: the person is alright the other side. You try this! Now they have tried it, just ask her. Now they will tell you: they are so convinced. It's very interesting.

Now it's better.

If you think that a thing has to be done, then you'll know ways and methods of how to do it, isn't it? But first of all decide it is to be done, finished! It will be done. And it was decided by you, that's why you are with Me. Hmmm.

So let's see!

Gavin: So next week, Tuesday, of course, we could do it at my place....

(end of tape 3)

1977-1118, Workshop

View [online](#).

18 November 1977

Workshop

Finchley Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

HH Shri Mataji, Workshop Part-1, Finchley Ashram, London, UK, 1977-1118.

All the prostate gland and all these things are involved because of overactivity. The whole nervous system is ruined by this kind of an overactivity. I mean, are you nothing but a sex point? We must respect our personality. You are not only a sex point. I mean, even animals are not that. How could we be only our sex point? But that doesn't mean that you should become like those people that you can't look at women. Why can't you? You can look at women, if you are that clear in your eyes, you should. Everyone will look, you see, we never feel that way about it. Not at all. But your eyes are not clear, you see, they are dissatisfied eyes. They are adulterous. That's why they are not satisfied with one person, from one to another they are moving. What mistakes your parents have done, you are not going to do those mistakes or do you? Or your grandparents have done. It spoils everything. The whole society is based, the whole society, is based on one small point, is how far you understand sex and its sanctity. See, we all are sitting down as brothers and sisters. Everybody knowing who is whose husband, whose wife it is. Supposing tomorrow an idea comes into somebody's head that alright, I'll have a nice time with somebody's wife or somebody's husband. The whole society ruins and if it were not wrong then why do you get diseases with that? [The] rate of impotency is the highest in America. Now what do you say to that? Russians are better.

Sahaja yogi: But they are alcoholics.

Shri Mataji: That's the thing, they have not seen to the alcoholic compensation. They and China both are competing in alcohol, I think, competing. Now, how can you justify alcohol? I can't understand that. You see it every day. What is alcohol? (Not audible) [It's better now. It's clearer.] You see on the points of confusion you must know why (recording breaks here) why do you come to Me? What are you seeking? First, understand yourself. Then [the] second point should be what we should expect, as a seeker? What should we get? Even the psychologists are talking about collective unconscious and collective consciousness, alright. All the big sages have talked about this. All the prophets, all the incarnations, have talked. Did Krishna say that you stand on your head and do all this, did he say so? Did Rama say so? Did they discuss sex anywhere any time? Christ also. Anyone of them has said it! Then who are these new great people who have come suddenly from where, collecting all our money. See the responsibility on the modern people and the younger people is much more than on the older generation because they were the people who faced war, they were tortured by war. And naturally they were nervous people. They were not so normal. But you are saints, and you are born under conditions which are not that abnormal. So, you have a double advantage. Only what you have to do is to connect yourself with right understanding. Right understanding of the problem. What are you expecting out of your spiritual search? Now to say that everybody must get God's realization, it's too much. If you read 'Patanjali' you will be surprised how many years, how many lives, he has described one has to take, even to raise the Kundalini and is an impossibility. So, if you see somebody's Kundalini rising, then you have to accept. First of course Sahaja Yoga, it helps you. It takes your Kundalini up. It touches the right point. It makes you feel aware of it. You get separated, alright. That happening takes place. But then again, the mixture starts coming up. Now, if you are not careful at this time, what happens? You can be again mixed up. But now you will go down much more because the more you rise, the more you go down. So, one has to be very careful at this point to see for yourself, know I did touch a point. There was something like that. Now why am I not there? What is the reason? Why have I lost that height? Was there some weight attached to me that I have come down? What is that weight? First of all, the confusion, what is it about? You will be amazed if you rationalize it, you will understand that you are just playing on to words. You are seeing now here. There is no business going on, nothing. I cannot just say that, David, you are alright when you are not. When you have a problem, everybody says that he has a problem here. Everyone says. There's nothing against you, these people have. When they have a problem, they also know they have a problem. But you must try to help yourself. And do not confuse yourself to that

extent, to that extent, that you completely get lost. See you can get lost. I must tell you. You have to be very careful. We have had some people who were lost to us. Of course, they have not forgotten us though, they write to us - now for Ivan is (Sahaja yogi laughs) today Ivan of all the Sahaja yogis, just think it? He was a doctor with RCG. (Shri Mataji laughs) He asked questions after questions and all that, but he got Realization, and today he is sending Me at Diwali, after so many years, he has gone to Australia, he has not forgotten. (inaudible) Nobody forgets Me that I know because the Kundalini is still working. But God has one aspect which one should not forget. No confession forgetting it, no human being should forget it that He punishes you. You cannot get away with it. He will give you one chance, two chances, ten chances, but then he punishes you. Be careful, He does punish you. Punishment is a part of your (inaudible, sounds like evolution) you cannot get away. Punishment is every minute if you see. If you smoke, you get cancer. If you look at women, your eyes become unsteady. You have to wear glasses much faster. You may develop some sort of a trouble in the eyes. Or maybe your attention becomes very much shifty. If you drink, you get a bad liver. If you take drugs, you get a (not clear) Any habit you take to you become enslaved, or you become a slave of that. You see, nature is every minute punishing you and keeping you in the centre, every minute. Say now for example someone says what does it matter, I can go away. I can do whatever I like. Nobody can live like this. You leave your children say and go away, run away with some other man, leave and go, you leave your husband, go away or your wife. It comes back to you as a punishment. There is a punishment which is an aspect of God which works after some time. It gives you a chance, quite a lot of chance, and the worst punishment is spoiling your chakras. If by wrong methods by which you have gone, you have been punished, it is more necessary that you should come back to the centre and achieve your goal. Much more working is needed for such people, I am telling you specially. But God should have patience for you because you see the another side of it which I told you is punishment and what is the worst punishment than to be dropped out of Sahaja Yoga. I cannot think of any other punishment worse than that. Cannot be because then what is left there? There is no other path, there is no other way out, there's no other way out. This is the way one has to get in, there is no other way, I promise. I am not saying it in any ego or anything, but that's a fact! A door that stands and says this is the way, is not egoistical, but because that's a fact. It sounds egoistical, but that's the fact and one has to say that. When Christ said, "I am the light, I am the path". Was He egoistical? No, because what He said he, it was a fact. It was the truth. He was the light, and He was the path, no doubt. I don't say that bluntly about what I am, but you'll find out yourself. And don't commit more mistakes as it is too many mistakes happened. All your group has been to that horrible that 'Mahisha' and then another is this one, two horrible things you have got, say like from frying pan to fire. After that, I am pouring My water on you. Now, at least keep steady, keep steady, receive. . Alright, try to receive it.

What they are dependent on? Did they, did they look after you? Nothing, I have to work very hard. Ask Gordon how much I have worked on you. Hours together and day in and day out I have worked on all of them, they know that. And you know how terrible it is. They know, they run away, oh God (?Eris), burning that. I have been doing. They are having relay a race , but I have been running the marathon. Not here, all over the world you see.

Now just to help Me, because it's helping Me. You are part and parcel of My being. So, when you are alright you help Me, try to be alright. Tell your mind now it has been too much. Now will you please shut up for a while and let me take to this and achieve what I have been seeking all my life. Alright? Be patient about it. You see, they even mock at things. I have seen. They will come inside and make you mock at things and laugh at it. But this is just the way you escape, you see. I have seen some idiotic people coming to My programs always, especially in India. If they were smiling or laughing, people would ask them, they would say they are coming from the lunatic asylum. (Shri Mataji laughs) They would be the first to laugh at Sahaja Yoga and some used to shout also, and they would be direct from the lunatic asylum, imagine. What do you say to that? Can you imagine what a tallying it was? Thank God we are not getting any lunatics here, otherwise it would have been better to tally and then people feel surprised how we are like. Now what do you say about that, in vibrations? (Shri Mataji asked some Sahaja yogi) (inaudible) Some girls were nice and innocent but some of those they brought later on, they feel both the hands burning as if they had cancer. Both the hands burning, and I was trying to give them you see this, then my husband said I must say your patience and your aspirations are great. These women are models. How do you expect them to get anything?

(One line of Shri Ganesh Aarti and then recording breaks)

Shri Mataji: Need to pay more attention individually.

Sahaja yogi: In his interview Sadat said (?) Mr. Biegun recommended (?) by three people, three presidents, first was President Carter, second was President Ceașescu from Romania and third one was the president of Israel himself. (Sahaja yogi laughs)

Shri Mataji: Just imagine, and you cannot imagine this, because Israel is, - also the president does not know how to explain to his people you see that this negotiation is possible, so they are working out among themselves, you see, these things that you come, you come "tu mara baghoyam"(Marathi language words) it's a, it's a ... what is it? - you call me something and I will call you the same.

Sahaja yogi: You scratch my back, you scratch my back, you scratch my back and I will scratch your back.

(Sahaja yogis talk amongst themselves) (not clear)

Shri Mataji: I am going to India now. On our way back (inaudible) From Egypt, how far is Algeria?

(Sahaja yogis talk amongst themselves)

Sahaja yogi: Forty thousand miles, one thousand miles.

Shri Mataji: forty thousand miles!

Sahaja yogi: one thousand miles

Shri Mataji: One thousand miles?

Sahaja yogi says something, not clear.

Shri Mataji: Is it, by plane, how much it is?

(Sahaja yogis talk amongst themselves)

Shri Mataji: Why not? At least on my way back, I can. From there, there is a direct plane to London?

Sahaja yogi: Yeah, two hours twenty minutes. Two hours. Sahaja yogis discuss amongst themselves.

Shri Mataji: From London to Algeria?

Sahaja yogi: Yeah, to Algeria.

Shri Mataji: You mean, from here to Egypt is how many hours?

Sahaja yogi: It should be longer [to] three and half hours to four hours.

(Sahaja yogis talk amongst themselves)

Shri Mataji: It is in between?

Sahaja yogi: Not in between, it's like a triangle you know, and London is at the top and London is (inaudible)

Shri Mataji: We can do, I will talk to him, at least I can come (inaudible) is a good idea (inaudible) only one hour journey, you think

so? Well like Delhi, from Bombay to Delhi, that's it.

Sahaja yogi: I think it's two hours, more than two hours.

(Sahaja yogis talk amongst themselves and with Shri Mataji which is not audible.)

Shri Mataji: You have so many brothers and sisters apart from me, good. You will now feel the oneness of (not clear word sound like - silence) of all these people that are around, isn't it?

(Sahaj yogi says something and all laugh)

Shri Mataji: You feel lost in that case. I mean, you don't know. I have never told you that you give up your friends or anything, never. Did I say? Never. On the contrary, I wanted you to go and meet them, but you feel that. But you cannot enjoy them any more, want to run away. What is there to talk about? The level has changed so much, just see that. The level has changed, absolutely.

(Sahaja yogis talk and laugh amongst themselves)

Shri Mataji: oh, I get so fed up sometimes.

(Sahaja yogi says something and laughs.) How much money do you get?

Shri Mataji: What is your pay? When are you going to get your promotion?

Sahaja yogi says something inaudible.

Shri Mataji: I mean in a way, I mean there's no change also. See, once in a while is alright but every time, every moment if that is that and nothing beyond, you cannot just enjoy that life. Your whole (? thing) is different now. Pattern is different. I don't think Pat will be coming today because he has gone somewhere, Pat? Why do you come so late, why?

Sahaja yogi: He is in training.

Shri Mataji: Training of what?

Sahaja yogi says something (inaudible)

Shri Mataji: What training is he doing?

Sahaja yogi: Selling.

Shri Mataji: Selling training. Selling the bread.

Sahaja yogi asks another yogi are you working in a bread department?

Shri Mataji: For you (inaudible) I am looking some job there (not clear) What happened? Did they (inaudible - like write)?

(Sahaja yogi says something to Shri Mataji, not clearly audible)

Shri Mataji: Sharda told me she saw you.

Sahaja yogi: Yes, that's right.

Sahaja yogi says something to Mother, not audible.

Shri Mataji: Now you are looking normal. Isn't it? How do you feel? Do you still feel weak?

Conversation with a yogi (not very clear)

Shri Mataji: Left heart. So, sugar you are taking or not?

Sahaja yogi: I am taking sugar, yeah.

Shri Mataji: what else, milk?

Sahaja yogi: I don't take much milk. (inaudible)

Shri Mataji: Milk you can take. The other milk that you get, skimmed milk.

Sahaja yogi: I take maybe two or three ounce a week.

Shri Mataji: No, no, milk you can take, skimmed, any amount you like. Because you see, as long as you do not burden your liver too much, is alright. Because you have both the problems left and right both.

Sahaja yogi: Yeah, Mother, today I had chapatis today. I had Atta.

Shri Mataji: Atta, Chapati? (Both are Hindi language words for wheat bread) Is all right, I mean you have to take some carbohydrates. You should not be that rich also, an extreme sort of a thing that only proteins. Absolutely proteins is not a good thing. You must take sometimes something.

Sahaja yogi hmmm. (not clear) If I am doing something in the house...(not clear)

Shri Mataji: No, that you should not do. (inaudible)

Sahaja yogi: I have good practice and, mmm, I have good practice.

Shri Mataji: Good what?

Sahaja yogi: I have a good practice.

Shri Mataji: what do you have for breakfast?

Sahaja yogi: um, well recently I have been making roti (not clear)

[It sounds as if Some Sahaja yogi brings some present for Mother]

Shri Mataji: For me? Oh, that's too much. You have come is more than sufficient. What is this? Why should you buy that? Alright, so may God bless you. You know you will be surprised today I saw this in a shop, not today, yesterday. Same colour. Yesterday absolute. May God bless you. And I told my husband if I have one like this, I would hang around...(inaudible) Is it alright? If you want, I think it's alright. This is too much. May God bless you (inaudible) Very pretty, see, just see this, very nice.

Conversation amongst Sahaj yogis and Shri Mataji not clearly audible.

Sahaja yogi: this type

Shri Mataji: this type what? There is no art in this. You see just whatever is available. This is art. There's no art. Beautiful (inaudible)

(Sahaja yogis talking to Shri Mataji, not clear)

Shri Mataji: They're still carrying on with the handicrafts here. Thanks that we are not so much overdeveloped that all handicrafts are lost. And then this small little thing, just have a look. Hmm.

Sahaja yogis say something (inaudible)

Shri Mataji: oh, I see, oh, I see, pull it down like that, and then you pull this thing

Sahaja yogis laugh.

Shri Mataji: You see the, all delicacies were added by Muslims, Mohammad Sahib (inaudible) Beautiful.

(inaudible) I never saw her. Did you see her?

Sahaja yogi: (not clear) there was a French lady. (not clear) She was facing you, and she was sitting with her right hand (inaudible) I was working on Andrew's system. (Conversation between Sahaja yogi and Shri Mataji is not clearly audible)

Shri Mataji: Horrible, (?) how do you find her?

Sahaja yogi: I didn't spend a lot of time with her.

Shri Mataji: Such a complicated person she is. (inaudible) They have any secrets in the country. Because she was living with somebody as a wife, who had a wife and a child, for fifteen years and the wife never knew that he was, and this fellow is known as a Ronnie driver, his name is. He is a big rich man. And much. This lady is as the same age as his daughter. And for fifteen years she lived with him as a maid servant, a nanny, and she has two daughters from this man and the wife never knew. How is it possible? So, she said - because here you see, if you ask men where have you been or what did you do, they shout at you. So, they just give up some women. Some women are like that, some men are like that. They just give up: you just do whatever you do, and she did not know that he was carrying on. Then after fifteen years now she fell in love with some young man. Naturally, he must be an old fellow, fifty-five years old, whatever. Now she has fallen in love with somebody. She married that man, and she has a little, she is going to have a baby now. And she has those two daughters with her. He gives them money, he spoils them, the father. And she is staying with him, and now she feels guilty she said, about that man whom she has left. I said very nice. And that's why she is sulking. She has developed all these things on the face, and she is very unhappy. I said she doesn't feel guilty that the man whom she has married now, who is so nice and such a humane person. Who would marry such a woman? But he is extremely kind to her. And she is trying to torture his life. Not guilty about it. She is not guilty about the wife being tortured there, or a daughter being deprived of the father. She is only worried about this horrible fellow who also has got five, six girlfriends. . (Shri Mataji laughs) Real Asahaja case (not clear) Gaudin the great he says Mataji give it up. It's Asahaj complete. Shri Mataji laughs

Sahaja yogi: Asahaja.

Shri Mataji: Absolutely, just imagine. I mean, how can I have any sympathy for her. I cannot! And how can I have sympathy for that Ronnie driver. They are not human beings. They have no feelings for women.

(Sahaja yogis say something, not clearly audible)

Shri Mataji: And there will be many such cases coming up. If you want, you can blackmail them.

Sahaj yogis laugh.

Shri Mataji: Make some money for Sahaja Yog. It's a common affair here, they say. They have a wife here, they have a woman, they have keeps here.

Sahaja yogi: Mind you, the first wife, the first wife might not have wanted to know, very often the wives don't want to know (Shri Mataji: They don't want...?) they don't want to know (Shri Mataji: Yes.) If they married for the money, they don't want to know (?)

Shri Mataji: no, no, no, it's no question. You see they were married long time back. And if a wife ...

WORKSHOP, Finchley Ashram, London (England) November 18th, 1977 Part -2 (Arrival of a new seeker brings about a discussion on TM)

Shri Mataji: What I liked about in it, the deep colour and then light blue is there. Really, you cannot say which is the background colour. The whole thing is light. Y You cannot make out which is the ...

Sahaja yogi says something (not audible)

Shri Mataji: Yes absolutely, it's a beautiful thing, absolutely beautiful. I myself have been admiring it all the time (Sahaja yogis laugh) Really beautiful I tell you. I saw this and I bought this. Told my husband this is for Gavin. He said alright, very beautiful. Yesterday he saw it here, you see. He said I never knew it is such a good thing, you can't get, but she wanted back.

Sahaja yogi: Mrs. Cooper was very surprised. She said, how did you come? What night you come, by evening tonight....(not clear) May I know Mrs. Shrivastava's first name?(not clear) embassy wife...and I could not figure out? They were really surprised. Has she had many meetings like this? (not clear) ...how she gave her name for this...(not clear) I never knew(not clear)Really surprised, really (not clear)

Shri Mataji: She was, she was so surprised, she told my husband I never knew that she was such a powerful speaker, such a convincing speaker, such a loving speaker and all kinds of things. She said she is very great I must say, in her own right she is very great.

New Seeker: Hello

Shri Mataji: Hello! I knew you will be there.

New seeker: yes, I have to, I have to come

Shri Mataji: May God bless you! May God bless you. (One word not clear) He was very good. Please sit down. What's your name?

New person: Andrew

Shri Mataji: Andrew and sir name?

New seeker: Clark

Shri Mataji: Clark. So where have you been going for spiritual search?

New seeker, Andrew: Oh!

Shri Mataji: England?

New seeker: England yeah (inaudible) Zen

Shri Mataji: Zen is this only. This is Zen.

New seeker: It's words. (Not clear) It is all words.

(Sahaja yogis laugh)

Shri Mataji: Yeah, I know, is true, it's true. Now the machine has started. Yeah. Now Zen, Zen is same, Khalil Gibran, same you see but as you say words were words, and now it's done.

New seeker: it's experience.

Shri Mataji: This is the experience [of] Zen.

New seeker: Now there are no words

(Sahaja yogis laugh)

Shri Mataji: Now you are a Kashyapa, you are a Zen, you are a Zen master now. You are!!

Sahaja yogi: (not clearly audible)

Shri Mataji: come along.

New person: my son's trainee is a TM teacher.

Sahaja yogi: He is telling his son's trainee is a TM teacher.

Sound of Shri Mataji breathing deeply.

New seeker: he is nineteen (not clear) I got nothing out of TM apart from relaxation.

Shri Mataji: That is another kind of relaxation we will tell you. But you got something terrible with that. I'll tell you all about that. You get now here TM people. (?) But that's the trouble, you see. At the age of nineteen years, they don't understand. They are very young, alright. Then they take to something, without understanding. They fall deep down into it. When they are ruined, they come to Me.

New seeker: He has found out by himself. I can't stop him...

Shri Mataji: But you wait something and meet him. We have got so many TM now.

New Seeker: He is in Germany now.

Shri Mataji: Better do something about this fellow. You see, TM is one of the most convenient things to be done. Only thing you have to give away some money. Part with your money. If you can part with your money, then it is the easiest thing to take devils from him. You know, is very easy. How you do it? You can have any vices you feel like. You can drink as much as you like. You can have ten women around. You can kill anybody. You can do any violence, makes no difference to TM. Only if you can give him money. He will put some devil into you, and you relax. That's all. Is the easiest thing. To give somebody money and please somebody with money is the easiest thing to do. I think, nothing difficult.

Seeker: I don't like it. I got nothing out of it but my son (not clear)

Shri Mataji: we'll save him. Don't you worry. What's his name?

Seeker: Robin, Robin Clark

Shri Mataji: Clark, you said sir name. (Not clear) What is he? What is he doing, he is a student?

New Seeker: he is a student, yes. He works for TM people (inaudible)

Shri Mataji: He'll be alright. When did he join them?

New seeker: when he was sixteen (not audible)

Shri Mataji: Jane, there is a handkerchief in my, pocket. Terrible pain in the back, you see. He started his working (?) now, through this TM fellow, and when I visited them I understand. What I found, those people just shivering like this before Me. They said now we are all becoming mad. We are nervous, we are good for nothing. And the man with whom he stayed, with whom he stayed, has died now. His son is very young. He is about I think twenty-five years of age. But he started his work I think about ten or twelve years back. But this son also has become like that, like the father. Very recently he developed something like a Parkinson's disease. And this boy is also doing the same thing. Then what these people told Me (one lady says something not clear) So, he, he said, this boy told Me and many others had told Me, that even if somebody takes the name of God, even if you take the name of God, even then he, they start shivering. Even if they go near a church or a mosque, they start shivering. And even if these incenses are burnt, they said, he starts shivering. But one man told Me if he sees any light, he starts shivering. I mean any natural light like a candle or deepas, as we have in India. He just can't see that. He can bear these, but not those. Fire he cannot see.

Sahaja yogi: Cannot see?

Shri Mataji: Cannot see. He cannot stand, I mean he cannot stand. He cannot see with his eyes, fire. He cannot go near the sea. If there is rain, he is sitting in the house. He was terrible in Delhi and I don't know, his age is about not much of say, hardly fifty-five or so but he looks like an old man wrinkled, this that. Nothing left in him. So very bad thing. Of course, I have removed that from him. He's better now but still you know if you practice it for years together then they don't give you a peace (not clear). Even if in My presence they may disappear, but they come back unless and until you positively turned them out. See, there are some methods, Mohammad Sahab has suggested some very good methods how to turn them, and have to use Christ's name very much for that. Because He is really, He is the one who is chaser of this horrid spirits, He is a real chaser. And that's how are you to manage it, otherwise it's not easy because once they get into you, very difficult. Now we had in our first program at least two hundred and fifty people. Out of that, at least [a] hundred and fifty were from TM.

Sahaja yogi: (inaudible) ... I mean, eighty percent of the people come after being to T.M. ...

Shri Mataji: Yes, they have been to TM.

Sahaja yogi: they just tried it.

Shri Mataji: Tried it, some of them have just tried, some of them. Now, out of that 50 of them I would say really stuck on, you know. They wanted to see what it is like really. They did touch. You see everybody touches, alright. They touched the Sahasrara, but again they went down, you see. But some of them were so nicely touched. Though they went down, they remembered their experience. And they stuck on to it. And now within eight days or so. (now Shri Mataji asks Sahaja yogis) eight days have passed, or fifteen days have passed?

Sahaja yogis: Oh, more...

Shri Mataji: no, but they improved after the second program, after that. That was one week, just after one week they improved. And after the second program they improved tremendously I must say, because for this program they were much more.

Sahaja yogi: inaudible

Shri Mataji: some of you really because this is the - this is such an - this is such a promise to Me, because TM in Bombay I have tried on some people on TM I said as I told you I have also helped them. But some of them I haven't been able to do much. Only, their Kundalini freezes down and doesn't rise at all. And it's very difficult. But you people have been real seekers I tell you, though you have been to TM and all that, you have been real seekers that's how you've got it. Otherwise, I mean TM means, I just say baba, I can't understand, impossible. Because they are very difficult and complicated. Had a little problem. Do you get pain here sometimes? Seeker: Yes, (not audible)

Shri Mataji: Come here, come here. You put your right hand over here, alright. If you want, you can sit. You put this hand out. (inaudible) You take the chair, please, here. ... picks your eyes also. Vishuddhi? Vishuddhi first will be hit. What is the name he had given you, this horrid fellow? What is it?

Seeker: Mantra? Oh, I can't. I promised not to say.

Shri Mataji: No, you tell Me, who is he to promise to?

Seeker: A promise is a promise.

Shri Mataji: no, no, no, no, no, not to a devil. You must tell Me, otherwise he will keep the promise to you. Just tell Me.

Seeker: keyring

Shri Mataji: keyring? I do not know.

Seeker: inaudible

Shri Mataji: Key ring! Keyring! You said. English word?

Seeker: Yes, English word, that's right. There was a girl who wasn't married ... (inaudible)

Shri Mataji laughs aloud. Sahaja yogis laugh.

Seeker: (not audible) yesterday I was very, very frightened

Shri Mataji: Yesterday.

Seeker: I, I - for many years, I have a lot of anxiety, I mean it went, I got rid of it but, yesterday was coming back (inaudible)

Shri Mataji: Where is it? Here? I know all. (Sahaja yogis laugh) You see, they are feeling the chakras. Be comfortable. Let him have a chair, I think it's better.

Seeker: No, I don't need. (inaudible)

Shri Mataji: You are alright. Nabhi and this. He creates cancer. I mean, he can do anything nonsense. The way he might excite your sympathetic sometimes. This anxiety can give you mental problem. Isn't it? You will not be able to sleep. I mean, he can do anything. You see you are not regarded as anything great but still there is an effect, see. Right ...

Shri Mataji: Hello, how are you, David?

David: Very well, thank you.

Shri Mataji: Oh, you are very happy! May God bless you.

David: I got a job.

Shri Mataji: You got a job? Congratulations! Congratulations! Congratulations!

David: (not so clear)... I was catching on Mooladhara from home but apart from that, I got the job, I'm very happy.

Shri Mataji: All of you should be there to finish all this chana. I am so happy. May God bless you.

Shri Mataji says to new seeker : Be comfortable, be comfortable. You can take a chair, or you can sit here, you sit here. It's alright, you sit here.

(Sahaja yogis talking amongst themselves)

Shri Mataji to the Sahaja Yogi who is working on the seeker: More on this side. Put it down, he has touched, sorry, he has touched it? Very nice!

Sahaja Yogi: Raise the left and put down the right?

Shri Mataji: You take it out from here, bring it down through the Pingala and put it, because you see his working is on the Pingala, I told you. He works on the Pingala.

Shri Mataji asks David: So, what is the job? Where are you going to work?

David: I am selling carpets.

Shri Mataji: Ahaaa, good!

David: (inaudible) The Oriental Carpet Room. Very, very nice carpets, but I've done it before in Scotland I've sold carpets.

(Break in recording)

Shri Mataji: They will say I am devil personified. No, they are going to come. It is all announced already in the scriptures. They are going to take the name of God, of spiritual life, of self-realization and that's how they all ... (Not clear) to come, isn't it? That is what they want to do. They are not going to come and say No, I am the devil. Come along.

Seeker: Subtle

Shri Mataji: Very subtle they are, extremely subtle. And they have to be subtler than all of you. If they are not subtler, how are they going to master. First of all, you see for yourself and then believe or disbelieve in, comes later on. Keep yourself open. The more open you are, the more it will work out, alright. You don't have to believe Me blindly. Not at all. Because that is not going to help Me at all, you see? You must open your eyes. I want you to open your eyes and see for yourself because by seeing you can guide yourself, and you can guide others also. Blindly, where will you jump, and where are the car going to jump?

Seeker: yeah

Shri Mataji: Isn't it? So, I don't want blind followers at all. What do you say now? It's better, now it's better?

Sahaja yogis: Still (not clear) something up here.

Seeker: ... Just feeling the anxiety, not related to them (not clear)

Sahaja yogi: is Vishuddhi problem.

Shri Mataji: Absolutely Vishuddhi That's a Vishuddhi problem.

New Seeker: ... becomes a habit after a while...

Shri Mataji: You see, it is, the anxiety is given to you by something unknown to you. And when you do not know something, then why (not clear) isn't it?

Sahaja yogi: (not audible)

Shri Mataji: that's, that's a spirit. Nothing else. But did you get some limes? You better get some from the market. Ask them to get it.

Sahaja yogi: I will go and get it.

Shri Mataji: get me some twelve dozen or so.

Sahaja yogi: limes or lemons?

Shri Mataji: limes are better because you see (not clear) or lemons are alright. Lemons are alright. Not very big ones. You see, lemons can be.

Sahaja yogi: not audible.

Seeker: I always read that the Kundalini (not clear) my mind says that I am not prepared (not clear)

Shri Mataji: (inaudible) no, no, really (not clear) You see you don't have to worry about all that. I am going to look after. These people who have written about Kundalini, you should have heard Me before, when I told about (not clear) it's all written about. They don't even know where is Kundalini? Exactly. I can show you. You see, they don't even know where it is lying. Just imagine they have written such big books. There is a book written by Abon or someone. Such a big book, you see, and then I (not clear) a lady she told Me they don't even know whether it lies in the subtle form at the back or in the front. They don't know anything. Now you will see with your own eyes and feel it with your hands. And know for yourself what is Kundalini. All these people are talking, talking, talking, such cheats. (?No, one speak truth there).

Sahaja yogi: (?some new/few people joining in from)

Shri Mataji: I think Jameel, Jameel read one book on this thing on - and he came to Me though he (not clear)

Sahaja yogi says something which is inaudible.

Seeker: I have read that book (not clear) Kundalini (not clear) accidentally

Shri Mataji: Accidentally

Shri Mataji: He doesn't deserve it. If you see his private life, no Kundalini is going to come out of it. I can tell you.

Sahaja yogi: no, the one you introduced me the one that (not clear)

Shri Mataji: No, no, the one that is that Ananda that they are in India they wanted to have a big collaboration with Indira Gandhi to sixty-five lakhs of rupees they were going to spend for this Kundalini Yoga. Not a word he knows, and he is against.

Sahaja yogi: See, the one who He is the one. The one that (not clear) He is Ankit Mukhrjee

Shri Mataji: who?

Sahaja yogi: Ankit Mukherjee, I think. That was one of them Sharda Devi invited, Ankit Mukherjee. The other guys put on me yoga (not clear) some tantrism.

Shri Mataji: I mean, the ignorance was sufficient. On top of that, the confusion. Ah! It's terrible. Just imagine my (?plight). See when I have come in this world, when people have lost their innocence. Those who are seekers, you see, have lost their power to recognize! Such a confusion, such a confusion!

New seeker comes to Shri Mataji.

Shri Mataji: sit down. Take out your socks, and you sit facing your feet [to] that side and your back towards Me. Take out your socks, please. Now I will work it out. Him also, just see his Kundalini and all that.

Shri Mataji to the new seeker: put your hands straight and then straight off, alright?. Now put your hands on the lap. Alright!

Sahaja yogi: not audible.

Shri Mataji: Vishuddhi and where is the Kundalini? Watch here, alright, you watch in this way. Watch here please. Those who are in the service or who are doing all this planning stuff or artists, musicians, they will be all attracted to it, naturally. Because he is

on the Pingla side. Hm, now you feel better? Agnya.

Shri Mataji asks new seeker: you have done some concentration and all that?

Seeker: not audible

Shri Mataji: Seeking like a motor car, alright. Now a motor car if you don't know how to drive, I really don't know anything about the motor car. I try to do something to it, gets spoilt. So, some expert has to teach you, has to start for you. Something like that. Haa! Better now? Its better. How is he?

Sahaja yogi: he is better.

Shri Mataji: His problem is his son. Imagine for a father, even to know about his own son is a big problem, and there was a - yesterday in the evening news there was an article about a father who was worrying about his son.

Sahaja yogi: it's too much cold on the right side, much cooler on the right than the left.

Shri Mataji: because I am working on the left, right. Now, better.

Sahaja yogi: it's getting better.

Shri Mataji: hm?

Sahaja yogi: it's getting better.

Shri Mataji: hmmm, Gavin, what do you say? You were looking very tired yesterday. Working on the people I believe. (Shri Mataji laughs) What do you say, Jane?

Sahaja yogini: not audible.

Shri Mataji: right?

Jane: Right Swadishthan.

Shri Mataji: Better? Right Swadishthan, better.

Sahaja yogi: He's calm down a lot.

Shri Mataji: no will

Sahaja yogi: inaudible

Shri Mataji: left, or right?

Sahaja yogi: left, much than the right.

Shri Mataji: left. Hmm, how is it?

Sahaja yogi: right Agnya.

Shri Mataji: right Agnya? See now, open it, Agnya I will open now. Am I? Open now Agnya. Though I mean it is weak, force is weak. Agnya is opened out. Here's the Kundalini. Put a force. All of you put a force on Just you watch here, alright. You just keep your eyes closed. Don't get into trance! Just keep alert. You are alert. Absolutely alert. See now where is it stopping? If you are seeing anything or anything, you just don't see anything. Alright? You should not bother, alright. You have to reach there. Haa!

Sahaja yogis: inaudible

Shri Mataji: only the right Agnya has to open. Now, can you forgive people? Just say I forgive all of them. Just say I forgive. This is the mantra you say inside yourself. I forgive all of them so that God may forgive me. Just say. Haa! (inaudible) I tied the Kundalini.

New seeker: inaudible

Shri Mataji: not seekers, just think.

Sahaja yogi: inaudible

Shri Mataji: Tell me all about it, tell me then what happened.

New seeker: (inaudible) this force running through me.

Shri Mataji: no, no, this is, no, no because he is opened out, you know. But what happens, that possession comes back to him, and he gets anxious, that's all. But he has opened out, see he has opened out, no doubt. (?) Aa! Now see the forces started again.

New seeker: like a symbol (inaudible)

Shri Mataji: beautiful. He is such a beautiful man.

New seeker: I am very bad man.

Shri Mataji: Haa! I If a diamond is covered with mud, you don't call it mud, do you? Haa! Vishuddhi still, left, or right?

Sahaja yogi: right

(Sahaja yogis laugh after talking something amongst themselves)

Shri Mataji: now, see now, how is it? Is it much better?

Sahaja yogi: Agnya

Shri Mataji: Agnya, too much Agnya or little?

Sahaja yogi: ... there is pressure coming in.

Shri Mataji: it's better now? It's going now. Let him sit in the water. Let him face Me Jane, you sit down, she will tell you. Is there any salt in it?

Sahaja yogini: yes

Shri Mataji: Keep. There, there, let him sit there. No, where is it? Better there? Or may be here, it's alright.

(Sahaja yogis talk amongst themselves)

Shri Mataji: bring some Kumkum for him also, for his Agnya.

Sahaja yogi: not clear

New seeker: yeah, excuse me.

Shri Mataji: how far you have gone. Hmm, (inaudible) you can bring some water in a, Jane, bring some in a bowl, I mean. I will just pour. (?) Put your both the hands, towards Me. Just put your this thing, clear for me. All these hairs ...

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21 November 1977

The History Of Tantrism

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Tantrism, public program, Caxton Hall, London (UK), 21 November 1977.

My dear seekers,

I'm thankful to Gavin Brown that he has been able to sum up some of the things I've said before and I don't have to go into all the details of what I told you last time. Some of you have come for the first time here. [Tape interrupted].

As he said, Tantra means the technique, it's a technique. And Yantra, in Sanskrit language, means the mechanism. So, the technique of the mechanism.

Now what is this mechanism we are talking about? Is there any mechanism outside or inside of us? Or is it worked through some subtle method? All these questions should come to our mind if you are seeking and if you are seeker.

But I think that in the West people though are very much developed materially, they have sorted out many material questions and problems, they are very well equipped, but as far as the spiritual life is concerned, still, they are very naive.

Though they had such a great personality like Christ to follow, and what a model it was! But maybe because of an organized religion perhaps, it was not possible for people who were seeking truly to penetrate into it through meditative methods.

So, this Tantra or the technique which works out our Self-realization is to be known, to be understood fully. And the Yantra that works out, you have already got. I'm thankful to Patrick who has made a beautiful sketch of that Yantra which is within you. It's the instrument which is within you. But when we think of an instrument with our human mind, we cannot think of an instrument which is a living instrument. It is beyond our conception to understand a living machine. This one is a living instrument within you.

When we see a tree sprouting out of a small little seed, working out its blossoming one has to know that there must be some technique or some mechanism that works out this beautiful tree to grow. And when we evolved from amoeba to this stage, we have to see there must be some mechanism which thinks, understands, organizes, loves, which has brought about this human stage from that amoeba stage.

In ancient India, long time, people had lots of time. They went into themselves, into their being, through meditative understanding. They had a glimpse of this mechanism and they talked about it and wrote about it and that's how this Yantra, the mechanism, and the Tantra, the manoeuvring of it, the technique of it, came into being. But it was a secret science. It was a very secret science and it was kept hidden from the general public.

It was used by very few great masters who lived in the jungles, had one or two disciples, worked on them for years together and taught them about the technique of the Divine. They had to leave everything, their family, everyone, live with the Guru, lead a completely celibate life and bring about a complete transformation under the guidance of their loving Gurus. This was in ancient times.

And what did they achieved and what did they have? It's all written in our scriptures. What do you expect out of Self-realization is written in the Bible, in the Koran, in the Torah and also in all the Indian philosophy.

Only because we [inaudible] that in some of these scriptures, it is written in a very secretive manner, under some words that, "I will appear before you as tongues of flames." Now nobody'd know what 'tongues of flames' is. There are so many sentences which you can find out now when you go and read which nobody can explain unless and until they have had an experience of Kundalini.

This is the Yantra, the mechanism, is the Kundalini, is a living force within you. It exists, it is there, it's placed for your Realization, for your jumping into another awareness which is promised to you through various scriptures, through various incarnations. It is within you. Nobody told you lies. There is nothing but truth written in these books. But it was to be guarded. It was to be made into secret because people would have used it for their purposes. And they have despite all efforts.

First, I would like to speak about Self-realization because that is blissful and then I'll tell you about the so-called tantrism. I have to talk about it though I have told about these things in the previous lecture because there are many that have been cheated.

I have now shown here all these centers and all the mechanism that is within us. They have also given you a picture of that, I have told you which are the deities sitting on all these different Chakras, as we call the centers, which have incarnated on this earth, have built up our being one by one gradually in different evolutionary processes and how we have become human beings, this I have told you last time.

This is the Yantra and the mechanism that is this Yantra, Kundalini, is a holy mechanism. And this mechanism is specially created within the being of the God's Man, of the God's Being, the Macrocosm and we are the cells – all of us – in that. We were made aware as fishes of the soil, we became reptiles. We were made aware of the food available at the heights, we raised our head. Gradually we became human beings.

After this state we started thinking of God. We started thinking on something beyond. Man is the only animal who thinks of God and of searching it. Is the man aware that he has to become something? Why is he so confused? Why is he under so tension? What did he search?

He is searching something of which he has a glimpse – a glimpse of that joy he gets it and that joy comes from his Self – Atma – in his heart. He has not felt it, he has not been able to manifest the power of his Self. But there is a mechanism placed within him, properly built up inside, all the time present in all the human beings just like this as it is placed in the God's Being. In His image, it is also placed within you.

As I said last time that you are all built to be just like computers. Now the job is to put you to the mains. That's why you are seeking. That's the only urge you have in life. All other urges are actually the side issues. You think you are searching in money, in position is a myth. Those who have money are dissatisfied, those who have positions are dissatisfied, everybody is dissatisfied. The satisfaction can only come to you when you will reach the real thing which you are searching. And the real thing is your Self and nothing else. All other things are useless because you are not searching anything else, you are only searching your Self and that Self is the reflection of God Almighty. That is within your heart.

Now the mechanism that is placed within you is this beautiful thing inside which is placed inside your spinal cord and not outside. Except for the last chakra [Mooladhara] which is in the red colour that is outside, in the prostate. And this is a very, very important chakra which controls the cervical plexus within us, I'm sorry, the pelvic plexus within us. It is very important because it is very sensitive and also it is very delicate because it is placed outside the spinal cord.

This mechanism that is placed outside the spinal cord, down below there, is the most important chakra and was created first. When the creation started this was the first thing that was created. And what does it emit? Holiness, innocence. It emits innocence. And the deity sitting on this, is the embodiment of innocence.

This deity was created in another dimension and he is, you have seen there, is Shri Ganesha. This is the image of Shri Ganesha that was created at that stage. And what does it represent? It's the stage between the animal and the man and the head is that of the animal showing that an animal does not have any ego, that the man is different from an animal, that the animal is innocent, he doesn't know what is sin, that's why he is innocent. Because you know what is sin that's why 'you' are innocent but you can become define, [unsure] contaminated. He is innocence personified. He said it. And He incarnates too on this earth. He incarnated as Jesus Christ, Lord Jesus Christ. He took His form as Lord Jesus-Christ and because He is innocent, He's made of that essence of divine nature of God that we call as Paramatma [unsure], the highest essence of God. And that's why His body is also made out of that and that is the reason He could resurrect it.

By reading Bible, which was written by disciples of Christ, how far can you go to understand Him? Because He was created beyond your thoughts, beyond your mind, in an unlimited Unconscious. And how can you, with your limited mind, understand Him or copy Him? It is said that, "Even Brahma, Vishnu, Mahesh cannot reach Him. He is so pure". He is purity. He is innocence and He exists at that point and it is He at every point, every chakra He bestows upon you the blessings of innocence. Innocence was the first thing created on this Earth.

Before creating anything else it was innocence all everywhere. And He bestows that innocence by which you get your Self-realization.

On the left-hand side of this mechanism there are seven strata. On the right-hand side there are seven strata, down below there are seven strata and on top there are seven strata. What are these strata and what do they reach in you?

The left-hand side chakras, the left-hand side channel which is called as Ida channel represents the subconscious, the subconscious mind within you. You listen to Me through your conscious mind and put it back into the subconscious mind. All your experiences go into the subconscious. That is the limit of your subconscious of present here. Beyond that goes, is your subconscious of previous lives and beyond that goes, is the collective subconscious.

When you listen to Me you have got a conscious mind which receives it at this moment and there is a pre-conscious mind which takes it to the subconscious. This pre-conscious mind is on the right-hand side. This also has got seven strata on this side. Just now the pre-conscious mind is the future that you are thinking about. Beyond that is the supra-conscious mind, means all the ideas about future you have had before, many lives before. Those ideas are there. And beyond that is the collective supra-conscious mind.

So, on the left-hand side you have sub-conscious and the collective sub-conscious; on the right-hand side: supra-conscious and the collective supra-conscious mind.

Down below are the seven strata of Hell. H.E.L.L. Sometimes the words are so small that it doesn't register in your mind. If I say 'Supra-conscious', then people say, "Ah! Mataji has said 'supra-conscious'." But 'Hell', and Hell is a truth. It exists within us! It is there. And there are seven strata of that also.

Conscious mind also has got seven strata which are built in within us through our different evolutionary processes. And these are the seven strata which are placed here of the conscious mind and then you go on top of the head into Super-conscious mind, which is the subtle mind, is the eternal mind, the Unconscious in which you have to move in seven strata. You say, "Mataji it's too much!" But it's not. You are already built-in for that.

For example, if I tell this light, "You have to get enlightened and cover the whole hall", it will say, "Oh! It's too much." No, it is built like that. You have to just press the button. It opens and works because it is built that way, has been organized that way, is placed that way, that it works.

When we face things that we think difficult, we think we have to do it and that's why you are worried, you don't have to worry: it's already done! And it will be done also by the One who is organizing it. Only thing what you have to do, is to witness. The One who has created this universe, where you there? The One who has created all the greenery then human being where you there? He is the One who is going to do this for you and the time has come, as Gavin has said it beautifully, that the blossom time has come and it will work out with you.

But it surprises Me, you know, human beings sometimes I cannot understand. When I told them that, "It is going to work out" they said, "How can it be? It has to be difficult". Before even starting about it, must you sit down with this idea on your head, "Oh! It's going to be very difficult". I say, "It is the easiest and the simplest thing. Being so important it cannot be difficult". Anything important like your breathing, if it becomes difficult and if you have to read about breathing, "How am I to breathe?" Now you go into books and see, "Now, you have to do like this". By the time you take the book, you are out.

If you have to read about your Self-realization then God saves the Self-realization and God saves you. It's your right that you are going to get your Self-realization. I'm not pampering your ego. But that's how you have been made. Even your ego, which you are condemning every morning and evening, was an essential part of the seeking. Only you the human beings have evolved the ego to know something on their own.

So, this mechanism was made specially in such a manner that through your ego and your superego you have become an 'I' personality. Like people say, "This is Mister Kumar. This is X, this is Y". You become a separate identity from that big, vast personality of which you are just as that. And the consciousness of that comes to you, that you are a separate identity and you have to see the oneness with that. And that is what is Self-realization. Nothing else!

That you become that. Not what you do, but it's the becoming of that. Like you say, a seed becomes a flower. It becomes a flower. You don't – the seed doesn't go and read a book, "Oh! I know what it is". Or it doesn't listen to any lecture of Mataji or anything, it just becomes a flower. In the same way, you have to become that. And not to just to be brain-washed or to be done something else which I will tell you later, how per misuse you can do, in the name of Self-realization. [Shri Mataji laughs.] So many of them are aware of it. So, they know that.

Now what happens you can know it, what is the mechanism, how it works out, let us see the positive side of it. And then I will tell you the negative side.

There is a Kundalini placed in that triangular bone there, you can see it pulsate. We have a doctor here he will say that, "Yes, he has seen it". You can see the pulsation of the Kundalini very clearly. You can see the rising of the Kundalini very clearly with your naked eyes. You can also feel it coming up. It comes. How it comes? How it works out? It's another detailed program which I may be able to tell you later on or I have already told quite a lot about it.

This comes up – the Kundalini – and pierces your fontanel bone, pierces! What is this Kundalini? It is a residual force within you. Is awareness which understands, thinks, loves and organizes, it's an energy.

Now we cannot think, human beings cannot think of an energy that can think, love, organize. We cannot. This is the energy that comes up, you can see the pulsation. You can see the bringing of it with your naked eye, that's what you can believe. It comes up and pierces your fontanel bone and you can feel the baptism that you become like a child because your fontanel bone becomes very soft. I mean, but that doesn't mean that if you have a soft bone here, that doesn't mean that you are a Self-realized person. No. When you enter not on left side or right-hand side but when you enter onto the top, onto the first strata of the Super-consciousness, then what happens? First thing that should happen to you, is that you become one with the Collective Being. "You become", again I say. It is not lecturing, "We are all brothers and sisters. There should be no racism". All this is lecturing. I'm not saying lecturing. It becomes. How?

When this thing enters through this into that subtle form, you start feeling from your hands a cool breeze flowing. This is described in our scriptures. If you read even Christ has said, "Something passed out of My body when somebody touched Me". [Luke 8.46]

But in our scriptures, it's given very, very clearly. Here, in some of them, for example, I would say Shankara. Shankaracharya described that as Saundarya Lahari. He called it as Saundarya Lahari's force somewhere else. He called them vibrations. Everybody, people are talking of vibrations but they don't know what they're talking.

These vibrations that flow from your hand are cool vibrations and also, they understand, they think and heal other people. When you put your hand towards another person, you start suddenly getting a burning here. Left-hand side burning on this finger is the Vishuddhi chakra, is this one. Now, if you know the deity who is there, and if you take the name of that particular deity who is sitting here, if you know and if you are a Realized soul, then only. If you are not Realized you have no authority. You have no authority to take to any mantra unless and until you are a Realized soul.

Supposing I give you some mantra. You must know it is a misleading, because whatever is said, whatever is the center in danger or in trouble, you must get that one. The one who is not a Realized soul cannot make out what is the problem, where is the problem. And the one who is not Realized, if he is given the mantra, his mantra has no authority. Like, if I want to go and see the Queen, I must take a permission. I must have some connection with her. I should be able to go and meet her. But if I go and meet her straight and say, "Oh! Queen, come along".

The way we call God sometimes is most surprising. You wouldn't even call any servant like that the way we call Him, "God, come along! Do this. This is my problem. What are you doing for me?"

"I have faith in God" as if we have, sort of, we are getting obligations. As if He is obliged to us, "Oh! I have faith in God, Mother, then why did he miss it? " Who has faith? I mean, He exists. He's an eternal being. If you have faith in that, you are ready for fight, not 'He'. You cannot add to His Dom [unsure].

Any mantra is given to you just by any Dick, Tom and Harry. Anyone coming, "I'll give you a mantra". I mean to tell you about them later on. All those mantras that are said are for the deities, were done by these Gurus as I told you in ancient times for very few people. They used to raise the Kundalini very gradually. They used to take it from their seat which is the Mooladhara – not the Mooladhara chakra – from that triangular bone and they used to raise it one by one.

For seven years, it used to hang into one center then they would give one mantra, "All right, now, go on with it! Work it out! Cleanse it! Do it! " Then again, another chakra. Then again, another chakra. All right. It has been done like that: very slow process.

As in India, you see, they said that when they had to go to Kashi or Benares, they used to sell out their houses, everything. And they knew that they may never return. Or even if they go, they might take so many years to reach Benares that by that time they will be absolutely old people and they would not have energy to return. Now, if you have to go to Benares, only thing what you can do is to go from here to Delhi and take a plane and go directly.

So that time is over and Kundalini now can be worked out just like that, because the time has come for you to get it.

There were never so many seekers in the world before I can tell you this. Only people who existed in the name of religion were Orthodox, Arabic, horrible people who crucified Christ, who killed Muhammad Sahib, who tortured Dnyaneshwara, who tortured Kabira, who tortured of all the things, Shankaracharya. Buddha, Mahavira, you read anyone of them. All these horrid people in the name of religion tortured. And today now, we have got these satanic people coming out of that Hell. They have suffered there, you see, they were punished and after their punishment they are coming out with a double force with a new subtler method of befooling you people.

In Self-realization you get bliss, complete bliss, tranquillity, the Collective Consciousness and you can manoeuvre this power yourself. It is 'your' power that is manifested and nobody else's but you. As you have been to all these satanic people – most of you have been. Last time I saw that and when I told them, you see, they tried. As I'm working very hard, you know, I'm working very hard. But some of them have really spoiled their path of Sushumna, the central path. So badly they have spoiled it, that unless and until they give up all that, it's not going to work out.

If you are truly seeking, I'm there to work for you. You don't have to pay any money for it. No, never think of that because this is divine and divine cannot be sold in the market.

First thing that should come into your head as Christians specially that Christ has taken a hunter in his hand and started beating those people. That's the only time He really lost his temper on them when they were selling the religion. And today all of them are selling it and you very, very humbly go and bow.

All kinds of these beggars and parasites have come in this country and all over the Western countries. They are nothing but beggars take it from me. Worse than beggars they are the worst culprits.

So, this is what Self-realization is and in Self-realization you get all the blessings of God, gradually you go into thoughtless awareness and then into doubtless awareness which we call Nirvikalpa and then into Self-realization completely. In that we have some people in India – they have met them – who are completely Self-realized and who, sitting down there, can work out the Kundalini of other people. They are living in the family. They have got their children. They have got their grand-children. And they are working it out.

You don't have to run away from that, no extremes are needed, nothing. It is 'within you' and 'within you' it is going to work out. These outside things and these extreme things are not needed. Just be normal people. God has created this world for you to enjoy! It is for your enjoyment. It is his blessings that you have to feel through Self-realization. When the light of the Self flows in, you see the joy pouring. You see it pouring from your head downwards and you are just drenched. All your tensions go. All your problems go away.

The ego and superego which he has shown here, as the black and the yellow, both of them open up and you see they're going down. It happens. There is an imbalance, there is a – some sort of a – hurt in you. Sometimes I can say there could a very great

wound into you, could be there are some spies sitting in you, could be that you are possessed without knowing that you are possessed.

You don't know how these people have manoeuvred and I hope I will be able to tell you now how they have manoeuvred and what sort of horrid people they are. I think I should take off my shoes perhaps.

Works out better.

So, about these horrid people now.

In India, since long, if you say the origin of so-called tantrism which is just the opposition of real tantra which is Sahaja Yoga, of the genuine tantra. If tantrism is to be considered as a genuine stuff, then it is Sahaja Yoga.

But this tantrism, this so-called – came into being in our country since long. Ancient times when these Gurus were having those few disciples with them, three, four disciples were taken with great difficulty. But they were, after all, human beings. They used to be competition with them. And Guru would accept only one out of them or two out of them, would take them a little ahead and would then leave them out saying that, "No. We cannot treat you anymore. You cannot be helped. You'd better go away".

Such a useless, half-baked person would come down to the public and would start a method by which he would put up a show against these fools. This is the beginning, I would say. So, he would now sit down and meditate.

Still, you know, as a Mother, I don't want to condemn all of them. I will give them a benefit of doubt and the benefit of doubt is this: that when they were concentrating, they tried to leak into their Mooladhara chakra, which you cannot enter in, which is below the Kundalini. This Mooladhara chakra controls the sex. Why? Because it is innocent. It's a child and the child doesn't understand sex that's why it is not contaminated by it. It is like a lotus coming out of the mud of sex.

In that lotus sits Shri Ganesha. These people tried to peep into that thinking that through sex, they might be able to see him. And they might have seen - this is my own way of putting it – not him completely but his trunk as you see it. And they might have confused it – still I say – that trunk to be the Kundalini.

When I tried to understand human beings, I thought this may have been. Because how could man be just entering into hell directly with all understanding? It's too much to Me. So, by mistake maybe, that they saw this. All right?

So, first the Tantrikas came in. Tantrikas were the first. Then we have Tantrikas – basically I'm telling you- these evil geniuses are. In the fact, you see, you cannot divide them into all details, but you can give a basic broad outline about them.

The Tantrikas. Tantrikas are the people who use sex for so-called Self-realization. Mantrikas are the people who use mantras for so-called Self-realization.

Then there are Chandadikas [unsure] who use evil geniuses to be introduced as evil spirits into human beings – called as Chandadikas. Then Pishachikas are the people who used supraconscious devils into human beings. They are over dynamic, over ambitious sort of people. We have got Abhogis [unsure] who taught them to put, say, they can put a, put a dagger into their hands, you see, Abhogis. Then we have got [Begeals?] [Begeals?] are the people who can do horrible, horrible gestures, you see, they can pull their stomach in, push it here, push it there, all sorts of things they do. And we have also Sexo-yogis. Minimum. I have categorized them as that. But I don't know how many styles of things there are. Because when it comes to evil they come and prosper like this. Viruses they are. And they know how to hit you off. They themselves are destroying, they cannot see you constructing. They cannot see you evolve. That is one of the basic reasons where they are out as all these.

So, these Tantrikas first started their job. In the Rama's time, say about twelve thousand years back, there was a Yajna, a kind of ceremony known as Ashvamedha. It's written in the books about that. Even that, the books, the scriptures they ruined by saying that Ashvamedha, there was nothing else but a sex act. The Shakti and Shiva, which is God who is innocent and his Power is the Shakti, like light and the lamp or the sun and the sunlight. There also, they introduced the symbol of sex.

This happened in the sixth century. It was at its heights, tantrism in our country, a complete belt was taken. Say, it started from

Konark, it goes to Khajuraho. So much so they were influenced people, that all other scriptures were thrown into the rivers and tantrism became the scripture of Hinduism [unsure].

Thank God, by organized religion at least, you would not allow people to tempt too much with that, thought it was, but not so much. It would help. There is so much freedom, that licentiousness to do whatever you please with that scripture, to - can you imagine? From the scriptures, they started spoiling in the sixth century.

Now what was the historical background for that? That was the best time, best breeding time of these horrible people. Because at that time, as you too had very extreme type of orthodox people- Jainism, now we have a sect of people called as Jainism. Now, horrid. I mean, all of them are, but one of them, horrid things I can tell you – that they believe in vegetarianism to such an extent! It's a horrid thing to tell you because I've already told Gavin. And for the first time, I'll be shameless to tell these people, that they do not want to destroy even the insects that are in the filth. To them an insect [cut in the audio]

So that lots of bugs can bite him and take out his blood and they pay him lot of money. Is a fact, even today they do sometimes in the villages. They think it's the greatest punya, is the greatest –

Shri Mataji [aside]: What you say that punya it means?

Sahaja Yogi: Hu?

Shri Mataji: It's a good deed, you see, a religious deed, is to make a man get inside a hut and bugs must come and they take the blood. So, these Jains – so-called vegetarians, horrid – they were the ministers you know. Some way or other they became ministers. So.

And the Maharajas – you know the word 'raja', that's the king – were the Hindus. And Hindus, as usual, are very indifferent to religion. Whatever one may say about India, I agree it is a very great country, and all that. But Hindus these days were even worse because now, they have all become English, you see. With English education all of them have become English, Westernized. They don't think we have anything in our country.

So, these – that time – the great rajas who are so indifferent to religion, to get sustaining power, to understand what is in their scriptures, licentious and permissive like your Roman kings, horribly licentious. Once [unsure] they used to put their mind into some sort of an arrangement for all the licentious people around. So, they thought of a very genius method, you see: build the temple of God and make all kinds of erotic pictures in the temple. Can you believe that thing? In the name of art! If art is pure as people, why do you need this vulgarity? Horrible erotic things were created through big competitions.

Now you are having competitions in this country but that time – of course, now you are also becoming Tantrikas as far as erotic things are concerned – one better than the other! And they were given special prices, even "jagirs", as they call the lands, were given to those people – it's written in the history – for creating those pictures [unsure]. Despite that, you see, despite all that provocation and despite all that temptation, you'll be amazed, in Konark, since years, that art is defunct.

There has been another thing, a simple thing is [sentence unsure], "Not. We're not going to use it. On a temple we are 'not' doing it". So, these clever intelligent people, you see, they told them that, "If you do this, it will be good because all the dirt that is here should be placed there", you see. "And inside it should be clean. Outside we must confess to God that we are like this. This is a confession". See the brain, "This is a confession you must make for all the dirty things you are doing, you put them outside".

This was the, this was the historical side behind. And that time these Tantrikas were, you see, anxious to fall [unsure] they came out. You have only one Soho [a district in London for the "sex industry"]. We had Sohos and Sohos and Sohos in that great country.

You won't believe when you see those things, you know. Foreigners are surprised that in India such erotic things are there. Wherever there is a religion, wherever there is a saint, these satanic forces have to reach there to destroy all that is pure. That is their style, their happiness which is the crucifixion of the purity. And such temples were created and those Tantrikas then came forward. They brought about all their women [unsure]. Say, from Konark, if you go, there is the Chausath Yogini Mandir, they call it "the sixty-four goddesses". Imagine Goddesses' temple! Now what do they do?

Now what is the principle behind all that, you must know. It is a very secretive principle that they use. They establish the picture of a Goddess or create a statue of a Goddess in a temple. And before the Goddess, they do [inaudible], means sex act of

different varieties of different types. Horrible! [Unsure] In the beginning, Shri Ganesha gets angry. They get all kinds of blisters all around. They say that Kundalini is angry. Kundalini? Why will she be angry?

It is Shri Ganesha who is angry, but in such a temper! From the right and the left and they get all blisters. They start dancing, jumping, they behave like frogs, they have horrid things. They get blasted in the head, they get headaches, everything they get. But still they are adamant because it is said that, "You have to go further. It's a terrible task, it's a difficult task. These are your Karmas that are coming to torture you. You have to take out your Karmas. Through your sex you do better Karmas or bad Karmas ". So, they go on, poor people.

Then, by that, doing all that, what happens? These Deities slip off. They go away from there. The area is vacated. The realm of God from there disappears. As light disappears, the darkness comes. They work in the night. They'll never work in the daytime. In the night they work and then they call the spirits there. You can call the spirits.

Last time I told you what happens to you when you die and how the spirits are there, what are the horrible spirits that are hanging around us to enter into you. So, I will not go into the details of that but later on I'll tell you all about it. I'll tell you each and everything. You note it down.

So, they come, they call the spirits. When they call these spirits, spirits have the lust in them, greed, they're greedy to satisfy you. And they manoeuvre them. They can give them the name of say 'Rama', then 'Aim', 'Hrim', 'Klim', all sorts of names they can give to these spirits. These evil geniuses manage them.

And then, they put these spirits onto kings, onto his big ministers. And these people are captured and possessed. And they say, "We are very erotic. We are running after – we used to run after only two women, now we are running after hundred women." Mad!

They lose all their sense of self-respect. They have no understanding of what they are doing. Like mad they do. Even some saints can be affected but they get reactions physically. Saints if they indulge into it, immediately, they get reactions. They get reactions in the head, in the body. And the reactions could be very strong on them. Sometimes they vomit blood.

So 'these' people start putting those horrible spirits on you, capturing you, taking out your will.

In India, there was a Tantrika like that, who amassed lot of money. But his wife [inaudible] throughout. And he built that horrible temple of that Konark.

If he had not put any erotic's there it would have been a beautiful temple but with that erotic you feel like vomiting all the time when you see, I mean, if you are a sensitive person. You just can't bear to see those private parts, the way it is described.

Tomorrow they will ask us to watch these people sitting down there for the morning ablutions! Filth and filth and filth! The whole place is nothing but filth.

And then his own son defied him, this horrible Tantrika. This Tantrika was killed in a very funny manner, which is worth reading how he was killed. And the son came down and he completed that temple but he told the King that, "Your kingdom will disappear". All these, all these kings disappeared once for all. They had no children, they had nothing and they became just shambles. And all of their temples were covered with stones, earth and they were just mounts.

Later on, the English came there and some of them excavated and found out. They found it artistic, I don't know how they found it but it was there.

But in Konark you will find the whole thing is so vulgar, so horrid, where the artists – poor things – had nothing to say. And I met the artists of that place who are living around. They said, "We are paying through our noses all these days for what our forefathers have done and we don't want to see that".

Even today in India, an unmarried man and an unmarried woman will never go to see a Konark. Now the only explanation they have is this, you'll be amazed, that after marriage Indian women are so innocent, as they're married quite young, they don't understand what is sex. So, teach them how, what is sex, it is made for the marriage. And only the husband and wife should go there. This is the only explanation our Indian artists could find out to give for that.

But we have to accept. You see, in every country there could be a satanic force working. Why should we identify ourselves with

those horrible Tantrikas? And why should we be ashamed of that?

In Khajuraho, the other tantric place, you will find there are some places where you find erotica. But if you are alert and if you watch, these are placed in corners somewhere, while the gods and goddesses have big form, back, very great attachment, everything. So, it never comes to your notice. Unless and until you are taken to it and shown, "Now, this is an erotica".

But surprisingly, most of the foreigners, and especially Japanese bringing their camera from this angle, from this angle. Why don't they take their own photographs like that? What is there to go all the way to Konark to take those photographs? Shows your search! Shows what you are asking for! The way, from here, people take all the way those big, big cameras and go round and take photographs like various angles they look. What is there to take photographs? In that, what is there to gain? Sex, animals know, everybody knows, dog knows. What is there to teach about sex? You have done so much of mentally that now there will be impotency. And in there, you know that, in America, the highest number impotent are there because of this kind of perversion and ruining your innocence within yourself.

Beware of it! This so-called freedom is nothing but abandonment of your sustenance of your Dharma that is within you. It's built-in! It is there. It exists. You cannot cross it, "Thou shall not have adultery", Christ has said, "Not only adultery, but I will say, 'Thou shall not have adulterous eyes'." And you see people [inaudible], all the time doing. And they say, "We have ruined attention." What will happen? Where are you looking? Where are you seeing? Where is your attention?

This human attention built up ages. So much has been worked out. You have been brought from that level to this level today. Where are you wasting it? Into gutters, into filth, into dirt.

Rise! And see your glory. Have your self-respect. As a Mother, I would [inaudible] to God. And these horrible Tantrikas and Mantrikas who are teaching you all kinds of things like putting a mandala – the other day somebody told Me – and putting your sex there. What is a mandala? Do you know? It's the aura of God. You are showing your sex to God! Have some brains at least if nothing else! It's the greatest shameful thing you are doing this to show your sex parts to God. Are you all lunatics? Can't you understand? It's a terrible thing!

I get upset with those because you don't know. You will lose all your chances of Realization. Your seeking is going to be lost completely, believe Me.

Stand in your own glory. Why should you run after women? Why should you run after men? If you are a glorious person, stand in your own image. That's the best way you are going to be a human being. This kind of licentiousness and permissiveness is going to completely finish that chakra in the Nabhi. If you see that one has got ten petals which are built so carefully, delicately, beautifully, with love. Do not confuse love with licentious behaviour. It is not! It's sanctified love. I don't say you become sanyasin, not at all, I'm against that also, another extreme that I'm going to tell you about Sexo-yogis, the third type.

The Sexo-yogis type are the people who are suppressing their sex. They use do not marry. [Tape interruption] They use – they use the skull of human beings. They need skulls for that. To be in the subconscious, you have to have a skull. So, they kill people, take out their skulls and keep it with them.

Shri Mataji, aside: Some people are coming, please open door.

So, the – they keep those skulls with them and those skulls, they use it for drinking water, for eating food, all the time these skulls are there.

Now there is a very good story, written by a great writer in India, Bankim Chandra [Chattopadhyay], known as "Kapalkundala" [romance novel's name]. This girl, there was a girl whom Kapalis had met. He used to make her nude, he used to make her dance, he used to make her go in the sea and used to control his sex sitting before her. And there are [inaudible], and during the sexual act, he would control himself. He went on like that and ultimately, he was to kill that girl. That is the height of complete abstinence because you'll kill the person whom you were supposed to have. Just imagine, what perversion! What brain! What habits! I mean there's a limit to this. God has not given you freedom to break your heads and to say that, "Oh, bull come and hit me!" And this girl was preserved. And then, somehow or other, she ran away and she got married to a man. He visited her, brought her back and killed her.

These are the Kapalis.

If you don't listen to them, they will take you to the "smashana" that is the burial grounds, cut your head, take out your skull and

keep it. They will see to it that you go to the subconscious strata and they handle you better there. They would like you to die through their schematic. They do it. So many of them are doing like that. Even today, you have no idea. And people are so much enamoured, so much under the obsession of these things are, that even if you tell them that your gurus are doing like this and they have found out, still they will be there to kill you. Absolutely rabid people. They are possessed, brain-washed completely. At least some people should be saved, to save them, I've always say, that if a sari keeps flying out, even if you could hold a little bit of it, we can save the sari.

The sanity did not come to you to understand that these horrible methods are not going to give you Self-realization. You must know what is Self-realization is.

Now some people think that flying in the air, jumping somewhere is something great. Which incarnation did? Did you hear any incarnation who walked - who sat like this and was floating in the air? Which incarnation did that? And what are you going to do with floating in the air? Now, you are going to create a problem on the traffic.

[Laughter]

These nonsensical things why should you do?

There is in Puna [in Shivapur], they say there is one saint who died, you see, and there is a stone. If there ten people take the name of the saint, it can come up, you see. And you can put a finger, it can come up. I said, "Is that what God should do?" Think of it! And when I went there, I found out that there was a big spirit sitting there and he said, "I'm going to sit down with Mother. I'm not going to go out". And the spirit of that horrible fellow is all the time sitting there. He doesn't want anything. He just wants to befool people and sit down there and listen everybody's taking his name, calling him a saint! When he is not a saint, why should he accept that he is a saint and be happy with it? Because human beings can do anything. They are given that power. And moreover, God is powerless before you because He cannot take away your freedom to be idiots or to be foolish or to be self-destroying. He cannot do it. He can only weep and cry, beg or say, "Please don't do it, please don't do it", but He cannot stop it. That's the only problem. And that's why all of them have taken [inaudible]. They have all come from somewhere like spiders. At least I know sixteen of them. And three horrible women. They're all there making money, making money, befooling you.

Why do you need a guru for telling you a mantra? Any Dick, Tom, Harry can tell you. You must see the result, the proof, what's happening out of it. You must think. You are intelligent people. You understand everything, why don't you understand this, "I'm possessed". Are you under the complete obsession of such people? Or perhaps you have paid them so much money that you think, "Oh! Now we have paid so much, now what to do?" We should see through the whole thing. Like in the drama, you go and you don't like the drama, "Still, as we have paid the money, let's have it".

It's not that casual thing, it's a very serious thing. You are going into the den of devils, [inaudible] finishing your Kundalini completely. Now there are twenty-five people among you who would say that it has happened to them. I've been correcting them. I'm doing it. They are getting it back. I only feel sorry for one thing, that you have been genuine about your seeking. You have been genuinely seeking.

I can assure you that I went to America in 1970 to warn all these people. But that time they were, all of them had become something special type of possessed people. They would not listen to Me. I told Ravi Shankar. He said, "Mother you just don't go near them. They will eat you out". That's how to have experiences of Tantrism [inaudible] drugs. In India, how many people have seen the drugs - ask them, anyone of them? Ha! Do they even know what is the difference between "bhang" and this and that?

These drugs and all these things were used by Tantrikas. And they are out here, they have been dealing drug.

Things that go against your awareness whether drugs, alcohol, anything is not going to give you that higher awareness about which I'm saying. Don't waste your life. It's very precious. The most precious and the greatest time has come. Please respect yourself. And please understand your own value. What you are yearning for, find it out! And do not waste it. You have already wasted lot of your time.

These, all these, I told you the seven strata on the left and right have names, which I think that time, I have no time to tell you, but there are names and names and names for everything. Hakini, Rakini, Lakini, Shakini, like that on the left-hand side they have got. This side [right] is Gayatri and Savitri and all that sorts of things. It goes on both the sides. All these are nothing but like resonances. They throw you from one to another strata. You are sort of tested in every strata. And when they found you are a

gone case you go directly into hell. These are the achievements.

So, I have to make a very simple statement that, "Keep yourself [inaudible], respect yourself. Try". If it works with you, well and good. I'm here to work out the raising of the Kundalini, the bringing it out of it. You yourself will be able to do after some time. But cleansing is needed and it should never be given up because there is no way out.

Nanaka, Guru Nanak, he has written at least three-four chapters against these Tantrikas and Mantrikas and these Pishachikas and these [inaudible]. In India it's an abuse to say – I mean I have first time used these words for that on my tongue. It's an abuse to call somebody like that. If you say that to someone, then the people say, "Oh God!". They are kept outside like lepers.

Kabira has written books after books, these treacheries and this and that, he lashed them left and right! He was a great poet. Everybody fought with him, tortured him. Christ had the same. He is the one who said not to go towards spirits at all! This is all spirit's job. But you go in London every fifth house is a spiritualist sitting there, "Free hypnotics!" Why do you want to get hypnotized? Why do you want to get E.S.P, what they call, Extra Sensory Perception? All these so-called geniuses also, these prodigies are also possessed. I've seen many prodigies. One of them came to Me. I told, "All right, in My presence you calculate". She could not calculate even in once because I put a bandhan to her [inaudible] possession. I said, "You get out!"

I've had many such experiences which I can tell you. Last time I've told you how people who are possessed came to Me and how they did.

Now there is still time and we can go into a Self-realization experience. It will – it might take to some people only five minutes but to some, more. In any case you must have patience with yourself. And don't be angry. Because when Gavin said that, "ego", [inaudible]. Because if it is not ego then the Superego comes, "We are the worst people. We are the horrible people. We-" you see, from one extreme to another. We have to stand in between. We have no way. You are not an aggressor neither you are taking aggression from anyone. You stand within your Self and through that, you emit your own powers. You don't have to depend on anyone, nothing! We just watch. But you have to depend on the deities that are within you, which are going to see there has been a problem, they are to be corrected and we have to know where are the deities, where are they.

In the Sahaja Yoga, modern Sahaja Yoga I may call it, there is no mantra given no mantra. Because every second the Kundalini is going like that. Now there are people who'll say, "This I can tell you, this I can tell you". It is here they saw that. You must have seen she came to Me, she said, "Mother I've caught my Agnya". All right, finished. Agnya got cleansed [unsure].

So, nobody is given a mantra but you know where is the catch. You yourself say. She herself came and told Me, "I've got it a catch on Agnya". And you know mostly, extreme Agnya catching means what, you know? Paranoia. But she doesn't mind telling Me because she sees herself away from herself and she told Me, "I've got an Agnya clearly". All of them say, "The Agnya is there. I can see those coming inside me".

He told Me that, "I can see these entities now coming into me. And I throw them away and they have a nice, a nice program". If you all talk to them, they will tell you their experiences. Some of them went into trance; I had to take them out. So many things happen now. People, just like you came to Me, have gained. And you'll also gain but be sensible about it, be wise. Be wise. You have to expect gains and nothing else, nothing you can call [unsure].

So, may God bless you.

We can go into a little meditation just by putting your hands towards Me. And if you could take out your shoes it will be better, it works better because the Mother Earth's there and she helps no doubt. All the elements help you. They're all around. You see, it was very cold in the street. At this time, it's not so much. All the elements are there to help you. It was extremely cold and now it's so nice. You can take out your coats and you'll feel all right. There is this, your coats you hold out and you can feel comfortable, then you'll feel very nice.

[Cut in the tape]

1977-1123, Workshop

View [online](#).

23 November 1977

Workshop

Gavin Brown's apartment (building demolished), London (England)

Talk Language: English | Transcript (English) – Draft

Talk, Euston, London, England 23-11-1977

[1977-1123 Talk Part 1, Euston HD]

If you talk this to an Indian he will say to see they are aspiring to be like you

You are their model they want to be like you, you want to have less develop

Now everybody is making fun of even Gandhiji, you listen to that

Thank god saadak took his name otherwise they are saying that we must have a very developed country and we must do this and these are underdeveloped country and then..

If you say these things and you can publish

Its there but how it comes. how does it come?

Because attention is not towards there

And once you start human beings are like that

They go one way they go inside you see till the end till they break there nose, neck, head, ears, eyes everything when it is finish then they will turn

Had before that human beings are like that , they won't learn a lesson till they have broken their nose and everything and our.....those people who are not yet so called develop they will also come the same way, they will break there everything. This is what it is,so you have to change you have to transform, you have to make them understand what's the basic problem...

Haaa how is he? Hmmm? Better you see now so this mission that you have taken

First mission is to get alright yourself to release your own power of yourself to manoeuvre it to understand it by which you can transform other people by giving ideas to them it is going to be another thing

I have never told people

What sort of patient

Psychiatric (mental)

That's it? You know even the sick psychic is just like a disease, sort of caught

You don't realise it's a...

If you be with a mentally upset person you might get

Listening to him talking to him...too many vibrations are hot

Are horrid is very...

Very first you came

The very first you came hmm good

Is he better now are you feeling better

Put your hand there this hand towards me nicely as if you are receiving something

You Should be able to keep your eyes little still alright? They are not...there's a problem thatsy

There is nothing wrong, there's a little problem on this

Better now? Feeling cool? Keep your eyes close alright

This a terrible thing to listen to this horrible people something from psychological troubles

Why should do? Why should we go you are not a psychiatrist. Let this psychiatrist be mad and the mad should be psychiatrist. They are

There's a mutual sharing between the two.They club together they are the best to club and they should spare the whole world

That's a little bit there but otherwise

He's on the right

Left is going up and down

Left is because of his treatment to the.....patients

How did he find them?

We are here for the incurable sin also(laughter)

You better get out of all this horrible jobs of you if you...

You are alright now. good??

Put your hand little bit for a while let it go off

Put your hand like this only on the ground yes comfortably now sit down for a while

Let it go

Let it pass out

When the water is cold then you can ask

Now

You must take regular treatment for your liver

And for your mental treatment they will tell you

Give up your vegetarianism

But not just indulging into it that's the main point

Don't think about eating all the time

Don't eat big animals

Christ used to eat, Rama used to eat, Krishna used to eat

I mean they were all rakshas or what

You see, these people had it...

They say take the vegetarianism, now once you take the vegetarianism

Who have been eating all the time,

First thing they will develop is the liver trouble

If not liver trouble you might develop

Weaknesses of blood pressure others trouble because you see you are used to the kind of a food

But in this cold weather imagine not eat...

I mean you are not cows you can't live like this , you don't have much fat in the body

Protect yourselves

So then what to do?

You go on eating things which are very much insufficient to give you the strength and then they bring their strength on top of you and that happen that's the best way you make them weak physically and then attack

This is their tricks, first understand their tricks, they are very cunning

And for drinking they will never object you they will never say don't drink

Why should they say? Because that goes against there awareness in the simple things they will never say that don't drink

Thank god one by one they are going out of this world

Getting right heart

See my foot is there

Stretch your legs straight alright?

He is getting right heart quite bad

Now don't take any asan or anything at all

Straight

Right heart is still bad

Right heart

Are you worried about your father?

Just now you don't worry alright?

For the time being just don't think about him just don't think

Hmm its better

This is good huh? Its opening out there

He is a spirited person

See his kundalini is opening

Now how are you now? Better? Good

Look at this flower

But I saw all of you the other day

When I was speaking kundalini was coming like a flower you know

Opening out if you had eyes to see how the sap comes in and opens out the flower you see

That's how I was seeing and I was so happy you know very happy

Hn...

Good?

He is getting very strongly on the right hand side on the nabhi is it?

That means you know

Mentally

What? what?

Can you say what is the reason?

What is the reason?

Not you. I am asking these people my Sahaj yogis

Let them say , let them diagnose

They are already doctors and you will be doctor by tomorrow

Now tell me what is the reason

You think?

Right hand side is active

Outside more

He is more worried about the society and outside you see

And he is more active about it

All mind is there and he wants to work collectively from outside

Inner side is the spirit you see left side his emotions are spirit

Now he is an abstinence and he being doing a very hard work to be the very nice man and all the

On the right hand side all the things but left hand side emotionally he is draining out himself

And also in search the spirit is less he is more outside

First you seek your spirit and suddenly you become collective

Then you become the instrument the real instrument without seeking that you cannot act because you must get connected with that force which is going to act in the collective way but normally it happens with human beings and it is a

One can understand

That you see something wrong outside you see the society being spoiled you want to improve it

But you improve it you'll see that

First a fall in this country for example you thought that if you become rich if your industry is developed you will be very happy so you had science with this and you did that

Now you are saying let us go back

That's the way

They are not happy either

So from outside it's not going to work out you have to work out inside so

That's the point he has to pay more attention to his spirit then it will workout

Better now?

Nabhi is getting better (hmm)

For every ill in the society, politics anywhere you have to first develop beautiful instruments

And that is only possible you have to seek your heart and become that

Once you are that the society improves, the whole thing changes

This like you are light in this world

You are trying to improve the darkness

You are beating the darkness with that

What you have to do is to light the candle

So that everywhere there is light

Though the candle is small unimportant, useless

But you just see the effect

Good?

Take lot of sugar alright?

Sugar is the food for liver

Now everybody is not getting sugar

I mean everybody is not suffering from the same trouble

See this is the trouble, you take the same it becomes a fashion you know 15:01

He is not taking sugar

Some people sugar is most important alright?

Put your hand there

Your liver is out..... there is a reason I will tell you what is the reason

Because

Do you eat fried food?

Yes

That you should not eat and you should not miss sugar as much as possible

You know this gentleman sitting behind was half your size

He was just about to go to the other world you know?

He started doing this

Now he has become a liver expert

When you go to Australia

You please give your bestow your powers to him

David is already been there

David is already prepared he is a liver expert

But it has worked very good with him because he really suffered with it

Then you realise

This is a very common trouble in this country hepatitis very common

One of the reason is lot of people don't realise they got it (syogi

Because doctors can't find out till it's absolutely finished case

Then they will say that the symptoms will be he will going to coma that's all

That's what they call it

Then they say they have no cure for liver

So many have to live with that

Because of his agnya problem he has done something

Concentration and all that see

Be relaxed alright

Again on the agnya

Better now

He will be alright

See my hand alright

Hmm good

What's your name

Hari

Han horrible jockies

They are all going to now take job of jockies

They are thin enough

Liver is better now

See his Vishuddhi and everything see now

Alright turn around comfortably

Be comfortable, absolutely relaxed

Both the agnyas?, what else

Both vishuddhis

Still right heart

Hn?

Right?

That his of course

Of his father

Now just see his vishuddhi

Better?

For all dentist, it is necessary to know how to break the Vishuddhi

All teeth are supplied by this Vishuddhi chakra

Teeth , this all ____everything muscles all this, everything is supplied by Vishuddhi

So I mean if you know how to control Vishuddhi you need not pay dentist

Are you alright now?

You are very normal

Putting into bandhan and take out his water ask him to

Ask him how to take a bandhan himself

Just see this

He must be suffering himself

Better now?

With my hands

I have to give you all a good massage I think come along now

Better? Good?

How do you spell it?

B E R N A R D

BERNARD

Because it's the left vishuddhi

Its right agnya

What was your father doing?

Was he also a writer?

He managed to _____milk in India

22:16 not audible

22:45

His left agnya

How is he?

Hmm

You are alright now

Once the pulsation goes away then he is alright

There is a sort of a some goes down some comes up its like wobbly(ego superego) he will come down

Both the thing are

He has done harm to himself by concentrating

Now better

Aham Sakshat Vishnumaya

Aham Sakshat Vishnumaya

Aham Sakshat Vishnumaya

Aham Sakshat Vishnumaya

Aham Sakshat Vishnumaya

Aham Sakshat Vishnumaya

Hello how are you? Feeling well?

Put your hands towards me

Give her a bandhan at the back

Right agnya

He is a mechanical man he is really like that

Better?

How is she?

Hmm better?

Put your hands under my feet

All the psychological cases

Torturing you

You thought you give a great service to them

But you did this service to yourself

Like this boy

Was nursing incurable

Because he had become incurable

Now he is alright

You ask him he will tell you

All full of compassion

Better now

He is too subtle

What do you say

Now put your hand like that

So we make him sit in the bottom?

You sit in that water

Now what to do?

Water has become absolutely____

Just imagine

Levitation what they call that?

How is she?

She is getting left vishuddhi

You just put your right hand on left vishuddhi she will be alright

You enjoyed my talk?

And thank god you didn't go to all these

I did some meditation

You did some meditation

What meditation?

Who taught you?

All these horrible people

One thing you must see

Anybody who say we are religious or god or anything you must go and see that person is he really that__

Such a hot tempered woman you know

She used to beat__

Talking about kundalini

Krishan murti come out of headaches I tell you for nothing

If you meet people of krishnamurty disciple they have nothing but ego in them

No love

Hello how are you?

I thought you bought a present for me

How are you?

You are alright now I think

They work really well isn't it?

Alright come along

Loudly so that they can hear also

He came for the program?

Who?

Your friend?

No no

[1977-1123 Talk Part 1, Euston HD] in progress

1977-1128, God and Creation

View [online](#).

28 November 1977

God And Creation

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

As Gavin has already explained to you that today's subject is really a very vast subject and one has to pay a concentrated attention to understand the subject. And as he has told you already that it is my subjective knowledge which can be yours also. And you have to verify it only through your vibratory awareness. Because that's the only awareness that can give you absolute results. Human awareness as I have told you is still incomplete, unless and until you get the vibratory awareness through self-realization in which the Self starts speaking to you, you cannot verify the truth. So that is one of the most essential aspects of subjective knowledge is. Anybody says anything need not believe into it at all. And as I have told you also you don't have to believe into what I say. But it is not to be denied also because as I told you this is a very subtle subject and one has to be little understanding. Not accepting maybe with some people. But it doesn't matter. Even if you accept it for a short time, if you don't like you can give it up later. But don't be sort of against it. I have spoken on the subject in India in my 8 lectures and here I have to give one lecture. So it's an ordeal for you. For me it's a pleasure. I hope you enjoy it.

At the very outset, we have to understand that God is what He is. We can only know Him. We cannot mold Him. We cannot make Him according to our own concepts, our own ideas, our own interpretations. God has three powers which are even beyond. The first power He has got beyond Him [unclear] manifestation [unclear], or as I call it, as auras. He has three auras which are beyond Him, and three auras which are in front of Him and He is in between. You see, this language has to be used because you do not understand otherwise. The three powers or three auras that appear behind Him or above Him or beyond Him are first one is eternity. He is eternal. He cannot discontinue to be eternal. He is made like that. That is His nature. That is what He is. He cannot even if He wants to give up that nature of eternity. So He is an eternal being that is beyond. Even if He says, "I'll give up, it is all nonsense." He cannot. He has bound Himself by Himself. [unclear] to understand. So He is an eternal being. Secondly, He is infinite. He is infinite and His infinity cannot be challenged. That is His own style. He can, if He wants, to emit His infinite infinity through finite. For example, I will tell you there's a candle here. The candle is a finite thing [unclear]. But when you light it, then it emits light, it goes to infinity. In the same way, He can put his infinity into a finite being if He wants to or in a being person, but He cannot get out of his infinity. We see the question of Christ people are discussing whether He is an incarnation or not. All incarnations have been made because they are aspects of God. And you go on understanding them, and you go on understanding them, and you go on understanding them, there is no end to it. It is an infinity. They cannot be understood by finite, but His body was a finite thing in which the infinity was expressed. Keep it at that point because it is also beyond your conceptions and beyond your comprehension. It is really beyond. So forget about that part. But we have to talk about God sometime isn't it.

And the third nature is His supremacy. He is supreme. He is beyond every one of us. Everyone that claims to be supreme than God [unclear]. Only He has made human beings supreme. By giving them a supremacy. When He has given supremacy. He must have [unclear]. When he has given you supremacy, He has made you a human being. By giving you supremacy that means he doesn't interfere with your freedom. He does not. He has promised you freedom and He is going to keep your freedom.

These are the three auras of God, which exist but do not manifest. In the Sanskrit language they are called as 'avyaktas'. Now there are three other aspects which He manifests which are called as 'vyaktas', means manifested. The first aspect of Him is that He is. He exists. He's existed. He is there all the time. This aspect is called as 'Sthita' as existence itself. So this aspect gives us the power to exist also. By this power, this universe, all this creation exists. Because He is existence, He can remove all that He has made existed. If He wants He will have the whole of it or He will have nothing of it or some of it. We cannot challenge His existence. He creates as He likes and if He doesn't like anything he destroys also. The second aspect of God is that He is a

creative power. He creates. He has power to create. By which He has created these universes. He has created animals. He has created human beings. He has created all the emotions and everything is created by Him. He is the Creator. These are the aspects of one God I am talking about. Only one, He is only one. And the third aspect He has is the sustenance. He sustains. He sustains by His wisdom. He sustains this universe. Sustenance is achieved by giving you your sustaining powers, [unclear] sustaining power. As I said carbon has four valencies. It has got four hands, four [unclear]. That is the quality that is given to it by God. You are human beings and you have sustenance which is ten in number and has to be maintained through the ten laws, as we call them as ten commandments.

So these are the three aspects He expresses and manifests. But He being the complete show, He Himself does not manifest. So what does He do? God does all these things through His powers. All these three powers. So what He does is separate Himself from His power. Like a seed is separated from its own plumule when the seed starts growing or the sprout starts sprouting. In the same manner, He separates His power from Himself and allows the power to work out the situation and He watches the drama. He is the witness. He is just a witness. He is witnessing the drama of His power. This separation is done by Him. We cannot understand, human beings cannot understand how can it be done. He is God. He can put all His [unclear] in that place and He can sit here or He can sit there. He is God. We have to understand that. And how can He separate His power, because we cannot. Like the sun has sunlight, moon has moonlight, in the same manner, God has God's power. Which we call as divine power. Let us see now how it happens. Now you can see all these things happening in meditation if you know how to do it. But so far you are not to do that. You are not to do that. You have to first become yourself completely. But people have seen it. It is a big problem for scientists to understand certain things like the other day I was watching on the TV that the Sirius has a companion star and they were surprised how could these aboriginals living in Africa could know this. It is not at all difficult. After all, all that knowledge is He. All books are in Him. If you know how to reach your library you can find out everything. Only about I think six years back I said that the whole universe is moving in a spiral way. And the other day Gavin pointed out to me Mother see here even it's written down. I always said about the companion star with the sun. And today I talked to you about it.

But that is not so important to a person like Me, who has come on this earth just to give you salvation and to give you realization, I am not interested in how many stars there are and how many companion stars there are. After all they are just outside the [unclear]. They are just arranging your stage. You are on the stage. It is alright they are fixed. We don't have to bother about them. What we have to bother is our own realization, our self-actualization. These things are not important. What is horoscope, what are stars and this and that. Of course in short I will tell you how they were created. That is a different point altogether. But that is not so important. Our main objective is to know our sustenance power and our evolutionary power by which we evolve because through sustenance power only God evolves us.

First of all we have to know that no analogy can be perfect because we are giving an analogy about something that is perfect by something imperfect. Nothing is as perfect as God is. So one has to just to understand, just to understand, I am just giving you certain analogies. Like I'm saying a seed or a tree. But it is just an analogy for understanding. That is all.

As I told you, He is an eternal being. So there is nothing like first He started that and then this thing happened. It's nothing like that. If something is moving all the time in eternal way, then where do you start? What do you do? You pick up one point and from there you start describing it till you reach another point. This is the only way one can describe. So in the beginning as I say of My lecture, or you can say in the beginning from where we have come to the point, the state of all that is in this world, everything, or creations like this and many creations before and everything, is at a state called as Parabramha. That state is in which everything is dissolved. There are no human beings, there is no creation, there is nothing. We cannot understand also nothing. I give a very simple sort of an understanding of that what is nothing. For example, if it is all dark here in this room, and I am just sitting down. If you see from outside you'll say there is nothing inside. There is something but there is nothing. You don't see it. There is nothing as far as you are concerned. And that's why when you use the word nothing is relating to you and not to God. Supposing He is sitting in the darkness, in complete darkness. He doesn't know whom to communicate what He is. He doesn't reflect Himself at all. He is just sitting without any image.

If you see in the sky, you do not find that there are sun's rays separating like that. You never see that. But supposing there is a jet plane passing through. You immediately see a streak of fumes being reflected by the same sun's rays and you will say yes these

is sun's rays we can see. So unless and until there is a reflector you cannot see. He has to create a reflector and for creating the reflector He separates His own energy. He must have His expression. So He creates light within Himself and that light is reflected on a reflector. And the reflector is this universe. You are the best reflectors He has produced so far. Human beings on this Earth. You may talk of any other planet or anything, nobody has been produced as well as you have been produced. And you have achieved that state that now you can really feel His eternal being. You can see Him. You are at that stage. You are the best reflector He has produced, just to reflect Himself, to communicate Himself, to have a rapport. So in the beginning when He was nothing He was not reflecting. We can say that there was entropy, in the scientific language we can say, where there was no movement. He was just sleeping. When a person is sleeping he is not into activity. But when He wakes up He goes into activity, again He sleeps. He is an eternal thing that is happening. That he sleeps, then he gets up, works and again He sleeps. In the same way if you can think of somebody who is asleep in a Parabramha state and when He gets up He is active.

So first of all when He is the Parabramha state, now what does He do? At the Parabramha state what He does is to concentrate Himself onto one point. He takes a desire in His mind that He has to do it. So He concentrates onto one point. And that's known as the Adi-Bindu. Adi means primordial. That is the first, Bindu means the point. He makes Himself into a first point and that is known as Adi-Bindu. [unclear]

Now, this concentrated form of Parabramha, Para means beyond, is beyond. The last stage you can say [unclear]. Becomes a small spot, a small concentrated point. When He awakens, when He awakens and He starts pulsating. His waves from His body start moving, from His being they start moving out, and these waves go round. They form a round circle. At the periphery all these waves and what are these waves are nothing but His divine power. His divine power starts oozing out and settles down on the periphery of the circle. This circle is called as Adi Valaya is the primordial circle. Primordial circle. So the first movement is this wave of God's divine power and the second is round. It settles down in a round way. When the whole thing is oozed out what remains is a dot and a circle. Now His power has to manifest. It does not. He does not. So He remains as the witness as the Lord God Almighty, and His power, in which His power is flowing. If you think of a seed in a tree, seed's power is [unclear]. His power now decides to create because of His desire. There is no difference between the two. We cannot understand two persons having such a oneness. At the most we can say sunlight and sun. But they are not living beings but we cannot think of a living being having that much of a unison. [unclear] they call it as Kalp-Nirvaya because they are supposed to be perfect but when you see them you will say it is just the opposite. You should never have used this. But it is. This power is called as the Shakti. As the power. As the Adi-Shakti is the primordial power, is the primordial Mother and He is the primordial Father. Is the abstract side I am talking about.

So the primordial Mother decides not yet so much decision taken place. You also know that you are made in His image, so that She takes time to decide whether I should do this or not. Whether I should manifest or not. But she collects Herself, puts Her courage together and She forms into another Bindu which is known as Bindu only. First Adi Bindu is the God and His power together and the second becomes another Bindu so we have two Bindus now. So we have two Bindus which combine in a way as if they are related to each other like a object and its reflection. But it is much more than that because it has the same power as the first one had. So it is the power of God which becomes into another Bindu. Now this Bindu starts emitting its own powers. Her powers are different from that of the first one. For example, the seed does not have fragrance but the flower has. Her powers are different because She is for manifesting and He is for witnessing. So, the lady of the house does all the job and the man is just watching the play. But He is the person who is watching. He is the spectator so He is the last word for all this show. If He does not like the show that is created by the Primordial Mother, He can put it off. So He is the master. And if He says, "I don't like it." It's off. If He says, "All right go on." It is carried on. So the Primordial Mother takes up the job of manifesting Herself with Her own power which we can call as Primordial Mother's power, as the divine power. But still it is not over. There is a little protocol about it. She must have the qualities of Her husband which He bestows upon Her. And as Her acceptance of that She garlands Him. You see, Sanskrit language is very symbolic. So She garlands Him as they say or we can say She goes round Him.

When you have to go round another point from one point, what happens, the shortest distance has to be in this way which you call as an ellipse. In the Sanskrit language it is known as pradakshina. [unclear] pradakshina. Now this style of movement changes it completely the nature of the Primordial Mother. If you are in on a circle, you are moving on and on and on and on it is an eternal movement. But once you start in this manner, you see the infinity is bestowed upon. So She gets Herself finiteness.

She gets into Herself finiteness. This movement is the first movement of the Primordial Mother Adi Shakti. And is a very important movement for every consideration of sahaja yoga. Later on which you will see why we move our hand this way and why that way. Why the aura of a human being is in that way. Why the aura of a flame is that way because this the movement of manifestation. First movement is this way which looks like an ellipse or we can call it as pradakshina. With this movement She sort of surrenders to Him.

Now after surrendering what happens. Another stage comes in. Still She is not very much anxious to manifest without Her master being with Her. She says, "All alone how can I do it?" This is the stage called as lasya. It is a very beautiful description. See they have used here and there as husband and wife because according to them that is the nearest relationship between the two. Absolute oneness and unison. So the lasya stage what does happen. [unclear]. And this movement of the parabola or ellipse is being maintained as it is. Now she moves toward the Parameshwara or the one who is the witness part, to the God that they call God Almighty. She moves towards God Almighty in the way I have shown here and by that movement both the sides are round because She is a finite being. Out of which Shiva the Maha, Sadashiva aspect of witnessing the what you call God Almighty. He gets up. He gets up and He [unclear]. And when He moves even closer [unclear].

This round thing that is here, this round one, it opens out and goes into two halves and this is what [unclear]. Now when Shiva gets out of that parabola or that ellipse, that is the time a sound is made. The sound is 'AA'. The second sound is 'OO' and the third one when it goes up and they start with 'MA'. So we get three sounds 'AA', 'OO', 'MA'. All these put together make 'Aum'. In the Devanagari whatever you say [unclear]. In the same way when you say 'AA', 'OO', 'MA', these three words together and that is how [unclear]. But this is how you see it here, if you can see on your forehead you see it written here that this is not pertaining to any religion or a philosophy or anything. This is called as the first as the Word as they say or as the [unclear] as they say in the Quran, or the first primordial word is 'Aum'. It has nothing to do with any Indian philosopher or anything, only thing is that in India people had so much time that they went deep into it and found out this. And that [unclear] all these things but it is not [unclear] people at that time [unclear] which you can see that it is the first, first sound and this first sound is the announcement of the power of Mother which is primordial, which is the vibrations of the Primordial Mother. The vibrations that we feel as the pranava, which has got three: one, two, three. You can see the three half circles 'AA', 'OO', 'MA' and on top is Her [unclear]. This is the abstract way how it was created first. It took the form from abstract to this form.

So the whole universe was created in three stages. The first stage was this one, it was called as [unclear]. When the deities in [unclear] were created which had 'AA', 'OO', 'MA', and later on as described here, as you know that, Aim, Hrim and Klim. These are the three, they described the three aspects of God. 'Aim' is the existence, 'Hrim' is the sustenance and 'Klim' is the creative power. These three powers were created first and with three powers the whole universe was created. So first the desire is expressed through the first power which creates the mood in us of Tamo Guna or the subconscious and the collective subconscious. The second one is the one the creative, creates in us thepreconscious mind and the supraconscious and the collective superconscious. And the 'Hrim' the third power of 'MA' is the sustenance power is the present moment, at this time, [unclear]. And what are you going to be, the self-realized or just the sustenance by keeping the sustenance in a subtle way you are given that self-realization by the grace of God and not by your [unclear].

Now let us see how the universes are created. As you have seen already that there is first the desire. The desire is an abstract thing, and a desire to do something is an abstract thing. Is not materialized, is not a materialization, but before materialization the thought crossing, the desire, that part you cannot describe but you can understand is love of God. It is love. That is His love that He is fond of and He gave this power to His wife, or you can say His Shakti, that will create and She felt that love for Her child that [unclear] desire comes out of love. The motivating force is love. That is Her first goal but can you describe love, can you show it. It exists and you can know it how it has been described is about love. So the first, the foremost power, is that of love and love of the [unclear]. Love that is [unclear]. That love was created and also the deity of innocence was created. In the second stage, the deity of innocence I have told you is Shri Ganesha and He has incarnated on this earth as Jesus Christ. He was the embodiment of that innocence which was created. This great universe, filled with innocence and He had filled it with innocence. When I talked about Tantra here, I had warned that you are destroying your innocence and destroying the innocence of others, is the greatest sin. And after He died, if you want to have that light you can't tolerate it, you cannot do that.

Now, we should know how this power, primordial Mother, She goes into a stage of a zygote. Zygote perhaps the doctors know, [unclear] where the sperm and ovum meet. But when we understand in the gross stage something ugly, but if you understand it in a subtle way, [unclear] and we can understand. Supposing, today we [unclear] sexual activities of our parents, whom would like to do that. Why- it is not proper to talk about it. Because it is to be real sex. That is why I said, that sex is a sacred thing to be done in a sanctified manner. Is not something cheap or a play or a fun. And this relationship exists between the both of them, between our primordial Father and the primordial Mother. And that is sanctum sanctorum. We are not to go to any ways and discuss and talk about it. That is the absolutely out of faith, out of [unclear], out of [unclear]. But it does not mean that having sex because I am telling you is the subtle thing, is the subtlety which means it happens. How one power of God act, or we should say that complete power of God acts in relation to God Himself. Later on in the human beings or the animals it comes as sex but then you sublimate. The sex is sublimated. Among only human beings we have marriages. And then we have sane sanctified [unclear] who are married.

Now. So this action takes place when the Aum is done. The first sound is called as AUM, that is what AUM is. And Christ is the incarnation of that sound, because His incarnation of that primordial [unclear] power of Mother even He takes so called human body. The body is also made out of those vibrations and that is why He was resurrected body. No other incarnation was resurrected. He was created from mother earth from every element some part [unclear] and formed a finite being. And the finite [unclear]. You must have felt it with Me sometimes, here you have been feeling vibrations. There is no end to it [unclear]. Incarnation is beyond human stage. So far two human beings, they were not true human beings because they were born to incarnation, and then they achieved that state and they have shown the path. They were Mahavira and Buddha. But Christ is beyond. He is beyond even the other deities because He was purity complete innocence. Purity is the highest thing is the most powerful thing.

Now, in the second stage, is the stage of Utpatti is the Genesis [unclear]. But the second stage is called as Vaikuntha. In this stage all the deities were created. For example, the primordial Mother created deities and then She created their deities and then She created Her children Her child. She created only one child. But the child had four aspects and all these four aspects which were explained before. They are all combine together in the deity of Hers. This is the deity called as Ganesha. And this deity, what deities were created, and how were they created and how did they [unclear] that I will tell you later on because that is the sustenance part of it. But first of all I will tell you how this universe was created. After that, creating all those deities and all those things, they created the void in the stomach of the one [unclear]. So another stage is called as the Kshirsagara where the void was created and the fourth one is called as Bhavasagara is the Samsara universe. So like that four stages are there altogether. Why I tell you that [unclear] in the same manner. Now.

The deities were created at the Vaikuntha stage in the beginning. The first and foremost was created by Shri Ganesha was innocence. Innocence was the first thing that [unclear]. He created this whole thing in innocence. Absolutely innocence. After creating innocence, after creating Shri Ganesha, secondly now there that suppose universe was conceived, thought of and was manifested. The second deity that came into play was the witnessing part of God or you can say the existence part of God. She brought in that part, it started in a very poetic way so you can understand. Is the Primordial Mother was to wed Her husband. She has to wed Him. And She is a virgin still waiting for Her husband to come. She is going to have Her bath before the marriage. And before She meets Him. So She makes Shri Ganesha out of Her body. She takes out all that from Her body, all the vibrations She puts them together and makes a son and puts him outside while She has Her bath. And then Shiva comes in. The existence aspect comes in. And He [unclear] cannot understand and all the story is there. But this is how they explain [unclear]. That first of all the Shiva aspect, or you can call, the aspect of existence comes in because without existence how can there be the desire. It represents the desire part of the Primordial Mother the desire and that is the left side. [unclear] desiring.

Then She goes back to the [unclear]. That is firstly desire. For desire you have to have a deity and She created deity for that. These deities are created already in such a manner that She first of all divided Herself into three deities. They are called as Mahakali representing the [unclear], Mahasaraswati representing the creative power and sustenance power is expressed as Mahalakshmi. All these three powers take a form, different forms. And all these three powers they produced children [unclear]. And these children are six all together brothers and sisters. Then they exchanged among themselves and three deities with three

powers are created, in the sense that wives are the powers and deities are the ones who have to do the job. Means the potential and the kinetic. So the potential one is the deity and the kinetic is the power. So we get six deities out of which you can say three are the powers and three are the deities. And one is Shri Ganesha who is a child. So first for existence they create the deity known as Shiva who represents Shri Sadashiva. For creative power, the creating deity is known as Brahma and for sustenance power She creates the deity called as Vishnu. These three of them with their power, first one gets as Mahakali or Durga. That is Shiva. Then Brahma gets his power as Saraswati and the central power of sustenance or the evolutionary power where Vishnu is the deity, His power is called as Lakshmi. So these six deities are created with three Primordial Mothers as I have told you three powers which surprisingly if you read [unclear] they have described the three goddesses [unclear]. And later on when I come to the supra-consciousness [unclear] everything they have described. That one Primordial Mother has three aspects and they are described as three goddesses. And these three goddesses had six children who were married and then they get these three powers [unclear] in the Vaikuntha [unclear]. And also you have established the deity of Shri Ganesha.

When these were created at that stage the Vaikuntha stage, they also completely projected the picture of what they are going to achieve out of it. So the highest that this creation has reached, that stage of the vast personality that incarnated from egg I can say or out of this egg like structure, that one personality that was developed which is the form completely evolved of the Vishnu deity is called as Virat. When the sustenance power reaches its height it is the Virat. The macrocosm as we call it as we are the microcosm. Now where we have to reach the Virata. That [unclear] man you can see here [unclear] and man was created in the image of God [unclear]. And in this [unclear] man, we are just like cells, some in the brain, some in the heart, some in the liver. Those who are awakened are realized, can see the oneness [unclear] maintained. In his heart resides the reflection of the witnessing power of God and in his liver. We do not know the importance of the liver. The reflection of His awareness. You will be amazed. The attention part comes from the liver. We do not realize what I'm saying. You don't drink [unclear] you are going against your awareness against your liver. That is the dead. And people who must have bad liver, have confessed to me. It's a terrible disease to get all the time. And nothing like having a good liver. Liver is the attention part though it is expressed in the brain, but through brain [unclear]. In the same way the brain, through His brain God creates. His brain He creates and thinks about [unclear]. And through His liver He sustains us. He gives us our sustenance our dharma our religion. Everything has a [unclear], even flowers have a [unclear]. For example, if you plant a mango, only a mango will be growing there. If you have a mango tree, you cannot get apples out of it. In the same way, a human being will give birth to a human being only. He cannot be anything else. And a dog will give birth to a dog. It is done through the sustenance power within which is in the stomach by which it controls. And that is what is the most important thing, because only through that power that you evolve from amoeba to this stage and from this stage to the super state of chakras. So for us in present discussion, the most important thing is the sustenance power and the deity which helps with the sustenance power.

The other powers of the right hand side and the left hand side. Of course I have already discussed the left hand side is the power of God Almighty, and the reflection who is reflected in everybody's heart. And He is there that is the strength within us. On the right hand side power by that you create in the same way God created this whole universe, everything through His Mahasaraswati power. Of course it does not mean that when Mahasaraswati power is created and is handing off another power [unclear] and other powers are not important. It is not. When He creates, every power is [unclear]. Supposing you want to create something then our subconscious mind helps us. Our conscious mind helps us. Our preconscious mind helps us. But dominating that thing, that is the one who works out is this power of creative power on the right hand side with which we think. Now the creative power of the [unclear] in a particular man. But first of all let us understand this Void. Now in the fourth stage, this void is created in you. Or I should say the fifth stage where the human beings [unclear]. But we are all placed in this void only where sun, moon and the whole universe is created and [unclear] by the creative powers on the right hand side. As you people have [unclear]. This is the creative power that started to move like that. It moves in this way and sometimes goes like this in a circle also because it has got another working, it's another movement. There is another movement also. So this other movement of going round and round and round. When this round and round happens, the whole power gets congested. You see sort of it [unclear] in our language. The whole thing becomes congested so much so that this finite place cannot move. So there is a Big Bang, a Big Bang takes place. Now you will be amazed this I told ten years back to people and I do not know recently people are taking about a Big Bang. Now a big explosion takes place and by that explosion all these things go into fragments.

With the momentum of the movement in this way what happens is that all these fragments go on rubbing at each other. They go

into circular shape. [unclear] separating. Now as I have told you, the other powers are also there. They are not away from it. They are also supporting it. So the creative power though creates these things, the other powers control it by another method. Is that in the central core of every, of each of these particles, every particle of the earth, every atom, and the minutest of the minutest, is controlled by the existence power. What is it? It is the vibrations coming out of every molecule that we have seen. Sulfur dioxide you can say. The sulfur is on top and there are oxides, two oxides on the two tail ends of the sulfur. And they are all the time vibrating. They may be atomistic, they could be any type. But they are vibrating. Now from where these vibrations are coming in electromagnetic. They are coming from the centre of that molecule. In the same way in the Mother Earth they say there is an axis. They do not know how it exists. That is the same as axis. Is also the same in every system. And the sustenance power is distributed in all of them by giving them a [unclear]. If there were no such agencies which work out the sustenance power, we would not have a periodic table. I do not know how many of you are chemistry students but we have a periodic table. It is most surprising to see that we take it for granted but we see the work. It's tremendous and intricate, beautifully done.

You can see that how the atoms are divided into a table. And they are repeated after some time. How the minute rows and all these things act. And sometimes they act arbitrarily which people cannot explain. They cannot explain because they do not want to believe in God. All these elements are divided into a beautiful chart which is somebody saying is done by chance but it is not. Because by chance if you allow the law of time to operate from the time this earth receded from sun, you cannot even create an amoeba once. Even once. Is a fact. Is a scientific fact. You can read about it in a book and in the Bible. You cannot. And human beings have been created of all these complicated things, how they've been created. Why don't you think about it. How in time it has happened because it is definitely [unclear]. It was operated through its own law, not the law of chance as described in the [unclear]. This short time of five billion years could not have been sufficient even to produce one amoeba. One cell. It is very easy for man to challenge God because he is limited. But what is the use. What does he gain from it. It is better to be humble about it and know Him through your inner being which exists. Outside you cannot go very far with the intellect which is a limited instrument. With this limited instrument you cannot go very far. You have to go into something that is unlimited. You have to trigger into that and there you have to see this unlimited picture.

So this is how I am telling you that how universes are created. How these three powers exist in them. Now these three powers are three moods they are called as Tamo guna, Rajo guna and Sattwa guna. But the Sattwa guna is the revelation. The revelation is the sustenance power that is most important for us. And that has come into us because we were created as human beings. You will be amazed that this earth was not such a big earth but small earth. And how water was created in it. Actually you will be amazed to know that earth was removed so much far away from the sun, even away from the moon. So far away that it goes complete. And then it was actually brought nearer to the sun very much. So the whole thing started melting. When it melted away, then it was adjusted and adjusted and brought to the centre point where, centre point in the sense where life could start. It was done with awareness, with understanding deliberately by God Himself. Man has not done it. And then the earth expanded. That's why some people don't understand how do you find something in India and something in other places. Or something here. There has been lots of periods which we have not been able to conceive. For example, Himalayas rose up much later, they were much low and it was one land at that time. But to understand this, our awareness has to rise. You see, as we have found the microscope to see something that is minute, to see something subtle or something that has happened before, we have to have that depth but we do not even have respect for ourselves how are we to handle it. How are we handle it, such issues for example we do not even can balance ourselves. We are not organized.

Hence the Sahaja yoga is covering in this Kali yuga, in these modern times, that at least there is a method to know by which you can balance yourselves and which you can feel that vibratory all pervading power which surrounds, which has been described and told to you by various sages. [unclear] you can see it in the self-realization is not just a lecture from a pulpit or somebody. It happens. It is a happening. It is an actualization that happens. But it is such a tremendous thing we do not realize what is the door opening out to us. Where we are entering into the subtler form. These vibrations are responsible for creating, controlling, coordinating, working out everything. Only thing we that choose to not give it a chance to work out everywhere. Give [unclear] and there the realm of God happens.

The second power which I described to you is the creative power. I mean you can go on talking on this how all elements are created but [unclear] were created, which created the five elements and the permutations and combinations of five elements,

how was this earth and these things were created, and is a very vast subject on which I think one can go on speaking for hours together. Let's forget about it. Because you are not there. You are [unclear]. You have to prepare.

Now the sustenance power within you is there in the [unclear]. On top it comes up to a point. It is not even that low. As far as the [unclear]. So it is not even that low. And you are in the Void. Your attention is on your head. This liver has to be first enlightened. How do we enlighten it? What is the point? The desire. The desire power has to be put somewhere a very portable power this desire power, which will supersede all your ordinary, material or emotional and all these desires. There must be something kept there to work out this living thing. And that is the thing is down below, it is the power actually the desire power, is the Mahakali power, is kept there in a [unclear] and it is call it as a virgin. She is a virgin. And She is your Mother throughout. Just like the virgin Mother of Christ. Just like the virgin Mother, Kali or Durga or Parvati. Her son is Ganesha. In the same way She is your personal Mother. Everybody has that Mother. Sitting down there, sleeping there, waiting for a chance to rise and give you that joy. She is like a coil inside. It is a living Mother. It has lived with you throughout in many ages, in many lives, She is waiting there. It is described in the scriptures that I will appear before you as tongues of flames [unclear]. When She comes up and the way She rises, She enlightens all of them. Which is the residual one that is kept there, preserved there in a human being and is there and [unclear].

It comes up in the stomach, in the Void. The first thing is it is the creative power which is acted through the centre known as Swadishthana. So it is the [unclear]. Swadishthan chakra can be seen [unclear]. In the subtle sense. Then it goes higher. It is the [unclear], the desire power integrates with the creative power and goes higher and upward and then it integrates with the heart power, which is placed here on the third chakra there. Partial integration takes place now. Because till this point human beings have just evolved up to a point.

At the higher point than that, is here in human beings really evolved because they raised up their head like that. Bowing of the head is a very important gesture for human beings, because you understand for a dog it is not. For human beings you understand. If you have bowed your head before every Dick Tom and Harry who comes in a dress which appeals to you, who entices you, then you have gone down very much. In your own experience, this neck of the human beings is above all the animal kingdom, all the world, all the universe, all the creation that was created. Because here resides the power within you to be that Virata great through which you become one with that and that is why I told you to put your hands towards Me because through these you can feel the Virata. You can feel that one personality through which these are the ten people or you can say that the [unclear] by which you feel it because your chakra is [unclear]. This is spoilt by so many things. People who tell lies, people who say harsh things, who have no love within them, people who smoke, with all disrespect to yourself and to others. All that relationship between you and others is spoilt by spoiling this.

So the Kundalini has to rise above and come up to this, where I have a red mark. In the centre of the brain where the optic chiasma meet, where pituitary and pineal bodies are acting. The central point is a subtle chakra which you call as Agnya chakra, which you call as third eye. I don't know what they understand by. It has a window here through which one can see is the cross on which Christ was crucified, His body was crucified. This is a very, very important centre because it controls the movement of your ego and superego. Which brings the balance between the two and when the Kundalini rises, and what is to be sought and asked for that is what you are seeking and not this in material, useless, superficial things. If you are seeking superficially I have nothing to offer. You have got everything. But you are true seekers. [unclear]. There is nothing to worry about it, it can be [unclear]. Actually in the western countries that I felt, too much of creative power and thinking power. The ego that is on the left hand side, from right hand side it goes to the left, [unclear]. And by becoming conscious of it, suddenly you are [unclear] superego [unclear]. Now both are working like this in the brain. Sometimes I feel horns will come up. The way you are thinking thinking thinking you cannot stop. When the space in between has to be achieved. There is a great love, great love and care [unclear], just the love. Sometimes I find some of you do not come to Me because it is too much of ego. [unclear]

Come along. Just have a look. Open your eyes. [unclear] now you touch that point. But some of them I found out are suffering from superego. They have told me that Mother we feel we have committed sins and how do we fix these for example. You may never forgive us. But then I say that no guilt is greater than My love. I can challenge that. Only thing is if you want to give it up then you've given up all those things and everything can be helped. And Mother can never take charge to that extent that She

cannot forgive you for that. And that is why if you are just there that's all, you do not have to overdo anything or do anything less, just be there, be yourself and [unclear]. It has worked in many of you like that. But you have to realize it is a serious matter. In the western thing we have been working so many years now. You all have been [unclear]. What you have found out is that you do touch with my lectures, you do touch that point and you get a tremendous experience. Yes it happens. It happens, why? Because you must know what is it but then you have to achieve it yourself. By understanding yourself. Some of the things you have got have never been talked, I know. They are built up. You do not lose it at all. You also get separated no doubt. Immediately you start talking something is happened here, something is happened there. But you do not feel the vibrations all the time. Some people do not. [unclear].

All that has been described in books and [unclear]. If you do not get it, don't be satisfied with yourself. Know it has to work. If not today then it has to clear out. But it is not just some sort of a drama going on like a pastime. Like somebody told me that we are going to have a big banquet and can you come along and give us a speech and can you explain to us everything in ten minutes. This is rather difficult. I said why do you give explanation, why do you want to call me. You can have many people like that. You can even get an entertainer who can explain. [unclear] That is how you have your realization.

This is what the whole world needs and this is the answer. You have to verify. Give it a chance to work out. That's why I told that nothing should be accepted without experience. But once you start getting the experience remember that. Keep it within you. I must say [unclear] you are really great people because you fight, you are hurt and you have problems and the things that have happened to you. Despite all that you have got your realization. The Kundalini is so great, the desire is so great that She throws away all this and She cures the [unclear]. We did not take ages to [unclear]. You have to love and understand that you are human beings specially created for this purpose. And you are the instrument of God and the responsibility of maintaining this religion rests on you people.

May God bless you all.

I think if we have little time we can go through the experience of it. I'll try to say these things and probably I'll talk a little bit but it is a very complicated subject. And it cannot be told all in such a short time. But I will go on with it and now I am going to be here for four days more for you all. And we are going to have [unclear] again and again and again. And we are going to give realization to many people. We are going to talk to you all about all these things, the subtler side, everything. But do not come to My lectures just to sort of know something and get out. You should not do that. Please come here to have something. To get something out of it. And then to give something. [unclear] My whole heart and My complete desire that today most of you [unclear].

Now if your mind is too much questioning. I do not mind if you ask Me questions. I'll try to [unclear]. And the mind experiences are all stupid and foolish. [unclear] Last Saturday two Indians who had come. They asked such frivolous questions it spoiled the complete atmosphere of these people. This was the worst thing. By argument or by discussing you are not here. But best thing is to get it and then know it. If you have any questions we can answer it. You can write it down later. But just now keep the questions on one side because while you are making efforts you have not found it. So like a mother has told you that if you are hungry, I've done the cooking, you can sit down and have your food. If you are not hungry you go on asking questions. But if you are hungry [unclear].

I'll be going to India on the 10th or 12th. And again be back in the month of February or March. And then we are going to again start these things. And we have to propagate it more in a way that is right but I do not want [unclear]

1977-1201, Talk on Pingala Nadi

View [online](#).

1 December 1977

Talk to Sahaja Yogis

(India)

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

Talk on Pingala Nadi [Translation from Hindi]

Many years ago, in India, people started working on Pingala Nadi. You must have heard about king Bali when Vamana incarnation took place. King Bali was a religious person. But he did YAgnya. For getting creative powers people do YAgnya. By doing YAgnya you can control five elements. Inspiration or wish for this is to take the power of the entire world into our hands. That we become Chakravarti king on this earth. Rule of demons expands in this world. Demons become powerful. Even dev has such kind of wish but due to lack of dharma in demons, their wish is more powerful. If a car does not have a break, it rolls out of control, in the same way, their wish also flows like that. Some cunning gurus used to help them in this. Surprisingly some of them were realized souls and Brahmins.

Like Vishwamitra Ji was there, he only taught Bali. Like he was a pure effort. There were many impure and cunning efforts. But he had pure efforts. My efforts only you can move on Pingala Nadi. And for this effort is being told that you tap, YAgnya, and acquire the powers. It is about pleasing Brahma dev. You cannot get salvation by pleasing Brahma dev. It will not transform you or take you to new human awareness. It might give you control over five elements like water and air. Or you might get certain powers by which you can kill people. All these powers begin with mantras like Gayatri etc. And we have seven powers like this inside us which we can acquire. If we acquire it without the shadow of dharma then it can also have a negative impact as in Raja Bali.

When Vishwamitra asked Raja Bali to do Tapa, he asked Brahma dev to grant a wish that he can destroy all the deva. After that, you know Vamana incarnation took place. About Vamana incarnation we know, that our powers in the middle, which we call satva guna powers, which are powers of Lord Vishnu, the powers because of which we became humans from amoeba, that power took incarnation to restore the balance. You were going on one extreme of acquiring powers, and you start killing people, such societies which we call ego-oriented societies, like the west, is ego-oriented, to kill people, to fight wars, to rule people, as Britishers rule us, America wants to rule us through economic development. Then Russian wants to rule us. At this time some Satvik power has to take birth. If that does not take birth then these people will suppress the entire world with their ego. Although their welfare does not take place. And after that, they go directly to hell only. But all those who are killed, butchered, all the calamities that come, people suffer, in that many saints also get destroyed. Many people go into hell. They keep on nurturing their demonic powers and in the process, they do not realize that they are harming others. We are burdening others with our selfish interests and destroying them also. I can see the social arrangements in the present time. In the entire world, society has become ego-oriented.

In our country, we can talk about balance. The first thing in balance is that we need to awaken dharma inside us. Vaishnavi powers can awaken dharma inside us. When dharma awakens in a human being then he can leave anything extreme inside him. When your country is running after development, you should see the countries who think they are highly developed and happy, in reality, they are not at all happy. In Kalyuga by God's grace, you come to know about anything happening in any corner of the world. There is a place called Bermuda triangle, you must have heard the name, it is like the gate of hell. How is the gate of hell? Many people are made slaves over there. People of many countries are traded as slaves over there. Sobs and grief of people traded over there have settled there and that grief has made the Bermuda triangle. These demonic powers can come for many reasons. Like you have heard these days there are Anand Margi people. There are many such people. And all the gurus are involved in such trades. Some of these do work on Ida Nadi (Left channel) but many works from Pingala Nadi (Right Channel) also. They have attained powers by which they bring dead people from Pingala Nadi in their collective superconscious and then

get their work done from you.

Becoming too dynamic, becoming far more progressive than the progress of the world, if everyone in the world is poor, in that one person becomes rich, all such things we call it cancer. It is a malignancy. Too much growth of one cell is malignancy. Such a cell when touches another cell is also malignancy. A person sees another person growing, so he thinks I also grow. He doesn't look at what his life in reality is. How he is living his life. What is the condition of his house? How happy he is? Just he has money so I also should have money. Then another person seeing him says even I want money. If he has power, it has become prime minister I also want to become prime minister. If he has become a governor then I also want to become governor. In this way, this malignancy spreads. In satvik life a person gets satisfaction. He lives in satisfaction. Because he is in his dharma. He seeks happiness from his dharma. Now in Sahaja Yoga, you can understand how much happiness you get in Dharma. You can keep the entire wealth and power of the world on one side, but the happiness you get from Dharma is invaluable.

Nothing is bigger than that happiness in the world. You know that in Sahaja Yoga many people left alcohol suddenly. When peace and love of God residing in our heart starts flowing inside us, then such things automatically subside. I don't need to give any lecture or put any effort, it all leaves on its own. Source of happiness changes and because of that our priorities changes. This is a big advantage of Sahaja Yoga. Because of this, your dharma gets established. Until you don't establish your dharma till then you will not enjoy Sahaja yoga. Hypocrisy doesn't work in it. Dharma is established inside us. We know in Nabhi Chakra dharma is established. If there is some problem in dharma at nabhi chakra, then no matter how much Sahaja Yoga you do, you will not get results. That is why first you shall establish your dharma. For this, I have told you many solutions.

Now when our country is growing, we are coming at par with rich countries, then our countrymen should think, that all those things which are in them shall come inside us? Or we should balance something from our side. This thought is very important. We are in search of joy and we shall not make ourselves in such a way that our powers overpower others. Nor do we want to become such people who harass other people.

When you get realization in Sahaja yoga, and after that when you establish your dharma, then you see you don't get money, but Lakshmi. Lakshmi comes inside you. Money doesn't come but Lakshmi comes. There is a huge difference between Lakshmi and money. I have told you many times the difference between money and Lakshmi. Lakshmi brings satisfaction and pride. It is quite different to be Lakshmiapati than having money.

In the old-time when the torture of Bali increased, Vamana avatar came to kill him. Then Devi killed Mahishasura. When Devi killed mahishasura, her wife cried a lot and went to please Brahmadeva. There is no big deal to please Brahmadeva. She did jap and tap to please Brahma deva. In our body also when you will see our nerve is long on one side and is half on another side. If someone fills this gap by trying, then he or she can become powerful. When people do hath yoga or tap and jap, they can get such powers. That devil also got such powers. She said Brahma deva to give her such powers that neither shiva nor Vishnu could defeat her. Both powers could not work on her give her such powers. And she was a devil. And she killed all the devils. Then mother of the devils Aditi started crying. After that a child was born and how that child destroyed Mahishasura. At that time also they did the same thing, they pleased Brahmadeva by doing jap and tap. And Brahmadev gives blessings according to his nature that you may get powers. You get physical strength and mental strength. You will not get the power of love. You will get the power of the brain and body. By getting such powers you can rule on the body and mind of other people. Such a person will look extremely intelligent and show such things that people will think that he is a very powerful person. In Sahaja yoga, Brahmadev is in control and does not give such power to people. So devils thought when we cannot get such powers from Brahmadeva, let us go to collective supra-conscious and use people dead over there to get such powers. They are using all these things in trans etc. all these things. They are freezing the kundalini of the people. The moment kundalini sees that they are going to bhoots, she converts itself to ice. Though, surprisingly, I have given realization to many of their followers in London. They also got a realization. So, we can control the powers of Brahmadeva. We can control the powers of Brahmadeva and the powers of Shivji, powers of Mahakali can also be controlled by us. You don't know but you have already done it. You have done it for a long. You take out caches of other people. You do it with the help of Mahakali powers. You would not have noticed but many of you have started getting unique ideas and started doing new things. Like those who have never done decoration before, they have got a lot of creativity and have started doing decoration work for Sahaja also. All this is due to the powers of Brahmadeva.

But in the present times, we need to use Vaishnavi powers more as it is their rule. We have to work for the welfare of the entire world. We have to give realization to the entire world. We have to spread Sahaja Yoga in the entire world. So, we have to use these Vaishnavi powers. When we attach Vaishnavi powers with other powers then all this works. I will tell you a small thing. Like it has started in Rahuri. People of Rahuri thought they want to start a school of Sahaja Yoga. But before that those people started giving their powers to the elements. They vibrate the water and called it tirth. They use that in gardening, planting fruits, treating diseases of fruits and seeds. They have started giving vibrations to the cow and by that cow has started giving milk. In this work it out. If you open a school of Sahaja Yoga, you can work it out through the kids. You have to build schools based on Indian cultural values like a simple lifestyle. Those kids will be very satisfied. In ego-oriented societies, men do not have any manners. They do not have any consciousness. We can see what kind of clothes women are wearing. Kind of clothes they roam in. There is no wisdom in man. They look so cheap. There is no difference between prostitutes and women. Everything is there in their thoughts. In ego-oriented societies dharma of the man is getting destroyed. Human beings are getting away from their dharma. Whenever you go to the extreme your dharma will get destroyed. When dharma breaks, society breaks. On the breaking of society, everything gets destroyed. When society gets destroyed every person will get separated. Then like it happens abroad, people get involved in drugs, spirit, and so on. In the present time, you can see a beautiful map of ego-oriented society. Children are crying in the house and women are playing cards. They do not have any love for kids. Girls make themselves the center of attraction as if they are prostitutes. They do not have any self-respect. They become so ill-mannered that we are surprised by how people are behaving. But all this has been mentioned in Purana that in Kalyuga people will go were. In kali yuga, there is the extremism of Rajo Gun because of which this has happened. Earlier also this uses to happen. But earlier one or two kings, a person or one Hitler used to become like this, but now in Kalyuga, every person has become ego oriented. Like cancer has spread in the entire body.

Now the balance will come by Dharma. You will have to establish yourselves in Dharma. Because of this, you will have to leave three main things told by everyone. The first thing is alcohol. Alcohol kills your dharma because it kills your consciousness. The second thing is Tobacco. Tobacco is a vegetable form of devil. The moment you take tobacco or any other addictive thing, you go to the left side. The moment you go on the left side, it gives you a swing and you become ego-oriented. A person who has drunk alcohol speaks all non-sense. With a swing, you come to the other side and you become ego oriented. In this way, the balance works. You keep swinging from one extreme to another extreme and it keeps on increasing. So second thing is tobacco etc any addictive drug, even taking tablets for sleeping is prohibited. I have told you these two things especially.

The third thing is money. Putting too much attention on money is very harmful. When you go towards money you become far away from Lakshmi. When your attention is too much on money then things like going on race, playing cards, things in which you earn money, money has become a competitive thing. It will tangle your attention. You think it will entertain you but you can never get entertained with money. You will become more and more unhappy. And you will get stuck in the marsh so much that you won't be able to come out of it and you will not also know about it. I have seen so many old women of 80, 90 years, who are just playing cards always. An ant is better than them. What is the use of such a life in which you are always playing card? It is a black spot. Such life has no use in this world. It seems that God almighty has created insects. 80-90 years old women are playing cards with money. They call it an adjustment.

These three things will never fit in dharma. Even if you see it superficially then also it is a lie. Like I have told you about places of depth in dharma, you can listen about it later, you have to set yourself on those places. But these are three basic things, a person who does these three things it is very difficult for them to set in dharma. In Sahaja yoga, such people cannot come, as you know we have many limited people over here. Because Mataji says don't do this, don't do that. People want convenient gurus, that give me your money and then do whatever you want to do.

Another subtle thing in an ego-oriented society is sex. In that human being just deteriorates. He feels he has one woman with him so he shall have ten. He just keeps on searching everywhere. Like in cards his attention is on money, in the same way, his attention is on women. His eyes are not stable, it keeps on moving. It is moving all the time. What can Sahaja yoga give to such anxious and unstable attention? First, you have to build your self-respect. A person who has not made self-respect, how his self

will awaken. Self-respect is very important. How can you expose your dignity to everyone? It is a subtle thing that people can't understand. They get stuck in its detailing. The person does not know about it, but these small things get set inside him and when the time comes it blasts. Then news comes in the newspaper that this person met her there and so on. What is there in it? What fun you had in it? I don't find such people nor happy neither satisfied. We should set our ideals, that this is our ideal. Our ideals should be such which are same inside, out. Many people say that we respect Shastri Ji. I said ok, but you don't have any of his ideals in your life. How do you believe in them? We believe in Gandhiji but do not wish to follow the basic foundation of his ideals. If you believe them to be ideals then you should follow their teachings. If you believe them to be ideal, you move forward with their name. if you are following them just for your name and fame that you are a gandhiwadi, then you are a hypocrite. The moment self-respect will awaken inside you, you will be able to save your ideals and bring them inside you. There is no difference between a normal human being and a person of values and virtues. There is no difference. A normal human being can also become it. There is no difficulty in it.

Especially you people. You people have found your ideals. But you will have to stand on your ideals. There is no need to be shy about it. Like other people roam around in the world, you don't have to roam around. You live in your way. Stand on your ideals. Stand on your self-respect and say confidently that only this is truth and everything else is false. As time passes, the truth will manifest from you and people will say, what a wonderful person, completely transparent. He does what he speaks. He doesn't need to ask. And you will find that you are worth worshiping. Many rich people are not worth worshiping. The moment they turn around, people start criticizing them. You are worth worshiping because of your qualities. And people who have qualities only they can develop them. For those who do not have any qualities, then me shouting or giving realization will not make any difference as with time kundalini will fall back again. Today I thought I would not speak anything. Because due to speaking my throat has become sore. Now till you people will not work it out, nothing will improve. You should do some work. Sit in meditation every day. These days I am here, there is a lot of vibrations. Till you won't absorb it, my health will not improve. You should go deep inside you; you should dive deep into Sahaja Yoga. And what is the advantage of it, the advantage is that you will go to that place where there is peace.

1977-1201, Talk in Stockwell

View [online](#).

1 December 1977

Talk to Sahaja Yogis

London (England)

Talk Language: English | Transcript (English) – VERIFIED Talk in Stockwell, 1977-12-01

Shri Mataji: Again goes it down, again comes up, again goes down like that, you see, settles there like clouds, but sometimes when it pierces it with a force, then you get this kind of an experience, it's a very, very exciting experience, I should say. (Shri Mataji is laughing.)

Yogis: [UNCLEAR]

Shri Mataji: better, better be seated with some questions, because we'll give him Realization to begin with. He's the only one who has not got it, who else has come for the first time here?

Newcomer: My first time.

Shri Mataji: 'Who else. First of all let's give them Realization, and then we will see, you come here, can you sit on the ground for a while?

Newcomer: Yes.

Shri Mataji: Alright, alright. Please sit. And who else?

She's all right there, She (?) where do you stay. You see, they do a particular thing in a particular manner, to your Kundalini, and that any chakras. And what I have to do this to master the map of curing it, you see.

Every time I find a new Guru, now this time yours, this Guru Rajo is absolutely a new fellow, But I will manage that also.

Newcomer: Mataji, [he's] I've been doing good things to the chakras as well.

Shri Mataji: It's terrible, it's all wrong, absolutely wrong. What is wrong, I tell you, very simple thing, that sex has nothing to do with God. Sex is not meant for achieving your higher needs, you know, that's for baser things, not for higher things. Sex plays no part at all, on the contrary, you have to be an innocent person when you are coming for the (?union).

Because Kundalini is your own Mother, and you would not like to have anything to do with her, as far the sex is concern. It is absurd, it is perversion, and this is what it is. By doing all these things, they put sex on the Mother, She is the only Mother you have, and you are the only child She has, and She keeps on with you, through all, for days together, for years together, for ages together, in all your births She has been with you, and to insult Her like this, is too much. I mean, one of the greatest sins is, to do sex on Her, and that [that's your kundalini] to Kundalini, which is the purest form of Mother.

Newcomer: I don't understand the connection between, Guru Raj and sex.

Yogi: (unclear: Do you mean) Rajneesh.

Shri Mataji: absolutely ...

Newcomer: this is Guru Raj and ...[UNCLEAR: Ananda]

Yogini: But he also [UNCLEAR]

Shri Mataji: ...with the heart.

Yogini: He also did the Mooladhara...it's also wrong.

Shri Mataji: ... style, Guru Raj, yes, I see. But, Guru Raj also, the same. Now, this is the sex part, alright? Then the heart, you see? He says you give your heart towards the mandala, and things like that, but now, the thing is unless until you are connected, how can you do it? You see, if you try to say that – now, I tell you that you must telephone to someone, and the connection is not established, what are you doing then?

Newcomer: But the connection must be there to some extent ...

Shri Mataji: No, no, not at all, it is not at all, you see that mean [main] point, you must understand, the connection of God in a very different manner, you see. We are guided through Him and all that, because you are all saints that's why, but you are given complete freedom to choose. You have to have a completely freedom, otherwise you do not choose. Choice in freedom, means, a complete freedom in the (?world).. Absolutely, you will be surprised. If you want you can hit yourself, if you want you can ask a boon to hit yourself, or if you want you can rise. So it is absolute freedom given to you. There is no, no, not at all! He doesn't hold your hand anywhere, of course if you are a good man if you understand, if you are religious He guides you, He is there to help you, He will look after you, but He will not in any way give you a guidance that will hamper your freedom. No, you are free to choose, because He has to develop you. You see, like we are teaching somebody swimming, first you tell him – all right, – do a little bit like this, and then you just leave him at that time you have to leave completely.

In the same way, in the earliest ages when we were animals He were looking after us, He's holding our hands, He's taking us down and doing everything. But when we are human beings He says – now you try, otherwise you won't be good swimmers. First you have to be good swimmers. So, complete freedom is giving to you. You see, complete, that's what we do not understand! It's is so much complete that He cannot supersede our freedom, you know that? Supposing you don't want to get Realization. I cannot give you. He cannot. Nobody can. Your freedom is respected. Your freedom is beyond. In this you are supreme, imagine, how He has placed you. So, you just tell Him, you have to get your Realization, and Realization you'll get by your freedom, when you understand what is wisdom. Not to go to any extremes, You have to be so frank, the way we are frank. Come along, come along, come. Come along, there is a lot of space, come along. How are you? He is all the time now enjoy, I can see that clearly. Ha, very good.

So the freedom has to be understood, that it is bestowed upon us, because we are responsible, God thinks we are maturing enough, you are a good swimmer,[seeker] that's why He gives us. And how has He to judge our maturity? It's only by freedom, a complete freedom. So, when he (the false guru) says, that you take out your heart and put it on the mandala, you see, then what happens? You are doing it absolutely, – first of all he has no authority, He's not authorised. And everybody's heart you cannot (?), Kundalini is at the base here, Triangular bone, now, what the use of putting the hearts somewhere? When the Kundalini is standing there, what are you putting there? Kundalini, supposing the coil of the, the coil of this stage, it's placed that side. Now what are you taking out from here? Maybe some (?other) instrument which will be required later on, it is absolutely mishandling of the instrument, completely.

Newcomer: What he says is happening. As you're working on one particular block in the instrument.

Shri Mataji: (unclear: What's this?)

Newcomer: What he is saying is that to some extent, Kundalini must be flowing anywhere, [anyway] otherwise you wouldn't [be

alive] have realized, there are certain blocks in some chakras

Shri Mataji: He doesn't know, he doesn't know, he doesn't know. You can see for yourself that in a person who is not Realized, Kundalini is sleeping. He doesn't know even the basic. He doesn't know even the basic of Kundalini, She is sleeping just like a primula in a seed. Primula are never flowing, it is weak. Till that water of love comes to the Kundalini, till She is assured, She is not going to rise She is waiting for Her time, it is not all the time flowing, it's a wrong, it's a wrong idea, absolutely wrong, (?). And it's written down in all the scriptures if he has read any scripture about Kundalini, it is said that She is a dormant being. She is lying there, absolutely sleeping in such sleeping conditions, in some of them, in his case, it is frozen. In his own case, it's frozen.

She might be, you see, when I saw his first photograph, I felt that he might have been a Realized soul, might have been, I felt that way. But the way you see, he is not such a good Realized person or anything, I think he became ambitious or something like that, without even going deep in to it, he started doing this work, and the Kundalini now is frozen, even a person, now you get Realization. I have got people who got Realization through Sahaja Yoga, some of them, but they went back to the hell. Yes, you can! If you have to go further on, then you have to know, that it is can only be done by going deep into it, understanding it, what is that, properly. I can put you to connection, alright. But I cannot keep it there, it can fall down. It can fall down. It falls in many people. Especially people who are coming from Gurus, you will yourself face it later on. When you'll be working on people, you will find it. It falls down, then you will have to take it up and tie it . But only a Realized Soul can do it, nobody else, you see, now mandala also, the mantras also.

It's a big science, and it's a living science, do we understand the meaning of the word living science? We don't understand. Living science means, a Kundalini supposing now it rises, in your case, supposing it has come up to the Agnya just now it's in the Agnya but, it may fall down, possibly, it's a living science, because it's living, it has moved up to Agnya, but it's going down all the time, means you have to stop it at Agnya, so I have to, – whatever mantra I have to do it's (?) not of heart, wherever it is, it's very simple thing to understand, supposing you have gone [a car], you are going in a car, now you are stuck up say in a, say in Piccadilly. Let us take that. I know, very few names of (?). And then you are calling the police say from, from Western Square or some other place, then it's wrong. You have to call in the people who are in the Piccadilly to help you out, they are not supposed to do this.

So, first of all you should know where is your Kundalini, that's he does not know, he does not know how to raise it, all right, he does not know which chakra (?) ... hallo (to a newcomer)

Yogis: this is Martin, he has not been here before, he is a friend of ...

Shri Mataji: you see, this is the thing, you cannot just conceptualise it, you cannot make it programmed, no! It works on its own, wherever is a problem, it has come. Now for both of the cases is, right heart, left heart, moving on, is there. Now, just now the Kundalini is moving to that chakra and then it doesn't move up, because it is spreading into these two places which are spoiled. You have removed the energy whatever was there to such an extent that there is a big, sort of a need, for it to be alright, to be sustained, in the centre heart. So, the Kundalini moves there, because has to be sustained.

Could we have Martin over there, with that you are alright, you can put your hands like this, alright? While I am speaking it will work out. Then the Kundalini fills it, repairs it, and then it goes up. It's like a river flowing, you know? If it finds there are ditches around, it fills the ditches on this side, the flow is less, then again after filling it then again another force comes though it, now in this hand the force is coming up, you see? Now, then it goes, and then it goes up, then it goes to Agnya, now it has moved to Agnya. From Agnya it spreads like this, it goes down again, feeds your sympathetic, but some people who have a very simple Kundalini, simple thing, now their Kundalini just shoots up, and they never even lose it. We have many people like that, just is there. never a problem! Never a problem. So we have styles, and styles and types, and types. But the only problem, you see, with these (?spirits) is, that they get, – look so much identified, that's very difficult. You get identified with them, they don't do any good to you, they spoil your Kundalini and you are identified with them, is such a troublesome thing for Me, to get you dis-identified, to make you understand that (?)

Now what should we expect, you see is the thing, we must know what we have to expect (?from the) Kundalini. Now all the

scriptures, scriptures I say not any Dick, Tom and Harry writing about Kundalini, anybody like (?Avon,) has written such a big book, you know there is a book written by (?Mr. Avon), such a big book, I never read it, but there is an ambassador who had read it, and he told Me, it's most surprising that this gentleman has written that the Kundalini, you see, it starts from the centre and he said that it goes like this in the front side, you see, through this cervical plexus and all these plexuses outside in the gross.

It's a fundamental thing that it is in a subtler way, of course, as much as I know, no scriptures have yet described it. That's for sure, I'm sorry, but it is, – into such details, into such way, nobody had described it. Of course part of it has been described, and all that, and from that at least you should remember one thing, that when the Kundalini rises, you should see the pulsation rising, dilatation of the pupil must take place, you go into thoughtless awareness, and then you jump, when you cross this point you get a softness there, and then you get the cool breeze, in the hands also you get the cool breeze. It is described by Shankaracharya, Adi Shankaracharya! New ones are all bogus people, most of them are. (Shri Mataji is laughing) The less [said] the better. She was telling Me one of them is a smuggler, so you can imagine what sort of Shankaracharya as we are getting nowadays.

So, this is how they are. So, what do we expect is, at collective consciousness that is what they have to achieve. Samuhik chaitanya. Now the thing is, even – I mean, if you read scriptures like Bible, in that also you will see that the description of the Kundalini is giving by secretive manner, but is very clear, for example, they say 'I will appear before you like tongues of flames.' That's the Kundalini. Then Christ said, somebody touched Him, that 'my energy has passed into that person.' It's a clear-cut thing, absolutely clear-cut, and the one who has authority, despite that I would say, one who, which he will not understand why it's happening but, gradually will know. But even the, I have seen very great saints, like Gagangiri Maharaj he cannot give Realization the way you can give, he takes at least 5 to 6 years, for one person, he works, and now he is fed up, he said – 'now I'm not going to work.' He worked on one person for 25 years. I asked his stories, He said (?now I'll put everything on a tape). And he said that 'this fellow, I'm now fed up, now I'm not going to give Realization to anybody, You are a Mother you go on and give.... (realization?) You are the Power You can do it, but I'm not going to give.' I said, "Why, what happened"? He was very angry with that fellow. He said, 'You see I gave him 25 years of my precious life, I gave him (?), one by one every Kundalini I raised it, I cleared him, I did everything, and now he has become fond of women and money, and he's (going down?) This fellow, I happened to meet once, one of my disciples, she had invited him, (?) and she said Mataji he's coming, he would like to come. I said, why he would (?like to come? Let's see).

He was sitting before Me like this, smoking, and all that. And, (?) of course, he came up and he touched My Feet, (?) because he knows who I am, so it's alright, Then I said (?) I was just (?keeping, and he was talking like this very great) And he tells Me that- 'Now, you see my Guru has lost all his powers.' I said why? He's coming to Bombay and I asked him – Why are you coming to Bombay? And he said, 'I must, see, Mataji is coming, so I must come and see Her. He said – You know, now he wants to come to the city, and ... I said, Why are you here? And I said – Why do you say anything against your Guru? You shouldn't say, because you know he is a very great Soul and has worked on you for 25 years, and you talk ill about him. You should not have done! So he said, no, no, because you know, he was like this, and he was like that, he was telling Me.

So I played My tricks on him, – I said alright, now I'm going away, so I will put some tikka on you, so I put tikka on his (? forehead), then I said now you can put some on Me, as soon as he put his hand here, I sucked it, you see, he couldn't (?take it back) He said, 'Mataji, what are You doing?' The whole body started shaking, I said, now please promise that you will not say a word against your Guru, because he is a great (?man). He is John the Baptist, born again, About him, I'm telling you.

Shri Mataji: (towards somebody who just come in). Hello, come along!

And about him, he was telling, so he said that, – now I'm not, for 12 years I'm going to be (?) ... and when my Sahaja yogis went there, he said, – 'how many people, ... you raised your hands, how many are going to give their lives for Mataji?' Like that, he was talking.

Yogini: I feel so sorry...

Shri Mataji: it's alright, it's alright, it's alright.

Yogini: be careful ...

Shri Mataji: what did you say?

Yogini: be careful with this table...

Shri Mataji: I could make, you see, I had never seen (?) newer I see one. ... I have not seen many of them, actually they know about Me, and they talk about Me, somebody goes there abroad, [in] Himalayas, also somebody told about Me, but I don't know, who are they, but if I meet their disciples I know that this fellow has got (?) , because their Kundalini are not disturbed. First thing, they will never disturb the Kundalini because they know it's the greatest thing.

Newcomer: Mataji, it's terribly confusing...

Shri Mataji: but one thing I'll tell you... what's your name you say?

Newcomer: my name is Robert.

Shri Mataji: Robert. Now Robert, I'll tell you one thing, Kundalini you cannot understand through your brain, alright? Firstly. Let it happen, let it happen, that's the thing you are born for, to get it from Me. You cannot rationalize it, it's confused, because you cannot understand something unlimited through a limited brain, that is your brain.

Robert: that is easy to accept, in one sense that ...

Shri Mataji: but let it happen, let it happen, you just let it happen, you just allow yourself to be that [there], alright, let it happen. Because that's very important, the more you cooperate with Me, the better it will be. Is just to allow. Tell your mind, you have led me nowhere, now keep quiet for a while. It's a horse, you know, it's a horse and a naughty one, it knows its master, if you allow me to eat grass, it will eat grass, but if you tell him, now, please be careful and alert, I have to go, I have to go ahead (?). Just tell him, behave itself, and it will be alright. The mind is a very tricky monkey, (?) so, now, don't play in the hands of the monkey, because it has led you nowhere. Just, now, you listen, it will work out, and once it works out then you tell Me, Vincent was much worse than you. (Shri Mataji is laughing) He argued with Me for how many days? I think two days or something like that, (at length?) you know, and now he is alright, (?) So, I want you to share back, [I wanted to share that] all right?

Shri Mataji: Ha, so, how is it? It's left out.

Yogini: Mm, enrooted.

Shri Mataji: Apart from that, did you do Hatha yoga, and all that?

Newcomer: I did TM for about four years.

Shri Mataji: TM?

Newcomer: Now I reach at the 4 years. [Maharishi for four years.]

Yogini: (inaudible. Left Vishuddhi.)

Shri Mataji: you keep your eyes open, alright? You cannot close your eyes before Me, if you try to close them, they will go on like that. All of them had the same problem, you can ask Ingrid, she will tell you. She had the same problems, her eyes used to be like this. Now are you alright Ingrid?

Nothing upsetting now, we managed it. I must say, I'm so very happy, it will be a big news in India, because not one person from that horrible TM I could give Realization, only one person we gave and, he is after all, the artist all the musicians, and all the big businesspeople and bureaucrats.

Yogini: left Swadhishtana is ...

Shri Mataji: Are you an artist?

Newcomer: no, I'm an actor.

Shri Mataji: actor. Are you better? In a way? Just see him, he will get the fastest, before all of them, because he has not yet been to any Gurus. (Shri Mataji is laughing) Is he alright?

Newcomer 2: I think he just got the same problem as me.

Shri Mataji: A yes, that's why, that's why.

Robert: Shri Mataji, why did you say 'that horrible TM', I did TM for eight years, and I enjoyed it so much.

Shri Mataji: Yes, that's the thing, you see, one enjoys even drinking very much, but I have to say it's horrible, It's like drinking (?), you see? Turn around, turn around. It's like drinking, you will see that, but now you will say the same thing, when you will get somebody coming from TM, you will say no, no I'm not going to put my hands towards him, (Shri Mataji is laughing) You will get burned, just ask her, do like this, burning, hands coming this thing, look at their faces, you see that. All kinds of terrible acting is going on there. Ha.

Yogini: so strong ...

Shri Mataji: Deep, very deep.

Yogi: He gets asthma too.

Shri Mataji: Hm?

Yogi: he gets asthma.

Shri Mataji: (?) is it? Now, will you hold your breath, could you hold your breath? Put both hands under My Feet, hold your breath, let's see.

Yogis are laughing....

Shri Mataji: what happened?

Yogis: Shri Mataji we got a gift in the bag...laughing...lovely, this is beautiful, come on...

Shri Mataji: oh, God! (?) Thank you, thank you very much!! May God bless you! Thank you!
How are your ... visitors?

Yogis: laughing...

Shri Mataji: hold your breath,

Yogi: nice.

Shri Mataji: Nice you have to be, alright? Now I already (?tied) Now?

Yogini: Better is yes,

Shri Mataji: now you can give up your breath...

Shri Mataji: Now, give it up, now better?

Yogis: much better, it should be [vishuddhi] he smokes so...

Shri Mataji: you smoke?

Somebody: and sings

Shri Mataji: and sings, then got asthma. that's all, not much.

(Shri Mataji addressing to someone else) He came to my lecture? (?)

Newcomer three: I've just come...[UNCLEAR] ... seriously

Shri Mataji: how did you come?

Newcomer three: [UNCLEAR]

Shri Mataji: [UNCLEAR] ... what happened, then what happened?

Newcomer three: I came on the underground.

Shri Mataji: underground, and how did you come here? Somebody told you about Me?

Newcomer three: (unclear...? A Pick Quick ...

Yogini: Ah, a Pick Quick a music ... laughing

Shri Mataji explains about the subtle system: (unclear) So, lots of areas left here and lots of areas left there. Little area left there, and little area left (?) Now, down below, the area left, say is the hell. But it has got seven strata's, the hell exists, absolutely! It is [And] very well described by Mahavira, who was a contemporary of Buddha. He has described it very clearly, what sort of a thing is the hell! I would not like to describe it, because it's so terrible, it's so filth, it's so dangerous, it's so violent, it's terrible! And when they say that people go to hell, really they do, no doubt. It's an existence, which is worse than that of a stone we can say, but a stone at least is not aware, but here you are aware of it. Now you think of yourself as you are, with your awareness of a human awareness, and if you are made to live in a gutter. But this is nothing. This is nothing than what hell is. If you are made to lie inside with your head. going into the gutter, it is nothing that I'm describing, nothing, it's thousand times worse than that.

Then there are seven strata's, in which there is different, different types of hell, One is worse than the other. It is like a reformatory school of very intensive style, a certain intensive thing it is, that you cannot imagine, what sort of a thing it could be. So, but when people talked of hell, actually, they wanted to frighten people also, and tell them, that if you do this thing you will go to hell, but instead of getting frightened, what happened, people started using it, as a sort of a, - you can call it as sort of a propaganda, that if you come to the church or if you go to the a temple, or if you do this, you will be saved from the hell, and by that you said - now you give them ten rupees, or ten pounds, then you will be saved from hell. So, you know they definitely did it.

It's a very, very cunning way. You create a picture of something horrid, and tell them that if you don't do it, if you don't do a particular thing then you go to that (?), or [its] something like that, and that's how, hell became a myth for us, because we thought that those who are teaching us are worse than us, so people did not believe in it, but it exists, it's a reality. Why? I don't know what is the human idea of heaven is. There are three sides I have told (?), on the right-hand side, left-hand side and the top. Those who are on the right-hand side, are the Gods as I called them, are the supra-conscious people, are all the five elements, like you know all the five elements, they are guarded by a particular deity. You all have deities, and these are you can call them gods, and then there are chiran jivas, – eternal beings, they all exist on the right-hand side, and there are other types of – Ashwathavas, and all those they are of animals forms, they also exist, all of them are there, for what? To guide you to the proper life, angels, like Gabriel, is the head of the angels of the right-hand side.

On the left-hand side, Michael, Saint Michael, is the angel. I mean He is the chief angel on the left-hand side, who looks after you, He is within you, He looks after you, that He does not allow you to go to the subconscious mind too much.

For example, you are thinking about your past, you are crying too much, or start going deep down, deep down, then He stops you, He saves you from that. But still you deny, still you deny, you enjoy, you see, all those things, so, then he says alright go, so then you start moving towards the left. When you go beyond that, in the area, which is supposed to be the void sort of thing in there, you are sucked into the hell. So, going to the extremes of things, on both the sides, you go to hell, alright? Some goes straight, you don't have to go sideways.

Yogis: are laughing

Shri Mataji: (Shri Mataji is laughing) Now, Sahaja yogis come up to the super-ego here, super-conscious mind, here, this also has got seven stratas. So you have seven here, seven there, seven there, and seven on top. Now you may ask Me, why seven? You should. Now you know there is a coefficient of seven. 22 upon seven (22/seven), have you seen that? The circumference over diameter is equal to 22 upon seven. (? Is, And) the ratio all the time goes (?up and down). So, when I say that is the radius, – if say, – three and a half, half of the seven, then the circumference is (?11) alright? So, you have got three and a half Kundalini, Kundalini is three and half sitting in the Mooladhara chakra and when it opens out it goes up to the radius point, alright? So it completes to the end, when it rises fully, it goes to the radius point. Now see, three and the half, three and the half, you can say like the, – that three and half are the seven chakras, while the first three are divided into two, and the seventh one is there, but they go into 11, I mean 11 into X, whatever it is, eleven, one, two, three, like 11, These 11 circumference points are very important for us, in this 11 things we are work, 11 guards, they are called as Rudras, and they are placed in your forehead, and they are 11 real aspects of Christ, which I've described very well in My book, when it will come. So, there are 11 aspects (you should remember that?) – you should read sometimes My chakras to them. There are 11 aspects, 11 Rudras. When the destruction time finally will come, these 11 will act and destroy the whole thing. So, these are the 11. That's why number is a very auspicious one, so if you have to give something to someone, give it by 11. 11 rupees, 11 pounds, 11 is a good number, because 11 is a complete half circle. The lower circle you don't have to worry, that's why it is three and half, Kundalini, has to go up, you understand? That's why this three and half in ratio, so now, did you understand now, the mathematics? Still, you could not...(?)

Shri Mataji: (? I must) tell you mathematics. In ratio to half a circle, in which you have to rise to the top, the radius has to be three and a half, and this is 11.

Shri Mataji: why?

Newcomer: I don't mind; because [but] I don't understand.

Shri Mataji: you see,

Another Newcomer: is this that (?) 3.142, that's 22 upon seven.

Shri Mataji: 22 upon seven, alright? Make it half, alright, make it half, what is 11 upon three and a half, alright, correct? Eleven upon three and a half, you have to only worry for the upper side of it. So you have to worry only about the half circle, not about the

lower circle. So when we have to worry, the Kundalini has to give light to the half circle which is higher, not to the lower circle, so it is three and a half, in three and a half coils, that is in relation absolutely to the 11 parts of this aura. So, the Kundalini enlightens those 11 parts which are in the circumference.

Now, do you understand, Mr. mathematician? What is the ratio between the radius and the half circle?

Newcomer: I just don't know why you called 11 out that area there?

Yogis: [UNCLEAR].... 22... is the circumference of the circle...

Shri Mataji: You see, the 22 and the half, is for the whole circumference. But we only have to worry the half circumference, which is the upper side of it. We don't have to worry about the hell and about Supra-conscious and about, you see that part.

Newcomer: Now, I understand.

Shri Mataji: Now, you understand?

Newcomer: Yes, I understand.

Shri Mataji: He is the greatest mathematician sitting here Now, what am I to do with these mathematicians, you tell me? A very simple thing is it.

In the supra-conscious mind, on the right-hand side,- you are also a mathematician?

On right-hand side is the supra-conscious, alright? The half circle supra-conscious, and the half circle sub-conscious is alright, in the sense that you can work on them, but you don't have to worry about them. You cannot go there, and you cannot achieve Realization, but lower side on both the things are wrong. They go towards the hell, those people who have tried before to go in the right side, by renouncing, by abstaining, and doing all kinds of things, and by loving everything put together, they most of them go to the right-hand side because the left-hand side is a very serious matter. Only some of the people, who are great Shiva Bhakta's, who are the worshippers of Shiva can go on left-hand side with the help of Shiva, and very few people have gone there, and once they have gone that side, they are settled in the state of Chiranjivas means – eternal beings, they do not vanish [perish], their bodies remain, they are everywhere. So, there are two types of heavenly people you can say. But, you are not that, you are human beings, alright, to begin with. And you have to come on top of it, like you can say, that there is a drama going on. Then in a drama you have got many actors who have to play the role, and there are on the stage lots of lights coming in, lots of people organizing it. The platform is arranged. The stage is arranged. The lights are arranged. The focusing is done, that's done by others, but you are on the stage, alright? In the same way, you are on the stage now. Sahaja yogis are, and all these people are just there to help. You are not to become them, you are made for a different purpose. You are not made for that purpose. So, you don't try to do these things. What you have to do is to become absolutely Realized, to go higher and higher in your awareness. So what is the second stage of awareness? Now you have got thoughtless awareness, means you can become thoughtless, there is no thought in your mind, once you become this, thoughtlessly aware, what happens to you, is the vibrations start flowing, which means that now you have crossed this limit, and you have come up.

But what is the second stage? The second stage is doubtless awareness. At this stage you will be surprised, that you start giving Realization to people. It's very easy for you, so many of (them?) are there at this stage, but in doubtless awareness still you have to go deep, in which you do not catch from people at all. Whatever people may be suffering, you just don't catch, you don't feel anything about it, that stage comes in, and that's you should call as a complete Self Realization. In which sitting down here, you can give Realization to people, not Realization, but you can give them awakening, sitting down here you can cure people. Once, who it comes to your attention, you can work it out.

Beyond that, is the state of what you call, the God's Realization, God's Realization. In that, you start controlling both the stages, of supra-conscious and sub-conscious, everything. You control the whole atmosphere, you can control the elements, you can control the rain, you can do all these things. But this is no good, I mean, there is no need to bother about these, nothing

important, you just automatically do it.

What is important is to cross even this. So, you reach the stage now, after this, you reach a stage where there is a gap, (?where) you knew an [a new incarnation] incarnation. Incarnations are always above there is a gap, This gap had been crossed only by two people, Buddha and Mahavira, to become Hassan and Hussain. They were the only who could cross, but they were born of incarnations, they were the children of incarnations, they were human beings, just see, if God wants, He can do anything He likes. So, He created two incarnations of Luv and Kush. They were the children of Rama and Sita. Then they were born as Buddha and Mahavira, and then Hasan and Hussein. So, these are the only two human beings, actually who were the children of an incarnation became incarnations, and they are placed in the body of the Virata, in the centre point here, helping, give Realization and Salvation.

Now, there is a difference between a Devata and Devas, this you must understand very clearly. Devatas are the Deities who help the Salvation, who play a direct part in the Salvation. And the Devas are the people, as I told you, those Chiranjivas, all those Gods and Goddesses, and all that. There is a God called as Indra, in Greek, what do you call him? Zeus. Indra is Zeus, is here like that, so we those Gods and Goddesses, somebody controlling the thunder, somebody controlling this, controlling that. All these, all these Gods and Goddesses is not what you are going to be. You are not made for that. What you are going to become, (Shri Mataji is laughing) ... and that's not your job! What's your job is, to give Realization, you are going to be the instruments of Salvation. First you have your Salvation, and then you give Salvation to others, That is the way it is going to work out. And once you start giving Salvation, lots of beautiful people are going to come on to this earth to help you. So, this is the (last era?) tune together to do. Now, this is the work of the central path, as I have told you, is of the central path. Central path is the Mahalakshmi one, on which the Vishnu resides, Who is the Evolutionary Deity. This Evolutionary Deity allows you to evolve. So, when He becomes completely evolved, in the complete, then He is Virat, He is the Vast. That is the aspect of God, and who others have them, is the Son God, and who else? It is the Primordial Mother, Who is the Holy Ghost. (Shri Mataji is laughing) Do you understand? This is the thing. Isn't it?

Shri Mataji is addressing to a child: Will you have this, do you like it? They like all of them very much, that's a sign. Now, anymore, questions?

Newcomer: what will be like in the future, when the so...[UNCLEAR when this has all worked out]

Shri Mataji: in a Sahaja Yoga you don't have to think about future at all, you have to be at the present moment. Now you start thinking about the future, say. How can we think about the future, because future doesn't exist, it's a myth! What exists is the present. You don't have to bother about what is going to happen in the future, because I don't want to fix your attention there, what will happen, you will give up this work, and then you'll say, – oh, that Mataji has promised, that's going to come. No. If you work now at the present, the future will be done. So, you have to worry about the present. Now, future thinking is absurd, I tell you. Why?

Now, Sahaja Yoga, you have seen is a living thing, it works out in a living way. You cannot say whether you will give her Realization or not, can you? Tell Me now, (?) can you? You cannot. Now, you cannot say, if you bring your son here or your brother here or your father here. Are you sure that you can give them Realization? If you plant a tree, can you say that I definitely it will give you fruits? Or even if it gives you fruits, can you say at what time it will give you fruits? At the most what you can say is, that it is a mango tree, it will give a mango.

So you are human being. If you are Realized, you will become a Sahaja yogi, that's all.

Now, if you become a Sahaja yogi, then live in the present. Now what do you do by becoming in the present, what do you do?

You are channels, God has made you a channel, He's using you. So, why He does, He uses you as channel to work out these things. So, what you do, you watch, be on the watch, what's happening, what's happening, this happens, you will be amazed!

Now, I'll ask Gordon to give his experience, like you ...[told Me] this one, together... this up... Hm.

Yogis: [UNCLEAR]

Shri Mataji: about him it was, about him, about yourself who was the patient, your patient...

Yogis: [UNCLEAR]

Pause.... The line is cut off....(min. 4:56)

Shri Mataji: in the morning, you feel very funny?

Newcomer: no...

Shri Mataji: No? You feel like vomiting?

Newcomer: Hm?

Shri Mataji: in the morning you feel very funny, like vomiting some time?

Newcomer lady: never.

Shri Mataji: Never?

Newcomer lady: more in the evening...[morning, noon and night]

Shri Mataji: really?

Newcomer lady: Yes, it is.

Shri Mataji: It is. You should feel. You see, the way you have a very bad liver, very bad.

Newcomer lady: (?but I [want to] don't know) ...

Shri Mataji: that's (poor hygiene?) liver is very important as I told you, because liver is aware, from liver you get your awareness, if your liver is not alright, you are not going to feel alright. Everything will be alright, but you won't feel alright, here liver is something wrong with. You will be surprised, that its not the brain but the liver. It's very important!

Newcomer lady: How do you feel if it isn't alright?

Shri Mataji: Hm?

Lady: How do you feel physically if it isn't alright?

Shri Mataji: If it isn't you alright? Then what happens, I will tell you, you don't feel like eating, you always feel very dull, feel like vomiting all the time, and you all the time feel, you see, like something is coming up, burning sensation here, and you get up in the morning, you sometimes feel the darkness, and you don't feel like getting up, you always feel like lethargic, and the more you sit [think and sulk about it] and succumb to it, the worse you become, its terrible, and you thin down very much, gets very thin, it's good for actresses ...laughing...

Newcomer lady: But they don't act so well...

Shri Mataji: Hm? You don't? (Shri Mataji is laughing) You don't act? Acting is good for people who want to keep a good figure.

Yogi: some people don't even feel that they've got a bad liver.

Shri Mataji: they don't feel it?

Yogi: some people is so used to that they don't feel think there's anything different.

Shri Mataji: Oh, this is the specialist, I must say, ... that kind of a thing. He never felt that his liver was bad, till doctors declared that, now he has hepatitis, and he's a finished case, absolutely was a finished case, you know, is the last word on that, then only he came around, otherwise he would not believe that he had a bad liver. It's very true, as you say, [UNCLEAR he lived with it so much]...

Shri Mataji is working on people:

Is he better now? You feel very heated up also with that. All the time heated up with liver, its very bad for skin, your skin gets rashes, you get allergies, with liver you get all these problems.

Newcomer lady: no

Shri Mataji: Now, I am saying with some people, and they got sea sick very easily,

Newcomer lady: [UNCLEAR]...

Shri Mataji: if you drink, it spoils. Here the people are just, I don't know, they are pouring all the metal polish on top of that liver ...laughing...polishing it out, and the whole metal polish you know, is nothing (?) was very jealousy of you, because he wants to laugh at (?) you know, he is tired of smiling, because he is getting a (?) ...laughing... Another one is, let's see who is feeling right smiling, isn't it?

That's good. Is he better?

Yogis: [UNCLEAR]

Shri Mataji: they love it, they love, just

Newcomer lady: [UNCLEAR]...

Shri Mataji: Hamsa. Vishhudhi,

Yogini : Vishuddhi, left Vishuddhi is caught ... Sahasrara

Shri Mataji: Let's give up. Right-hand side this thing is liver, this is, – I have given you those pictures have you seen those? In one, through those, – My hands I have given, they have lots of vibrations also. You see, there are lots of vibrations on those. These, I've done Myself, so, you can see, – have you got anyone of them, with you now?

Gordon, might be having one. Gordon, have you got one?

Yogis: [UNCLEAR]

Shri Mataji: it's better now. It's better, are you alright now?

Newcomer: [UNCLEAR]

Shri Mataji: What do you say? Better? Look at them, how readily they are there. Just they have got it. They are doing it. Getting no training, nothing, it's [UNCLEAR]. What is there to training, what are you going to teach them? You see, it's something you can not teach, it just happens, are you alright in vibrations? You are alright. Are you?

Yogis and newcomers are speaking: [UNCLEAR]...

Shri Mataji: that's also there....

Newcomer lady: [UNCLEAR]

Shri Mataji: It's now started little bit, little bit ... how you feel, you just see, Martin, you see him, – this one – you see, feel the vibrations, now put your hands then see for yourself. Tremendous. You see on this one, how are your vibrations. To him ...

Yogi: she wants to put her hands up.

Shri Mataji: it's pressure [better] now. Better. Are you feeling better now?

[UNCLEAR]

How do you, ...- feel his vibrations now, let's see, you try, you just try his vibrations, let us see, how you feel, you have to look, you turn round and see his vibrations.

What's your name you say?

Newcomer: my name is Yamnis.

Shri Mataji: I couldn't hear?

Yogis: Yamis , Yamnis, Yamis... – Y A M I S

Shri Mataji: Yamis, alright, now, you can come here we will see your vibrations... Come along. You have been really good.

Newcomer lady: Thank You.

Shri Mataji: (not clear, to a child – you should be the greatest Realized-soul I have ever seen) Now you must grow up big and help Me [healthy] alright? Give me a kiss here, kiss me here, little bit, you are my doll, very sweet, very, very sweet...

Newcomer lady: I think she won't talk, (?she misses) her mother, I'm just a friend, you know.

Shri Mataji: [you are] going now home? Want to go home, no? doesn't want to go.

Newcomer lady: my darling, I think we need to go, we will take few of these, I will take some in my hand for you, oh, yes we have,

Shri Mataji: this is very good for the liver, very good

Newcomer lady: [UNCLEAR]

Shri Mataji: bye bye...

Newcomer lady: bye, bye, say bye bye.

Shri Mataji: She is not happy to go.

Conversation among the baby and the newcomer lady.

Shri Mataji: Alright, come and sit down facing that side, can you take out this? (after a while) Heart, isn't it?

Newcomer: yes.

Shri Mataji: How is it? See how (?) ...isn't it? Look at them, they are very sensitive, because even they are young, still yet not so much sort of agonized and things, you see? They are very, very sensitive. Hm, now better, isn't it? Now is better? See, his Kundalini has brought him very well, out like that, because of the Agnya. You can see the breathing, let him come round, I will show you, all of you, if you can, – you see, there is a way, by which you can show everybody your Kundalini, alright? What I will show you, you tell him how to do it, come on your knees, you see can you? You have to come on My Feet, I'll show you. Now take out your (?shirt). I will show you, is the best way to see the Kundalini, just move down, yes, show him, like this, little move down, so, I can show them your Kundalini, move down a little, now, put your hands also, alright, put your head there, now see, see for your Kundalini. Now, show them, breathing there, isn't it, see now, can you see the breathing?

Newcomer: Yes.

Shri Mataji: Can you see? On, where is the Kundalini? See here and here, the Kundalini has spread on both the sides, you see? You can see it clearly! Can you see it now? But it has no (woken) Now, it's moving upward, can you see? It's moving. Now, you can do like that. Now is that you can stand, and push the Kundalini up like that, you can. No, no, like this, take out that way, and then (like this?). You see, you have to move it this way and this way and then take it out. One person can do it this way, and bring it up. Yes, that's it, that's it, that's it! See now, it's starting moving Can you feel the vibrations now, you all feel the vibrations (?).

Now, what you can do, you put anticlockwise here, at the back anticlockwise, (?) throw it away Now, throw it away, on the ground, here, here. See! It's pulsating more there. See! Can you see it with your own eyes? You see!

Newcomer: it's breathing more.

Shri Mataji: pulsating more, now you do it more like that, put one hand towards Me, put one hand towards Me. Yes, all time one hand should be towards Me. Now this is the grace, you see? (?On) going to the Kundalini to help. By your hand also, you are helping the Kundalini there. The pressure is going more there, see now it's coming up, it's moved, you see, it's moved, you can see it moving! You can see with your naked eyes, it's moving! You don't have to give any other demonstration, you can see with your own eyes, now see where is it? It's here. Wherever it is, you just go on giving it. It has started moving here, you see now. Now, is coming in the centre? Just come in the centre? Where is it moving now? Raise it now. Raise it, it will come. You raise it, and it will come up. Now see, it is stacked [stuck] up here, alright? This is the Nabhi chakra. Now, if you take the name of Vishnu, it will come up, see; – 'Aham sakshat Vishnu Lakshmi, Aham sakshat Vishnu Lakshmi, Aham sakshat Vishnu Lakshmi, Aham sakshat Vishnu Lakshmi, Aham sakshat Vishnu Lakshmi,' pushing it down now from there, you see? 'Aham sakshat Vishnu Lakshmi, Aham sakshat Vishnu Lakshmi,' it's come up. (Look at that,) can you see?

Yogi: I see it here, but it's not ... [UNCLEAR]

Shri Mataji: coming here. Now it's come up here, you see it's come up here. Now, this is the place of the Void, where you have to

take the name of Adi Guru or you can say the [name of] Mohammed Sahib or anyone of them. Aham Sakshat Adi Guru, Aham Sakshat Adi Guru, Aham Sakshat Adi Guru, Aham Sakshat Adi Guru, Aham Sakshat Adi Guru. Come up here, now this is the centre here, pulsating here you see. Has come up here. Can you see? There, can you see now? Now, here it is the name of Jagadamba, that's the Mother of the Universe, is here. Aham Sakshat Jagadamba, Aham Sakshat Jagadamba, Aham Sakshat Durga, Aham Sakshat Jagadamba, Aham Sakshat Durga, Aham Sakshat Jagadamba, Aham Sakshat Durga. No doubt. (?) Here is the name of Radha and Krishna, Aham Sakshat Radha Krishna, Aham Sakshat Radha Krishna, Aham Sakshat Radha Krishna...Now, it has moved here. Now, here it is Jesus and Mary, Aham Sakshat Jesus Mary, Aham Sakshat Jesus Mary, Aham Sakshat Jesus Mary... Still heavy there. You can feel it in your head also, you all can feel in your head also, you see. Also, you should take Ganesha's name, because Ganesha is at the back, that aspect of Christ is at the back, you know (? innocence, sense) you see. Aham Sakshat Ganesha, Aham Sakshat Ganesha Gauri, Aham Sakshat Ganesha Gauri, Aham Sakshat Ganesha Gauri, Aham Sakshat Ganesha Gauri. ... come, now it has come up.

Now, where is the Kundalini, just see, now it has come up here, Now you have to take My Name, at Sahasrara, Aham Sakshat Nirmala, Aham Sakshat Nirmala, Aham Sakshat Nirmala Come now, see the vibrations. Getting? Now you move in (?here) you can feel the vibrations here. You move your hands, you can see. You can make out. See for yourself, you feel it? How far is the vibrations, come along, how far is, just see, you can feel it with your hands, alright. Now you raise it again, it will come up, and whatever maybe your defects (that's not going to affect it?) are not going to affect. You're maybe having defects, you see, might be having some chakras caught, nothing. But you move, now you are Sahaja yogis, see now, it's coming up, you can see? Like that, again If the sympathetic is going down you bring it (up?). But don't touch! Just go on top, that's all, can you feel it? Now all of you can come and see for yourself. He has a Nabhi, a bad Nabhi is there, that's why it's catching. Now come along, one by one, all of you should come and see for yourself. See the Kundalini, but don't touch, just feel it, do you feel? No? No?

Newcomer: I'm not sensitive yet.

Shri Mataji: We will work it out on you, next person will take you (through it?), alright?

Newcomer: I (don't) feel coolness

Shri Mataji: (speak to a yogi) Can you find out what (?) ...(at what time Mr. Shrivastava is coming?).

Shri Mataji: Can you feel it, can you?

Newcomer: [UNCLEAR]

Shri Mataji: now falls, bring it up, now is there, now the head, it's coming up? H (?) here ... Aham Sakshat (?) ...now better? Now, we can have somebody else, because he must be tired. You see now, this is what Kundalini is! Are you feeling better now?

Newcomer: yes, I feel. I mean, is very sensitive in this place.

Shri Mataji: What do you feel? Now, you can't move, keep your eyes (UNCLEAR closed) ... if you feel like crying, you better cry. Kundalini is moving (?), because of your Guru, you see, this is the gurus (?). Still, see now, (?) moving in there, you can sit [see that its settlingdown] now. You see? It's settling down there. His gurus thana is spoilt because of this horrible fellow, now I will know who he is?

Yogi: Which guru... [UNCLEAR]

Shri Mataji: his Guru is a TM fellow, now, alright?

Yogis: he doesn't know, he has been left ten past seven, he hasn't known what time is (?) Your husband went out at 10 past seven].

Shri Mataji: Ha?

Yogis: Your husband went out at ten past seven, should I leave a message

Shri Mataji: it's alright, It's alright, I will manage it, you just tell Me the time.

Yogis: quarter to five

Shri Mataji: quarter to five. Going? May God bless you!

Newcomer: goodbye, goodbye

Shri Mataji: you got [better] pleasure, now you are going to come back again, you have to look after that, alright? May God bless you! I'm very happy, now let us see, now this is...see now, see his Kundalini in the stomach, you see, see how it vibrates now, this is the Guru, you see, because the horrible Guru is sitting down there in the stomach, that's why it is happening, you have to take the name of some Guru, alright! First, take the name of Mohammed Sahab. Aham Sakshat Mohammed, Aham Sakshat Mohammed, Aham Sakshat (unclear name) ...it's acting much [I've seen much worse.] (worse) this is also (?)

That's how they spoiled your Kundalini, this is the one, this is for the Jagadamba, as I told you, is the Mother of the Universe, this is the sense [centre] of security within you, Alright!

Aham Sakshat Jagadamba, Aham Sakshat Jagadamba, Aham Sakshat Jagadamba ...

Aham Sakshat Buddha, Aham Sakshat Buddha, Aham Sakshat Buddha,... It's moving now? Aham Sakshat Buddha,

You watch here alright, keep your eyes open, Aham Sakshat Buddha, Aham Sakshat Buddha, Aham Sakshat Buddha, ... it's come up now. Is it cool coming up now, Martin? On top of your head.

Newcomer: Not yet.

Shri Mataji: Not yet, Aham Sakshat Buddha, Aham Sakshat Buddha, Aham Sakshat Buddha, ... Hm! Let's see, is coming? Ha. ...

Newcomer: yes!

Shri Mataji: ...has got , . It has worked, you see? Now, this is the proof of the Kundalini, you start feeling the cool coming out, that's what Kundalini is! Hm. Can you feel it?

Newcomer: yes, but is (?).....

Shri Mataji: Still there, but much less. You see, it has touched but still it has, – you see, She's supplying there, She has to supply there, she goes on supplying going [clearing, throwing] that out, but still (tested) up. You see, the force is so much tested out, it has come, you can feel the coolness coming out? No?

What about you Lakshmi, are you getting cool or not in the head? See. You all should get cool in your head, it's going up and down, you understand now, this is what it is. Is going, coming and going up, you watch here, alright! It comes down and it comes up.

Shri Mataji: (after a while) Are you alright now? Very relaxed,(?) Still everybody is, ... how is it now, tell me, still there?

Newcomer: It's going down

Shri Mataji: that's not easy, for this, you have to take something to curing that. You see, he has to beat him with shoes and things, then only this man (?) doesn't clear it (?) easy. Horrible fellow, what is the thing he gave you as mantra?

Newcomer: (?) sherim

Shri Mataji: shim?

Newcomer: sherim

Another Newcomer: that's the one I had too. (laughter)

Shri Mataji: shareem ... shrim, shrim

Newcomer: Sherim

Shri Mataji: sherim is nothing. You see, this is how they dishonour. [the] word it is Shri, it is Shri, Shri means (?) Mother Herself, you see. , He is insulting, by calling Her sherim. .

Newcomer: Is the mother?

Shri Mataji: Shri is the Mother, Shri is the Guru She is the Holy Ghost, so they called sherem, but you call it Shri, it's Shri, you see my surname is Srivastava, Shri means the Holy Ghost, Vastava means 'reality'. Just imagine, my surname also is (Vastava), my surname...

HA! A...good! Taking My name only, it has worked out. Aah! Got it? Now you are alright, you're getting cool breeze in the hands?

Newcomer: yes.

Shri Mataji: Both?

Newcomer: Yes.

Shri Mataji: Very nice...

Newcomer: feel very bad, because, (? a name) died on Monday,

Shri Mataji: Who?

Newcomer: you remember, I was asking if you can do a spiritual healing...

Shri Mataji: yes, yes,

Newcomer: in the meantime , he was (?) on Sunday, so...

Shri Mataji: what is his name? (?)

Newcomer: Angelos, Angelo

Shri Mataji: what a name... what's this?

Lady: for you.

Shri Mataji: Oh, God, is food?

Lady: Food.

Shri Mataji: really?

Lady: I hope so?!

Shri Mataji: such a lot?

Lady: I'm hoping that...

Shri Mataji: for all of them?

Lady: Oh yes, yes, (?)

Shri Mataji: Is it?

Lady: yes.

Shri Mataji: Oh really great, very generously done!

Lady: [UNCLEAR]...(laughing)

Shri Mataji: you are alright?

Newcomer: So, I send you a letter on Thursday, maybe you will receive it tomorrow.

Shri Mataji: is it?

Newcomer: I sent you a letter

Shri Mataji: [UNCLEAR]

Newcomer: I send you late, I'm sorry!!

Shri Mataji: now you are alright! You are alright. Now you are just there, alright! Keep yourself like this, now ask them how to protect yourself, and all those things.

It's good! He is alright now. Now, I will see yours. Come along, what do you say? (He is alright?)

You see they have insulted everything, everything, Deities, they have insulted Sanyasa, they have insulted all that is Godly, everything, that's how they have managed.

Come along, what's up. Put hand here, Aham Sakshat Shri, Aham Sakshat Shri, Aham Sakshat Shri, ... it's alright!

Newcomer: I feel something on my right side

Shri Mataji: yes, there is, put your hand there, apart from that, this Agnya is bad.

Newcomer: [UNCLEAR]

Shri Mataji: this centre. You see all this people spoil this centre worst of all, this is Christ centre you know?

Newcomer: Yes.

Shri Mataji: (After a while) What do you say? It's better? (Addressing to a yogini) What do you say, about him? [the Lord's prayer.] It's better?

Shri Mataji: It's better, where do you get it...?

Yogis: Here.

Shri Mataji: That's whom you have getting it? Where is your mother?

Newcomer: At home, at ...

Shri Mataji: How is she?

Newcomer: She is worried!

Shri Mataji: She is worried, about you!

Newcomer: Yes, yes.

Shri Mataji: For what?

Newcomer: Well, I [apologised thought last year. She maybe moving house soon so worried about that [so I worry about that.]

Shri Mataji: Now better, relaxed ...

Newcomer: Yes.

Shri Mataji: What do you say, Colin?

Yogis: [UNCLEAR]...

Shri Mataji: Where? Better? How do you say Colin?

Yogis: It's much better,

Shri Mataji: How are you? Better?

Andy, are you alright? What do you think about this?

HA. Now he is better, but still your eyes, you steady, steady them.

Newcomer: [UNCLEAR] My eyes are hurting a lot, because I'm not sleeping.

Shri Mataji: Why you are not sleeping?

Newcomer: I don't know,

Shri Mataji: Eyes are very hot, doesn't allow you to sleep... is better now?

Newcomer: Yes.

Shri Mataji: HA! Now, it's cleared out. Feeling better now? Are you getting any cool breeze?

Yogini : Little block is still there, isn't it?

Shri Mataji: Is better, turn around, come back, so, stand, now better.

Newcomer: [UNCLEAR]

Shri Mataji: No see the balance, see the balance, now? Is he alright? Or still is difference? [Tie it up] Tight up on your heads, tight up. [Tie it up] In the forward manner alright? Always in the forward manner, in the forward, all of you should go in the forward. HA! Good? What do you say?

(Shri Mataji is working continuously on people) HA! The head is still ... alright?

Shri Mataji: you say Sahasrara mantra, come along.

Yogis are saying the mantra.

Shri Mataji: loudly!.... Come here and say the mantra. Again.

Shri Mataji: You shouldn't talk so much loudly there, you see meditation is on. Keep quiet!

Yogis: Om Twameva Sakshat, Shri Mahalakshmi, Mahasaraswati, Mahakali, Trigunatmika Shri Adi Kundalini Sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat, Shri Mataji, Shri Nirmala Devi Namoh Namah.

Shri Mataji: Still once [more]

Yogis: Om Twameva Sakshat, Shri Mahalakshmi, Mahasaraswati, Mahakali, Trigunatmika Shri Adi Kundalini Sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat, Shri Mataji, Shri Nirmala Devi Namoh Namaha.

Shri Mataji: Now, what do you say? Hm? Still blocked. Once more.

Yogis: saying the mantra.

Shri Mataji: Alright. May God bless you!

1977-1205, Workshop (poor audio)

View [online](#).

5 December 1977

Workshop

Gavin Brown's apartment (building demolished), London (England)

Talk Language: English | Transcript (English) – Draft

PART 2

Yes, he has no good feeling, the is spoiled, the heart is spoiled, all the chakras are spoiled, the Nabhi chakra is spoiled. Tree chakras are spoiled and it's the basis. It's the basis of your Realisation that he has ruined!

Marie: Chakras [unclear]

Shri Mataji: Hum ?

Marie: [unclear]

Shri Mataji: Yes, that's what happens, you know. That's the trouble. What are-

Marie: All the people want their Self.

Shri Mataji: You see, what happens, other people observe also because you h= get the power of somebody else coming in to you.

Marie: [unclear] in his power.

Shri Mataji: What's his? What power he has got? He's giving a spirit into you, it's a simple thing! If you get possessed, you will get such power. You see these geniuses now. You must have heard about these prodigies. You have heard about this Shakuntala? There is one lady who can calculate, say, so many things, and this, and that. She is a possessed woman. You go and ask her mother she beats her mother.

It is a possession. By possession, naturally, if somebody possesses you, you see, you look better. Some people will even say by drinking they become better. Yes there are some people. But that doesn't mean drinking is good.

That's not your Self! Your own self must emit the power and you must know your Self and you should be able to work out yourself, that's it. Can you work out your love? How many of you? Just by movement of your hand. Just by movement of your hand, you work out your love at first. It cures you. You can love. You have the collective Consciousness that's all described in the Scriptures. You must tally with everything that has being described. Nothing is going to be wiped out from this world. They have to be completely enlightened and explained. Not a single word of the scripture.

Maybe, once or here and there, human beings have put some [unclear]. on the people, that's different. All of them are going to have some help [unsure]. The integration is going to work out inside not outside. The integration is going to work out inside not outside. You're going to be completely integrated and feeling for other what's wrong with him, what is his problem, where he is catching [unclear].

It's not so superficial a change, that transformation. Do not be satisfied with superficial things. Ask for the real and then you will get. If you satisfied superficial, what [unclear]. at you, about yourself, I have no time.

If you are real and if you have not that responsibility of God Almighty to find you out and give you whatever is your deserving, what you want. But ask for the real, don't be satisfied with falsehood.

Don't be satisfied with falsehood. The certificate must come from within yourself, what others are saying is not important.

Sahaja Yogi: How we can know that?

Shri Mataji: That you will know through your vibrations. All right?

See now. You are today- supposing I give you a thousand pounds. And you are an Indian. You don't know what is a pound. How do you know it is a pound? It is a money that will buy something [unclear]. Work it out. Work it out., you see, see even you will see the Kundalini rising with your naked eyes. With your own hands, you will see. When you will raise your hand, you will see the Kundalini will move and you can feel this Kundalini moving. You can feel his vibrations too. You can feel his problems on your

fingertips.

It has to be tallied and verified and found out. Not to be trusted this way you have to see for yourself: is it there or not? Keep yourself in it and find out. That is what is Self-knowledge is by which you know about everyone who is surrounding you, what it is, where is he, what is his problem. Not his mind, but his Kundalini you know, you know his centres. One of the centres has something to do with mind also, it is Agnya. It's this centre. This is what you must think.

This is, supposing a person is very violent. I can give him a drug and it will make him a better person. That's not the way. That's not the way. The way is how much you stand on your own leg and understand and you become a master of it. Then you will see you will mature so fast! You yourself will know what [unclear] on the hand or nothing. You must have a new awareness, a dimension of vibratory awareness within you. This is being told by so many great souls, clearly: Shankaracharya, Adi Shankaracharya has talked about [unclear]. Christ said, "Some power goes out of my body". These things must be found out. Otherwise, where are you running? In the wilderness?

You are not mediocre. You are great. Let the nonsensical people go and [unclear]. Not you. You are the real seekers. You have to fight it out within them. If you don't do it, you will just catch again I mean, again, you will [unclear]. The more you talk of that fellow, and the more the vibrations it will be.

Find out, pick up that. From [unclear] is there, on the right-hand side, heart

[unclear]

[unclear]

He is not discussing Agnya. The more you discuss, the more [unclear]. And you'll become an expert. I'm going to tell you all the secrets, everything. And I'm going to tell you why I say this, why do this, why do that, why do that. You can verify yourself what I say is true or not. But don't stand on my [unclear]. But you don't judge me either, that's not your right.

If you do it, maybe I can warn you. What you do is to judge yourself whatever I say, if it's true, accept it. All right?

It's an open channel. How is it? Can you see now, yourself, now what are you worried about? The great psychologist, see this here. Now come along. Put your hands towards her. She will tell me Now these have got Realization recently, they can tell. She has got it recently. Who else is there? All of them? Even Lindsay, David, they have got it recently, they can feel, they can tell you. He has got it recently, this last [unclear], all of them. Except for, I had only six people I was studying with them for 4 years.

Oh, they are very good.

Ah! How is he, tell me?

Sahaja Yogi: I can't [unclear]

Shri Mataji: Just now, try.

Sahaja Yogi: I feel [unclear]

Shri Mataji: Yes, correct, correct, correct. Absolutely correct! Correct mark 100 out of 100 correct. He has a liver problem. And what is your job?

Seeker: [unclear]

Shri Mataji: That's one [unclear]. It's too much, move over.

[unclear]

Shri Mataji: That's a difficult sign. [Laughter]

Ah! See now. Better? You mean, he is going down now?

Sahaja Yogi: Cool.

[unclear]

All have touch it. All have done it. All of you are Realized, all of you. Take it from me. [unclear] All right?

You do from that side to that side. You put your hand toward me. Tell me where is the thing. Where is the thing? Nothing? Not feeling cool? Nothing.

Nothing. Agnya. Come along now, you all work, all of you work on him. Who else is not feeling the cool breeze? Are you not feeling the cool breeze right there? [Name], put your right hand on the heart, come along. You are all right? Agnya. Now those who are not feeling the cool breeze, come inside. Those who are feeling the cool breeze, stand outside. Now those who are feeling the cool breeze, all of you work on the people who are not. Let us see how the love works out. Come along. Sit down. Now don't talk and argue, just feel and work it out. Come along now. I just take him for 10 minutes and then you'll work it out.

Gavin, look after that. Come along, now you. She's all right, she's very good. She is all right, she is excellent. What about you? Are you feeling the cool breeze?

No? Raise their Kundalini and all of them put their bandhan. Now let's see now. They are today, they have swimming. Tomorrow you will be swimming. You are all right, you got it. You take your hands also come along. Those who are [cut in the audio] It's already outside?

There is no need to take our attention outside. You should take your attention to your heart inside. That's a difficult thing to take your attention there, that's why some happening has to be. Supping we all sitting there and listening to me, all right? Everybody is listening to me. But suddenly, something happens. And your attention like that. In the same way, there a happening with you and the attention is moving. But now after Realization, you can put your attention inwards. You see, our attention has come out and by putting our attention to this, or to this, what are we doing? We are making holes into our foundations; these are our foundations.

Now, I think, you must be having a photograph of me. You see it, and you see after 10 days of real Sahaja Yoga and then [unclear] And she asked me about Yogananda. I said he was there for about 50 years, or 60 years, or more than that. He was running that ashram. Have you met any one of his disciples? Horrid, extremely hot-tempered. [unclear]

Krishnamurti, his disciples are horrid, horrid. What have you gain? I mean they say, "We are saving your cases and this and that. And you go there and get stones. And still, you say, "Why could we not do that?"

[Shri Mataji, to a seeker]

Keep it inside. Keep your right hand on the heart. Put your right, left, both.

Seeker: Yes.

Better? It's his Agnya. Actually, which one is catching, on your finger?

Seeker: This one.

Shri Mataji: I see. Agnya is there. It is there. Watch it, watch it, watch it. Now what is he? What is he? Come here.

Sahaja Yogi: [Unclear]

Shri Mataji: Hum? Will you distribute that thing that they gave me just now and all that? You brought it? Whoever has brought it, just give them. And whatever is brought, they brought something and they want, mint or something, distribute this.

Distribute this, and open it. I'll just take one. Even something, she brought it, for you, just come there.

All of you sit here. When the Mother is sitting before you, you must eat.

[Unclear]

Like Gavin,

Sahaja Yogini: She's crying.

Shri Mataji: She's showing the [Bhairava, unsure] to her. She's cheating you. She knows how to do it, the job. Ah, good

There are many, it's all right. Just put like this.

What do you say? What is her position? You tell me, you, what are the vibrations you feel like.

Seeker: [Unclear]

Shri Mataji: Correct now. Did you know these things before?

Seeker: No.

Shri Mataji: You see. You are separated from yourself, that's why you know her and know yourself also.

Really? What is it?

Sahaja Yogi: [Unclear]

Shri Mataji: All of them are within.

Sahaja Yogi: Yes.

Shri Mataji: Right or left?

Sahaja Yogi: Left heart.

Shri Mataji: Left? Today only, I thought about left heart.

Just think that God is the ocean of compassion. He is the ocean of [unclear]. All right? He is the father.

Sahaja Yogi: [Unclear]

Shri Mataji: Come here. Now one thing you do, first of all, is to let him do with the TM. You go and ask them what is to be done.

For one minute you go, treat them and come back.

Ask, mister Djamel come from Algeria. You can tell him.

Sahaja Yogini: Just tell him, of course.

Shri Mataji: Hum. You give it to all of them. One, one to all of them you give.

So, how are you sir? You have faith in the man who has given you nothing, nothing. Only he has given you a heart chakra [problem].

Sahaja Yogi: I find it hard to believe that he is a devil. He is such a kind man. He has never said anything to me but.

Shri Mataji: That's why he is very clever, you know. You must know one thing, child. You see, this is the age of confusion. All right? [Unclear]

In these modern times, nobody's going to come and say, "I'm a monster! "

Seeker: But I feel he's a good man. I feel he's a good man. I don't know, I'm imperfect. But as far as I can feel—

Shri Mataji: I'm saying, I've got that cure your instrument and then you'll get all right. [Unsure]

[Unclear conversation]

Right is all right, he's all right on the right. This is good, excellent, very good.

[End of audio part 2]

1977-1218, The role of Chitta

View [online](#).

18 December 1977

Talk to Sahaja Yogis

Mumbai (India)

Talk Language: Marathi | Translation (Marathi to English) - Draft

"The role of chitta" talk in Marathi. 18 December 1977.

To define God they use the term "sat-chitt-ananda" [Sat-truth, Chitta-attention, Ananda-joy]. And if Spirit is the reflection of God then it should be "sat-chitt-ananda" as well. Now let us look at "chitta". What is it? Where is it? What exactly happens when we say the chitt goes to places? So, the so-called attention is everywhere. You may say that: "Ok, let my attention go to London". So it will go there. And you may say: "Let it go to heaven" and so it will. Say you are thinking about your daughter: your attention would then go there. So in a way, you are putting your attention there.

So if you just think like: "What is my daughter doing right now?". There goes your attention to the girl. So the attention is spread out, it is like the sea. You can take your ship and sail to whichever shore you want. The waves of your chitta will take you wherever you wish – There is no restriction whatsoever. But that chitta cannot go within, inside human beings. It spreads outside. So we can think about things outside of us, but not if we want to think about – who we are, what we are. That is because the chitta and atma [Spirit] are divided. The two have been separated from one another in human state. And hence you cannot reach your atma through that chitta. It is just like your car. There is the gas/petrol which can spread everywhere, but unless it goes into the carburettor you can't have the ignition.

Likewise, this chitta of human beings that is spread outside needs to be brought in. How do we achieve that? That chitta which is spread out like the ocean, we understand how to use it, where to put it. But how to bring it to the atma? This has been a big question for mankind since the very beginning. You can't think about it and make it happen - Just like you can't bring the petrol to the carburetor by thinking. Thus the human is not capable of achieving this task by himself. The only thing he can do is to keep his attention detached. For example, a person who is 'tamo-guni' [left sided] or 'rajo-guni' [right sided] – his/her attention is too preoccupied to reach God. They are too concerned about this outside world. And then there are people who are 'Satva-guni'. These people are standing on the lines of 'Dharma'. And it doesn't mean that they are very religious or ritualistic people but people who are in the middle, moderate people who have a rational attitude without biases.

Scolding; for instance, some may say that it is wrong, not 'dharmic'. But if you do that for the betterment of others and yourself, it is the best. Just to bear it all upon yourself is no sign of wisdom. A lot of people tell me about how they bore so much aggression from other and the way they took the sufferings all upon themselves. Why? Who told you to do that? This too is a sign of 'tamoguna'. On the flipside, attacking others is 'rajoguni'. But to witness everything and taking a decision by staying in the middle is 'Satvaguni'. It is actually easier done than said. To be 'satvaguni' is the easiest. But human beings are twisted that ways, they don't want anything easy, they won't believe if it is easy. They want to perform acts of valour! Who has asked them to perform these circus-like antics? Now when I think of it [circus] I wonder who has asked them to stand on their heads, walk on wires? They will do all these acrobats, splits, and injure their chakras in the process. Why? Who has asked them to do these stupid things? Now look at ballet, they call it the 'artistic dance' - they do it by moving on their toes. If you do something like that, both your chakras – Nabhi and Vishuddhi - are going to go out of order.

So you see, people feel the need to do something that goes out of the way, all the time. They feel like the more they do it, the more expert the person becomes! But by doing so they spoil their chakras. And then they say that – Mother, we do so many things and we still haven't got our Realization. So the people who practice things in the extreme fall short in taking to Sahaja. People who don't push themselves to the extreme in order to achieve something, who accept their limits and know when to stop – their chitta doesn't get too involved into a particular thing and remains relatively free.

Now if you bring a wrestler to me and ask to give him Realization, that is very difficult. He is going to be so imbalanced. Though he is very developed physically, his emotional state is in complete imbalance. He is going to be suffering from diabetes, to begin with. If not that, then his brain [too egoistic] must have gone wrong. Else he is going to be a very dry personality. So this is one type of imbalance – the other is of the brain. Intellectualism. People who rely on their brain – they will read to no end.

So the attention is completely preoccupied in all such cases. None of it remains free to be put to anything else. The attention is spread throughout your body by your central nervous system. And it exists inside every cell. So if you get physically hurt, the cell will inform the nervous system and your chitta will then go to that part of the body. But you can't take your chitta to what is going on inside the cell. So you don't know what exactly is going on in your body until something starts hurting. So all these people who take it to the extremes, if I tell them to bring their attention to the center, they won't listen. So the people who are in the middle, who have their mentality in the middle are the ones who take to Sahaja the best. Very 'successful' people won't work out because the success has gone to their heads and ruined them. They have so much ego that they are blind to how that ego is damaging them – they go flowing away in their own whims. So people having individualistic mentalities will find it difficult to take to Sahaja. The reason for that is because their attention is not in balance. We need to bring our chitta in the center to begin with. How to tell if it is there? Both your hands should have equal vibrations. First get the balance. Nothing is going to get better without that. Even if you have a lot of force but one of your side is crooked, then how will I be able to open your Sahasrara? That is simple logic.

First bring the balance in your life. Now some people will be so strict with themselves about getting up at exactly 4 o'clock in the morning. They'll forcefully wake up everyone else for pujas, bhajans etc... That is wrong. You should be 'Sahaj' about it. I'll wake you up, be relaxed about it. You should be like the birds who wake up in the morning, chirping joyfully. So you will find egoistic people who proudly say that this is the way I do things, this is my way, your way doesn't work for me etc. – and they are not even ashamed about it. Such people are no good for Sahaja. Their chittas are incapable of taking to Sahaja. So your attention should be in balance all the time.

Now, what happens at the time of Realization, Kundalini which nourishes the chitta, gets enlightened. Or you could say that it acts like a magnet, the Kundalini absorbs in the chitta. So all this chitta which is spread out everywhere, all of it gets pulled into the Kundalini. And then she starts her journey towards the location of the atma where 'Sadashiva' resides, above the Sahasrara. Actually, the heart is Shiva's 'home'- it's called the 'pitha'. But he is present at the Sahasrara – that is his 'Sthaan', his office. Like the Governor, he has his home and then he has his office. And as soon as the Kundalini comes and touches his feet, you come to know about that in your heart – that the kundalini has reached Sahasrara.

Now the Kundalini gets showered with the light of the atma, the light of the Spirit gets flashed upon it. And at that point in time the chitta of a human being gets the light of the Spirit. It means that the light of Spirit enters your central nervous system. So your awareness gets a new dimension now. And what happens in that dimension – The first aspect it gets is that of truth, meaning, you get the experience. That experience is the only truth, everything else is false. You might have read the ancient scriptures (Bible, Gita, Quran) but this experience is what makes you realize that all that was told in them was the truth.

So to know whatever you had previously read was true, the power to validate between truth and untruth now gets manifested within your chitta. Are you understanding this? Perhaps not. Until you got your Realization you didn't really know what is accepted by your chitta as the truth.

For example if you were to think about God: "Does he really exist? Maybe, my grandma said so", you may say. But does he really exist? No way to tell for sure. You don't really know anything for sure. But once you get your Realization and the vibrations start flowing through your hands, then all of a sudden you start knowing if something is real or not. Now put hands on your lap and ask yourself this question: Does God exist? And you'll see that the vibrations will start flowing in leaps and bounds. So basically you get the experience of the truth. The absolute truth stands before you. The relative disappears. So you starting knowing what is caught up. The doctors will perform all sorts of diagnosis on a patient to determine what is wrong but even then they might not be accurate - or even right for that matter. But you now have the power to know what is wrong with a person, within a split second. You can now 'understand' truth. You now know – what the truth is at a given point in time.

For example, you have this person standing in front of you right now. You know what is wrong with him – what chakras of his are caught up. So everyone who is realized will know what is wrong with him and, at the same time, what is caught up in themselves. The other thing is – you also come to realize that there is something (negativity) that has caught hold of us- but we are not the ones holding onto it. So now you don't feel bad about it. Just tell Mother about it and the problem is solved.

But if you were to tell a non-Realized person that he/she is caught up, they would probably come back hitting at you. But only a Yogi has the wisdom to see that negativity and ask Mother to take it out. On the contrary, a non-Yogi gets identified with that negativity. So if the Yogis are caught up, they don't feel bad about it because they know that whatever Mother is saying is the truth. All they want is to get rid of that negativity. So no one feels bad about it now. Although they (Yogis) used to feel bad in the beginning. If someone said that a person's chakra was caught up, that person used to deny that and blame the other instead, saying that he was the one who was actually caught up [Shri Mataji is laughing]. This was the situation at some point in the past. Not so bad right now. It is getting better.

Now all of you understand that it is something in your attention that is caught up, nothing to do with your Spirit. That dirty 'something' in your attention is what is 'caught up' and needs to go away. So the description of atma is the embodiment of truth. Meaning that it tells you what is true. It will never lie to you. Once the light of truth starts shining – ask any questions, ask away. Ask about Me.

So many people spoke against Me, called Me a liar. It never affected Me. I realized that there was no point in explaining them: these people are blind. Why get angry on someone who cannot see? They are going to stumble across some ditch and fall into it. But at least I can tell them: "Stand still for a bit, let me fix your eyes." Now once the eyes are fixed, they start seeing what is going on, who is Mataji, is this real or not. Once they see, then they get the experience and then everything turns out fine. But if the person doesn't even have eyes in the first place, then what is the point in arguing with that person? So I keep telling you: "Don't argue, don't fight with anyone. It is never going to work out through arguments." And the reason for that is – You won't get to know the truth through anyplace except your atma. The absolute truth, about anything, can be understood through your atma. So anything, let it be science, politics – anything in this world – all of it gets understood through your heart, through your atma. You can't get it from anywhere else.

So in a way I don't understand Politics, that is the politics of human beings. But actually I do. And then again I don't! Meaning, the knowledge of the atma that is absolute and that is what I understand. But the knowledge that is illusionary, I don't pay attention to it and neither do I want to tell you about it. All the knowledge which is illusionary, that which has been termed as 'avidya'[false knowledge] by Surdas [a saint in India], I don't have my attention on it, and neither should you.

So now you have acquired a new sight – the light of atma – through which you get the experience of truth, you understand the truth and you stand in it. The truth is flowing through your hands. So chitta is a form of God.

Now I am sitting here, and you come and tell Me something: I just bring it in my attention and the work is done. Such is the power of this enlightened attention. You only need a little divine desire to work it out along with it. That's what is called the divine chitta. But you still have to develop yours. But it is sufficiently strong enough if you bring Me into your attention and ask Me to get some work done, it will be done.

But for that to happen you should have Me in your heart. That is not the case. The expectation from people is: "We told mother so many time. Yet, She hasn't helped us out." So they want to exercise their rights on Me. But they should first introspect and find out how much of those rights have they exercised over themselves? Like you would go to a race course and ask Me to make your horse win. Be assured that your horse will never win, you will lose big time. Same for gambling: if you gamble in my name then you are in for a great loss. Never take my name and do such things! So, the truth, which is a form of the Almighty, is present in your atma. It resides in you.

Once you come to know that God, once the truth manifests in you and you feel it flowing through your hands, you come to understand your true Self. You also get to know others as well through that truth. Not only that, but you also come to know the

entire world. So you see, the truth and chitta now become one. There is no difference between them. Your chitta is the truth and truth is the chitta because if you ask any question, your chitta has the answer to it. They start to differ when you start thinking for no reason.

Whenever you are faced with any question, you need to ask if that is this truth or not. But you need to ask the right questions.

For example, take London. They keep telling Me that: "We cannot find a place for the ashram", that "we tried a lot. We met such and such people yet things are not working out." Is it so? What is so special about you, why should someone want to meet you? "Because we are Sahaja Yogis" they say. So what? You've got the vibratory awareness, haven't you? "Yes", they say. So did you use it? "No, but we did go and try to meet important people like the mayor etc..." Why? How is he related to Me? Did you ask the Almighty? Did you check your vibrations? Did you give vibrations to the problem? Use all these tools and see how things work out. And eventually they did get it [a place for ashram].

So the only thing that you have to use from now onwards is your vibrations, nothing else – not even your intellect, because this brain is limited. You have to live by vibrations only. Whatever is needed, tell your chakras. Give bandhans. Again, not for the horses in the race! If you want to ask for something then ask for something that befits a king. Why should you act like a beggar? Would anyone make the beggar a king? So ask accordingly. And when you ask for something likewise everything will have to sort itself out, won't it? Isn't it obvious?

When you become the president of a country, don't you get the residence to stay in for free as well? But if someone says that it is his wish to stay in a 'residence' then what will people say? Better to make him a clerk at the president's office then. These things that I am telling you are all very simple. If your chitta is all the time fixed on your vibrations then it is eventually going to become the truth itself – and truth will become the chitta. You will be surprised, you will experience miracles, every step of your way. You'll say: "I don't understand how this happened". I am telling you: "Your chitta should become the truth." That is all. And go for whatever may come in front of you. You shouldn't have any resolves. For example, you shouldn't be too much like: "I have to go there today, I have to get this done." You shouldn't plan too stringently.

Say, you buy a ticket to go someplace. You get on the bus. And a person comes and sits beside you. You should think: "Why not start talking to him about Sahaja? There must be a reason why the divine has crossed my path with him, now why should I keep my mouth shut?"

Sahaja Yogi: ... as soon as I start talking to people about Sahaja I start getting tremendous flow of vibrations out of my head.

Shri Mataji: Yes, instantaneously. They will start flowing through you at that moment. It is a tremendous power which is spread everywhere, and it is active all the time. And it is doing such beautiful work, you only need to start rolling it into motion.

So now, your chitta becomes the truth. That is the first stage in Sahaja Yoga. But the joy is still to come. How does that stage come? When we start searching for it. We don't search for joy, we search for sorrow. For example, you try to find out what's wrong with you, what you are catching: "There is nothing wrong with me, I am perfectly fine." Just try to feel that and see for yourself. Your engine has started already. Now don't you need to step on the accelerator a bit? How will the car move otherwise? The joy is spread everywhere throughout your chitta. But you cannot experience it because it is not calm, it is moving all the time. You say: "Now we have these catches here, we are caught up there." How can that happen? Impossible.

Sahaja Yogi: Shoebeating is a very good way.

Shri Mataji : If you think you have got the catches from a person, shoebeat his name as well as yours, and it works out. Yes, shoebeat. But eventually, you'll realize that shoebeating too is a trick played on your mind. You will reach a stage where you won't catch any negativities. Instead you will start catching onto others. Like I do [Shri Mataji laughs].

But you leave Me and keep running away from time to time. How will you get the joy then? If all the time you keep thinking about these negative things, like: "Now I have this 'badha', that 'badha'[negativities]", then for sure you will catch them.

The thing is, after Sahaja, your brain should become very light. If you realize that God is present inside you and he is showering his light upon you, if you just think about how that light would be like – that's it, your entire brain will get filled up with that light. Now, take small children for example. There are joyous all the time. How come? Because they don't have attachment to things.

They will play and once they finish they will come looking for water. After water they will want to do something else. But adults are like: "This is my brother, this is my father – cure them." "All right." Then: "This is my grandfather, cure him." Done! Now: "This is my great-grandfather..." And the list goes on! Why have you taken all these things onto yourselves instead of thinking about your joy? "Thinking over" here means that: "Mother has given this fun thing, let me at least see what that is." But you seem to have taken up to cure everyone around you. If you come to know of anyone who is not keeping well, you will call Me up and tell Me about them that I will 'have' to see them, that I will have to cure them.

To all such people, if you see someone around you who has problems, tell them to take My photograph and meditate upon it. If your faith is true, it will work out. You needn't do anything else. Just tell them that you have told Me. It will even work out if you when you think of Me and put your attention on it. But what is the need to call Me? We listen even when you ask us and we are not present in person. But the faith should be present, shouldn't it? If you have this faith: "I believe in my Mother and when I ask Her to solve problems, she does everything", we will do everything you say. But everything is dependent upon your faith. I have told you that everything is going to work out. We have taken you under our wings. Your word will not go false. Just ask Me and see. Go and ask those people who have followed this path: none of them ever calls Me. Why do you need phones? You have one in your heart. Only need to ask and it is done. But again, the faith needs to be there. The faiths still haven't developed to that extent. Those who have this faith are in joy all the time. Raptures of vibrations are flowing through those hands all the time; those hands have done good to so many people. God only knows.

Now, finding your faults and crying over it – another very bad habit. I've told you so many times, yet, you still keep doing it. What faults – what is so serious about them? I have a very good soap – I will wash away all those faults of yours. What is so big about them, let us see? Does any of that rise above the love I have for you? If a child falls down, gets his hand dirty and starts crying, the mother consoles him saying that she will wash it and make it clean again, doesn't she? It is just the same thing. But you just keep on crying.

To begin with, let Me at least see what is so wrong. Honestly, I don't see anything wrong. All of you seem like roses. But you keep cutting yourselves with your own scissors. How will you get the joy then? You are your own enemy. But aren't you all sitting here in front of Me because you are something special? How many times do I need to tell that to you now? Now ascend. You are higher than Shivaji Maharaja [A great king from Maharashtra, India]. All big saints and gurus are at your feet. So ascend the throne. And enjoy your virtues. Now let go of my hand and stand by yourself.

There came a gentleman, he was saying: "I will come see you, but only in your house." Why alone? "Because if I come see you in a group then I start catching from others." Is it so? I don't want such sissies. We have many such over-smart people. And then you say that you have great sorrows. Of course you will be sad then.

There is such joy, can't you see? All you saint people all together. You don't have an idea how saints used to live in earlier times, everyone was all alone, by themselves. Tukaram [Saint from Maharashtra, India] was alone and there were hundreds to trouble him. Dyaneshwar [Saint from Maharashtra, India] suffered the same ways. No one was left in peace. People found every one of them and destroyed their lives. Now you are so many! Yet, you fight amongst yourselves. Take joy in one another, enjoy one another's vibrations, see what joy it is! Everyone is better than the other. Like, there is a pearl necklace and it has got many beautiful pearls on it. They need to fill up the necklace and make Me look beautiful. But the pearls kept rubbing against one another, got eroded and then vanished away. Now what to do?

To experience the state of joy, just settle down a bit. The source of joy needs to be taken in a calm state of mind. So when such dirty thoughts start entering our minds - and I will refer to such thoughts as dirty because all that which is not nourishing your joy is dirty – then ask them why do they enter you. Why do you bring in such dirty thoughts? You are Sahaja Yogis. It is you, you are this invaluable lot that I have happened to get in this Kali Yuga. You have ascended to such a high level. And you are going to cry now? "I am not going to deny or miss my joy", that should be the attitude. This element of joy needs to be kept with you all the time. It is like the rays of a "diva"[oil lamp on altar]. The rays reveal the truth. Through them you will know what is real and what is false. But out of it all, that which burns – the oil – is love, the love of the Almighty. It has been burning day and night. All that put together, the wick, oil, light, all that is love.

If you feel love for someone, be it a man, a lady, a child, whoever it may be, you come to know everything about them. You come to know all the truth about them. You experience joy in that love, and your entire attention is drawn towards that person.

But it is the love for God that we are talking about. There is only one difference which separates the two, and that is a very great difference. It is in the love for God that you get to meet your 'atma'. The other type of love has two shades to it: joy and sorrow. In God's love, only joy exists, there are no two sides to it. So when you love someone, you don't think about how you love them, you just do. That is how your love for God should be like: from your heart. There are no thoughts involved. When thoughts come into the picture, the whole thing gets a sheen of artificiality.

But when it is entirely through the heart, you get to experience something so beautiful that no words can describe it. This work you do is the blessings of that atma. This mind, ego, super-ego – the atma is much beyond all of them. And when its light enters all of them [inaudible].

But without Realization, all of these concepts are meaningless. Realization needs to happen. Without that, there is no point to anything – People are only wasting their time discussing such things. So divert your attention a little towards your joy. Now we need to be able to find that joy inside us. And whenever you start getting negative thoughts you should say "no" to them. These bad habits should be given up. It is within you that the waves of joy are rising. But the problem is that you don't have your attention over there.

There was this girl in London. About eight days before coming to my program she started feeling overjoyed. She couldn't understand why – more so because she was actually in sorrow as her husband used to ill-treat her. And she seemed joyous throughout the program. And later she came and told me how she was feeling. That she had realized why she was experiencing that joy, that she had found that source of joy. And as soon as she forwarded her hands towards Me, the vibrations increased even more – she said. She got her Realization very easily and that had happened 8 days before that day, automatically. I never even had to place my hand on her. She said she had seen my photograph. She knew that it would be at that program, that she would come to know how she had found that joy. She must have been a great soul, seeking in her past lives. So instead of thinking about your mother, sister, father, brother, etc... you should start thinking about yourself, that you should achieve that joy. All these old ways of thinking should be given up. What you do outside, how much you move your hands, there is no greatness in all these things. The greatness lies in what becomes of you, how much you ascend.

I feel Sahaja is still a baby's cradle. If you go elsewhere, to begin with, they will ask you to fast for 5 days, make rounds of SiddhiVinayaka [Lord Ganesha's swayambhu in Mumbai, India] for 7 days, pay the priest of some temple with so much amount of money and many other tasks of such types. Else, they will ask you to give money to some guru, or stand on your heads for 8 days, do this, do that - some stupid acts.

But Sahaja is the opposite in that. It first gives you the absolute. It is a becoming not the being. Understood? This is the foundation of Sahaja. So now, what you turn into down the line, that is to be seen. What becomes of you, that is to be seen. That is where your attention should be. Everything else is taken care of. Everything will 'become' if you 'become'. The world around you as you know it – does anything lie beyond it? No, right? So when you become all right, the world will also turn all right. Everything is in mess because you are not all right. You are not all right, meaning your vision is not all right. If someone says that everything around should be perfect, how do you expect that to happen? From where should the perfection originate, others or yourself? A simple question, common sense as you call it. Common sense means staying in the middle. You say that the whole world should be perfect. How is it possible? That is very subjective, people around you would have different ideas of perfection that won't match yours. It is a complicated statement that you make.

Instead you should say that: "It is I who should become perfect. Have I become perfect yet?" It doesn't mean that you feel bad about yourself by thinking about your faults. "Not yet. So let me become perfect". Meaning: have I experienced the joy? Once you find that source of joy within yourself – and you are fully capable of finding that source because you have come to Sahaja – so once you find it, you will discover joy in everything.

I don't understand what is there to feel so sad about. The entire scenario changes. Cosmic changes occur. It is like if you are the bulbs on the stage and are projecting light onto it: the stage will be lit with whatever color the glass of the bulb is made of. You

change your colors, you change the colors of the stage. People should change.

So, "sat-chitt-ananda" is a form of God. "Ananda" [joy] is the experience and "sat" is the knowledge. And that which experiences it is your chitta. So when all these three integrate, then you can say that your Realization has become complete. The integration should happen, complete integration.

But now you shouldn't ask like: "What should I do for Sahaja, how should I behave?" I don't want to set rules. But you by yourself should decide through the vibrations you feel. You have their complete freedom. You should see through vibrations what is right, what is not. We do already know that about basic things. But through vibrations you actually get to know the truth, in and out. And if you start walking by what the vibrations say, you will eventually become the source of joy. So the entire establishment of atma that is within will manifest itself outside and will shine through you. And people around you will know that you are something special.

[The audio gets cut at this point]

1977-1228, Atma Ki Anubhuti, Meeting Speech

View [online](#).

28 December 1977

Talk to Sahaja Yogis

Mumbai (India)

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

Atma Ki Anubhuti Date : 28th December 1977 Place Mumbai Type Seminar & Meeting Speech

[English translation from Hindi]

I had told you the last time what is a soul (Atma), how it is Sachidanand (Sat + Chit + Anand; Truth + Attention + Bliss), and how after being made aware of the soul only humans can achieve these three things. Without self-realization, you cannot know the truth. You cannot achieve bliss. You should have the sensitivity of the soul. Now you can converse with your soul. You can ask the soul. You people are seated, you should ask by stretching your hands like this, is there a God in the world? Does his will reign? You ask these questions in your heart; by stretching your hands like this. Look how strong the flow of vibrations has started. You cannot know any truth unless you get the experience of your soul. Meaning till you get connected. Getting connected to your soul happens very easily in Sahaja Yoga. For some it happens for a very brief period and for some it happens forever. After getting a connection with the soul we should try to achieve identification with it. Meaning that you have come to know me and I have come to know of you but I have not become you. You are looking at me and I'm looking at you. The moment I start looking with your vision, that is when identification is established. When you enter your soul and then from there when you look at the world then one should say that the self-realization is complete. The enlightenment of the kundalini, rising as well as the piercing through, everything has happened for those who are realized. Sahasrara is broken through. You can know your own position and that of others by the state of your chakras. You must know that. But right now, you are not identified with your Atma. To be identified with your soul you should believe 'You are. You are. I'm not'. Kabir has said it aptly, when the person performing the dhunakiya (a teaser to entangle the fiber) is performing the dhunak the sound that is emanated is 'tu hi, tu hi' (translated as 'you are, you are'). But when it is in the form of intestines in a goat's stomach it makes the noise 'mai, mai' (translated as 'I am', 'I am'). Then the goat intestines are removed, beaten, stretched, dried, and then it's tied up on a dhunak then it says each time 'Tu hi, Tu hi' ('You are, You are'). Similarly, it's like with our mind. You should look at your mind very closely. Just look at this mind. How is it and where does it wander? Where all does it take us in worthless pursuits. Where does our mind go? Sometimes we see this or that and sometimes watch there or here. All the time our mind is full of either some emotion or some lust. Now that it is illuminated, we see that it has emotions and lust still and we keep carrying it along with us all the time. We must 'Dhunak' on this. Not beat it out. Dhunak. Look at it (the mind). Illuminate the light coming from it. 'Oh Mind! You are the temple of god! Why should you have such a dirty thought in the temple of God? You kindly keep this outside only, please! It is enough. Earlier everyone used to write 'Man Samaj, Samaj Pag Dhari'. Oh mind! You keep roaming for all kinds of things in the world, when will you run for god?

When will you establish god inside you? You are worried about what will happen to my son? What will happen to my mother? What about my father? Oh, my mind!, Who are these to you? Will they be your own? Are these your own? Why do you get so worried for them? Just talk to yourself. Slowly, by way of cleansing your minds the light of your soul will begin to shine through. In that joy, the flow of vibrations will begin to manifest. All that is debased within you will slowly begin to vanish and you will begin to become one with your soul. At this time you would say 'I am, I am'. Nothing else. This feeling of one-ness that 'I am' remains. You become the soul and you say 'Only I am'. When your vision begins to come through your soul you say 'I am'. 'I am this world', 'I am this universe, I am the ocean. There is nothing in the world that is not me. I am in everything. In everything I reside. Through me, the universe vibrates. Without me there is no universe that can be built, I am in everything'. This is not ego, this is for real. This is real. This is the dignity of your self-respect. But to achieve this we first have to break the false 'I-ness'. In this false 'I-ness' there are several things. Start from the beginning, 'I am an Indian, I am a Hindu, I am a Muslim, I am so forth with such and such name. This is my position, this is my money, this is my ego. I am saree, I am clothes, I am a sweater and

suits, everything'. I am not 'I'. Rest everything could have an 'I'. Like this, we spend all our lives around this 'I-ness'. Then you should pause for a minute and think about if I was born for this? What did I do all my life? Where did all these days disappear? Where did I spend time? Where did I waste all my time? Even after Sahaja Yoga, many people waste away their lives. They do not understand that this moment will not come back again. People waste a lot by going to the wrong places and then they come back to say 'Mother, I have a headache'. Why waste our lives like this? What is in this? Many thousands waste away their lives but the realized should be one with their soul. Everything has happened already. The repository has been opened. Gates have been opened. We are even inside. Now just sitting idle. Now what to do with this? We can cook food for you, even put it in your mouth, but we cannot make it digest for you! It has to be digested by you only. There is no special effort needed for that. Everything has a time. But for this, you do not have time. What have we after all achieved to date? Maybe a couple of sarees and a few jewels. Picked up a few cudgels. Thousands came and went away like this. They came into this world and got finished. What happened to them? All of them turned to dust. Some went to hell, some became stones. What happened? In today's time now the flowers have to be turned to fruits. You have to be mature. In your thoughts, in meditation. If you want to make your lives beautiful you must adopt beauty. You must quit everything that is not beautiful and that which is ugly. But still, we keep lingering on with those things. Today one gentleman came. Asked me 'Can I smoke a cigarette?'. I said 'How can I have an objection? Do you mind it or not?'

Oh, what objection can I have? What do I do? I just keep watching quietly who is where? How is it going on? I sometimes laugh at people that they leave the precious and invaluable and then what? You should say with humility to god 'My thing is done, I'm seated, now you play, I have to only see, What is mine here? What else is there to ask for otherwise? It's all worthless. It will turn into a war. Understand that this mike for instance becomes so useless that it cannot be used. Where will this end up? You know this. The iron of this piece will be beaten down and then put into a machine. The soul is dead. Similarly, if you do not use the instrument that you own, its efficiency will completely finish off or not? Where will the enjoyment remain? I'm talking to you about enjoyment. Something is happening here and there all the time. But how much did you progress in meditation? What did you become? This is the question that is asked in Sahaja Yoga. You ask if there is god or not? OK. We will reply to this. With vibrations, we will reply to this. Your queries will be set alright, your health will be alright, your mental state will become alright, your kids will become alright, your financial condition will become alright, everything will be alright. But what are you giving towards god? You do not have to give anything, you have to take everything. How much are you able to accept? If we ask a question 'Did we achieve everything? Out of all that mother is distributing how much did we get? All of it? We lose our way towards so many places, why don't we just get this? The world will keep going like this, what is so special about it? Someone came to meet and some went away, did anything happen? How much did we achieve? Each individual is an institution, I had told you. Patil comes here often. You know him. He comes from a small village. The name of the village is Kaalwa. He lives in a small hut. He has some small land. In each program, he comes from Kaalwa. He needs to mend to his field. He has kids too and has to take care of them. He has put this up outside his house 'Sahaja Yoga', Shri Mataji Nirmala Devi's Sahaja Yoga. How many trains pass that by? Everyone looks at it. I also once went and saw it. I said now how come did I come over here? Where is this place? Some people said 'How come Shri Mataji Nirmala Devi's Sahaja yoga is mentioned here? Is this Patil's house?' I said 'Yes'. And vibrations were just flowing strong from there. Even if he had a lot of money, he wouldn't have gained the respect that he had in that village. I had been there. Everyone contributed to the arrangements there. Very good program. If today he stands up anywhere he gets a lot of respect, people know him as someone of repute. What do you want to achieve? How does a bit of jewellery add to your glory? People laugh at your backs. What fools! How much did you achieve in humanity? The substantive thing is when you get to know your real value. People fold their hands even while crossing that house. A human being is not recognized from what he is from outside, but from what he is from inside.

Let me give you an example of Shastriji. Shastriji was present for a very short period. When he passed away we all carried his ashes. I was also present there. You could not see the urn (pot) in which his last remains were kept. Just a small amount of ashes were present in that urn. Just to have the last witness people were standing with lanterns from whichever town the train was passing by. The train was moving on slowly. Everyone paid obeisance to that urn with folded hands. And once those ashes were immersed in the Ganges everyone started to look for the urn (pot). 'Don't know where they went away? Don't know where they were kept?' They didn't even find them after due efforts. People said 'Let it go. May have gone away somewhere'. No one stole them. They found them under a bullock cart. They brought them from there. I said 'Just see they are still bowing them to these pots'. The train went on slowly and people were bowing to those pots. They came from thousands of miles away. The

moment the ashes were immersed no one asked about the pots. There was no use of them. No meaning. Useless. It had no value. No one decorated them or embellish them. Just thrown it below some bullock cart. And then when people got them after a while people asked 'Where are you carrying these, throw them away in the Ganges as well, What's left of it?'. Similarly, about your body and your personality. You are recognized by your death. Everyone comes to his death. How do you verify that? To verify his life, he comes to his death. For some people, two people weep, for some ten people weep, and for some maybe twenty-five. Some say my husband passed away, some say my mother passed away, some say my father passed away. But there are some people who when they pass away and they are buried, scented vibrations start flowing from there. If you pass that area you would ask 'Where have we come?'. I had gone to Kashmir. It's surprising, our car was driving along, I said 'Wait, Wait'. Whose resting place is this? They replied 'No one's resting place mother'. There is one strand of Muhammad sahib hair that is preserved here. They call it Iqbal (one-hair). I folded my hands towards it. One hair of his kept there and so much vibrations in that area! Else what is our stature? What's our value? And the moment this lamp is lightened within us, respect that and preserve that. At least own that up. This is the only thing to think and ponder over. Rest all is useless. No need to think anything else. The doer is almighty. He is doing everything. If at all you must think then it should be 'Is my lamp worth it? Where have I kept my lamp after lighting it up? Under the table? Which route is this? This is the cornerstone you should weigh against, think about it that to what extent have I woken up my humanity? How much did I manifest it? How much has the light of my humanity spread over? What does the world say about it?

Do you all consider me as your mother and as your guru? All right. You should pay attention to my life as well. Just think that after thousands of years we all have become our present form that of humans. Thousands of years. And by being humans you understand what is it about being a human being. But I still do not understand, that why a human being does not value a precious diamond once he finds it. I find it difficult. Human beings are very casual in this regard. He thinks what's the hurry? We will do it at ease. The problem is that you can discover the value of a diamond in a market. For this, there is no market. For this, the market is your mind, your heart, your ease, and your thoughts. For this everything is inside you and it's all about your satisfaction. You play with yourself, rise in yourself, be within yourself, and enjoy your self by being one among them. You sit within him. One person says that see this is a Sahaja Yogi amongst us. And then there are some other types. Are you bringing a bad name to Sahaja Yoga? What will people say? You should know how to go deeper in meditation. Only going deeper will not help, you have to spread it over. If you cannot spread it over, god will ask you 'Why did I lighten your lamp? That you entered the worldly Bhavsagar and extinguish yourself? Is this why your lamp has been enlightened by your mother? Why did you go to your mother? Why did you get enlightenment? For what reason? You should have sincerity. Thoughts, all planning should be, how do I be in every moment? How do I go about it? This should be planning. Stop all other kinds of planning. All that planning is what God does for you. In fact, all that planning just keeps your brain working that kills your dharma. That you will get up early in the morning, we will sit for meditation a bit later, let me sleep a bit more, you become very casual. In Sahaja, you get things very easily, no doubt about it. But the thing that is Sahaja, the one that is born with you, there is a long history and tradition behind this. You don't value that. You can neither weigh upon it. How has the kundalini been made, how it has been made to rise, how did you get your self-realization? You probably think that ok I got it just like buying a saree from the market. Or like buying a piece of cloth. No, it's from a spiritual discipline of infinite. You have got it. Understand its value. Go deep in it. You have to go deep, you must go deep, only then the peace and bliss will come into your world. The equivalence of this world, unity, and the ascent is all in your hands, this you should at least know. You should move forward by understanding your responsibilities. Now you saw those who have these bandhas (barrier) cannot even close their eyes. You can see that openly. If there is a lunatic who comes before me, cannot close his eyes. I can immediately recognize the badha (problem) in him. Whether he reveals himself or not. You have to steady your eyes. If your mind is fluctuating here and there, then you should understand that there is some badha inside you. Why not? If our mind is getting caught in small little problems and we are spoiling our life, nothing else, and not spending time on Sahaja Yoga then you must think that there is a badha inside us.

If you see normally it happened like this only, if any human being gets money he will immediately get trapped in ways of expending it. Many people ask, Mother we are getting vibrations, now what? I have made an institution out of you, now run it! My job was to make the institution, that was my job, now you run it further. Now open your own institution, Someone will say I have made a Bharti Vidya Bhawan (an institute), now what? Do you want to run it or not? Do the thing for which this was made in the first place. This institution was made so you can enlighten others, fill light in others. Now you should do only this work. How much your wealth will increase by distributing? Keep on distributing, like mad. Just see how much this wealth will increase. The

more you spread the more this will increase. You are not going to enjoy this without distributing this. If you are stingy you will be unhappy. He will suffer from some or the other disease, either he will have some physical problem, mental problem, or some other problem. Because there is no balance from inside so all these diseases happen. Diseases mean distortion. And to be away from this means to distribute this, give it away. You don't have to say that this is due to my power, No, No. You just say that this is flowing inside me. You also take this. You also take this. Just look at Mr. Phadke here. I give his example again and again. Who is he? Just a teacher. Whenever he gets the opportunity, wherever, he tells his brothers, sisters, everyone. Look, if you are ill, we cannot do anything, You first get into Sahaja Yoga then we will talk. Any friend of yours, when they come. Spends thousands on eating, thousands on getting drunk. Spend somewhat on vibrations also. What does it cost to say that according to our mother drinking is bad? Don't drink. Some people come to Sahaja yoga with continuing their habit of drinking. Now if it's wrong, it's wrong. You should understand. Was Muhammed or Nanakji mad that they prohibited drinking? Were they mad? They were not mad people who prohibited all of this? Some said to leave this and someone else said to leave that. But people are like such that if one says to leave this, they will say that the other thing is ok. But what are you searching for? For who are you making? For yourselves only. No one else is going to lose except yourselves. You are damaging yourselves only. One hand here and the other hand there. Damaging from both hands. The thing which is bad for you should be left. Why get involved at all? Is it some kind of fanaticism that I'm a Hindu, or I'm such and such. Don't know who all are sitting there. Don't know when you are going to quit this kind of madness. If you leave small little things like this, you will slowly enter your soul. You will get entrenched into your soul very slowly.

And you will be surprised that your awareness becomes the awareness of the soul. Whatever you say from your authority, each and every word will be noted. You say a word and just that moment you will see the results. All the Chiranjeevas (Ganas) are standing there. Just imagine. Even after coming into this great state if you don't establish then who will respect you? If the king does not respect himself then who will? The one who does not respect himself, does not respect that which he has achieved, then who will respect them? It's very simple. You have to establish meditation. I say you should sit at four for meditation. You have to rise and sit for meditation. It's not that difficult. What's so difficult about getting up at four? Get up in the morning and sit for meditation. Talk to at least one person about Sahaja yoga in the day. At least one. I'm talking to the ladies who are usually engrossed in domestic work. For ladies whoever they meet they should talk about Sahaja yoga. What else have you talked about all your lives except nonsense? See people around. Talking that this is good at this shop. Have I made you a salesman? Then you will talk that someone is good or bad. Are you a leader? All that you earned how much did you expand on it? Now delve upon it and get it established in people. Get it seated. When you start, god is with you. Ganga begins to flow. From your feet. And such a person when he is buried the sand becomes flowers, with all the fragrance. It becomes such a big thing for all the universe. For ages, there are lamps lit there. People remember. What heavy lifting did these people do? They lived like fakeers, in all circumstances. Then why are you getting lost? You have to understand all about the dharma. Before realization, I do not talk about dharma. After realization, all dharmas has to get established. Fanaticism is bad. I've seen that people say bad things about Muhammed. Even Sahaja yogis. It's surprising. Who gave you the realization? Who is sitting in your stomach? How many years did you meditate and enter your stomach, who gave you realization? Who is sitting on the aAgnya? Did you make all this? The people who made themselves into steel, they made themselves like this, like gold they came out of this to make this possible for you, who are you to question them? Who are you? They are part of me. Part of my head and eyes. I'm surprised who are you to criticize them? Any such great power that is inside these gods, anything against them, to say anything against and to even think anything against is a great sin. You just accept this fact from me. Or you will get caught up in heart chakra. To convince Shiva is very difficult, but on this point, he is very adamant. You are not supposed to raise any words on any of the gods. You might be anyone, you can sit at your home. If humans understand this, then they will never criticize. Don't criticize any dharma. And rise in your own dharma. Understand yourself and your power, your gods. This is the unity that I'm talking about.

Not by outwardly talking that Hindu Muslims are one and Parsis are one. But that the primordial guru of all these is the same element. The same element came again and again in this world and we are fighting like fools. As if it was all separate parts and we are jostling amongst ourselves. The great element, the one which is in Buddhism, Jainism, the same element has been worshipped innumerable times. We are getting our realization due to that element. That element helped us in our realization. And when you get into that element, you think that it exists in everything. In everything manifests that element. Then how can you think about being separate from each other? We are all branches of the same tree. We have all grown on the same tree. By criticizing the roots of that tree we are criticizing our creator. This is the level of ignorance in this world. It's now beyond words.

Now the humans have put them also in darkness. And is continuing to do so. He thinks it's a great achievement. They create big religions. Institutions with big conditionings. By creating innumerable types of dramas humans just killed god. Before criticizing a religion, one must ask himself who am I and what's my standing? What do I say, I must think over it. But on another level, if we think of the great ocean that has manifested itself at different shores, we are that ocean. Are we a drop inside that ocean? Part of that ocean? Think how great must one feel. It's the same ordinary ocean that has created with its different waveforms, established the religions, we are part of the same ocean, just by thinking this how expanded do we all feel in our hearts. Our heart becomes so big. And the whole world seems our own. Enjoy that greatness. Not of smallness but bigness. By some means spread away from your hands and feel this ocean that has been there for years distributing its fragrance. Enjoy it just by merely your thoughts of it. Quit your lowliness. Just leaving these low qualities and getting realization is not the end objective. You have got the realization anyway. But why are the chakras catching still? There is some lowliness, somewhere, somewhere, somewhere. You are scared, still, and still go to other gurus! Only when we run away from the falsehood, the purity will shine upon us. Truth cannot come over us if we still hold on to untruth. Be aware and consolidate everything. Look at everything with consistency. Consistently know what is the elemental commodity. The element that is benevolent and is vibrating. Anything aside it is superfluous. Live by these words. Clean up your mind. Slowly you will see. In everyday life, take a step back and check for yourselves if you are doing this in Sahaja or asahaja. Immediately you will know. It's not that difficult. You should know on every fingertip of yours. Even if your hairline changes a bit, it should be in Sahaja. In everything, there should be Sahaja vibrations. In everything the door of Sahaja yoga only should be opened. Once this life is established, once my children are like this, I would be thankful. Can this be done during my lifetime? If you want this can be done within an instant. Therefore even a mother loses in front of you.

Even god begs in front of you. Because this freedom that is given to you cannot be taken back. And what to do even by taking it back. You have complete freedom. You can come and go whenever you want. No shackles are put on you. No bondage. No bondage. Just put the bondage of your wisdom over yourselves. Put the bondage of your greatness over yourself. So you become great. And the same beauty improves you, you achieve the dept of this and see all the universe with these eyes. Just look and it and say Aha!, where has this light come from? Who gave this? Your mother has her name on it, otherwise who will know about it? The greatest thing about Sahaja yoga is that this is the essence of all dharmas. It is a very big thing. Read any book about dharma and just tell people the same thing from a Sahaja standpoint and they will be surprised to know the meaning of it. When I tell something to people they say it's in the Bible. Muslims say that you are reciting the Kuran. You are talking the language of Kahlil Gibran. You don't come to know if Mother is talking or it is Kahlil Gibran himself. Jains say that this is the same as in our shastras. Buddhists say that this is all from our shastras. But the form of all of that is visible here. Take it, adopt it, and show others the ways of it.

1978-0110, Gaherai Me Utarna

View [online](#).

10 January 1978

Talk to Sahaja Yogis

Mumbai (India)

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

1978-0130, Sahajyog, Kundalini aur Chakra

View [online](#).

30 January 1978

Talk to Sahaja Yogis

Mumbai (India)

Talk Language: Hindi | Translation (Hindi to English) - Draft Sahaja Yoga, Kundalini, and Chakras - Mumbai, 30 January 1978

What is Sahaja? Most of you already know. Guru Nanak Sahib has made great efforts and written much about Sahaja. It is a great blessing upon you all. However, no one knows about it, no one understands. 'Sahaja' means 'Sah' - together, and 'Ja' - born. It is born with you, it is born within you. The right to this yoga is born with you. Every human being has the right to attain this yoga. But you are human then! If you become an animal, you are deprived of this right, or if you become a demon, you are also deprived of this right. If you are a human being in the ordinary sense, then you have the right to attain this yoga. This is the only yoga; there is no other yoga. All other yogas are preparations for it. Some also understand Sahaja Yoga to mean straightforward, simple, effortless, spontaneous, because it is a living happening. Just as your birth, just as residing in your mother's womb, just as trees laden with flowers, transforming into fruits. Similarly, this is a profound, natural, spontaneous event. And this event, which is, is the ultimate pinnacle of human evolution. Humans are created by the Divine from animals. Do you know why a human is created from an amoeba? All scientists should sit together and ask, what is the reason after all? Imagine I gather a few pieces of wood and bring a round object and attach a stick to it. So anyone would ask, brother, what are you doing? Who are you doing it for? Anyone would ask an engineer, if they sit and make something, it's for someone's work, for utility. There would be a crazy person sitting there just attaching things together. Any sensible person is created for some reason. So, a human being is created by the Divine for some reason. But until I don't connect it with this main thing, it becomes useless. It serves no purpose. It's absolutely useless. There's no benefit in using it because there's no connection from it. These are all wise words, purely common sense talks. There's no need for anyone to learn to read and write this. If anyone from the village comes and asks, 'Brother, how does this light up?' You'd say, 'Come on, brother, press that button and the light will turn on.' So, initially, he would be amazed to see how that happened? It's a remarkable thing. It seems impossible. But then, upon seeing it, one feels, "Yes, brother, it's true." Similarly, it's the case with Kundalini as well. Indeed, it rises just by pressing the button. There's no doubt. But behind it, there's a complex engineering involved. How much extensive engineering is behind it? Centuries of hard work have been put into it.

After starting, it will rattle for a while and then stop. But if you don't know how to drive the motor, don't know its components, don't operate it, then you won't even know if there has been any movement within you. The motor may be standing there, but it needs to be in motion. There must be movement inside it. Now everyone, sit here with your hands like this. I will explain to you what Kundalini is. This diagram in front of you is made by a very advanced Sahaja Yogi and a great artist. He speaks to mute boys. He is a very simple person. He is a teacher in the municipality. And he has made this with great love. And look how beautifully he has made this painting. And all the colors used in it, everything has been made by touching my feet, vibrating, and working hard. This is also very important. Now what is in it is triangular; this is Kundalini. When a human is in the mother's womb. This system of rebirth, of enlightenment, which I said applies to men. Or what I say you guys are like a computer. And until you don't connect to the main, your computer won't say anything. Similarly, it is for the human race. Now what is shown in it is that when a child is in the mother's womb, then it enters from inside. But not only that, it doesn't just enter from above, where the child's fontanel is, which we call the fontanel bone, from there you can see this triangular structure that is made, that is your brain. The human brain becomes triangular. The animal's brain is flat. So from above, Kundalini descends and sits here. And besides this, these two powers are here. These two powers are the right side and the left side. These are two channels - Ida and Pingala. Ida is on the left, and Pingala is on the right. These two channels flow within. Now if I explain this in science, then understand that there is an autonomous system within us that controls our heart, digests our entire food, means it digests for us. It automatically does things within us in the body, it is our breathing activity. What we call the autonomous nervous system is what does our breathing activity. If someone is asked what auto means, what is automatic, who is this self? No one can answer that. No doctor. Doctors will say that we call it automatic. Saying so does not explain anything. They do not have an explanation. This autonomic system has two types of systems. One is called parasympathetic, and one is called sympathetic. This thing that

is visible from above stays in the subtle form in our spine and operates the parasympathetic. And these two systems operate the left and right sympathetic nervous system. But I have told you about these channels in subtlety. These are external, gross. Now I am surprised... as if someone has written a book on Kundalini. And what does he say, Kundalini is in the stomach. Those who have seen it with their own eyes can tell that it is in the triangular bone. Now he has written this. He has written such a big book, so who would argue with him now? He has been dead for many days now. Yet he sits alive and keeps telling about Kundalini, the sixty-seven talks. But it's not like that at all. Actually, what is, it. What happens by writing lies? Anyone can write thousands of books.

There's a lot of falsehood written. Understand this. What has been written is not the Quran. Not everything is the Quran, nor is it in the vibrant Gita. There is a lot of falsehood written in whatever has been written. Even in our scriptures, people have tried to insert falsehood because falsehood always attacks, you know the truth. And for this reason, what you see within yourself, what happens to you, what event occurs, know that... came from reading someone else. Kundalini is not like that. If it doesn't exist, then how can we do it, brother? If you read somewhere that the color of a rose flower is blue and say, "Sir, this is not a rose flower because its color is not blue." So what should be said to such people? What should be explained to such people, you tell me. 'They said.' Do you know them? No. Then you bought a book. How many? Two rupees. Then? I read it. It says this, Ma'am. Then why do you do this? Now should I tell you that he is a liar? If I say so, you will chase me down and beat me to death because you immediately become his lawyer. Did you read the book? What book did you get? You become the lawyer for that book seller and it hurts me that, Mom, this is not the case at all. You are just saying this. It means I become a liar. He becomes true because you bought it for two rupees. Did you make any guru? Now whatever the Guru Maharaj said became true for you. Brother, did he do anything for you? Did he get you realization? Did he do anything with you? Nothing. He just sits on the seventh floor. He gave me a name. Oh, I said, 'Bhai, the one who gave you a name didn't see anything in you.' 'No.' I feel like I'm having a heart attack, Mom, so I came to you.' I said, 'Why don't you tell him then? Why come to me now?' He doesn't even look at you to see if you're having a heart attack or if you're sick or in pain. What conduct is to be expected from such a guru? There are many gurus whose disciples are having heart attacks. Oh, if the guru himself suffers from a heart attack, your health deteriorates, your mind becomes disturbed, your wife goes crazy, everything is chaotic at home, there is no stability here, and it's not the place of Lakshmiiji. What conduct should be expected from such a guru? Why are you following him? What did you gain from him? Thousands of people are running after him, so we are also running. If everyone is a fool, then you are also a fool. This is also a matter of thought. Everyone should think why we consider him a guru. Another believes, means, why should we believe in him? God has given us freedom. And we have realized it in our freedom. There are many such gurus, like those transgender Maharajas. They give you a name, and you go into trance. You think you have become a very big person because you have been given the name of some ghost. You take the name of the ghost. They leave. Its okay, you have become very big. You drink alcohol, keep women, eat whatever you want, torments others in any way, and aggress, nothing else. Just, you have become a holy man. Why? Because so-and-so guru kept four women, I kept ten, so what happened? No relationship with the guru remains because of his religion, humanity, his human element. This is a strange spectacle. And people believe in it. Such gurus are very pleasing to them. Oh, we have a man here. You must have heard his name. Foreigners are bowing at his feet. I said, "why do you want them?" You have done all the drama. You're just his guru's pawn. What will you learn from him? People are clever. What is this talk about sex? What are you going to learn from him? You're the ones who should be learning from him; instead, you're making him your guru. But only because he's a conscious keeper. Because they haven't become demons yet. They think we are doing such dirty work. Christ didn't do this work, and we are doing these dirty deeds in the name of liberation. So, make someone a guru, take his certificate and go. The guru will sit in hell, and you will follow him there too. Such gurus are very pleasing to people who say yes, brother, you are a very good man. Wow..Haha! No one is bigger than you. Put your purse here. Your wife can't handle you, so send her home too. I'll do all your work. There are also such gurus in the world who says, give all your money, wealth to the ashram, and you will be enlightened. How can gurus who keep an eye on others' money be? First thing is money. And you also like such gurus because you think you are wealthy, from Delhi, earn money with both hands. Some people even earn money negatively, under the table. So, they also have arrangements. The guru has also been raised. Let's go, brother, the guru is ours too. So, we have fixed our next life. And this life is also fine. The guru doesn't say anything. He's a very decent man. In Jakarta, another guru was found. Sindhi people came to Singapore in Jakarta. Mother, save us, I said, 'What happened, brother?' They started saying, 'Our guru has drowned our boat.' I said, 'Why?' They started saying, 'He's sitting comfortably in Switzerland.' I said, 'Okay!' They said, 'We used to smuggle before. All our stuff was caught in Jakarta.' I said, 'That's good. Don't do that.' They said, 'No, our guru said to do it, and he told us some ways.' I said, 'Okay!' And they are sitting in Switzerland.

So, such gurus who want to exploit, this is not their place. I humbly fold my hands. Even if I have only two disciples, I have no problem. Those who seek truth should come here. The first thing, those who don't want truth and want to run after falsehood, should kindly take their leave. But you are searching for truth. I am ready to work hard and ready to do everything. Respect is earned by standing up for truth. God cannot be pleased with such a person. One thing over another. Deception and such things don't work here. Whoever truly seeks their salvation, wants their well-being, we are here to serve them because we are your mother, and we won't lie to you. We won't support any of your lies. You guys shouldn't take it badly. We'll tell you with extreme love won't give you grief, won't insult you. But you'll have to listen to what we say. We'll make you transcend on this condition and move forward. And you'll have to get realized and give it to the world. Like no one puts a lamp under the bed. It will go out. It should burn in oxygen. Similarly, whoever gets realized will have to give it to others. | Just like we were telling a story just now. A woman came to me. So, bring her to me. In five minutes, her eyes were fine. She was blind. She was brought to the hospital. And in five minutes, she started to see. That's reality. And Subramanyam had said, "I'll just drive and get you there." They had come as drivers. They transcended, and this girl also got better. After that, Mr. D.A. also worked hard. After that, he got dizzy. I said, 'Brother, do you want to find diamonds, pearls? What do you want?' If you want diamonds and pearls, then quit your job and you will find diamonds and pearls. Do some other business. Rob, steal, that's good too. But why are you going to this magician? You can't see from his face what kind of person he is? Haven't you heard me? They were just saying that she's dying. She's a young girl. She's not more than thirty-five. She's dying now. Her throat is choking. Let's go, mother, let's save her. Now tell me, should I leave all of you and go to save her? People have heart attacks. You should think about what your guru is doing? Real gurus recognize a fake guru beforehand. Those who spoil your Kundalini. What kind of guru is the one who blocks your path? Even if you can't transcend, you won't leave him, you'll keep holding on, keep holding on. Now 132 boys and girls have come to me in London. And they all say, 'There is a blockade in our head.' Mother, I don't understand what blockade is? They also have a treatment. Mohammad Sahab has given many treatments for such villains. Nanak Sahab has also given treatments. And they recovered with the same treatment. So you guys also understand, that you want truth, you want reality, you want to get realization. We have to know our existence. We have to release the hidden treasure within us. Look at their disciples. You guys should look at the disciples. Are their disciples practicing religion? Are they very honest people? One says our big; our attention is focused at that time. I said, okay. They sit for three hours. I said absolutely lazy business. If you don't want to do business, then my guru has initiated me.

I am sitting for three hours. The children are crying. My husband went to the office without eating. You have found a great business. My guru has initiated me, given me a name, and I am sitting here. If inactivity were a sign of religion, then why did Lord Krishna come here with the Sudarshan Chakra in his hand? He could have sat somewhere inactive and gone to some jungle. He would have gotten married and his wife and children would not have been taken care of. Is this a sign of religion? And they started saying that our guru has initiated us. Don't eat this, don't eat that, don't do this, don't do that. Yes, alcohol is definitely something. It's forbidden for alcohol. Alcohol, cigarettes are forbidden because you know that cigarettes cause cancer. Were all those people crazy who prohibited it? Alcohol is definitely prohibited. Alcohol is prohibited because alcohol goes against your consciousness. It goes against consciousness. Drinking alcohol disturbs your consciousness. Your liver gets damaged. Your mind is in your liver. If your mind gets damaged, your realization will be finished. This is against human beings. Completely demonic, believe me. Someone from Andhra Pradesh asked a question just yesterday. I went to Andhra Pradesh a year ago. I have four tapes, listen to them. And the ones who took them away are here. They came yesterday. And they will come again in a while. Ask them. I told them, 'Don't use tobacco here. Guru Govindji once went to a tobacco field, and his horse ran backward. They asked, as if tulips were planted in Holland, and everyone came with big motors to take me away. I laughed. I said, "It would have been better if you had come in a bullock cart, but you came with religion." They send tobacco from there for all over the world. How much sin must have accumulated, oh my! I said, "Just uproot it and throw it away." So they started saying, "What to do?" I said, "Grow cotton here, tell someone, sow crops in the tobacco fields. The cotton here will be very good. You sow" One or two heard. The rest got so angry that they didn't even send me a letter saying, "Mother is very bad, she's saying this and that." Alright. Now see the situation. All the fields were flooded with water. I had said that one day the sea will rage against you. What is the sea? It is directly the form of the father, the Guru. He is the real Guru, he teaches. And against the Guru sits alcohol and cigarettes. That's why it's forbidden. And the third thing, which is very bad, is gambling. We have a fellow practitioner. Everyone around here plays cards. Women have also become addicted. They got up in the morning, distributed coffee, and party started.

Cards started playing. Now she got addicted to it. I went to her, "Fix this." For a day or two, I thought I wouldn't tell her. It hurts a lot. Should I do this, should I do that? I said, "Look, you play cards." She said, "Yes." And you also bet money. She said, "Yes." I said, "Promise me you won't touch it again." Playing cards is not wrong, but if you indulge in competition over money, then you are disturbing your mind. It's straightforward to understand. Now, understand, we are sitting here talking to you with pleasure. You are our friend. As soon as friendship comes with the force of money, friendship ends, doesn't it?

Whether it happens or not, tell me. Any relationship, good or bad, is it true or not? Break any good relationship by arguing over money. It will happen immediately. Until you argue over money, friendship remains, doesn't it? This is the subtle point. That's why if you're playing cards, if you're playing for friendship, it's okay. There can be big enemies here. More than enmity, nothing can happen. How many people's sighs, what about them? Leaving small children at home, women are playing cards here. Why did she become a mother? Confusion is created. Sitting in the forests, all are playing tricks. They fight amongst themselves. Who asked them to come as mothers to these children? Then their children also become mischievous. People have become mischievous, drunkards, stubborn. What have I come here to do? There is a lot of emphasis on this in Delhi. Punjabi people think that until they don't play cards, they are not from Punjab. It's very sad. The Nanak who was born on this great earth, the direct incarnation of Dattatreya. He was tormented so much while alive, enough, enough! And now when he's dead, now everyone becomes Punjabi and you all know him. You will keep doing the same things that will cause him extreme grief, what will you say then? What's so easy about taking birth as a human being, who incarnated in the form of his father, who took birth in the world for himself, it's not easy at all, how much effort we are making. Now I have told you what things I am forbidding because I am a mother, I will forbid. If you put your hand in electricity, I will say son, don't put your hand in it. And you should understand that as much as a mother's heart breaks, it cannot break for yourself. So don't take my words badly. For your well-being, for prosperity, only a mother can work hard. There are so many realized souls in the world that you don't know about. There are so many enlightened souls sitting in the forests, sitting in the Himalayas. They come to meet me, I ask them what they are doing sitting there. What should I do with you all? What respect should I show you there? What should I do? Why are you sitting there? They say, "Mother, we will work hard for twelve years. Then we will come. There are very bad people there. We won't come." If you send someone to them, they break their legs. They say, "These are very cruel people, absolutely useless people, nothing can happen to them. Let them die for years." They say such things. It's you, there is so much courage in you, there is so much love in you that you are working so hard for them. Those who came, they started beating them. They took sticks and started chasing them. These are the same pandits who are sitting in the temples today and eating your money. They have killed so many. And these popes who roam around, they have crucified Christ and are still doing it. And you are going to their feet. What will they do? What is the need to go to people who walk on blind faith? There are many injustices happening, what I can tell you that I see. When will people's eyes open? Kabir said this much. He kept an uninterrupted recitation. Everyone is sitting there. It means to keep an uninterrupted recitation. If you listen to it with your mind turned towards it, you won't be able to listen. How will you understand, brother, by doing such things? And what has been said just does it.

Keeping it doesn't work. Everything has been said. Everything has been revealed. And what is natural has been there for many years, since creation. It's just that today Sahaj Yoga has reached a point where your connection can be with that primordial source. Sahaj has been operating in many ways. When the earth was first created, when it was cooled and heated, when life was formed within it, and then when living beings came. When humans came. Everything happened naturally. Krishna's Raas Leela, breaking the pot, everything is Sahaj Yoga. All the work of Prophet Muhammad also remained Sahaj Yoga. Everyone has been doing things naturally. Today Sahaj Yoga has reached a point where here, your common mass, collective realization needs to happen. This was necessary. But today, the historical time has also come. Historical time has to come. That has come. When the time comes, the flowers also blossom. When the time comes, spring comes. Similarly, understand that earlier only one flower used to bloom; today the time has come for many flowers to bloom. It was necessary, it was historical. You were given promises. And when one person transcended, they used to catch him and beat him because his words were not understood. But when today thousands of people get realized, everyone will understand their words. Now what is this Kundalini? No one has explained it so clearly yet. Christ said, "I will appear before like tongues of fire." Now go ask the Christians what that means. No one knows. Kabir Das, Guru Nanak, everyone mentioned these concepts like Ida, Pingala, Shunya Shikhar, etc., in their poems. But it remained a secret because at that time whoever said that was killed for it. And for openly speaking and understanding, humans did not have as much intelligence before. However, you will be surprised that today that intelligence is more prevalent. No matter how much a person seems fallen, their intelligence has increased. If someone gave a lecture in Krishna's time while

sitting in such a gathering, would anyone listen? That's why Gopi had to enact the drama. They had to break their pots and pour the water from the Jamuna over their Kundalini. All this drama was done because at that time, sitting and discussing like you do today was not possible. Yes. But today you people are sitting like this; there is a lot of emphasis on exploration within you. And due to this reason, Sahaja Yoga has borne fruit in many countries. Especially in London, Sahaja Yoga has gained a lot of momentum. The reason is that the English were quite wicked; there is no doubt about it. They were there. But their children are very good. Their children are truly ascetics. And they have done very deep exploration. As a result of that, they have done very deep exploration. Even to the extent that they have started smoking marijuana. You sent a lot of marijuana from here, didn't you? They made them smoke marijuana. They did it. They were ready to do anything for exploration. And they are so educated that they know everything about Kundalini. And they also knew whether something is right or wrong, as soon as they found the truth, they caught hold of it immediately. You will be surprised that in my London, there are only four lecturers. Only four, in total. Right now, three hundred excellent Sahaja Yogis are ready there, excellent. Because the preparation was there. Dry wood catches fire quickly. Someone was saying at the airport to ignite the flame among the mothers and children. I said, "Son, this is wet wood. It has to be dried first, it requires effort. When the sunlight comes, then it will dry. In the sunshine of love, when these dry up, they will blossom somewhere. Nothing is easy. Therefore, keep yourself in the love of the mother. Love yourself. And think about everything with an open mind. This Kundalini that is within us, resides in the three and a half coils, that's why it's called Kundalini. Kundal means the thing that is coiled. What we call as serpent-like here. When the serpent sits, the coiled Kundalini remains seated like a serpent. In Marathi, it is called 'Vetole'. 'Vetole' is a very good word. It's something that coils and climbs up one after another, this is Kundalini. You can call it a coil. There are three and a half coils within one. Now why three and a half? The reason for this is that if you see an automatic watch. Which keeps running with a pendulum? Even in that, you have to put three and a half coils. There is mathematics involved. It's infinite, that's why it happens. Now if I go into its details, it will become a thing. But whatever is thought, that's engineering first class. There is no doubt in it. Now the Kundalini of three and a half coils has been placed here, this is the middle sprout. This is called the 'premula' in English. Below it, this chakra is already made. It has four petals. This chakra is called the Muladhara Chakra. Not just Muladhara, it's called the Muladhara Chakra. And this triangular place, where the mother is seated, this is your own mother. Everyone has their own mother. Understand, it's your tape. Your mother knows everything about you, so it's your tape, understands. Each one has a different mother.

And this is repeatedly born with you. Wherever you are born, it is born there. You cannot touch this Kundalini in any way. You cannot awaken it in any way. Standing with your head high, reading, writing, nothing can be done by anyone. 'Neither in yoga nor in Samkhya'. The best is our Adi Shankaracharya. He said that yoga and Samkhya will awaken by the grace of the mother. Because its mother, until she comes into the world, it does not awaken. Sometimes, due to the love of the formless, some people achieve it. And therefore, they remain formless. Mostly, they talk about the formless. Like you can say about Buddha. Once Buddha was tired and sitting, then the Divine Power itself awakened him, and he got realized. So, he said that there is no God because when you transcend, you feel cool and you transcend. You look a bit whether there is God or not. I am telling you whether there is God or not. The reason for this is that when Kundalini rises from subtlety to the top, it passes through inside. The external matter does not show anything to it. When the mind enters from the utmost subtlety inside, the external matter does not show anything. Just like right now you are sitting, what do you know about the outside? Delhi will only show you a little. If you come by airplane, you will see the whole of Delhi. But if you are inside the house, then only the house will be shown to you. Its external part also does not show. Similarly, when Kundalini rises from subtlety, no external means show you anything. You also do not know whether there is God or not. Only coolness starts to come from within you. The waves of consciousness come and go. You can see the effect of this. Now, your mother is here, and I can tell you everything, I can also give you proof of this. Now, in this Muladhara chakra, Lord Ganesha resides. The meaning of Lord Ganesha is, it is a symbol within us, a symbol. What is the symbol of? Of innocence. Of innocence, of purity. When the mother created this creation, before creating the whole creation, she created purity in the world. Any mother, when her child is about to be born, will clean everything in thousands of ways so that her child does not get dirty anywhere. Any mother, whether she is illiterate, whether she is (unclear), whatever mother she may be, will first create a clean place for her child so that her child does not come under attack from anyone. This is a sign of her motherly love. So, she created Lord Ganesha here. She placed purity at the door. And those who say that Kundalini is awakened through sex are suggesting having sex with their mother. At least understand this much, being an Indian. English people cannot understand. They have no mothers, no sisters, only donkeys. You should understand whether you should believe such a thing if Rajneesh explains it this way. Tell him to stay with his mother. We don't need to talk such dirty things. Understand how big a demon he is now. The awakening of Kundalini, which a person says happens through sex, nothing happens. When a

person does such wrong deeds, any person who is very sensual and who has not respected life in the world. Who has done very dirty deeds and then starts talking about Kundalini, then Lord Ganesha gets angry with him, and then he starts dancing, then he starts screaming, he will rise suddenly in the middle, create havoc. This happens when there is a disturbance in the Kundalini. The Kundalini will never do such a thing on a true character. Kundalini itself does nothing. It's just your mother. It's for your blessings, for your rebirth. She doesn't do such things. But Ganesha gets angry. Tantric people have taken great advantage of this. Although I will say that a mother will never completely condemn her child's actions. Perhaps this is why a mother never completely condemns. It's the nature of a mother. I would say that a person must have seen Lord Ganesha at his Muladhara chakra. He must have only seen His trunk. So he might have thought that this is the Kundalini. And that's why he messed up. It's possible. Therefore, fundamentally, at the beginning, any mistake that might have occurred, it might be that according to my nature, a person is not condemned. But when they saw that by doing this kind of work, strange achievements are obtained within us, then they thought that this could be the power. Now how do achievements happen? When you perform wrong actions, especially on any chakra, as you can understand, a temple of Lord Ganesha, tantric did this. It's shown in a temple in the south that Lord Ganesha has a dirty relationship with his mother. They did this too. Tantric people left nothing. If you sit in front of or inside the temple of Lord Ganesha and commit adultery, then first of all, you will feel very hot inside you. A lot of blisters will appear inside you. You will suffer some kind of major discomfort. Some people will start dancing, some will start jumping, and there will be discomfort. Yet you did not listen. Keep doing what you are doing. Forcefully, what they call negative tantra will start. Meaning, Lord Ganesha will leave that place. His consciousness will leave the temple. They will leave. As soon as Lord Ganesha leaves, impurity will enter, from both sides, see, these two sides are connected. The sympathetic nervous system on the left and right side, like this. From the left side, because you are looking at the left side. On the left side, there is the whole collective subconscious, and on the right side, there is the whole collective supra-conscious. From there, as many deceased spirits are there, from there, whoever the mind desires can come and you can achieve all the achievements of the world. Meaning, you can also tell the number of a horse. Idols can come out of your hands. Kumkum can come out of your hands. Etc. Now a person should think that they have intellect. A person should think, what interest can God have in giving us a diamond ring? Do you really want a diamond ring? Then you don't want it. Then why take it? And then you should also think that why don't those people who give such diamonds, why don't they do all the welfare of their country? What does it mean to give diamonds to rich people, who have big cars? Kabir Sahib has written a lot about this too. Nanak Sahib has written a whole chapter. These are all such things, making such appearances, pulling such faces, taking the intestines inside, etc., which are useless things, they have also written many things about them, that by doing this, one gets closer to God. But who reads them? Nowadays, people only read Rajneesh because if they get to see a cabaret dance by taking the name of God, then why not go? That too for free. The human behavior has become like this. That's why this is happening. So when we think that this person has achieved success, we start following him. When we start following him, Lord Ganesha disappears from within you. Mostly, when Lord Ganesha disappears, diseases of the prostate gland are prepared. Look at the other side. We are talking about indulgence here. What happens on the other side? Just today, a gentleman came. He is a very good man. A pure man. He worshiped Lord Ganesha here. He kept Lord Ganesha. He worships him morning and evening, and his Muladhara chakra is activated. There is another gentleman. He is our very strong co-yogi. He came to me. He is a very heavy devotee of Lord Ganesha. He is going to have an operation on his prostate gland. It was Sankashti day. I didn't ask him anything. I said, 'Take, son, eat chickpeas. Our chickpeas are prasad, you know.' So the other gentleman who was with him started saying that he is fasting today. I said, 'Fasting? On Sankashti day? Who told you?' He said, 'Everyone says.' I said, 'Everyone says. Think with your mind, on the day when Lord Ganesha was born, on the day when purity came into this world, on that day will you fast? What respect are you showing him? When a big man comes to your house, how much do we celebrate? Serve this, serve that. And on the day when Lord Ganesha comes to your house, you are fasting. Think about it. Is that day for fasting or for celebrating?' So he understood. He was a very wise man. He is a Brahmin. A very big Agnihotri Brahmin. They used to perform yajnas long ago at his place.

But wisdom prevailed, and said, 'Mother! Give me', and everyone ate chickpeas. Since that day, except for that, you will be amazed to ask them, I live in Pune. His prostate gland was completely healed, and he did not undergo surgery. If a person remains moderate, does not indulge in extremes, then everything will be fine. Who says, "Take your pain and spread it all over the world?" They will create havoc. They will pull out the intestines in anger. Oh brother, why do it? Ask those sitting here. Just three years ago, I treated them. Their intestines used to come out in front of me. I said to them in alarm, "Brother, don't come in front of me for two years. When your pain will stop, then come for the show." They used to perform such acts in front of me that I wouldn't even ask anything. Who told them to do all this? Are they wrestlers or trying to become cinema actresses? Relax. Yes,

don't overdo it. Don't eat too much. Don't die of hunger either. Be normal, live like householders. Ask them, they will tell you how they are. I treated them for three years, their bones, only then they got better. Their condition is bad. So, there is no need to go too extreme. Hatha yoga is not for worldly people. Hatha yoga, go to the forests, where there is a guru, reach there. There should be a guru, not just a guide. They brought you, his stomach was so big. They brought Hatha yoga here. Because when these people go to any guru, nothing works, so they bring yoga postures and make money. The posture itself is not even 1/10 of Hatha yoga. There are many things in Hatha yoga like Yama, Niyama, Pratyahara, Ishvara Pranidhana, meditation. One small thing is to clean these chakras. You should also know which chakra is located where, which chakra is located where? The same thing applies to mantras as well. Chanting mantras also, now I said to them, "From today, you recite this mantra." Today, a lady came with Om. Hey brother, Om is something here. Now if your stomach chakra is caught then you, Om, Om what are you doing? This will be gripping you. Someone said, take the name of Krishna. Everyone here is getting throat cancer. Everyone is coming to me from there beaten. Mother, cure our cancer. Now think, here Sheri Krishna's presence is in the throat. In several places, I tell you many names. Now what should I do with them? I said, open a cancer hospital instead of building an ashram. Number of beggars roams the world in the name of that king. There is no shame. This is all the caste of beggars. They have caught their own pure chakras. What cancer is happening? Their cancer has even surpassed the cigarette sellers. Who will explain to them now? Everyone's condition will deteriorate. In four to five years, many throat cancer patients will be there, then they leave. The upper chakra, which we should call the navel chakra here. Although there is another chakra between it. This lower chakra shown here is called the Muladhara chakra. This controls our pelvic plexus. Now the pelvic plexus is a gross thing. It also has four sub plexuses. See, doctors also know this thing, it also has four sub plexuses. But this is outside in the gross and this chakra is inside in the subtle. Just as in a setup, the Prime Minister is sitting and his secretary is working outside. Similarly, in the central, Ganesh is seated. He also has four hands and their meanings too. And the functions performed by them are pelvic plexus, which also has four sub plexuses. All the chakras that are there, control the plexuses as much as they are. They also have petals. Ahead of that, you see I told you that there is a Muladhara chakra. The Muladhara chakra, which is the ocean of existence, is formed in its stomach, which is the form of the Virat. In its stomach, there is also a chakra called the navel chakra. This is also in the setup, in the backbone. But it activates the solar plexus. And this ocean of existence is oceanic. All the oceans of the world are made from it. And this is the principle of the guru. The principle of the guru is the principle of water. The principle of the guru is and in this only Dattatreya, who is the guru, the first guru, is made. Ten main avatars have been theirs. Among them are King Janak, Nanak, Mohammad, all are avatars of the same principle. Therefore, the fight between Muslims and Sikhs is absolutely foolishness. Nanak Sahab had come to unite both in the world. Later Muslims, the donkeys and they created havoc. And even now the thing they both had forbidden is the same. It was absolutely the same thing. Not two things. Absolutely one thing. It's also obvious to you that once Nanak Sahab lay with his feet towards Mecca. So someone said that Mecca is here. Why lay your feet here? So they said let's lay feet here, Mecca also came here. Wherever their feet were, there Mecca came. So if he wasn't Muhammad Sahab then how did it come? Think about their identities. So in this ocean of existence, the person who becomes very extremist, of a caste, in which there is a lot of extremism, that person transcends. I am a Muslim, I am a Hindu, I am so and so, I am a Brahmin, that person get realization. This is the problem of the ocean of existence. And in between it, there is the navel chakra, this navel chakra protects our religion. 'Whenever there is a decline in righteousness, in this 'Bharata,' there is the place of Shri Vishnu and Lakshmi. The place of Lakshmi-Narayanji. And whenever there is a decline in righteousness, then the Supreme Divine Himself incarnates. Because this Krishna that you have seen, or Vishnuji, is the essence of our creation, meaning he is evolutionary, that's why he takes birth. Lord Shiva never took birth. Lord Brahma took birth only once, which resides in this chakra. And from this, revolving around all sides and its connection is from the navel. In this, there is the place of Brahma and Saraswati. They revolve around all sides, save this ocean of existence and establish righteousness in humans. There are ten main religions of humans. That's why there have been ten great gurus. Like there is the religion of gold. You say that gold never goes bad, it's indestructible. Similarly, there are ten religions in humans. When one gets deprived of this religion, then he becomes a demon. The Gurus have said that one should not drink alcohol because man becomes deprived of religion. That's why they prohibited it, and alcohol goes against your religion. If a person becomes a demon, then drink alcohol. I don't understand if someone becomes a demon, then what's the need to go to such places? And on top of that, they write poetry about it. And these Muslims consider themselves to be very big Muslims. There is no one bigger than those who drink alcohol. And what's happening with the Sikhs in London, it's shameful. They have created chaos behind wearing a helmet, and if they start drinking alcohol, then what will the English and the Russians drink? First, they used to drink secretly, now they do it openly. The biggest thing is that with the little knowledge we have been given, we can still navigate our way through. But now, if a drunkard or a glutton comes from there and claims his right over me, saying, "Mother, let me transcend," what right does he have? Does he

have any right to get realized? When he didn't even listen to a small thing from his father, how can we let him self realize? And when he doesn't get through the realization, he will defame me. Is he like that only? He just spins tales. He performs magic. He chants mantras. And what are you? He should be asked, what have you done so far? Whom have you helped get realization? Whose welfare have you worked for? Have you done anything? You speak ill of your mother. What's your status? But here, whoever speaks up gets stigmatized. Nobody dares to speak against anyone. Now, I am telling you briefly about this because the topic is very vast. But tomorrow I will tell you about consciousness and subconscious mind. The chakra is called the heart chakra, and in the heart chakra is the place of Shri Jagadamba, the place of power. She is the mother of the entire universe. Because whenever big demons were born in the ocean of existence and they started harassing all the righteous people, then she herself comes and annihilates them, destroys them. For this, you will have to read Devi Bhagavatam, you will have to read Devi Purana. In this, there was no greater guru than Markandeya. Markandeya was also a great power. He was a great and powerful sage, and so was Adi Shankaracharya. They were present in the past. They didn't write anything. They just kept singing the praises of the mother day and night. If someone reads Shankaracharya, he didn't give any special description, he just continued singing the praises of the Beauty Wave and this Consciousness Wave that we vibrate. He was a great son. Now what to say about him? On his own head, now he's wearing a very small Bhatu Vaman and making a golden umbrella over his head. If it falls one day... now he's sitting. I heard that he's getting his heavy umbrella made of gold. Now if he gets hurt, don't blame me, I'm telling you. Make at least this much so that his head doesn't get hurt. If it falls, spread it all around, sit in the middle comfortably. And while sitting there, may be he's going to heaven in the airplane. And everyone goes to worship him, especially all the poor South Indians, their brains seem to be pickled. I asked a lady, "Where did your diamond go?" I donated it. I said to whom? Oh! She started saying it's that being built, diamonds should be set in it. I said put diamonds in it and also have four or five elephants standing. Make it. Each spectacle is happening in the world. Just see, are these the forms of God? Are these how God's people are? Hey, God's people are emperors. They have empires. What will you give them? Empire is that even if you sleep on the ground, you are still an emperor. Even if you stay in a palace, you are still an emperor. Whether you stay anywhere, you are still an emperor. It should be said to the man of God that these are his... roam around with a crown, diamonds set in it. Putting diamonds in donkeys doesn't make anyone a king. They think so. That by putting a little diamond in their fort, their fortune will be made. Alright, so this is the place of the goddess. Devi, who resides in the heart chakra, is the place of Shiva. The soul-form of Shiva resides in the heart at all times. I always give this as an example. Nowadays, there is a great modern example. Just like a small lamp keeps burning in the gas light, you must have seen a small flicker burning in your gas at home. And as soon as the light comes, just by saying the light, as soon as the gas stream comes, it means the Kundalini rises up, its light catches it. And the consciousness you have, the light comes into it. Your consciousness is not yet illuminated. It should somehow be brought near the heart. And the heart, where Shiva resides, is actually the abode of Sadashiva, the space. The place is there but the abode is here. So as soon as the Kundalini touches here, the heart becomes illuminated just like that. This is the place of Sadashiva. We call it higher than the Brahma-randhra, the place of Sadashiva. As soon as it touches there, your consciousness becomes illuminated. Then Brahma starts flowing from within you. Whatever you speak, whether it's true or false, vibrations of vibration will come to you immediately. This flowing from within you is Brahma himself. And Brahma, which is the light of the soul, and the soul is the shadow of the Supreme Soul. The shadow of the Supreme Soul or the reflection that exists within is the form of the soul. The Supreme Soul should be considered in the form of Sadashiva. Because it is from His manifestation that later Brahma and Vishnu emerge as three aspects. Meaning, initially, there is a form of Sadashiva, and from Him, three aspects emerge. We can call it the form of Sadashiva or Shiva's form, which is always in an existent state. Because of Him, we exist. If our heart stops today, we will cease to exist.

Existence, which is called existence, is in the form of Shiva. After that, the form of Brahma is the creator, meaning, they create. It should be said that they create the entire world. And after that, the third form is that of Vishnu, who is considered our sustainer. They sustain our evolution. Because of them, righteousness sets within us. Righteousness sets from every element. Every creation, everything has its righteousness. Plant a mango tree, and mangoes will come out. All these tasks are done by their creative power. Meaning, it is their evolution. The place of Shiva is here. Now, Shiva gets angry very quickly. He's a simple man, isn't he? He gets angry very quickly. Especially if someone even makes a small mistake, he gets angry very quickly. To appease him, one has to catch the feet of Adi Shakti directly when he gets angry. So, one should not anger him. And why does he get angry? He gets angry when the human mind is not in the soul. Understand the person. He's a hot yogi. The one who removes his desires, should be called a hot yogi. They earn for their body day and night. The more a person's mind is diverted towards the body, the more trouble he will get. The person who works very hard and thinks, "I should do this too, I should do that too, I should

earn money, I should build a house, after building a house, I should buy an airplane, after buying 11 airplanes, I don't know what else to do," people like these get rooted. That's why people get heart attacks. Because the mind is not towards the soul. Keep the mind towards the soul. Especially in your city of Delhi. This is a very common thing. I say this in very mild words that it's an imbalance. People are happy with it, not angry. The activity on the right side is more. You're working hard. Relaxation is forbidden. Let's work hard. Earn money. Contribute to the country's development. What does development mean? Are we doing what England is doing here? Here, 10% of people commit suicide. 10% of people go to mental asylums. 10% of people sit in orphanages. 10% of children consume cannabis. Similarly, if 10% contribute, then if 1% sits back, they cooperate. This is the situation. You have to create it here. Where a grandmother marries a grandson. These English used to rule over us before. What fools they were. So, where should I begin? Even a fool wouldn't do that. And it's common. Grandfathers marry granddaughters, and grandmothers marry grandsons. It's common. They have no shame. In London. Very common. Their love letters keep coming in the newspaper every morning. When you open the newspaper, it feels like the Gita is written. These unrighteous people ruled here for so long. At that time, there weren't so many fools. Now, there are many. Now they've become liberated, right? There, the old men have become so foolish, so foolish, they call them all "silly old blocks" there. The girls there are very clever. They've made a name for themselves. Some call them sugar daddies. They keep an old man sitting. They keep consuming his money. They roam around comfortably. Fifteen-year-old girls are very clever. They become clever from the age of thirteen. They start flirting from the age of fifteen. Enough, what's the use of earning money? So what if one is old? So what if one has had four marriages? And if people satisfy their vanity, they do the same. What fools! Old people become vain. They develop an inferiority complex. Because there's no wisdom in them. If there's an old person here, it's a big deal, right, baba, they've become old. Come, sit, and touch their feet. They don't do any work without being asked. The old men there are such fools, who will touch their feet? America, don't even mention their name. They're their grandfathers. What fools. What is there to learn from these fools? Why are you developing, baba? As soon as they have more money, their feet start to go up. First, alcohol. Those who drink alcohol shouldn't even be promoted. They shouldn't be given a single penny more. It's only when they have extra money that they drink alcohol. If they were to die of hunger, why drink, right? The politicians there have ruined them. What do they have? They just need to somehow get money, get votes, that's it. Then you do what you want. You have to pass that law. We'll do it, give us votes. Because politicians are also there, they don't have any principles. So, this law is also going to be passed there. There's a lot of effort to remove this absurd law. Not even on brothers and sisters. You'll be surprised there. If you go to London with your sister, you won't get a place in any hotel. Brothers and sisters are not allowed, they say. If you want, you can bring another woman with you. You'll be surprised, and people there think, how can this happen in Hindustan? This can't happen. We said, brother, here, just leave your brothers, but if you accept someone as a brother once, the whole family considers him a brother. Where are you? You're not even worth the dust of our feet.

For them, there is much to learn from themselves for many days. The simple things within you don't penetrate those fools. Leave aside my disciples. They are very cultured. They started saying, "Mother, this means we have no culture within us." I said, "That's what it means, son." Now you understand. They started saying, "Our eyes wander here and there a lot, at least stop that." Ganesh keeps everything with him, that, "Hey Ganesh, make us holy." So I said, "Put your eye on the earth for that." But if you put your eye on your earth, it will be fine. So you will be surprised to see that they keep looking straight ahead. They don't even lift their eyes. That's another thing. The seekers there are very influential, they are heavyweight seekers. Once they say something, it's like holding their ears, they've had enough. They started saying it's all dark. Now think about it, they're taking out Christ's photo there. They're taking out a picture that Christ had a bad relationship with his mother. I said, this picture won't work in Hindustan. Take it there. So they'll have to bring in Queen to veto this, that this picture won't be made until I'm alive. Poor thing. There's no path left for the honest there. So when you come into the mode of passion, there's passion on the right side. Coming out of ignorance and entering into passion, you're in the midst, so you should stay in the middle. That's why Buddha said one should stay in the middle. A person who descends too much into passion goes into excess. And it's because of going into excess that he gets transgression. Now you understand how I explained about the chakras. There's a lot of difference between the Muladhara Chakra and the Muladhara here. The Muladhara where the Kundalini is located and no one can enter the Muladhara Chakra. It's extremely sacred. Information comes to it only from the Mother. When you go before a person or an incarnation who has authority, only then does the Kundalini move, and it tells the Muladhara Chakra, "Yes, it's okay." Then they release it from here. Both have powers, both sides to reduce harsh tension. And then the Kundalini rises slowly, passing through the navel chakra, passing through the heart chakra and going up. As I said, on one side of the heart chakra is the place of Shiva. And on that side, when you involve your Lakshmi-Narayana with ten avatars, then in the eighth avatar, when Shri Ramachandrajī's avatar

happened, that place is theirs. But Ramachandraji is not in the middle. He is on the right side. He was seated on Rajogun. He was also forgotten that he is an incarnation. Because he was seated on Rajogun, it was established that this is the dignity of man. Because he came as an ideal king. Dignified man. Therefore, the dignity of a man is Ramachandraji. The person in whom this dignity is not there, this chakra catches him. Many people think that if we get freedom, then let go of dignity. Secondly, the person who does not have reverence for his father, this chakra catches him. The left heart catches the one who does not have reverence for his mother. And the one who does not have reverence for his father, who misbehaves with his father, this chakra catches him too. Also, if someone mistreats their children, this chakra catches them too.

The chakra in the middle, when it catches hold of women, they get breast cancer. This leads to a sense of insecurity. When this chakra catches, or when that chakra catches, or when this chakra catches, then in these three chakras, a person experiences palpitations and troubles like dizziness. This is just about illness. But there are many subtle things beyond this. I'll explain to you about the upper chakras tomorrow. The chakra above it, behind the throat, is called the Vishuddhi Chakra. It contains the place of Shri Radha-Krishna. Going to their place completes their incarnation. There are sixteen petals there plexes and sixteen sub plexes. And from this, our eyes, nose, this entire forehead, especially this portion here, which causes people sinus and so on. Mouth, jaw, ears, nose, throat, etc., everything happens from here. Now it's very important to understand these chakras well. Therefore, I will tell you about them tomorrow. And above this is the Agnya Chakra. It's a very important chakra. I'll tell you about it tomorrow. After that comes the Sahasrara. In this way, you have seen how Kundalini rises on its own in the seven chakras. How Kundalini rises, how it ascends, I will tell you about it also day after tomorrow. And I will also tell you how conscious, all conscious collective, and supra-conscious and collective supra-conscious, all conscious and collective conscious, how you become aware in them. I will explain all these things to you scientifically. After listening to today's lecture, vibrations have also increased completely, which has also benefited from it. Don't just listen to the lecture and leave afterwards, don't do that. Respect yourself. Attain your property. Everyone says emotional, mental problems. Get your property. Once you attain your property, your physical and mental problems will come to an end. And you will reach that state which is called the witness form. And this dynamic power of God, flowing from your hands, will continue. Let me finish by telling you a short story! Once, Radha Ji felt very envious of the flute. So she went to Krishna and asked why the flute is always in your mouth? So Krishna said, go and ask the flute yourself. So she went to the flute and asked, "Bhai, what is your specialty, what is your uniqueness?" So the flute laughed and said, "You don't know. My specialty is that all my uniqueness has been lost. I have become hollow. The flow, the music comes from within me, and I keep listening." Similarly, you become like this, and that's why God has created you to become His flute. His actions will be carried out through you. You will know Him now. You will also know His actions. You will know His incomprehensible play. You will know His omnipotent power. And all this can be your own. But if your limited intellect is rusty, then it will become cold, brother. Limited things don't work beyond the limit. In this, you have to dive into the infinite. It's extremely subtle, and the intellect should also be subtle. Your mind should also be a little subtle. If your mind is always occupied with external things, then it won't work. Come into the subtlety a little. Once you attain subtlety, you can control all gross things, even plants, animals, and creatures, just like that. But first, you have to attain subtlety. It's very easy. There's nothing difficult in it. When I was in London, the people there said, "Mother, it's very cold. Can you make it a bit warmer?" I said, "Alright, you want summer, come here tomorrow." You must have heard that there are two or three summers in London. Ask my disciples. Our program was supposed to happen here in Delhi last month. So Subramanyam sir said, "Mother, it's getting very cold here. It's going down to 3 degrees Celsius. What should we do?" I said, "Alright, let's postpone it till next month. We don't have time now. We'll come next month." So he said, "No, no, by February, it will be very cold. It will be absolutely freezing." I said, "Alright, if you say so, then fine." Before our arrival, the Sun God started working hard here for just one day. And now you are sitting comfortably. So, this is not a difficult task. First, attain subtlety. Once you attain subtlety, what is in this hand? You have already gained control over the gross. But the gross has settled in your head. Like this gross is here, like you have managed electricity, but your work doesn't run without electricity because electricity has taken control of you. But when you transcend and reach a state where you are sitting above all the gross, then the gross touches your feet, and those who want to do something can make it happen. It doesn't even matter then. There is no interest either. Then a person creates within himself and the most beautiful miracle is you, people, human beings, and then it's fun. Just like now, there's a gentleman, Premapuri sir, if he comes, everyone says, "Look, look, how his vibrations come." It's like that. Fragrance keeps flowing from within you from morning till evening. Keep taking that fragrance. Keep attaining it.

1978-0131, Advice, Part 1, Rajoguna and Swadishthana Chakra, Lakshmipati

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31 January 1978

Talk to Sahaja Yogis

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1978-01-31 Advice in Delhi, Part 1 - Rajoguna and Swadishthana Chakra - Lakshmipati, Delhi

[translation version 1]

I have told you about the Nabhi Chakra and also about the Void. The guru principle resides in this "Bhavasagara" (ocean of illusion) and this Guru principle establishes the dharma within us. These ten petals here that we have shown are the ones which establish the ten dharmas within us. (Shri Mataji points towards the petals on the chart). It is important to have these ten dharmas in a human being otherwise he is not a human being.

Even if he has nine dharmas in him is still [Inaudible] a bit and if he does not follow these dharmas that are within him, and when I say dharma I don't mean by Christianity, Islam, Hinduism, and all that but dharma means the innate dharma (religion) of humanity within, if one does not keep to those ten dharmas then he turns into a devil. This Guru tattwa has taken birth in this world in many forms especially it has these ten main incarnations have taken birth like Raja Janaka, Nanak, Mohamad saa'b etc. and at the end it was Sai Nath from Shirdi, who took birth. They tie this tattwa/moral within us because all these gurus who have taken birth for our evolution are placed within us.

[Unclear] These Gurus are very subtly placed deities within us. Like for these Gurus already say: "Don't consume alcohol", then they weren't mad that they said this. Neither were they standing in any elections to win votes that they said that. You can't even say that they had any kind of business that in some competitive feeling he said that thing. They said: "Child, don't drink alcohol, don't take to cigarettes, don't take any kind of drugs" because the position of our attention within is also placed in the area of void.

You will be surprised to know that our attention is in our stomach. Actually, to be specific, in liver resides our attention. They said you don't drink alcohol so your attention does not get spoiled. You know by drinking human awareness gets damaged. People got the other way by saying ok, if drinking is not allowed then lets not garlic, onions, etc. Prophet Mohamad used to eat garlic, onions and also Nanaka used to eat meat and all that, attention should not be wasted on food etc. what we would in the morning, what we would eat in dinner, what you will eat today, what will you eat tomorrow and so on.

I went to Paris, I was shocked to see how much time people spend on the thought of what would you eat. An hour before they will make you sit down and there will be a discussion on what will you eat, they will bring you a menu then people will decide "okay I will eat this, I will eat that"... and on top of it there will be an intensity about their deep interest in that particular dish. Does everyone has the same taste or what? They will make you work hard in this one hour and after this discussion now they will keep drinking wine. After that, God knows what they like...Then they will be so peculiar as to what they want, how they want their dish. That's why the waiters in France are considered the experts because they can give the way people want their desired dish. And it should be cooked right then and this and that and all that...and if you look at the taste, its absolutely waste. Don't know what they keep on doing, one hour man wasted there on I want this and I want that. Today I want to eat this, tomorrow I would like to eat that and then day after I will eat that.

Then we have people on our side who have disease for "Upvas" Fasting. This is a new one, good one that go for fasting. If they want to do fasting then they are thinking ahead of time, "oh tomorrow is fast then what to eat. Well in fast we can only eat singhare ka atta. (a particular type of flour in India which is made out of a fruit)". Ok, then to get that will go to "Khari-Baoli" (a

place in Delhi) where to get that. And what if we won't find it...then will call somebody and person agrees to get that. Then he goes to get it. Then like this the fasting trend goes in the air. Another thing fasting on Friday. For what? "Goddess Santoshi" Oh, you should never fast on that day. The day she is born, who has told you to fast on that day? Now how far should I go on to tell you these tricks of brahmins, a few of them are here and they will come and hit me on my head. The day someone is born they tell you to fast. They tell you to fast on "Sankarshti." Now you tell me if this is common sense to fast on the day when Shri Ganesha was born. There should be some sense in it. It should have some meaning in it. The day Mother Santoshi was born they tell you to fast. The same day you are not suppose to eat sour, means the things she likes to eat you should avoid. Is this a way to please her or a trick of negative "Tantrikas which means the things she likes you don't do. That displeases Mother Goddess.

First thing I tell you is that I don't like children on fasting. There is no need to do fasting. What trouble you are in that you have to fast? Yea, I mean if you don't feel like eating today then you can some fruits and done. That's it. But there is no need to do fasting in Sahaja Yoga. Do I need T.B. patients here? They make this picture of Christ like a T.B. patient, where he is standing and his hands and legs appear to be as thin as if there are just bones. You should think yourself that can Christ be like this? Think yourself. Use some brains. That how can it be possible. Christ, was the one who was so divine, so great, charming like flower and so energetic that he could beat ten people like you. Now these devil, French artists. The ones who themselves walk like women. They made Christ like that so what can be done. At least nobody would make Shri Rama Chandra like that in our country. (laughter-everybody laughs with Mother). There is atleast that much sense we have in our country whenever they will make Rama Chandra or Mother Sita they will create a healthy, wealthy, plumb, beautiful personality.

Nobody would make such a diseased looking kind of images where skin is all going inside their being. How can such personality do any benevolence to people. So there is no need to do fasting. Gandiji did it for all once during "Satyagrah moment" (One of the moment during freedom struggle of India) no need for you all do to fasting. Mother will not be happy with this. It does not mean that you go on eating. (laughter-everyone laughs with Mother) Man goes to extreme you see, that oh Mother said to eat. So now lets eat and then next day you come to me saying Mother please treat my stomach. You should eat whatever is required. It should not be too much and it shouldn't be too less. But something in between. There is no extreme to it. One should use some discretion.

Commonly one can say that one's attention shouldn't be on food too much. There should be some distance [unclear] As per the righteous act under dharma it makes sense to follow that you eat what is made by the Gruha Laxmi (housewife). Vibrated and good food. You can say what is dharmic should be eaten. It does not mean that I am talking about vegetarianism and non-vegetarianism. No, not at all! See the extreme in that also. Jains have gone too far in vegetarianism that I don't understand how to explain this to them. So they will one Brahmin in a room and all the available mosquitoes or bugs in that town are brought in that room to that Brahmin. Now these bugs bite that Brahmin and suck his blood. And he is given money for this act as a token of respect. Now you tell me if this their vegetarianism. Do I have to give realization to mosquitoes? Or do I have to give it to the hens? I have to give it to humans. What will you do by saving hens? Don't be overly kind to these bugs and hens otherwise I will be giving lectures to these guys only. So in a simple way you should continue with life and whatever is required can be followed. But with these kind of ideas sometimes funny and dangerous situations can arise.

Like I'll tell you a story where a personality named "Lama" reached in Denmark, Lama, name Lama! And there he said that I only walk on marble floor. So these children who were his followers collected some money and got marble flooring done for him. Just imagine now in Denmark, poor guys had to go for marble. After that this Lama guy reached there with a shaved head and said that I am a vegetarian and you guys also have to go vegetarian. Now you see, in Denmark you can't get so much of vegetables. Poor guys get only potatoes easily and not much. All started following vegetarianism and became thin and their skin going inside them. And Lama eats quite well and was plumb.

So I asked them one day what did this guy tell you about sex life and all. They told me that he said to them that its in our culture and it's fine to do whatever you like. At the end I heard this. This is a truth you won't believe that two of the girls came from him and told me "Mataji, we have become pregnant over there" This is their vegetarianism. All other men who were there this guy had (text 1- weaken/text2- beaten them) Because normally whatever a person eats in his life if you wean them with that he will turn weak. And once he is weak, it's very easy to put bhoots in that person. So make someone weak first and then fill him with

bhoots. Rama Chandra ji (Shri Rama) was a "Khatriya" (warrior as per their born religion) and he used to eat everything or not? For whom did he kill a deer? Jains have went this far in their understanding and have even said for Shri Krishna that he was not God. Why? They said because he did not kill anyone. So for devils if Shri Krishna won't kill then who else, would these Jains go and kill? Should rakshasas not be killed? Is that violence?

Violence also comes under the dharma. (Righteousness) All that is benevolent is dharmic and has to be performed. In fact anger also has to be shown. If you don't get angry bhoots don't run away. Sometimes have to shout at them to scare them away then he runs otherwise it doesn't go away. So there is no harm in shouting if by doing that bhoots go away, should do it or would you fold your hands and request him to leave the body of the person as you are non violent. So if you be this soft to the bhoot then with these pleadings bhoot will come on you as well. Where there is a requirement to shout one has to shout. You must see that earlier people use to take a broom and hit the bhoot in the person with it really hard and shout at the bhoot to leave the body. Sometimes I have to scare them by saying that I will give you a curse if you won't go. Then they pack and go. You should see this sometime, it is very interesting kind of a thing.

So there is weird thing that it is said that "One shouldn't get angry". Once we were having a program in Mumbai and quite a lot of people were there. In that program one person was possessed with a bhoot and started acting. So he came up and ripped a book, threw at me and kind of misbehaved by using abusive words and all that. I kept quiet and just witnessed. So some people got upset with him saying that he can't misbehave with Mother like this. On this the possessed guy said "you all are Sahaja Yogis, you should sit quietly and should not get angry" then I told them to give two solid slaps and if he says anything more, give him to the police. Then he ran for his life. It means that those days are gone where saints and sages were torched and troubled.

Now in these days if anybody will even look at these saints with bad eyes, then those eyes would be destroyed. Without that these negativities are not going away. Who has given this right to human beings to torture these saintly people all the time. This is a new era. Enough of it. Now in these time all the wrong which is hiding within them will be brought outside and exposed. All those who have performed adharmic activities will be given a lesson. No body has right to exploit saints and sages. Earlier there was a saying that if someone will do such a thing will be under sins now whoever does anything wrong, it will be shown the same time. (Kind of instant karma fruit) otherwise the problems of saintly people would never go away. How much these saints have been exploited. This is because of adharma, when there is adharma in your Nabhi chakra. When complete adharma covers this whole thing then Shri Vishnu takes his incarnation.

He has incarnated himself in many forms and you know he has even come as a woman once. He comes to protect these saintly personalities and at that time as i have told you earlier also that Shri Durga here on your centre heart comes sakshat as Shri Jagadamba. She has incarnated many times. It is said that she took one thousand incarnations but she has also taken some "ansh-avatars" (means partial incarnations) And she comes in this world to protect. To protect the Satva, she protects the satva-gunās. (qualities of the central channel). After receiving that protection when a person rises then she sits here on the center heart as Jagadamba. Heart Chakra is in the centre and heart is to your left which has Shri Shiva as the residing deity which is also known as the "atma swarupa" (Spirit) so Shri Shiva resides in the heart. If somebody says that I got a heart attack then if we tell him to ask for forgiveness and say "oh lord of compassion, please forgive us, if we have done any mistake, in any way if have done anything wrong you kindly forgive us. "

"Kara-charana krutam va kayajam karmajam va
Shravana nayanajam va manasam v' aparadham
Vihitam-avihitam va sarvam'etat kshamasva
Jaya jay Karun'abhe He Maha-deva Shambho"

This is the mantra to cure his heart. I bet you if his heart does not get well with this mantra. But you can't do it. A realized soul is required to say this because his connection will be the divine. And if he asks for forgiveness it will be granted because he is bhola shankar. But connection has to be there. Rather if you are his devotee you will get a heart attack. Yes, you will definitely get it. Why? Because without his permission, "baap-re-baap" (Oh my god) Shiv ji! Even if you have to meet Prime Minister you write one hundred letters and then he is Shri Shiva, everybody's grandfather's grandfather he is. He is a very great thing. Just like that

you take his name is not advisable.(text unclear) No. His name shouldn't be chanted without realization. Look at what kind of people he is surrounded with. All these ganas will give you left and right to make you all right. That's why before Realization, you shouldn't take his name. And after Realization also, you should become very humble and seek forgiveness for yourself and then should take his name.

You need a lot of humility if you desire to worship his name. He is only attracted by humility. Because of this humility itself a lot of great demons were also able to achieve him. A person should be very humble. He is pleased with those who always look at their own faults and be humble at his lotus feet. If you want to (Shri Mataji telling someone in Marathi language not to take photographs in between the lecture as it disturbs. What is so special to take picture while I am lecturing.) This is the place of Shri Shiva. Shiva resides within us as "atma-swarupa" (spirit) in our heart. Like light of lamp its always illuminating in our hearts. It knows everything within us as to what is happening, what is not happening. It is called as "KhetrAgnya". In front of that lord "Parameshwara" do not do any mistakes. If you have done any mistake seek for forgiveness. Your Heart Chakra will be caught up if you have done any mistake. That's why you should think of any mistakes you might have done and ask for forgiveness. You can't think of anything then you should pray "Lord if we have done anything wrong please forgive us for that." Without his forgiveness heart can't be all right.

any kind of extreme behaviour can easily displease him. That's why I tell "Hatha Yogis" to leave "Hatha Yoga" or else they will get heart attack. Only by doing few kinds of "asanas" (positions type) is not "Hatha Yoga" there are six kinds of things one needs to follow. Like you know there should be routine and discipline, only "brahmachari" ascetic should be allowed to do it and that too by the age of twenty five he should be done with all of this yoga in a forest. This is written in "Patanjali Yoga" if you read it you will know. And its not written anywhere that those who live in households are allowed to do it. No where it is written. One should have a guru, one should have a desire to be one with God. Out of these "Pranayam and Vyayam" are very two small things about "asanas" (yoga exercise) Specially about these asanas, you should know about your chakras which are weak and they need workout. Now you have stomach problem but you are doing asana for you throat. So then you spoil your throat along with your stomach.

There is science as to what should be done where and how. Which mantra is to be used where is also a complete science. If your heart chakra is caught up and you are spending time in Shri Vishnu's devotion then how will it benefit you. As a result you will get Vishuddhi problems because its without permission so you will get Vishuddhi Chakra, then Shri Shiva will be upset with you and because you are taking the name of Shri Vishnu so your stomach will also get disturbed. So unnecessarily you will end up on the bed or in the hospital. Then they will say "Mataji, we are very dharmic people and we pray everyday even then we are here in the hospital." Now here your ignorance is at fault. The biggest thing is that everything can be forgiven. God can forgive anything, everything can be alright if you stabilize yourself on one thing and that is "Shradha" (enlightened faith).

Faith is a very great thing. If you have faith in God innocently without any questions then one day or the other you will definitely get one with God and besides anything wrong done by such person also earns forgiveness. If he thinks about God at that time he will be forgiven because god knows that he is connected to me because of his Indestructible faith. But these days people have no faith and everything has become a fashion/trend. That's why it takes an opposite form. That's why man starts to get opposite results. Whatever he tries to do to get some good out of the thing it turns the results completely opposite. Like I told you that all the people from "Hare-Rama Hare-Krishna" have got throat cancer. So many come to me from there and I tell them to open a cancer hospital rather than an ashram. Now if you tell them they are like we do "Hare Rama Hare-Krishna" why did we get cancer?

So the reason is that you are taking the name of Shri Krishna from your Vishuddhi and you haven't had any permission from him. You should take his permission. If you just start taking his name morning till evening, then is he your servant? But this understanding comes to you when you get cancer then somebody says Mataji can cure cancer then they come to the line. You will be surprised to know that they are in such bad condition that if I try to ask them any question they just keep on repeating the same words. So likewise by doing any such kind of stupidities one can get many problems. You can see that small thing like electricity which is such a simple power but if you put your finger somewhere then you get a shock so this great tremendous power of the God which is flowing and to have disrespectful and ignorant behaviour can be very dangerous one should know.

That's why today I am going to tell you each and everything about it. (Unclear text) I am not going to hide anything from you. I am going to tell you each and everything about this power. So later you don't complain me that Mother you didn't tell me about it. For this you need to understand, here I told you that its Shri Rama's place, on the right side. He is on "Rajoguna" as "Maryada Purushotama" on the "Pingala nadi". Now about him what should one say about him as you know whatever is said in his glory and about him is not enough. But he is (Text-1 embodiment of fatherhood/text-2 embodiment of good conduct and boundaries of good man). Like say, when our this father principle is disturbed then this chakra goes out of order. For if we do not act well towards our father or as father then also it gets affected. Especially when men who run after other women and don't respect their wives they get this chakra. They get breathing problem. (Asthma) Direct result. If you are catching on your heart to your right means you are against the principle of Shri Rama where he had only one wife. Then you shouldn't get married.

At the time of wedding you get so super excited and after marriage you think that your wife is worst woman you have ever met. Whatever your wife you should consider her like Lakshmi and should accept her. That's the principal of Shri Rama of one woman but if you can't keep to this....I mean if you are having some adjustment problems and all that then we have some treatments in Sahaja yoga to get it right. You can bring the person to the right path but can't show disrespect to the person. But if you insult that person then it means that you are devoid of this principle of Shri Rama on your right heart. The same way Shri Rama was an ideal king and if some king falls down from his ideal behaviour then also he gets the same chakra. Means he was like father and king should be like that who lives in his boundary. You will ask now that what if a woman becomes characterless then what happens so if that happens then she gets caught up on her left side. Her left of the heart will be caught up and if she gets that means she has become characterless. If she gets her central side caught up then one breast cancer can develop.

When a woman feels that her sense of security has gone bad. When a woman loses her sense of security then she gets breast cancer. If such a situation arises then the solution is to provide security to the woman. Lot of women get Asthma problem, their heart beat goes off the track then also its the same thing that her sense of security is challenged. Like here we have a rule that when new daughter-in-law comes to the house we have to torture her it won't feel like she has come to her in-laws. As soon as the bride comes to the house we put thousand and one blames on her starting from her great grand fathers and then will go on...saying that your father did this and he was like this and you are like this and you are like that and no good etc. So when things like this start then the girl's Centre Heart gets caught up and she develops the insecurity. When this insecurity starts to settle in then she develops this catch and due to which she gets breast cancer.

In England and America this disease is way too much because there nor man is stable neither woman is stable. In that imbalanced situation women get this problem because woman in her hearts of heart thinks that they should have a home, their husband should be with them and they live comfortably with their kids. But due to social norms if the situation gets imbalanced then these problems arise. And above that there is this Vishuddhi Chakra that I was telling you about the other day. This Vishuddhi Chakra is constructed or made with sixteen petals. We have these similar sixteen sub plexuses which are in cervical plexus. Our ears, nose, throat, muscles of our mouth, outside part of our eyes is all governed and taken care by this chakra. Infact when you get sinus problem that is also the result of disturbance in this chakra. It's two branches go towards our hands as well.

That is why sometimes people get their Realization but they don't get any feeling on their hands. If that happens then you should get it that you got your Realization but the reason you can't feel vibrations on your hand is because your Vishuddhi Chakra is disturbed or not alright.

On Vishuddhi Chakra Shri Vishnu becomes the Virata, Virata. Means collective. When a person does not have collectivity in him, he is very self centered, he just thinks about himself and has no thought towards others or society then also this chakra gets caught up. Second thing is tobacco as we are aware of this thing. (Unclear audio). Tobacco is reincarnation of "Putana" (a female demon who came on the earth when Shri Krishna was born) She is always after Shri Krishna. If we take that in any form then this chakra of ours gets caught up. This is the Virata. Virata, the one we call it as "Akbara" that is why muslims call it "Allah-ho-Akbar". The Akbar Mohammed spoke about was Shri Krishna. He spoke about Krishna, he is the one who takes the

form of Virata.

There can't be any fight of Mohammed and Krishna as one was the guru he was the Viraata. Then you will say then Krishna was greater than him. So tell me in your case, if your eyes are bigger or nose? That your ear is bigger or your mouth? Everyone has their own space their own importance. (Shri Mataji points towards the human chakra chart and describes the Virata). So this Virata..you can imagine this body as Virataa and that the chakras are within the Virata's body and you all are inside that being as cells. You can call it as Microcosm and Macrocosm. Means that from these small cells this bigger being is created and every cells is a replica of the of the bigger being. When these small cells inside the Virata get this awareness that they are part and parcel of the whole at that moment they get their self realization. You come to the collective consciousness. You can start to feel the chakras say for example of this lady, like where is her attention, where is her Kundalini.

Even small children when they get this blessing of the Virata, of the collective consciousness they can tell, like this girl Pragnya and also my granddaughter who is just two years of age but she can tell you which chakras you are caught up on. Because fingers become sensitive to the feeling of vibrations to this new awareness that this new thing enables to guess where are catching and what it is. It is very important to understand the aspect of Virata. When you consume tobacco then you destroy the Virata within you. The Virata which is within you in the form of collective consciousness, you destroy that. This is such a dirty thing, you see. It such a bad thing that you can estimate it. Once a question was asked, "Why did God create such a thing in this world? So the answer is to kill the insects and bugs it was created. Its an insecticide. God didn't know this stupid human being will start eating an insecticide. He didn't know he just made it. What should he do? Then they will ask that why alcohol was created, so it was created just for polishing. It's only a polish, polish. Somewhere its metal polish, wood polish, sometimes if you want to polish diamonds you can use "jinn" for that. Its only a polish, who told you to drink polish? No God told you this, right? Then why did you start drinking? If tomorrow you start eating soil and may be something even worse than that then what to do? What is God's fault in it? Or your own mind is at fault? If you drink this polish then you won't have any hangover but you will drink that which is a bad thing. And I don't get one thing is when one person goes into drink and he comes out in a (unclear text*) way then those who are watching should run but ten more will go inside. Now see what kind of a brain/intelligence a man has.

One person just came out and fell into a ditch/sewer lane then others should take a lesson from this and should run away from this thing but rather those ten will also inside and get the same kind of hangover to fall in the same ditch/sewer lane. They are like give us also to drink, then they will write poem on it, articles on it, big (unclear text)....that I started talking about alcohol and eight to ten people are ready to go out. (People start to look around then Shri Mataji says...) They didn't leave yet, didn't leave yet. (laughter-everyone laughs with Mother) I am giving a prospect that I took this topic of Alcohol and they are ready to leave. (laughter again) So instead should I be saying that son, go ahead and drink as much as you like? Well, there are gurus who do that. They say dear children go ahead and drink, you can smoke tobacco, live your life to destroy it but just hand your purse/wallet over to me. Just this much arrangement for me. Then I don't have any objections for you to go for gambling, thefts, mafia and even murder people! Keep your purse here. So this much is our relationship that whatever may happen but from your earnings I should be able to get at least sixteenth part of it. (Shri Mataji laughs sarcastically on these gurus) Here at this point on this chakra Shri Krishna is present in his complete form.

A human being comes to this complete form only when he reaches to the state of "Sakshi-swarupa" witness. When this whole world appears to him as a "Leela" a play. Everything is like a play. This can only happen when you become realized. Krishna, apart from this is a great incarnation of diplomacy. Diplomacy of the whole world comes from the lotus feet of Shri Krishna. He was such a diplomat that he has tricked you all for many years. (Unclear text-not sure how to put these words in English) like he gave the theory of "Karma" (action or duties in routine) where you go on doing the duties or karma but leave the fruit of those karmas (work) at the lotus feet of the Divine/God. In second chapter itself Krishna told Arjuna to achieve the highest, to absorb the knowledge, indirectly basically he was told get to the Self-realization.

So Arjuna couldn't understand the fact and he asked Krishna that one side you tell me to be realized and a witness and on the other side you tell me to go for the war. So Shri Krishna said "I got it..." because he is a diplomat. I will explain you so imagine there is a child playing a bullock cart or horse cart and the horse is behind the cart and the father comes out of his hut and tells him to switch and child does not want to change he wants to continue the same way he is playing. So the father says alright. So

attention should be on the horse. A human being is still playing with it. From last six thousand years he is doing the same thing. So many people I have met who tell me that Mataji, I only perform my karmas and the fruit I leave at the lotus feet of God. You will find these kind of self satisfied people a lot. It is not possible. This is diplomacy. What is the essence of diplomacy? Let me tell you the essence of diplomacy which is that put the absurd condition in front. A person will fall trap into his own web.

Now, see the play of the words here where He said that you do your karma and leave the fruit at the feet of God. Its an impossible situation where this is an absurd condition. Now human being is trying to do it like stupid. All right, keep on doing. Unless and until you are (text-1 detached, text-2- broken) until your "karma" becomes "akarma", until you become empty from within this can't be achieved because ego and superego are sitting on your head. Whatever you will do it will be either by the force of ego or by superego. So how can you surrender to God unless you have a connection with God. He infact said:-

"Karmanye vadhikaraste phaleshu ma kadachan" (This is 47th sanskrit shloka from second chapter of the Gita, which insists on the importance of doing karma and not getting attached to the result or the fruit as it is in the hands of the Lord.)

Krishna said this and that too by putting this absurd condition because its not easy to get human beings to the right understanding. I am watching that even after six thousand years the situation is still the same. But I am a Mother so I will say that son, don't feel bad but bring that horse to the front. Whether you agree or not I can bring that horse in front and put it right. Forcefully I should bring your horse right because from last six thousand years man is trying hard and for how long he would do it? Then in Bhakti yoga also he has shown great diplomacy as again being a diplomat. What to do, can't do without diplomacy. He said "Pushapam phalam toyam"

(full shloka- Patram pushpam phalam toyam

Yo me bhaktya prayacchati,

Tad Aham bhakty-upahritam

Ashnami prayatmanah")

He said in bhakti yes whatever you will give me- fruits, flowers, leaves anything I will accept that but while giving, I will accept anything that you will give me but notice here you notice the play of his words that it should be given in "Ananya Bhakti" Anaya word is the trick of the play.

I have heard in many lectures where people say to do "Ananya Bhakti" Ananya means there is no one else, when you are one with the divine you become Self-realized then you do the bhakti. Has played on the word "Ananya Bhakti" the all the people are still playing. From last six thousand years no one has been able to understand this part which says that Anaya bhakti means when you get your realization first then go in bhakti. When there is no one else in your bhakti that state comes only when you become realized not before that. The same way he described yoga. But he had been compassionate enough, that's why his name was "Krishna" means the one who does the "Krishi" (means the farming) he did this farming. The meaning of Krishna is the one who did the krishi (farming). He did the farming part and now I am reaping the fruits or say flowers of those who are ready. He did the farming. He was Krishna. It has been six thousand years no problem, but even now he is present in our throat. When he is awakened in our throat then we can spread our hands toward the Virata and can know that in everyone human being I reside. (unclear text)

Like there are various types of gems but a same thread runs between or through them the same way when you come on your (Text-1-2 channel/thread/system) the same moment you are also able to go the other's system as well. This is the thing which is known as collective consciousness. Thanks to the scientists and psychologists, Jung has said that "Next step to awareness is collective consciousness". (text1- Yung) said that who was the student of Freud. Look at this interesting fact also. He came as a student to Freud and revolted against him and he proved that human beings have collective consciousness in them. To prove his theory they observed the dreams of some people and in that observation he collected this information that everyone who gets a dream gets a (unclear text) symbols and these symbols are the same whether the person is in England, America, India or Timbuktu.

Like say for example someone is going to do a murder then he gets a special type of triangle in his life as image and that the point of that triangle would be positioned towards the downward direction. And if someone is going to get murdered (victim) then he will be getting some image of a triangle where the point of that triangle would be positioned toward the upward

direction. Like this they have examined hundreds of dreams and proved that there is some kind of power within us which always gives us a balance, warns us in our dreams. Not only this but it also gives us warnings in symbolic way that this is not all right and that one should not do it. Like so he has done many. He has volumes after volumes of his books, if you get a chance you should read it. Jung was a great Sahaja Yogi but very few people recognized him. He struggled a lot in his life and had to face a lot.

Every wise had to suffer like that no wise man was ever able to get this many good listeners. This is the first time ever that even gods from heaven are happy to see that so many people are listening to Mother. Otherwise, it was hard to get even person and if another one comes the first one will go away. So its like that puzzle in mathematics which says that on a construction once one person came and left the work half done second one came left the work quarter done then when will the work finish? It will never finish if you will have such kind of people. Sahaja Yoga shares the similar story. Maximum people we get are like that. They will come get their self realization, done. Someone will be cured of his disease, then they are like- "ah, Mother cured us". Then gone. Those who actually stay and get settled in Sahaja are very few. Very Few. There is no end to knowledge as far as Vishuddhi Chakra is concerned. Once you start getting vibrations and slowly start to (text-1visualize/..) and will understand the greatness of Vishuddhi Chakra. Now in this void we have two great entities as well which we know as "Chandra" (moon) and "Surya" (sun). Moon and Sun are such chakras which reside on these "nadis"(channels) here and here (Shri Mataji probably pointing towards the chakra chart and refer) On these chakras there are two very great personalities who have been appointed. They are complete embodiment of human beings. They are like humans in fact are humans.

Out of these one is Buddha and one is Mahavira. But if you listen to the whole history of their lives then these are two sons which Shri Sita had as "Luv and Kush" who is completely in human form. And after they evolved to the level that they are here as Buddha and Mahavira. There also they thought they have reached an extreme of non-violence because the supports of non-violence came in and started protecting even mosquitoes and bugs. Then they again took birth and came at the time of Mohammed. Mohammed was an incarnation of Shri Janaka. (Father of Shri Sita) and his daughter Fatimabai was also incarnation of Shri Sita.

Then as their sons as Hassan and Hussain they gave their life in Karbala to prove that no kind of extreme is good. And this thing is truth or not you can see on your vibrations. If I am lying then through your vibrations you would know that not even one single word is a lie here that I am telling you. And their two positions are here on our head (Shri Mataji probably pointing towards the chakra chart to show their position on head). If your left nabhi is catching then realize that the Mahavira is not alright. If Mahavira position is going alright means that you are very rigid kind of a person. Means starting from morning you will be like can't eat this, can't drink that, can't touch that, can't do that, need a crisp ironed shirt and all that after shower. Being this kind of a stiff personality gets you Left Nabhi. If you get that then you have to take the names of Shri Mahavira. And your Right Nabhi catches when you become very egoistical. In terms of food, I like that...I like small chopped potatoes with methi. (a dish in India which is made with greens of fenugreek seed and potatoes) then your Nabhi gets caught up/gone. I like such kind of bathroom. Are you "Aga Khan"? You like the palace of "Aga Khan" then what should we do. So acting in such "tanashahi" way (dictatorship) I didn't like this thing, I went there and I didn't like their clothes, I don't like the saree you are wearing, then you are gone. This is Buddha's work. In this way, egoistical people get their this chakra caught up. And in this way both sun and the moon channel get caught up. Mahavira has went so deep on the left channel that he has described even what all happens in hell how it happens and what kind of snakes and bugs and insects and smell is there and even then these Jains have got no wisdom at all. Not at all they have got any sense. If you read that then you will pull your ears and say "Mother we don't want to go to hell". Do whatever else but if this is hell we don't want this. In fashion you do hundreds of things but keep this in mind that you will go to hell. Someone had this joke I will tell then I will finish my lecture today and then there are two more chakras which we will do tomorrow.

Some gentleman shared this funny story/joke once. That there was a nice dharmic and peaceful person and when he passed away he was brought to God and from there he was directed towards the heaven. He went there and saw that Yogis were meditating there and he saw here also Sahaja Yogis are meditating and i was meditating on earth also. Everyone is just enjoying the meditation and bhajans and all. There is no fun. It has been same for me so there should be fun also and some change. So he requested God that I have heard a lot about Hell, I would like see their fun and what all they do there so please allow me to go to hell. So God said: "Okay you can go this way". He goes there and see people are having romance, women are dancing, lot of alcohol and cigarette, drama is going on, songs, music, dirty and vulgar conversations are going on and all. Like the scene you

have in discotheque. He thought okay yea, this looks good to me. I can enjoy here...So he stood there and someone asked so what are doing here? He replied: 'I wanted to come to Hell and God has send me here, so I am here to enjoy.' They said: "All right, you take this way and go from that door over there." So he went.

As soon as he opened the door he saw people being fried in big, big pots, some were hanging upside down, someone's throat was being slit, somewhere very weird kind of creatures were crawling upon men and eating them up and people were standing like (unclear text). He got a fright of his life and came out running. He asked what is all that inside? Here you all are enjoying and inside is devastating. They said this is our publicity department of hell. [Shri Mataji laugh]

So get allured with this publicity department. I am telling you, if you don't trust me read Mahavira, if I am lying. He has explained about all seven kinds of hell. So don't go the way to hell my child. Now you imagine, i think about it and I feel how should I talk to my children about it.

So if a Mother knows what hell is and she knows about it she would hold her kids tight and would shout that don't go that way of hell. She can stay hungry and would do anything to stop her kids from going there. You can get this understanding only from those who know about it. I know about it and have seen it that why I am telling you not to go by their publicity department and shouting and requesting you to walk on the right path. By saying this I end my lecture for today its eight-o'clock now and tomorrow we will talk about the next two chakras and will have conversation on Kundalini awakening and what happens with that also about conscious mind and all. So you all come again tomorrow and take notes of my lecture, read it, understand it, and get realized. For Kundalini awakening experience and meditation come in the morning as I work on that part during the day because we don't have time for that now. Not only that but in morning if I will also cure if someone needs that but for now lecture went on for really long.

In fact, I wasn't expecting that but vibrations were very strong. Those who have got cool vibrations on their hands have got their realization. But one has to get established in it, get immersed in it, it is a very subtle happening. For now you are not that subtle. Please note this thing inside the hearts of your hearts that unless and until you know the value of something you can't desire to attain it. I have made this thing very simple by working hard on it but still you would need to work hard on yourself and make your instrument alright. I can only start your car. With great joy I share with you that with the help of Hindi department after great analysis and work of seven years a book has been printed and released in hindi language. You all should get that book, take home and read it. You will get a lot of knowledge that will help you.

But only book can't help you either as experience is must. If you haven't got the experience then everything is a waste. (Seems like some asked Shri Mataji about the price of the book and in response she says) No no there has to be some price. One rupee each? Whatever your shraddha is...Must not be less than a rupee, right? (everyone laughs) No, you should definitely have some price, otherwise I have seen human nature that if you just give them like that then they use it for (unclear) car, its good. Let's use it. So it shouldn't be treated like that. It has a great importance. This photo here has got vibrations, that's why keep it in a proper place and use it in a proper way. From the picture itself thousands have got their self realization in western countries and have got rid of their diseases. That's why don't insult the photograph. I am telling you in advance. I am not as simple as I appear. A lot of personalities are sitting within me so don't try to do anything wrong. One is Shri Hanumana who is standing right there on the door, when you are leaving he will give you all one "paapach". Go home straight forward, humbly and acting respectfully towards the photograph. I am telling you this. This is the photograph. You all can get it. One rupee is not much anyone. Otherwise if we start distributing for free then its done. Some are standing outside who can get it from there.

[translation version 2]

I have told you about Nabhi Chakra and Void (Bhavasagar). This Void contains our Guru tattwa and Guru tattwa establishes Dharma within us. These 10 petals shown here establishes the Dharma within us. Humans need to have ten Dharmas within them otherwise they are not humans. Even if they have nine dharmas established, still somewhat they are lacking. And by Dharma, I absolutely do not mean Christians, Hindus, Muslims, etc. But, if humans do not take care of the 10 dharmas of humanity within them, then they become demons.

This Guru tattwa has taken several births on this planet. Specifically, there have been 10 main births. Raja Janak, Nanak, Muhammad Saab, etc. and lastly Sainath of Shirdi took birth. We tie these tattwas because even inside of us, all those great personalities who have taken births for our evolution are also tied inside of us. Humans are also tied to several things. It is very subtle. Like gods these gurus are present in our void. Now, first & foremost, they have told not to drink. They weren't bit by some mad dog, nor were they fighting elections, neither did they have other businesses that due to competition, they told drinking was bad. They told, son, do not drink, do not smoke, don't take any brew, because, in our stomach resides our Chitta (attention), specifically, in our liver. They told not to drink so that you do not bring impurities into your stomach and ruin your attention. Drinking alcohol drowns your consciousness. Now, people got a different meaning of this. To take care of their stomachs, they put too much attention on food. They started not eating garlic, onions, this, that, etc. etc. Now, Muhammad Saab (Sahab) used to eat garlic & onion. Even Nanak used to eat even ghost (goat or lamb) etc. everything.

Meaning, we are not to put too much attention on eating & drinking. We should not waste our attention on these things. What to eat in the morning, what to eat in the evening, what to eat now, what to eat tomorrow, etc. I went to Paris. I was astonished at the people there. I thought no one in the world is more foody than them. If they call you for lunch, for more than an hour it is investigated what to order. This specification, that specification. Now, I find all the taste same. They'll make us work so hard to decide on the food menu, for an hour, and they'll keep drinking alcohol for an hour, then god knows what they like so much about it. Afterwards, they'll discuss each item, each ingredient in so much details. They give very specific orders. Hence, the waiters there are considered experts. They'll get exactly what you tell them. So much specifications, and finally the taste is of no use. One hour a person has wasted in this – what to order. Today, I want this, tomorrow that, day after this!!

Now, in our country (India), there is this disease of fasting. Now even before fasting, people start thinking what kind of 'food' should we prepare. Only particular type of flour should be used, etc. Now lets go and shop for that. We have this thing about Friday – Goddess Santoshi Ma's fast. We must never do fasting on that day. Who told to fast on the very day she was born. Now, these affairs of the Brahmins, what to say. Some are sitting here, they'll break my head! (lauging) What common sense is this to fast on someone's birthday. The day Shri Ganesh, Santoshi Ma are born, they say to fast, not eat sour food. The thing she likes, they say don't eat that. What sense is this! This not going to make them happy. Surely, the negative tantriks do these things, whatever mother doesn't like, do that. I will say simply, I don't like any fasting done by my children. Don't fast. If you don't feel like eating someday, that's alright. Just eat fruits. But no need for anyone to fast in Sahaja Yoga. I don't need TB patients here.

They make such sickly pictures of Christ, like some TB patient. Thin arms, legs. How can Christ be like this. Think a bit. How can a great godly person look like that. He was a shining, bright, flower like, heartfelt person. He could take down 10 people on his own. Now, these evil French artists, have made Christ's depiction like this. Atleast, in our country (India), you'll never see such a depiction of Ramchandra ji (Shri Rama). Shri Rama & Sita ji will be healthy, round figured and beautiful. Not like these sickly depictions of Christ. How can sickly people help others. No need for these dramas. Now, Gandhiji did Satyagraha for all of us. You all do not need to fast. Mother doesn't get happy by all this. Now this does not mean keep eating (laughing). Humans go to extremes. They'll say Mother told to eat. Next you see, they are coming with such huge bellies. Now, they'll say, Mother please give treatment for my stomach.

Don't eat too much or too less. Be in the middle. Be prudent. In general, don't put much thought to food. Simple, vibrated, good food, made by Griha Lakshmi, i.e. dharmic food should be eaten. I am not taking about veg and non veg. Now here also, people have gone to such extremes. Jains have done such extremism of vegetarianism that I don't know what explanation to give now. They keep a brahmin in one room and fill it with insects. The insects bite the brahmin and the brahmin gets good money for this. Now, is this vegetarianism. Am I to give realization to insects or chicken? I have to give realization to humans. What will you do saving chickens! No need for such charity. Do normal good behavior.

Now, there are even more dangerous situations. Like in Denmark, there was a Lamha. He said, I only walk on marble. I am vegetarian, you all have to be vegetarian. Now there aren't many vegetables available in Demark. Other than few like potatoes, there aren't much options. They all become unhealthy & sickly. And the Lamha ji kept eating a lot. I asked, what did he tell you about sex. Lamha ji told them, that's your culture, do whatever you want. Finally, two girls came from there and told me, we got

pregnant. This is their vegetarianism. Now, whenever you remove a person from their normal diet, they become weak. Then, it gets easier to put bhoots in them.

Ram Chandra ji was a Kshatriya. He used to eat everything. For whom did he kill the deer.

Now, the limits that Jains have done, they say Krishna is not god. Why? Because, he killed Rakshasas. Now, if Shri Krishna doesn't destroy Rakshas, who will. Will these Jains do it! Should we not destroy Rakshasas. Is that violence! Violence also has dharma. The destruction which is for the good, have to be done. Anger is also necessary. If you do not get angry, sometimes, bhoots don't go. We have to get angry and say – go away. Then they run off. If it understands anger only, we must get angry. If we say to bhoots – 'please leave his body, I'm totally non violent, please go', (laughing), the bhoot will come and sit on you too. Where scolding is necessary, it has to be done. Earlier, people used to beat with broomsticks. No need to do that. But, sometimes you have to scold. You have to scold and say 'go away, if you don't go away, I'll curse you', then they run off. It's worth observing these things (how these bhoots behave).

Now this saying 'Don't get angry' is very interesting. In Mumbai, there was a program. Many people were there. This bhoot ridden person came to me. Got very angry. Tore off my books. Threw them at me. Gave me ten slaps. Some Sahaja Yogis present there got angry. They said you cannot speak to Mother like this. He says, you are Yogis, you should not get angry, you sit quietly. I told him off. Give him two slaps now. If necessary, call the police. He immediately ran off.

Gone are the days when saints were tortured. Now, beware, if anyone tries to harm sadhus & saints, they will be destroyed. All evil eyes towards sadhus & saints will be made blind. Otherwise, they'll not learn. Who gave humans the right to trick saints all the time. This is a new era. Enough is enough. All secrets and evil will be removed. All adharmics will be punished. No one has the right to trick sadhus and saints anymore. Earlier, it was said, you'll get bad karma if you trick saints. Now, that bad karma needs to be visible that instant. We have tricked saints too much.

This is due to adharma. When there is adharma in the Nabhi, when Nabhi is totally filled with adharma, then Shri Vishnu ji takes incarnation. He has come in many forms. He has come even in female form. He comes for the protection of Sadhus & Saints. And at that time, Shri Durga ji, Jagadamba, comes to the center heart. She has taken several births. It is said she took 1000 births. She has taken several partial incarnations as well. And she protects the tattwa after coming to earth. She protects the qualities of the tattwa. After that protection, when humans rise to the center heart, it is the place of Jagadamba; Jagadamba then resides in your heart.

Hearth Chakra is in between. Heart is on the left. That is Shri Shiva's place. That which is called the spirit, resides there. If anyone says, I got a heart attack, then I tell him to ask for forgiveness from God Almighty. You tell him –

'O Ocean of forgiveness, please forgive me. Whatever mistakes I have committed, by any means, please forgive me.

Kara-charana kitam vā kāya-jam karma-jam vā

(Please forgive all our wrong deeds that have been done by our hands

or feet, or created by the body),

Shravana nayana-jam vā mānasam v'āparādhm

(By our ears or our eyes, with our minds or through our mistakes.)

Vihitam-avihitam vā sarvam-etat kshamasva

(For all that has been done or left undone, please forgive us.)

Jaya jaya Karun'ābdhe Shrī Mahā-deva Shambho

(Victory to You, again and again! O ocean of compassion,

O great and beneficent God!)

This is the mantra. If his heart doesn't get alright, I am ready to lose whatever you say. But, the person must be a realized soul because he has developed the connection with God Almighty. And if he (realized soul) asks for forgiveness, he is forgiven because Shri Shiva is 'Bhole Shankar' (Innocent). But, connection must be there.

On the contrary, if you are Shri Shiva's devotee, you'll get heart attack. Yes, absolutely. Why? Because, without his permission, ... (you are taking his name)

If you have to meet the prime minister, you have to write so many letters to so many people. But Shivji, Shivji is the grand father of the grand father (huge personality). He is a very big deal. His name should never be taken casually. See, who all sit with him. You will be reprimanded by the Ganas if you take Shri Shiva's name carelessly. Without realization, never ever take Shivji's name. After realization, with extreme humility, your head bowed, asking for forgiveness, you should take Shri Shiva's name. A lot of humility is required, if you wish to take Shri Shiva's name. And he likes only humility and because of this humility even several big Rakshasas have got him. You have to be very humble. Always accept your faults and with humility be at the feet of Shri Shiva. This makes him happy.

(scolds a Yogi in Marathi for clicking pictures. Says no special 'roop' is going to come while giving lecture. Not to disturb)

OK, now Shri Shiva's place is left heart. He resides as the image of God (Spirit). Keeps burning like a luminous flame. He knows everything, whatever is happening or not happening within you, like a field expert. Don't make any mistakes in front of this Lord. And if you make a mistake, definitely ask for forgiveness otherwise instantaneously your heart will get caught. Remember your mistakes, if you can't remember just say 'Lord, forgive me for any mistakes I made.' Without him forgiving, heart cannot clear.

Any kind of extreme behavior annoys him. That is why, I say not to do Hatha Yoga. Definitely, you'll get heart attack. Only asanas is not Hatha Yoga. There are six things in this. There has to be rules. Only brahmacharis (celibate) should do Hatha Yoga, that too in jungles, before the age of 25 Hatha Yoga practices should be completed under a guru. You should commit what you do to the Lord. Nowhere it is written in Patanjali that a householder should do Hatha Yoga practices. Nowhere. Among that, Pranayam, Vyayam, Asanas, etc. are very small part. Among Asanas also you should know, which chakras have problems and accordingly what Asanas you should do. Now, suppose you have stomach upset and you are doing Asana for the throat. Throat will be damaged along with stomach. There is science behind what to do where, which mantra to be taken where. If your heart is caught and you are doing bhakti of Shri Vishnu, what is the use! One – your Vishuddhi will get caught because without permission you are taking mantras, Two – Shri Shiva will be upset, Three – you are taking Shri Vishnu's name, hence you'll upset your stomach as well. You'll get bed ridden or will have to be hospitalized. Then you'll say, we are so Dharmic, we do so many rituals every day and we are in the hospital. Here, the fault is of your ignorance. Biggest thing is, the Almighty forgives all of these, everything can be forgiven if you are determined about one thing – intense reverence. Respect/reverence is a huge thing. If you have innocent faith and respect towards God Almighty, there is no questioning, you will find God sometime or the other. And even if he does any mistakes, it can be forgiven. Whenever he remembers God he becomes kshamya (excusable) because God knows his devotion but nowadays, there are no such devotees, people are more into fashion.

So, the person becomes the opposite of a devotee. Whatever one tries to do, opposite outcome occurs. For example, I told you about Hare Rama Hare Krishna people who get throat cancer. So, many of them have come to me. I told them instead of an ashram, you people open a cancer hospital. Now, they wonder why we are getting cancer as we are praising Rama and Krishna (Hare Rama Hare Krishna). They should understand that without permission they are taking Krishna's name, they should take his

permission first. These people from morning to evening started reciting his name. Krishna isn't their servant but then they only understand when they get cancer and then they get to Mother cures cancer and then they come to me.

You will be surprised that if I ask anything from these people they still go on reciting those words (Hare Rama, Hare Krishna). So, by doing such stupidity one can suffer so much. Now, you can take the power of electricity if you put your finger into it you will get a shock, the same way the highest power of God is flowing. Disrespect or ignorance towards that power can be dangerous and that is why I am going to tell you each and everything out this shakti, nothing I am going to hide. I will tell you about this param shakti (Power of God) to you then don't say that I didn't tell you. You need to understand it.

Now, I told you that this chakra is of Shri Rama on the right side and he was a maryada purushotama (the supreme among men upholding the auspicious/righteous boundaries). He is sitting on Rajoguna (pingala nadi – right channel) . Whatever I say is always so little because there is too much to tell about him. But he represents fatherhood as he is the father. So, whenever the fatherhood is challenged then this also gets disturbed. Especially, when a man runs after women and doesn't respect his wife they get a catch here. They get Asthma. If your right side is catching then you are against Shri Rama who was devoted to his wife. Either you don't get married but the time you get married you are excited but after marriage if you are not dharmic (righteous) and you feel that your wife is the most horrible woman, however your wife is she is the Lakshmi and you should accept her as your Lakshmi swaroopa (embodiment). This is the quality of Shri Rama – being devoted towards his wife. If you don't get along with your wife at all then in Sahaja Yoga they can get better. You can show them the right path but you cannot disrespect them, you cannot disrespect the essence of wifehood. If you disrespect them then the virtues of Shri Rama you don't get. In the same way, Shri Rama was an ideal king and once a king or ruler isn't ideal then this right heart gets caught up. He was like a father who is a king and a king should be in his maryada (limits or auspicious boundaries).

So now if you ask what happens when a woman becomes adulterous then her left side catches (where Mahakali principle resides). When her center heart catches then she can get breast cancer. She feels her sense of security has been affected. The solution is to get a sense of security. Many women get Asthma or heartbeat problems; it means their sense of security is affected. Here in India, when a bride comes to her in-laws house, unless and until she isn't totally worked up she is not a bride. There will be thousands of rules for her and they start accusing her of what her parents and family have done. The woman can get a catch of center heart where her sense of security is. In England and in America, this problem is to a great extent because no man or woman are answerable. In rule less system, women get this disease quite often. A woman in her being feels she should have her own husband, children and a good household but if that doesn't happen due to societal conditionings, then this problem arises, her sense of security is affected.

Above this is Vishuddhi Chakra, it is a very important chakra. This Vishuddhi chakra is made of 16 petals and these are in our cervical plexus. This controls throat, nose, part of eyes, facial muscles, ears and even the problem of the sinus glands which you get due to imbalance of this Vishuddhi chakra. It's two branches go towards our hands. Therefore, sometimes people get their self realization but don't feel vibrations due to imbalance of this Vishuddhi chakra.

On Vishuddhi chakra, Shri Vishnu becomes Virata, meaning collective. When human being is not collective but is self centered, he doesn't think of the society or others then this chakra catches. Now, another thing is tobacco in any form taken then this chakra catches. Tobacco is the avatar of Puthana (female demon) who is always after Shri Krishna. Virata who we call as Akbar, that is why muslims say " Allah Ho Akbar ". The Akbar prophet Mohammad spoke about was Shri Krishna. Prophet Mohammad and Shri Krishna can never be separate because prophet Mohammad was the Guru principle and Shri Krishna is Virata principle. Then you will say one is greater but is the ear bigger or nose? Every deity has its own working and position and all are important.

You can see this subtle system chart, it represents Virata and Virata has the same chakras and channels and you all represent each cell within him. You can say it as microcosm and macrocosm. From all these small – small cells, a big cell is made. When these small cells get enlightened who is an image of this big cell that is the Virata, then realization is done. Then you are part of a collective consciousness. You can feel another person can tell which chakra is catching till where the Kundalini has risen in another person. Even small children when they get realization can tell, for example, my granddaughter PrAgnya, who is 2 years old can also tell what chakras you are catching because you can feel it in your fingertips, a new awareness is established. One

needs to understand the Virata principle.

When you eat tobacco you end this Virata principle within you. So, you tell how horrible this tobacco is. Now one can ask why God has made tobacco ? It is made to kill pests – it is an insecticide but God didn't know that foolish human beings will start consuming it. Now, one can ask why God made alcohol ? It is made for polishing, for example, wood polishing, and if you want to polish diamonds you can do so with gin. Who told you to consume a polish ? God didn't tell you right ? Then why did you start drinking it?

If tomorrow you start eating mud or start doing worse then what can I say ? What is God's fault in this ? It is the mind's fault. If you don't drink this polish you can never be intoxicated. Another thing I don't understand is that, if one person drinks and is intoxicated and starts shouting then others should see this and run away from that person instead 10 more people go into it. I don't know what brain human beings have! One man came and fell into gutters, humans should run away seeing this but instead they go there and drink. Then they write poems and stories. Once I started talking against alcohol, 8-10 people got up and started leaving the hall. Not now.. not now.. [laughter] but sometime ago. So, shall I say beta (child) drink a lot? Of course, There are many false gurus who will tell you to go ahead and drink and take tobacco and finish your life but just give your wallet to me. They don't care if you murder people or rob people or do smuggling but they just want your wallet. Their and their guru's relationship is just that his earning's 1/16th part should go to the guru.

On Vishuddhi, Shri Krishna is in his complete form. Humans also get to that complete form when he reaches to witness state. The whole world seems to be like a drama to him. This can only happen when you are realized. Krishna is also an avatar of diplomacy. Whole world's diplomacy comes out of his lotus feet. He was such a big diplomat that he fooled you since so many years because he knew that if spoken straightforwardly; they are in any case going to kill (hit) Mataji; but he is not a Mother(Mataji); he is Father figure (pitaji) and he said beta (child) keep on going on like this. If you keep on going like this it is fine. When you bang your head then you will come to the right direction. The way he spoke about karma, that you do your karma without expectation or you leave results to God. In the second chapter of Gita he told Arjuna that you should get your self realization. So, Arjuna said, on one side you are telling me to get self realization and on one side you are telling me to participate in war ? So, he said okay I understood. So, Krishna is a diplomat. So, you can think of it as, for instance, there is a child and he is standing with a bullock cart and the horse is at the back. So, his father came out of his hut and told him to move the horse in the front but the boy said no I will keep it here. The father said ok but keep your attention on the horse. Now, the boy is keeping the horses at the back and it has been 6 thousand years the horses are still there. Same way humans come and say Mother I do my karma but the result I leave it to God but it is not possible for you to do that. This is the diplomacy.

I will tell you the principle of the diplomacy that put absurd conditions on the person and then the person will get into his own circumstance. Just see the drama of his (Shri Krishna) words that keep on doing karmas and leave it to God. It is not possible! Now human beings keep on going like this but till the time your karma doesn't become Akarma it is not possible because you have ego and superego. Whatever you will do, either you will do with ego or superego then how will you surrender it to God until and unless you don't have the connection (union) with God till then how is it possible? He has just put you in an absurd situation because humans cannot understand otherwise. It has been 6 thousand years and humans are still the same but I am a Mother and I say child don't feel bad but put your horse in front. Even if you feel bad I can bring the horse and put it in front (only then will the cart move). I will bring it forcibly because you have been trying for 6 thousand years and still you are trying. Again in bhakti yoga, he has again shown great diplomacy. He said, whatever you give me, a flower or a fruit, see the whole play of his words, I will accept the offering but it should be ananya bhakti. Ananya means when there is no other! It is when you become one with God, when you get your self realization. Just by one word 'Ananya' he played you. It has been 6 thousand years humans could not understand it. It means first get your self realization and then do your bhakti (devotion). When there is no other, this state you only achieve when you get your self realization.

Having said that, he (Shri Krishna) has been very gracious. He did the (Krishi) cultivation. That is why his name was Krishna, he did his krishi (cultivation). Krishna means the one who sows. He is the one who sowed (the seeds), now I am the one who is reaping them...lifting up all the flowers and fruits that have emerged, but He is the one who sowed the seeds. He was here 6000 years ago, still He is situated in our throat. When He awakens in the throat, we can spread our hands towards the Virata and then

we can know that I am present in each and every human being.

Just like there are many gems but through it only one thread runs, just like that when you come on your own thread then you are able to go on other peoples' (common) thread as well. This is what is known as the collective consciousness. And there is a lot of gratitude we owe to scientists and psychologists like Jung, who has said that the next step to awareness is collective consciousness. In human beings, collective consciousness, samuhik chetna, will be established...this is what Jung has said. Jung came as the disciple of Freud who was like a Rakshasa. Look at how incredible that is as well, he came as the disciple of Freud, revolted against him and proved that there is collective consciousness in human beings and he also gave many proofs for it by looking at many people's dreams. And through the dreams he was able to find out that in each dream there are certain symbols that appear. And they appear in every person in the same way, whether that person be in England or America or India or Timbuktu.

Take for example a person who is going to murder someone. Then in front of him a unique symbol of a triangle always keeps appearing in his life and it (the peak of the triangle) is pointed downwards. And if someone is about to get murdered, then the triangle appears pointed upward. He found out about thousands of dreams and through that he proved that within us there is a power that always tries to bring moderation in us, and through symbols it gives us warnings that this is a wrong thing, don't do it. He's analyzed many like these, and there are volumes on volumes he has written. You should read them and learn. Jung is a very great Sahaja Yogi and in his life, he had a lot of struggles. Very few people agreed with him and he had a lot of disasters looming on him. Every benevolent person had to encounter such disasters. No benevolent man actually even got this much recognition. This is the first time even the deities are happy that so many people are listening to what Mother is saying. Before even one man was hard to find. If you used to find one, then once you found another, one of them used to run away. It's like that math problem where the question goes... one man comes to work, does half of it and then leaves. Then another man comes, he does one-fourth of the work, then leaves. So when will the work finish? Will it even ever get done or not? If you bring such runaways, then the work will never get done. This is like Sahaja yoga, mostly all these people who always run away show up. If their diseases get fixed, then well and good. "Yes Mother has fixed us up, now we are done." There are very few, very few that show up who establish beyond that point.

Whatever is spoken about the vishuddhi is not enough, there is no end to it. When the vibrations start coming to you, you'll slowly begin to realize more about the Vishuddhi and you'll understand the significance of it. In the bhavasagar (Void), there are two other beings who are very important who we can know and understand as Chandra and Surya. They are such chakras that are settled on these two nadis (this and this...). On top of these chakras, two very huge personalities have been placed. They are the embodiment of human beings, they are human beings. One of them is Buddha, the other is Mahavira. But, if you listen to their entire history then they are Sita ji's sons, Luv and Kush, who are just humans. And after that, they kept climbing higher and higher and reached a point where they became Buddha and Mahavira. Even then they thought they reached an extreme of non-violence because their non-violent followers and supporters started saving mosquitoes and beetles in the name of non-violence. Then they had to incarnate with Mohamed Sahib, because Mohamed Sahib was himself the incarnation of Shri Janaka. And his daughter, Shri Fatima, was herself Shri Sita, the Adi Shakti. And they (Buddha and Mahavira) arrived as Shri Fatima's sons Hasan and Husein and sacrificed their lives at the battle of Karbala. To prove this that no extreme is right. And you can check this is true or not depending on your vibrations. If I am lying then your vibrations will tell you so. Not a single alphabet that I am speaking to you is a lie.

Both their places are here on our head. When your left nabhi catches, then know that Shri Mahavira's place is spoiled. And when Shri Mahavira's place is ruined, it means that you are a very stubborn person. "I don't want to eat this, I don't want to eat that, I don't want to touch that, I don't want to do that"....shower right in the morning and only wear the clothes that are ironed. Being a stiff person like this will make your left nabhi catch and for that, then you have to take the name of Shri Mahavira. For right nabhi, it catches when you become too egotistical. For example, in the matter of food you say things like "I only like this, I only like vegetables prepared with small potatoes with cut up fenugreek leaves inside it." Then your nabhi catches. "I only like the bathroom to be this way". I mean, are you Aga Khan? You like Aga Khan's palace so what can we do about that? To do this where you say things like "I did not like this thing. I went there and I did not like their clothes. You wore this saree and I did not like it" then you are gone. This is the state of the Buddha principle. This is how egotistical people catch here (ego). Like this, the nadis

of Moon and Sun get caught up.

Shri Mahavira did the work on the moon channel. He went into Hell and figured out what happens there, what types of 7 hells are there, the types of critters there are and how it stinks up...he has described that completely. However, even then the Jains don't have any sense, no sense entered into them. If you ever read what he wrote, you will hold your ears and say "Mother, we do not want to go to hell. If this is hell then we don't want it". In fashion, you end up doing thousands of things but know that you will end up going to hell. Right now someone told a good joke, and I'll tell you that and wrap up my lecture. There are two other chakras left and we will talk about those tomorrow. One joke someone told was that there was a man who was very dharmic and sattvik (pure), a poor man who lived a very peaceful life. And when he went to heaven he saw that there are many Sahaja Yogis there doing dhyana (meditation). So the man said, I lived a life just like this on earth and now the same thing is here in heaven. I thought it would be a lot of fun in heaven but here everyone is only just meditating. There should be something else beyond this. So he told God, "God I want to go to hell and see what type of thing hell is so I know what it is like." So God said "Okay son, feel free to go using this way". So when he got to hell, he saw there is unrestrained merrymaking happening, women are dancing, music is playing, people are talking in a dirty manner, alcohol and cigarettes are going around. Just like here it happens, what are they called? I am forgetting [audience: discotheque] discotheque yes! He saw discotheques are open there so he exclaimed "wow, yes! I am finally here!" So the people there asked him, "why are you standing here?" He said "I wanted to go to hell so God has sent me here." The other person said "okay here is the door, go in through that." The moment the door opened up, he saw people being cooked in vessels, people getting burned, being hung upside down, their necks being cut, weird critters crawling over them and eating them. He came running out and said, "what is this? You guys are doing all that outside but inside this is happening". The man said, "what is outside is the publicity department of hell." [laughter]

So don't get carried away by the publicity department, I am telling you. If you don't believe me then you can read what Mahavira has written. If you think I am lying and you don't believe me, then read it and see for yourself what the 7 hells are like. So don't go towards hell, my dear. It is very horrible. I keep thinking and thinking how do I even talk about this, these are my children. Think about this, if a mother knows what hell is like then she will shout and scream and keep holding on to her child and say "my child, don't go there". She will even die hungry but will keep telling you that "no matter what happens, don't go there because I know what it is like."

And you can only understand this from the one who knows. Why I keep shouting and screaming and pleading again and again that my children keep on the right path because I have seen hell, don't get carried away by its publicity department. With this said, I will conclude today's lecture because it is 8 pm and it's late. Tomorrow we will talk about the other two chakras and general talks around what happens from the Kundalini awakening and the conscious mind. Tomorrow come and note all the lectures, think over it and understand it and establish your realization. I do the work of Kundalini awakening in the morning, for realization and meditation you should come in the morning. Because right now there is no time for it. Not only this, in the morning if there is something of yours to cure, I will do that as well. But for now, the lecture has become quite long, I was not expecting that but there were so many vibrations. Those who are feeling cool, they should know they have got their realization. But this needs to be established and imbibed. This is a very subtle truth however you are not so subtle yet. Please keep this in your heart and know that nothing can be obtained till you start valuing it. I have made this entire thing very easy and straightforward after working on it quite a lot. Even then, it can be twisted if you yourself are a twisted person. Fix yourself and fix your instrument. I can only turn on your car.

It is a great moment of happiness that after seven years, through the aid of Hindi speakers, a small book in Hindi was published. This book has now arrived, please take this book and take it home, read it and understand it. You will know a lot through it. But just through a book it won't work out, you have to experience it. If you haven't experienced it, it's all waste for you.

No no the book definitely has a price. The price is 1 rupee. Keep the price of the book as 1 rupee. Whatever faith you have, it won't be less than 1 rupee right? 1 rupee. [laughter] You have to charge something for it. The reason for this is human beings' behaviour is such that if you just give it to them for free, they will think this to be as good as garbage.

This has a lot of value, there are a lot of vibrations coming from the photograph. Keep it in a respectful place and use it with

respect. Due to this photo, thousands have gotten their realization and have received wholesome health and a disease free state. So don't dishonour this photograph, I am telling you this right now. I may look very naive but I am not. And there are many (deities) sitting inside of Me, who are sitting here and watching you. That's why you should not do anything wrong. Hanuman ji is standing at the door, so if you misbehave he will give you a nice hit. That's why you should leave with politeness and with peace. This is the photo, everyone should come and get it. It is only one rupee, and that is not a lot for anyone so come get it. If we start distributing it for free then it may be so...(incoherent)

[end]

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New Delhi (India)

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I have already told you about some of the chakras. I will tell you beyond this today. As I said earlier the name of the first chakra is Mooladhara. This is located below and consists of four petals. And because this is in a subtle form, the gross expression of this is the Pelvic plexus. In this are the purest of the pure feet of Lord Ganesha. And above this, the triangular form that you see here resides the kundalini and this is a very important point that lord Ganesha is below and kundalini is above him. This is a very important point to understand. There is a lot of confusion over this. To say that Ganesha in this chakra that is connected to sex or completely opposite to do all the work by staying away from sex, this is a way to god. These two twisted forms of thought get encouraged. Sex has no connection with your evolution. But you also do not need to run away from sex in Sahaja yoga. This is another aspect of daily existence but not so important as people think. It's an expression of your domestic life between a man and a woman. It should be allowed between a husband and wife and one should adopt purity with anyone else. Beyond that, I told you that Swadishthan chakra revolves around the void and moves around like a leaf of a lotus. This is the same void that establishes all the creation including the constellations. What we call the earth element is the work of Swadishthan. Whenever human beings do any kind of creative work, they use this chakra. This chakra has the powers of Shri Bramha and Saraswati. That day I told you that Shri Brahma took birth only once in this world. Only once. There was a reason behind this. And you will be surprised to know that Shri Hazrat Ali who was the son in law of Prophet Mohamed was the only incarnation of Shri Brahma on earth. Only once. This is remarkable. People will not believe this but you can check on vibrations and you will realize that I'm telling the truth. Therefore, people who have problems with the liver or are suffering from diabetes, because of imbalances the people who are right-sided and have problems, all such problems can be cured by taking the name of Shri Hazrat Ali. If Muslims accept this, you will not and if you accept Krishna they will not. We need to ascend in this world. Although all such people are residing inside the body of Virat.

They are all connected. Because Hazrat Ali was the son in law of Prophet Mohamed and Prophet Mohamed was the incarnation of King Janaka (from Ramayana). His sons Hasan and Husain who were killed in the battle of Karbala were no one else but Sitaji's sons (from Ramayana) Luv and Kush who were later incarnated as Mahavir and Buddha. Now if I'm speaking the truth or not you can find out from the experiment of Sahaja Yoga. To outrightly reject anything in Sahaja yoga is also not correct Now you are realized. You never felt vibrations. You didn't even know what vibrations are what the knowledge of Brahm is? Just this, is knowledge. This knowledge was not told until today because each incarnation was born at different places with a particular aspect. The time has come when the total and complete and integrated knowledge be told and enlightened. If this is the truth or not, you can know only after realization, not before. And in this country, there are still thousands who say that they do not believe in anything called realization. They think that God has abandoned the world towards destruction. This is a big allegation on god. The one who created this world does worry about it! There should be some meaning, some meaning, otherwise what is the meaning of this creation. But the human being is so intelligent that he thinks very convincingly about god that 'this cannot be'. 'I have full faith', 'I believe'. How did you believe it? How did you come to know about this? They will not utter a word on this. This is a big ego of human beings. If you are not humble in Sahaja Yoga then you have not understood this as yet. We still should know a lot, achieve a lot. Even after achieving you should verify everything using vibrations. The person who has no depth looks at Sahaja yoga superficially and you do not have to know Sahaja yoga superficially. After this, I told you about the nabhi chakra. You know in brief that in nabhi chakra reside the evolutionary forces, that lead to our evolution. Due to which we became human beings from amoeba. The way we see in chemistry, the way periodic laws are set up. That is all because of this evolutionary

power. Everything has its dharma established. Like carbon has a valency of four. Hydrogen has its valency and so has oxygen. It is a complete chart. It is already beautifully shown in a chart. How it is repeated in the chart. Something to marvel. All this is due to the law of dharma and the forces of evolution. These atomic laws and their changes then manifest in the evolution of dharma. You people are made of elements. This position of the dharma of these elements slowly changes and that's why you evolve, and today you are humans. Now with just one more step, you will reach in that state that we call self-realized.

But what is being self-realized? I will tell this at the end of this lecture. The third one is the chakra which we call the heart chakra, which is on this side, where shiva resides, where the personification of the soul in the form of Shri Sada shiva resides, although he is above the forehead (in Sahasrara). Although this being his seat, like Delhi being the seat, they keep searching everywhere. Likewise, although the seat is here (in Sahasrara), the chakra or let's say the reflection as a soul is located in the heart. This soul keeps coming outside the body and keeps searching, looking everywhere and keeps up to date on everything. This soul that Shri Krishna described as KshetrAgnya(knowledgable), this is the one who is the knower of the area (kshetra) that resides in our hearts. This, that humans know as the all-pervading is a representative of that power. In the centre, the chakra is called the central heart that runs the cardiac plexus. In the heart, chakra resides Jagdamba that is the place of goddess Durga. We have described her in one thousand words. But she has incarnated on many other occasions. She comes here in the void and provides comfort to her devotees (bhaktas). She puts energy into them. She took so many incarnations to provide protection to her bhaktas and to give them the energy so they can fight the cunning. After this on this side, it is not shown here but here too is a place on the right side there is a chakra. This chakra as you can see is on the right side on the Pingala channel here the limit (principle) of this chakra is shown and this is the place of Maryada Purushottam (the man of superior principals) Shri Ram. Out of the ten incarnations (of lord Vishnu), the eighth one happened here and after that, he moved aside. As he was made to forget that he was an incarnation. He lived in the form of a human being on earth. Because it had to be told how much an ordinary human being could ascend. To what heights can he go? So, as I told you he who does not have proper relations with his father, or his wife or his subjects or the king, one who does not behave properly with his son, such a person catches on this chakra. Any such person who catches on this chakra should know that he lacks principles. A woman has her position. Many men have this bad habit of mistreating their wives and keeping them in bad condition and treating themselves well. Because they think that whatever they want will happen. They give them a lot of pain and many of them do not follow the principle of marriage with a single woman. Either you do not marry but if you do, you should follow the sanctity of marriage. The man who marries and defies the principle of marriage has no right to marry and therefore gets controlled. We do not understand this at all. In today's world, we do not understand this at all. We all think that we all are kings.

Our womenfolk are at home. We can do as we please and no one can touch us. This is not correct. You catch on this chakra. And what happens physically to you? When you catch this chakra, physically you get the problem of breath. You have a problem with inhalation. Just by walking you feel that you have problems in breathing. You can get problems with anger. A lot of anger. If this continues it can develop into lung cancer. And other diseases of such kind. You do not get all such diseases just by this chakra; it can happen due to other chakras also. But at least one ailment can happen due to this chakra. The person who does not respect his wife like a Lakshmi, he gets to suffer. His children do not respect him. And even if the children respect him, they can go wasted. Because the mother is a form of power. In our country, the mother has a lot of respect. And when a man thinks that she is the mother of my children and does not respect her as Lakshmi form then he angers Lord Ram. Not only this he also angers Lord Hanuman. The condition of Lord Hanuman was such that he supported Sitaji even against Lord Ram. So one has to be very cautious of Lord Hanuman. You know Lord Hanuman is a very special god. If he gets angry his ways are not straightforward. His ways are so devious that you people should not get on his wrong side. I tell you honestly that a human being does not understand that he often takes upon himself so much pain. And then people complain that this pain is due to god. Did God say that marry, get a wife and then keep roaming doing foolish things? The concept of marriage has surely been made by god, he is himself present in this ceremony, this is also true. But do we make our marriage a truly blissful institution or do we keep creating problems for ourselves? Especially in today's world, a very bad custom has started to make a joke of your wife whenever you want to joke. A wife is a respectable person. It is said 'Where ever women are respected, therein reside the gods'. These days there are so many rakshasas roaming around, the reason is that women are mistreated. Although I can tell you that you will not find women like the women of India. You will not get a mother like a mother of India world over. We live in London. We are surprised to find that there the mothers, even the maids are better than them. They do not have any love for their children, no love for husbands, any small problem and they are ready for a divorce. They do not work at home. They make their husbands

just like a hard worker from morning till evening. They have mistreated their men so badly that they say that they also were like Indian women earlier but we understood that men will not be set right like this and therefore we rode on their heads. If women get out of control, there is no comparison to men. That's why you kindly change ways.

You should think that you may be very intelligent but if you suppress women when they rise in the name of independence then she will put you to a task that you have already seen. One of them already has put you to the task. She is born in the same Uttar Pradesh where Sitaji was told to leave her home. Samples like this. So you must understand that you should respect the patience and love of women and understand the importance of it. Because love is ultimately the last word in the world. When a woman becomes cruel, you can imagine she becomes worse than a human, so dangerous that you cannot face her. That is why it is important to respect your girls, your wife. The chakra above that is called the vishuddhi chakra. I had told you about this that this belongs to Shri Krishna. It is the abode of Shri Radha. When Shri Krishna came into this world, then for the first time in human awareness came the concept of diplomacy. Before that humans did not understand diplomacy. They used to move straight forward. In the direction of the nose. After this Krishna said, these are twisted people so we should put in diplomacy in them. So, diplomacy means which is pure, which is beneficial to humans. Absolutely benign. As you know that Krishna is known as rancchordas (one who quits the battlefield). Once upon a time, a rakshasa (devil) was blessed that no one could kill him. No one including Brahma, Vishnu, and Mahesh. And he started to kill all the army of Shri Krishna. And Shri Krishna also understood that no one could kill him. Because he had a boon. But his killing (of rakshasa) was essential as he created huge destruction. Now, what to do? Because he had a boon so he thought, ok let's find a way to treat him. So, there was an ascetic. Very austere ascetic. And these ascetics get power in the form of a blessing that they can destroy anyone by merely their looks. And this ascetic went to sleep due to all his meditative effort. For many years, he slept. He had this blessing that the first person he would see would turn to ashes. He could be anyone. So, this ranchordas (Shri Krishna) while running along and with this rakshasa in his trail to find him entered the cave of this ascetic. Shri Krishna put his shawl on top of this ascetic and hid himself. The rakshasa thought that this sleeping man is Shri Krishna so he started to shout to wake him up. 'Now I got hold of you,' 'Now where will you go?,' 'No one can save you now.' 'I have a blessing. Now come over.' And as soon as he pulled over the shawl he was turned to ashes by the sight of this ascetic. This is diplomacy. But this is benign and benevolent. Krishna's destruction was also benign. People keep saying non-violence, non-violence but no one understands the meaning of non-violence. They say that the Jains (religious community) say that Shri Krishna was particularly very bad. He cannot be a god. And he is of no use since he resorted to violence. Now if God will not do violence on rakshasas so should he invite them to eat him?

You keep eating everyone. Should we say this to rakshasas (devil)? We should not protect them. Or should you keep preparing food for them by tearing away body parts and send it over, 'here this is your food. We are sending this'. Because we are ascetics, Sahaja yogis? Rakshasa should be destroyed. Without destroying them it will not work because rakshasa is that group that has no atma. They have no kundalini. They have eyes like that of a cat. You must have seen the eyes of a cat. Have you seen them? The eyes of the cat just close with a snap and can turn inwards. There are many rakshasas like that these days. At least sixteen rakshasas and six rakshasees (female) have taken birth. You see their eyes and you will come to know. Sometimes they do not even raise their eyes. There are so many such rakshasas in kalyug and some have entered your heads. Krishna had said 'paritrana sadhunam. Vinashaya dushkritam' (translated as for the upliftment of virtuous; for the destruction of evil), but here I see that there is no virtuous. In someone's head, there is a yogi, there is a bhoot in someone's head and another bhoot in a third head. Whoever you see, there is some guru's bhoot you are carrying in your head. And in that, if I say that 'Son, you have a bhoot inside your head', he will run after me for my life. That's why there is confusion in the world today. And it's a kalyug today. And that's why there is confusion and by the time he comes out of this confusion he is already suffering so much, his kundalini is so contaminated, there is so much of injury, that I break my hands just working on such people. Now someone says that 'Mother, we were so many who came to you but you didn't give us realization'. I'm working so hard as you know. I'm putting in all the hard work. But if you are not able to get your realization then I say even a second-hand car can get repaired but if you send a broken-down person then I will need to work a bit harder. But I'm also ready. Even if you are still stuck, even if you get a broken-down car and then put an elephant in that car then how do you blame me? At least remove that elephant. What did your guru give you? You should think about this. If you think that you got something or the other, then you should forgive me. And if you have not got then you should listen to me. The moment you take the guru's name people's head becomes so hot. At least think, I'm not asking for your money, I do not want anything from you. I just want that you should achieve your heritage. And if you are unable to get your heritage then whomsoever guru you have he is not a capable one. Why do you believe in him? I will tell

you the reason for that so now for that look at the next chakra. This is your problem. This problem is due to your eleven rudras (at the forehead). This has the ekadasha rudras (eleven rudras). This is a very big thing. Human's problem is very big. Eleven rudras meaning eleven major chakras are located inside this. But at the centre of these eleven chakras with ten chakras besides it, is the chakra of Surya (sun). This is the chakra of the sun. Lord Ganesh himself incarnated in this world who is Christ himself.

Christ is Brahm (vibrations). The form of Brahm (vibrations). That's why his physical form is also that of brahm. You can say a special being was created. If you read the 'Devi Bhagwat' although you do not read such things, if you read 'Markandeya Puran' all such things are mentioned in it. His name was Mahavishnu. His father was none other than Shri Krishna, the Virat. The person he keeps talking about his father is Shri Krishna. Now if Christians hear this they will come after to beat me. But this no longer happens in England. They have understood. He keeps talking about his father, keeps showing the two fingers one is a vishuddhi finger and another one is nabhi finger. In the nabhi is Shri Vishnu and here in vishuddhi is Shri Krishna. He doesn't know anything else than his father. If you read Devi Bhagwat and read the description of Mahavishnu (i.e. Christ) it matches word for word. Shri Krishna placed him above himself and made him born after himself. And said that whatever people offer me, whatever I will get you will keep getting one-sixteenth of that portion forever. And you will be the foundation of the world and you will always be in brahm (vibrations) and therefore his physical body could not be destroyed. And Krishna had said 'nainam chidanti shastrani; nainam dahti pavakah' (this atma cannot be destroyed by a weapon and cannot be burnt by a fire). This atma and the vibrations cannot be destroyed. Come what may. This cannot be destroyed. Just to prove this, the birth of Christ took place. Now just put attention on the word 'Christ'. The name comes from 'Krist'. And 'Krist' comes from Krishna. Because he was Krishna's son, so the name of father was continuing so his name was 'Krist'. But his name was Jesus also that is because he was also the son of Radha. Radha thought that till today nowhere the name of Yasoda (Krishna's foster mother) was mentioned. That's why Ya-sho-da means Jesus. Like we say Yasoda, we say Jesu. If someone's name is Yasoda he will be known as Jesu and Yasoda will be known as Jesu. Many people like in Maharashtra know him as 'Yeshu' and Yasoda as 'Jesu'. Now Christian will never come around this and for you also this is very difficult but all these people were from the same cast. Jesus has said 'Those who are not against me are with me'. Who are those people who are with him? He remained for just three years in the world, understand this. In just that everyone tortured him. In just three years he was crucified. How could he have completed his work? Even then he said 'I will appear before you like the tongues of flames'. These tongues of flames are just like the flames inside the kundalini. The chakras of kundalini are just like tongues of flame, living, emitting these flames. Especially the Sahasrara is very beautiful. Sahasrara has many colours of flame. And the one in the centre is very brilliant, transparent. And from the outside its orange and blue and slowly it turns the brilliant. Just like the lotus at the Sahasrara. It has one thousand petals. Now doctors say that there are nine hundred eighty nerves and two motor nerves. These types of useless arguments have no point.

They must look after their Sahasrara. But you will not see anything. Because I have taken you through the centre, through the very subtle and taken you there. Therefore, you do not see anything. The same happened with Buddha. That's why we believe in the buddheshwar. The mother did not come to him to tell him how it's done. Spontaneously as he was lying down one day he got realized like Sahaja. And the kundalini went just through the middle and out. When you go through the middle of something you do not see from the outside. So, you do not see anything. If you see something, assume that you are on the outside. So, you don't see anything. When you move through the inside you do not feel anything other than peace and thoughtlessness. This is the attribute of Sahaja yoga. As such so many people say that let us spin your Agnya chakra. Only the day before someone said this is the third eye, here at the place of Agnya chakra, right at the centre at optic thalamus where we have our optic nerves, nerves of our eyes and this is a delicate area. And the window of that is located outside where I have my sindoor (on the forehead), this is the window. When you spin it the wrong way it creates a short circuit and then what do you see then? It's a very important chakra, what below is Ganesha's swastika becomes the cross here. But the crucifixion of Christ is not his message. The message was the resurrection. Because the way Krishna had said that this body can be finished but the brahm tatva (vibration element) cannot, the one whose physical body was made of vibrations left the world along with his body. This is proof of the father and his words. This element does not get destroyed. You will be surprised that the mantra of vishuddhi chakra is 'Alla ho Akbar' your cold cough etc gets all right. If you are realized that is 'Alla ho Akbar' means Allah who is the Virat. And Virat is the description of Shri Krishna. Prophet Mohamed has himself described Shri Krishna with such fervour. Where ever he said about Allah he talked about Shri Krishna. Wherever Christ talked about his father, he talked about Shri Krishna. But he talked about formless because the people were caught up in petty things, you can say in our country only. First, there was talk about the one in the form. About the flowers, so people started saying sit on the flowers. No one talked about the nectar. Everyone got busy in idol worship. There

is meaning in an idol, there is a meaning to everything because I told you that deities are sitting in all the chakras and each one of them has a meaning. But which idol is the right one? Which one is false? No one even knows this. There are so many idols that have bhoots sitting inside them. Most of the idol that they took away from here, just kept in their house, will get eventually stolen from the houses. If they hide in boxes, the whole box itself will get stolen.

You can try it once. Those who give these types of idols put bhoots in them. Like giving a talisman or a ring. You can say that there are such horrible types of bhoots associated with them that you can be thrown back. There are even photographs like this. One such Babaji was used to doing this had his photo in a women's house. One of my disciples went there and just as she entered the place her head went out of order. She asked her is she was following any guru or babaji but got a reply that she has nothing of the sort. She opened her box and there was this small photograph of the babaji. 'You first throw this else I will go away and there will be no relation between us henceforth' She said. Between just an age of forty to fifty you are bound to get a heart attack. Tell me any followers of theirs who did not get a heart attack after the age of forty or fifty. Tell me, anyone. Especially if the wife is a follower the husband will surely get it. You can check if this is correct or not. I can give many examples of this. Who was the Wing Commander? He had come to me after a heart attack. I forgot his name. Yes, Mr Mehra and then another one Mr Nanda. He is the one and only, why do you want me to take his name? His actual name is Mahishasur. That Satya Saibaba. He is Asatya (untruth) that's why he prefixed Satya (truth) to his name. And the people who get the rings forget this. Now I met a rich man. I had gone to dinner to some minister's place and there he started to tell me 'see I got this ring. The cost of this ring is about 1-2 lacs'. I told him 'Oh so he gave you this ring but couldn't you buy such a ring from the market?' But he is born for such fools only. Such people who have an excess of money more than their needs. In Sahaja Yoga, such wealthy will never come. Neither such type of rich nor the powerful. They will dance naked in front of Rajneesh. In our Maharashtra, there were one or two ministers who danced naked before Rajneesh. Some photos were taken and are being sold at very high rates in America. What does one say? There is no problem with that. There they will throng all ministers in front of these devils and rakshasas. They will go and say 'Oh Babaji, please tell us'. And what do they say 'There is this mister who is going to come to take my place? Please do something about him.' Is this the work of God? Then there are other such charlatans roaming around. There is one such in Nagpur. He will tell you the number of the horse. Now tell me is god concerned with the number on the horses? There are hordes at his place. There was someone at the shipping corporation. He was a deputy to my husband. He was a very humble man. He passed away. His daughter in law once came crying to me. I said 'What happened? Why are you crying? So, she said 'Mataji what do I tell you? My husband has sold off all my household. He gave away everything. And he has run away somewhere after selling everything away. Now, what to do?'. I said 'Very wicked of him. Where did he go?'

After that, his mother came to me. He started crying and asking about his son. I said that he is alive but don't know where. After that, she came back after about a year and started telling me 'Found him, Found him'. I said 'Where?'. He was somewhere in Nagpur and he is known as Gulab baba and he was the same person. When I went to Nagpur I sent a message that I'm coming to meet this Gulab baba. I did not see him for a year after that. Then the second year he again reappeared. This is their condition. All kinds of thieves and dacoits who have come out of jails are roaming around in the guise of babas. You think about it, suppose you are locked up in jail. The world comes to know about it and you face social disgrace. Then when you come out, if you are very clever and intelligent, what will you do? You will think let's wear a gown and go to somewhere where we can start a shop. So, if he is a person from the north he will go to the south and if he is from the south, he will come to the north. After that you will see in a few days he will be going around wearing a string of beads. Some will be going around on elephants, some on horses, some on camels and some on donkeys. But where do you get such donkeys? In cities. Here people are more intelligent. They think that this person has come to give away their money to them. These donkeys live in cities and usually, they have excess money. Some donkeys also sit on powerful positions. They are good donkeys and are easily available. They do not think that we have occupied this high chair for a fleeting moment, that we have got this money for limited duration, that they have just come to occupy these places to guard them over. And then if you tell them 'Son, you have to quit smuggling, this will not be acceptable in Sahaja Yoga. You must leave tobacco. You should quit drinking. All bad habit you have to drop'. Mataji is very bad. Why? Because she does not tell us to sit with trouble. Do smuggling and thuggery. Some gurus come to say goodbye to their disciples when they go to jail. There is another such character who gives names to his pupils. That's the kind of sway he has put over them. Ignorant people are there. Moneyed but ignorant. And the ones with power are fools. So, they get both of them as disciples these and them. They tell the rich that you put langar (free food camp). Guru should be served. Now there are so big camps organized for service. People think that these are being organized by the Babaji with his own money for this langar. That's the kind of service these

gurus give. Suppose I'm in the middle of doing such langar. All the black money. Muktanand is one such sample. All the black money of Bombay goes to Muktanand. All hippies come there, all drugs are supplied there. They are comfortable doing all the drugs. It's allowed in their ashrams. Because it is part of their culture. Brother and sister sleep together, no problem. It is their culture. What can we do? We cannot disturb their culture. What can you do to disturb it? So now these people say that you get many saint and hermits; all white-skinned hermits.

So, we are in their service. All the block(government) money is going there. To have the langars. And if you go to the feet of such babas you get bhoots inside yourselves. Another bhoot in someone else. They sell their drugs like hotcakes. Just go and get this verified. I had told you about Anand Marg in 1970. Let me tell you. They are of another variety, all of them of different varieties, you will be surprised to know about them. Now, these Anand Margis have latched on to another weakness of humans. They have come to know about the problem of hatred in humans, hate him, hate them, trouble him, trouble them, no one wants to use their sensibilities for this. We will make you powerful just using this hatred inside you, so powerful that your enemies will be destroyed. It will make it so powerful that don't ask. In the beginning, it's a bit slow. After this they make you do this and that. Now there is a lot of tantrism involved in this. Tantriks have just one way, very simple. That somehow anger the gods inside you. If you just make all gods angry, abuse, say their mantras, etc. Now consider some random tantric, you have a shiva on your heart and he will be someone holding a skull and body in his hands and say Shiv, Shiv, Shiv. Now Shivji will say just see the drama of this awful man. If someone wears the crown of a king and say Oh king, Oh king, then what will the king do? Put two slaps and put him in an asylum. But gods do not work like this. They say if he is gone, leave him. They pull away from their attention from there. At the maximum, they pull away. Sometimes they punish also but sometimes they leave that place. And the vacuum that is created at that place then, they start to do all the filthy things. And once the filth starts, they gain power and then trap everyone there itself. Similarly, give a mantra to someone. Someone was given 'Ai, Hi, Ki, Ko, Dhi, Dhi' anything they will give. There are devils by these names. These devils enter you and start to do their jobs. Only yesterday there was a woman who came to me saying that just three days ago, I went to this guru's place. In such a short period of this condition? The whole body was aching, blockade and very terrible condition. Did I say that in just three days you ate this there? You should have understood. Its mentioned clearly in Puranas that in the name of God there will be big dreadful devils who will come here and be called gurus. Will Ravan say that he is Ravan? If he says this he will be put behind bars first thing. Many devils (females) have come using different names. Hitler has taken birth. This has taken birth, that has taken birth. Hitler was also a big devil. He has again taken birth in this country. He must be having powers. Meaning that how to cast a spread, how to fill in a bhoot, how to do devil's expertise. All such are devils' expertise. There is only one thing about god, how to awaken your power. When I say that awaken your power they say 'This just cannot be, we cannot believe'. Ok. have come for such intelligent people only.

In a way, I have been telling you for a long time. That son, my place is actually in the villages. My place is not with these town dwellers. Now you said, therefore, I came to Delhi. Next time if you same mother come for a month. Ok, I will come for a month and do all the hard work. But howsoever amount of work one does, how much it will enter inside the heads of intellectuals here, I cannot say. 'Mother please bless us'. I have already blessed the world. But in a village, there are more than seven hundred who achieve their self-realization in a thousand people. But in Delhi amongst the thousands, there will come only a handful maybe fifteen to twenty. In that maybe ten get self-realization and two melt away and another one will run away. Then the mother thinks that maybe its all wasted away. I just have this request from you that at least what you earn, do not fritter away. It has to be established, imbibed and taken towards the experience. Sacchidanand state is what? We have to achieve that. Above this is Sahasrara. Till today this was not opened. I have come many times and taken birth many times. Many of you know it but Sahasrara was not opened. Nothing happened except crying weeping and wasting away all such lives. You could not achieve anything. The opening of Sahasrara only happened in this birth. That too, I was working away in the nights' end on, I used to enter inside kundalinis of everyone to find out what the problem is in this motor and that motor. And that too by being with my family, the last stage of Sahaja yoga, which we say the opening of Sahasrara, has happened. That's why we celebrate 5th May as the Sahastrar day. That day when the Sahasrara opened up, your Sahasrara also opened up. This means that day the super consciousness came into this world. That's why you all feel the vibrations. You may ask why not many years ago? Only one in many used to get this and could achieve much. Supra consciousness was needed. God's kingdom had to come. The sensitivity of that had to be spread in the world. Otherwise, the belief in God would have broken off. Else the world would have drowned away. And Satya yuga wouldn't have started. Satya yuga has started. And Satya yuga means that just any other worthless thing will not work. Satya yuga started from the day cancer started in this world. No hanky panky can go on now. You have to stand in

dharma. If you do not stand in dharma, you will go towards excessiveness. Earlier you may have heard a lot of people who used to have one peg a day. Now it does not happen like that. Now a ten year or a fifteen-year-old boy who starts on alcohol turns alcoholic within two years. Everything has become speedy and because of speediness, it won't work now. Man has to become dharmic now and rise in his dharma. One who does not rise will be defeated. He will have to see losses, mentally, physically, emotionally. All types of losses. And he will see in front of his eyes that he is getting all these painful things. He will understand this. This is a special time. You can say the time of transition to get down to Satya Yuga. Before fully getting down in Satya yuga, before establishing that your sensitivity should improve.

This physical body of yours has the central nervous system and you should get the light of divine on your central nervous system. Till now it is only in the parasympathetic and you have god in your hearts. But this light should come onto your central nervous system and flow in the form of vibrations like it is described. When you understand this completely and study this only then Satya yuga will be established inside you fully. Till now no book has described which finger is connected to which chakra. I told you yesterday that the great saint Gagangiri Maharaj who is 105 years old also does not know how these chakras are caught. He says that we know it from the inside, just by going inside we come to know but we do not know anything about the fingers. This is just magical that even small little kids are telling you about the catches on their fingers. You have decoded this completely. What have these people done for you? These people from the city and the villagers, why are you giving them self realization? What is their speciality? What is so extraordinary about them? In what pattern, have you given birth to them? I said 'On the pattern of Ganesh. I have given them birth from Sahasrara'. You used to think that you have achieved a lot, I achieved this, I achieved that. Now sit. These are my children and they are the ones who will tell the world that there is god. Now he argues with me again and again and says 'Mother, You work till about 12 years and then I will come. I am occupied with these people now. They have made my condition worse'. But he said that if someone tries to trouble you, you send him to me. 'One person was troubling me for no reason. I told him to go to this guru and that he has called him.' I did not know what a weird person he was. So, he went. He turned up after ten days with his legs broken and tied to his shoulders. I just had tears in my eyes. I said what happened? Who did this to you? He started to say 'Mother, Save me. Save me.' I said what happened. You had gone to this guru. That time you were going with great enthusiasm that you are going to this guru. He said that I was sleeping in the cave and in the night a leopard pushed me to ground. I said but what did you tell him? Mother, I made a mistake to talk ill about you. I talked bad about you. 'Then what did he say?'. He said 'Let me see your mother on this. He did not say much at that moment. After this, the leopard threw me on the ground. After three days, I found myself with bones broken just lying there, in my own waste, totally shattered. Nothing to eat. Only after a few days, they offered a few morsels that too hanging from the air. After that they let me rot there for a few more days. Then they bought me up and informed my relatives. They told them to take me from there. They put my legs on my shoulder and packed me to take to you. She will only set him right. She is the only one who can forgive. I cannot. And if you say again I will detach your legs from your body. He held his ears and said that mother please do not send me again to him. Whatever it is, it is ok. Then I put his legs ok. Now he is fine. Going on. This is how it is.

Now, these gurus also have their unique ways. I asked him 'Why don't you give realization?'. He said 'I'm done with this giving realization thing. I had given it to one. Worked for twenty-five years, then he got realized. Just think about it'. He said 'Just imagine. From the time, I was a frog I have worked hard and after thousands of years, I have got realization. I felt vibrations. And I gave this fool his realization within twenty-five years. What is his name? Yes, Anna Maharaj. I said 'Fine. We will see what this Anna Maharaj is'. He said 'If I get hold of him I will beat him hard'. So, that Anna Manahraj had come somewhere so I said that if he is seen somewhere call me also. He was told that Mataji is coming. I went. He was smoking a cigarette in front of me and was talking in his Hyderabad language something with these four or five women. Very comfortably he is sitting. I went. I said 'How are you?'. He said 'My Guruji left his throne to meet you in Bombay. I said 'Why not?'. After all, I'm his mother and he came to meet me. Do you have any objection?'. He said 'He should not have done that, He is this and he is that. He is gone case and so forth.' I said 'Now see my way. He just broke your legs'. So, I put Kumkum to him and then as I was leaving I asked him to put Kumkum to my forehead. Just as he put on my Agnya chakra I just pulled him inside. He just started shaking 'Mother, Mother, save me. Leave me'. I said first you tell me that you will not criticize your guru. 'No, I will not criticize my guru. Leave me', And secondly, you drop your habit of smoking. 'Yes. Leave me. Leave me'. I said 'Thirdly you should leave the company of women and go and sit in a jungle'. When he promised all three things only then I left his hands. Else he was almost fully sucked and he couldn't move his fingers from there. That drama was seen by all of them for a whole five minutes. Then he left that place and now sits in jungles. But he still did his old ways. Then I came to know that he was asking people to give him gold rings, of one

and a quarter tola and promised people that their problems will be over. 'Maharaj this is too much'. Ok, you give whatever you can if you cannot give a one and a quarter tola. Just give half a tola. Whatever you can manage. He collected thousands of tolas of gold like this. By god's blessing, he had a theft at his place and all his gold was stolen. So, he said 'This is mother's work'. I said 'Mine? But I did not get that gold?'. Then what do you do? If you cannot get the work done simply then you have to turn to diplomacy. This is the place of Sahasrara. When the kundalini passes through the middle of this Sahasrara and pierces the fontanelle bone area then only you enter in superconsciousness. Now I will tell you, as I told you earlier, on the left-hand side is the subconscious and the collective subconscious. And on the right-hand side is the supra-conscious that we call as the pre-conscious mind and then beyond that is collective supra-conscious. Down below is the hell (below mooladhara) and above is the superconscious (above Sahasrara). So what happens is that when you become too much of a 'super' and people say that you have become a big monk or a nun, or some other such thing then you go on this side.

From the supra-conscious, you get bhoots inside you. And these people who fill in very dynamic bhoots inside you, they take you in a trans for a while, you get speedy for a while but realize soon after that you start to shiver. You get body aches. You cannot sleep at night. Gets terrible. All the dead spirits in the supra-conscious, these dead spirits are very ambitious. Now one of them is this person (false guru) from Pondicherry. Till a moment, he was going fine. Till the time his kundalini rose to his Agnya, it was all fine. Just at that moment, this lady reached there. His kundalini just fell like a thud back and the bhoots from both the side came rushing inside. Now tell me do you find any sensible person from Pondicherry? Number one fighters, number one aggressors, most temperamental and thinking themselves to be extraordinarily intelligent. And if you talk to them they will talk so big. If you ask them if you are realized, quick will come the reply, 'Yes we are'. They used to all shake in front of me, the neck used to move like this. They used to say that mother is because of your power. So, I said those beside you must also be feeling the same power. Ask them, where did they come from? We realized the gentleman came from a lunatic asylum. This is the level of darkness. So much darkness that I just cannot tell you. Now let's move to Vrindavan. There they have all the followers of Kansa (Krishna's uncle from Mahabharat who wanted to kill Krishna) are nicely settled with names like Pandeyji, Dubeyji, Chaubey Ji with such big pot bellies. Just offer them some food or a cow or if nothing else a pair of slippers or shoes. Not even one genuine person that I could see there. I went everywhere for you. They said 'We bought the saree of Radha Ji for you'. I said 'Really?'. And asked what is the problem that you have? He said I have blood pressure. We do all the good work. We have served Radhaji a lot in Vrindavan. I said 'then how did you get blood pressure?'. 'We have that in our family'. I said 'ok'. And everyone passes away in our family at the age of 30-32. I said 'Ok. If your family member passes away at the age of 30-32 by serving Radha Ji then what type of service are you rendering?'. And here I'm reducing everyone's blood pressure and your blood pressure is increasing. Now there are many such specimens in our country that squatter everywhere. Here it is alright. Shri Hanuman is awake. No doubt about this. He was awake. Now I don't know what is the condition right now. Maybe he might have disappeared from there by now. Because the attention gets removed. Same with me also. In my photograph the moment you remove your attention, the photo is gone. The photograph turns dark. Because my attention is pulled out from there. Some wrong actions like adultery going on, if my photograph is kept there, my attention is removed. If some person like that turns up, my attention is just pulled away. That's the problem with the gods. If Ganesha's attention is pulled away, you are gone. Then just losses upon losses. One is Ganesha and the second one is Hanuman and the third one is Bhairavnath. We should be very wary of these three persons.

So Bhairavnathji was the one who was known as Saint Michael in the bible. And Hanumanji is saint Gabriel. They are the same beings and they are at these two chakras on the two channels to protect us. Here on this side, it is Bhairavnathji and on this side it is Hanumanji. But they have their limits. If you cross the limits then they direct you to get straightened. Like Shivji who is seated here. Shivji consumes all the poisonous elements of the world. He consumes because he is the one who can kill that poison. He only can consume it. Finish it off. Like the Devi is the one who consumes the rakshasas (devil). And now if someone asks the Devi why aren't you a vegetarian? This is hypocrisy. She has to drink the dirty blood of raktabija (a devil) and she has to consume each and every rakshasa. How can she be a vegetarian? You should straight away interpret this. If there is someone who is a very big vegetarian then I ask him to come and at least touch non-vegetarian. Don't take to extremities. If you are so much made up of milk then you cannot stand with the Devi. You should think that Devi had to kill many thousands. Killed many crores of rakshasas. That Devi is Atisoumya (very soft) and for her children Atikaurya (very cruel). They were killed so brutally. If she wouldn't have killed them how would the children be saved? But I don't know where Hinduism started the concept of vegetarianism. If you believe in the Shakti if you are the devotee of the Devi where is the question of vegetarianism? Ofcourse this does not mean that you start eating horses, ox or buffalo. I don't mean that you start eating cows. But these small animals

that are normally eaten by everyone, so do you mean Mohammed Sahib is then a gone case? Christians are gone case. All warrior class is gone. Rama and Krishna are gone. Every one of these is gone cases? Who is then left? Perhaps two or four ravanases who are ailing with tuberculosis and who will give realization to them? I'm not saying that you start eating meat. I don't mean that. If you don't like it, don't eat it. But that has no connection to your practice or your realization. But it is connected to how much is your attention on food. But alcohol under any circumstance is against the practice. If you ask me then I can eat ten raktabijas (devils) but I cannot consume a single drop of alcohol. Someone just managed to make me drink just a little and I was vomiting blood after that. So much. My husband pulled his ears that day that does not even give her a drop of this to my wife.' I have pain in my stomach'. I do not say anything to anyone. My stomach is like that. You must have seen that I ran away yesterday. There was some very bad man who came along here. Because of him, I had a very bad nabhi catch. I said now let's throw him out and put him in hell. I have a pain in my stomach even if I see even a bit of something like this. If a naked woman or a cabaret dance is going on. I don't have a problem but if you go somewhere you are forced, something that comes along with a government servant's life. And a government servant should witness cabaret dance or his job doesn't move. On top of that being a wife is an added trouble. Just keep mum. I just vomit there and then. What do I do? I don't say anything. If I see any filth from anywhere this on its own, this dharma that is in our stomachs.

How human beings rise in their realization and to what extent, this I explained to you today. Tomorrow I will tell you that how do you rise in realization within your state of mind, and how the state of nirvikalpa is established, and what are its indications. Whatever I said today, they have all written it down, perhaps they will make tapes and give it away here. But its important to have faith, faith with yourselves. You should try to go a bit deeper into this. In Delhi, those people who have dived deep have all gone deeper. No doubt about this. And those who have not, have not. They are stationed just there. Every year I witness they are standing just there. When there are ten people who gather in my name, there the power will manifest itself. And 'Mother, I sit at home and do puja'. Nothing will happen. 'Afterwards, I had a physical problem and other such sundry problem'. Next time they come they are complaining about other things. I'm not going to listen to this. You get well on your own. You make yourself healthy. After that, you start worrying about the world. I hope many people will get their realization today. Yesterday also many people had got their realization. Don't know how many of those came today. And many new people have come today. But how many of these are for real and how many fake, I come to know beforehand. One day a gentleman came along. I told him in advance that perhaps you should leave. You are not well. He did not listen. And then he started jumping here like a storm and then went away. He thought himself to be very intelligent. He started saying that in your kundalini a person should dance and jump, this and that. I told them to let him dance and jump. Who stopped him? But he should put up his tent and his own platform and do it there. Why should he do this here? Who invited him to jump and dance here? At least let me have my reign here. This is good. That we should put up the tent, advertise and he comes and jumps on our chairs. What calculation is this? If you want to go you should go your own way. We do not come your way to say please come. You came of your own will. Out of your delight. And went out a similar way. Please forgive us. And if you think that we are doing very bad karma and teaching people bad things, then you should give it in a newspaper. We will have no objection. And even if they write that Mataji says all these things, if someone says that we are teaching bad things then it is alright. Now let us go into meditation for a while. And get our realization. But I would want those who already got their realization should go a bit at the back. And give other's a chance. Those who are already realized should learn how do we give realization to others. It's of utmost importance that unless you utilize your earned wealth, you will not understand what is this thing.

1978-0203, The three Gunas - The significance of Indian culture

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Talk to Sahaja Yogis

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

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[English translation from Hindi]

The energy which you are using is refilled by us. There is another modern disease which we call tension. 'Tension', People say 'I have tension', earlier nobody used to get tension. Naturally, you will get tension if you leave from old Delhi for Mataji's programme, thinking 'Must reach at 6:30!', 'Must sit at the front seat.' If you reach later, doesn't matter, you can arrive late also. You were supposed to come at this time so you came. Doesn't matter. What is the emergency? Where will I go and where will you go? We will sit, relax, talk, and that's how Sahaja yoga is done. Why make such a fuss about it? No need. Sit in a very comfortable, relaxed manner, that is how you will get your realisation. I have seen even in Sahaja yoga people plan like this. I laugh a lot. Like if you say that two days later fruits will ripen here, I will accept. If you say Two days later a fruit will ripen from a flower at exactly 6 minutes past 5, if you say so and can show me, then I'll accept your calibre. The more you plan before coming here the more obstructions are created for your Kundalini awakening. Sahaja samadhi should come, it happens spontaneously. Sahaja means in a simple manner. Only such people get it. Now, why are you beating, thrashing? What is the emergency?

Recently we were having a program in Mumbai, one Gentleman said, 'Music is being played, Mataji, shall we play a bit?' I said 'Ok, do it. We will sit in a relaxed manner. My vibrations keep flowing, you keep receiving them.' Now He performed for a slightly longer duration, people started saying, hurry up and finish it fast. I said 'Why? Do you want to hear my lecture? But I don't feel like speaking today. I speak when I want to, temperamental person, I don't feel like today. Then let me hear the music, you also listen with me. Why don't you relax, listen to music? Good music is on, Listen!' What calamity has struck? My vibrations are flowing whether I give a speech or not, they are working out. The vibrations are working out every moment. They don't stop, even for a moment! I don't understand what is so important in a lecture. Everyone is sitting peacefully, such good music is being played, then why are you shouting in between? We have developed this habit. Can't get rid of these habits. We never sit down, relax and talk to anyone for even 5 minutes. Say If your friend comes to your house you will say 'Come, have some food'. While your wife makes food, you will discuss politics. If there is nothing to do you will turn on the T.V. 'Everyone watch T.V!' Interact with each other, talk to each other! You have invited your friend to your house and you have turned on the T.V.? You part your ways as strangers. Then this is not friendship, with whom do you have a friendship? Nobody is your friend. Friendship comes when two people enjoy together. That's what is called friendship. Nowadays friendship means business, if not that, then they just sit and play cards. Still, it is ok. Then they start betting money on that, finished. You bet your money in a game of cards- anyone who bets money on a game of cards finished.

Now I say that you stay in balance. The way to stay in balance is to sit, to see, enjoy. In the morning the sun rises, see the sky, such beautiful colours come. They go away wasted, unseen. In the evening the sun goes down, such beautiful colours are created, all that to go the same way. So many flowers bloom, springs come, how many colours change, the same way all the work goes. So many people we meet, we meet everyone and go away without meeting anyone, we part our ways as strangers. We never know them! If somebody has died, 'Alright, we have sent flowers. Our job is finished.' Where the Rajo gun (Right side) is at maximum, the situation is like this, that if somebody's father has died, they announce in the newspaper. The fathers' there give money to someone long before their death, saying if I die, please have a suit stitched for me and dress me up in that, It is written there that on such and such day, you see on his body. They show them, 'We had a suit stitched for him, he is dead now.' People come, offer flowers and go home. That is the situation there. There is no interaction, there is no Dosti (friendship), no friendship between them, no recognition. Nothing. You go to your maternal grandmother's house and she says first put in 2 p in my

telephone box, then only you can enter. You telephoned from my house that day and didn't pay the money, first give me the 2 p. Money is everything. In artificial life like this imbalance comes because then we have to live with that artificiality. You go to somebody's house, they invite you for dinner, if you reach at 08:30 instead of 8 O'clock they will start shouting at you. Don't you get food at your own house? If he's late, why are you so troubled? He comes at 8:30 if he wishes he can come at 9 O'clock. What happened? Come, sit down and relax. What do you need so much punctuality for? No need to be punctual more than it is necessary. Yes, we should be punctual in one thing, towards the call of God, that's what we should be punctual about. At this moment God's attention is on us, get into meditation that instant. Vibrations are coming, just get into meditation. We are not punctual in this context. What will it do, what did we achieve by being punctual? These suicides! The countries who have been very punctual, what did they achieve out of it? They commit suicide with punctuality, they even write the time at which they have to commit suicide. We used to have punctuality in olden times. Like we see the Panchang (Indian calendar), that's how we create punctuality. This time is auspicious, at this time doing this will be good. At least in that we little bit consulted God Almighty. We consulted him for giving and receiving something, but the way we are punctual nowadays, it's completely mechanical. You all will get bored with your lives, you will get fed up with your life, you will panic. Same, waking up every morning, shaving again, washing your face, going to the office, the same habits. Then coming back home, same things. You will be panicked. When you will panic, then what will start? The same thing which is happening there, Gaanja, LSD, if that is not sufficient, they will remain unconscious all the time. Means escapism, run, 'What is the need to live in this world?' When a human being gets bored with his life then he seeks an escapist life. A Human being gets bored because he doesn't know himself. When you know yourself then you get in a state of joy because you are so beautiful inside, so much organised and so sweet, that you don't need anyone else. Then you just sit with yourself, it's so fun! When you are alone, then you are in the best state. You watch your own life, you see the heaven which is your own, inside your own being. Yes, when you meet others, you see that they are our companions in this heaven. Like when two drunkards get together, then they get joy, nobody drinks alone. Such hangover lives throughout life. If you want to get such a kingdom, then you should also be kingly from the inside. You have to get balance inside and it comes from Dharmà. When I talk about Dharmà, I never mean Hindu, Muslim, you can understand that thing. I don't believe in these little little nests. I don't believe in these illusions which have been created by human beings. They are useless. Breaking these chains now Sahaja yoga has come up. But dharmà means that the sustenance power which is within us, the Dharmà which is innately established, which is in every cell of our being, it should be awakened.

Yesterday I told you that there are many Dharmàs. One of them is- you will be surprised- the greatest Dharmà is that All religions are equal. Gandhi Ji said that all religions are equal, means the tattwa (essence, principle) of all the religions is the same, you should understand this. The energy which flows inside the tree goes everywhere, it goes into the roots, in the trunk, into the leaves, flowers and then it goes back. It does get attached to any place. This type of love which is unconditional, which is detached, is a power, in that power, a principle is working out everywhere, the same way, one principle is working out in every religion. And that, to the point, the simple principle is just that, when Dharmà gets manifested within ourselves, when we get nourished by the principle of any dharmà, when we fully establish the tattwa within ourselves, then we can get our evolution. Like Hindus should only learn one essence, that "In everyone resides the same spirit". The Caste and creed are not determined by your birth, but by your actions. That is the essence of Hinduism, we don't have to find another one. If you have achieved this essence then only you are a true Hindu, otherwise, you are not a Hindu. Either they call themselves Muslims, or they call themselves Christians, One power, we are the worshippers of the Divine power, the same power resides in everyone, whatever deed a human being does he should be known by his actions. The one who performs religious rituals is a Brahman (Priest), all the Sahaja yogis are brahmans. The one who is lost in Brahma (God almighty) is a Brahman (Priest. The one who seeks joy in power is a Kshatriya (Warrior), the one who seeks joy in money is a Vaishya (Businessman), the one who seeks joy in serving others is Shudhra (Lower caste).

You will be amazed. We have great ideas about serving others, 'We should serve everyone, take care of this one, take care of that one!' Now let's see why they were called Shudras, it is something to think about. It's a great surprise if somebody serves others why is he called shudra (low)? It's a subtle thing. If you can understand this subtle thing, then you can understand Hinduism. The one who serves others is a shudra because there is no other. Suppose If I make you alright if I massage you if I make your head alright, then I am curing myself because my own head is catching. Yours is catching, you are my part parcel if I don't correct it, my part and parcel, then I suffer. There is not the other. The one who gets the idea that 'I am serving this person', is a very low-level idea. The one who thinks that I have built very big, great orphanages, that I'll go and serve the poor people! Who is poor?

You are poor. Poverty troubles me because it is the part and parcel of my being. If somebody is poor in this world, then it is an insult for me, I am poor. Such great, high vision if you see going down to such low standards, that is why it happens. No Emperor says that I am serving anyone. He gives, it just flows from him, he doesn't serve anyone. In the idea of serving others there is a very subtle, foolish ego working. Whom are you obliging? They all are part and parcel of your being, that's why when you get the collective consciousness you are amazed if somebody's Vishuddhi is caught up, if somebody's sick, then you also catch. Then you say, mother, his Vishuddhi is caught up, clear him fast. Because you can't bear it. Because he becomes the part and parcel of your being, they say, mother, see he's catching, means you are catching. See how much you become one. Like we don't give lectures now that, "Yes, All religions are one and the same". Hindus, Muslims, Parsis, Christians all are one, we need not say that. It happens. Anybody comes your way you'll say, see mother, he's catching this. Your finger is catching, you say he's catching. Like you make your finger alright, he also becomes alright and you also become alright. It is a very subtle thing. Only those who are subtle enough can understand this subtle thing. That's why the one who says that 'I am a great obliger in this world, others, helping others, I distribute sweets, I have organised these Langars (free food for anyone to eat)' is the greatest idiot, is a very low person. Human beings have no right to oblige anyone. There is only one who obliges and that is the Divine power. He is also obliging himself, not others. When he gets upset with himself he destroys Everything. When he gets pleased with himself then he makes everything alright, and when he has to oblige someone, he gives salvation to the whole world. Because the whole world is God himself, the whole world is the part and parcel of the Viràta (cosmic being). Like, understand that, like this is the light of God almighty and if the picture of the Viràta is in front of it, whatever vibrations are coming through it, in them resides the whole world. Now if the Viràta has some problem, then it will show there. If there is some problem there, then it will show here. Without correcting it, the Viràta will not be alright, and they will not be able to get any relief. I am telling you the truth. You will be surprised that once my foot got hurt, and there was a doctor with me and she said, 'I'll give you vibrations'. I said, 'ok, come, my child, give vibrations'. As soon as she put her hand on my foot, the vibrations started coming like a machine gun. Means that when someplace gets hurt, vibrations start flowing 2 times more from there. When I get tired, then the treble vibrations flow three times more than usual. When I get sick, then you will get vibrations as if you are sick. Say many people in Delhi are ill because of the flu, then I will also get the flu and whatever vibrations will flow will cure your flu. When they will go away, then I will also become alright. It is a strange thing! It exists. That's what happens. It is a very subtle thing, which you should understand, you should see it, and experience it. There are some of you here who have seen it. That's what happens. Like inside us antibodies develop, and they start flowing. That is why for our balance, which I have said since long, the most important thing is that we should understand the essence of Dharmà. All religions are equal. A very important thing. If there is any obstinate person here, they have made many, many examples of obstinacy.

Hinduism has only one good thing about it, and that is, they didn't put someone in charge in any of the castes, that he is Christ and he is Mohammed Sahib. This is one good thing but they thought many have left, put somebody else, all the Christians are saved, all the Muslims are alright, what should we do about it? They said, ok, this doesn't work so let's find some other cure. Then what cure did they find, all this Caste and creed business they created. Human beings are such that, they never learn. Christians will say, only Lord Jesus came on this Earth, nobody else came. Then Christ also left all these things in their heads. But Christ himself said, "Those who are not against me, are with me." Now, who are those? Mohammed Sahib has also said, very much, if you read him. Many Paegambers (Prophets) came on this Earth. They stamped down that, no other prophet will ever come on this Earth. Christ has said "I am the light, I am the path", ok, he said he is the light, he is the path but who is the destination? Who is the beginning? There is light, there is the path, other things are also there, there is also way backwards and forward. Krishna said "Sarva Dharmanaam paritajya mamekam sharanam vraj", then people say everyone should become a Hindu. That means we are so gross. Whatever anybody said, they turned it really gross. Human beings have become very clever in turning every principle so low, so gross. Whatever subtlety we had, we have been losing it.

Yesterday I told you about the Kundalini and the chakras. What is Kundalini, how does it arise, how does it climb, and so on? Kundalini is a subtle power. The actual power of Sadashivà always resides on the top of our head, and the power of Sadashivà is the Brahma Shakti (cosmic/primordial energy). Now, who is Sadashivà, let's talk about that. Now understand that Sadashivà and the Shakti (power of God almighty) is the same thing, like the sun and the sunlight. But when it was the time to create, creation was done many times, not once but many times, so at that time Sadashivà and Shakti separated. They became two parts, Shakti creates and Sadashivà, he sees Everything as a detached witness. It is Shakti's work. Shakti works it out. Now we'll understand the Shakti, now suppose, today power has come here, you can see the light in front of you. But you know that you can also use

this light to operate the gas, you can use this light to operate the fans, this light you can also convert into a magnet. But you cannot understand the power which does all the work, which organises everything, which cooperates, which integrates, and which loves. But you cannot understand the power which loves and because of love, all the work is done. Through love only, it knows and understands everything, and with love only it does all the work. You cannot understand such power. I am talking about the same power, and that power is the integrated form of all the powers, in that resides the electricity, the magnet is there, light is there, all the elements reside in that power. Now you see here, this picture we have made, of the Virata, on its head resides the Shakti of Sadashivà, and it is also the seed of Sadashivà, that is why his Shakti resides there. It has three parts. You see from up there, I have told you when it is released from there, one comes like this, one comes like this and one comes from the middle, and one who himself is Sadashivà, he governs, affects the heart. These three powers are called Mahalakshmi, Mahasaraswati, Mahakali, they are symbolised as three. In the English language, there is no name for these three powers, I don't know what they are called in the English language. You will say it is a very out of date thing. Because whatever is Sanatan (primordial) in our Country has gone out of date, and whatever belongs to the English has become the best. When Sahaja Yoga will spread from England, America, and will come here then they will understand. We don't understand simple things. When English is writing about Sahaja Yoga, two are writing about me, one is English and one French, when they will come with letters, then all the Ladies, all the Gentlemen here, who are English except that they don't have a tailcoat, those ladies and gentlemen—because we have very few Indians here. All the English are still guiding us.

They are called Mahakali, Mahasaraswati, Mahalakshmi. The Sanskrit language has one speciality, that every single alphabet is a mantra. In Devnagari Lipi every single Akshar (alphabet)—A+kshar, is not kshar, this a, aa, e, ee, whatever is there, it all moves in the Kundalini. There the word sounds. We have learnt these alphabets in Manan (introspection/Meditation) and have then written them down. English they speak like a Magar (crocodile), that is how we have learnt 'M.' We have no relation with any crocodile. They have learnt the language from the animals and we have learnt the language from the Kundalini, which flows inside us. When the Kundalini moves like this then it makes sounds like this "Sh", "Sh", "Sh", here. Is that right? Everywhere it has different words like here it is "Ham", "Sham", two words come here. They exist, which we write as "Om", aa, like they write, the one which you write "Om" in Lipi, you can see here that the Om resides here. When the Kundalini is awakened, then when the light shines here, then the Chakra which is here, Om is written the same way here as you write. And the A, aa, e, ee which is written here, you write too. In Devnagari, in Sanskrit, inside us too when the Kundalini rises, at that moment when the Kundalini reaches that point, then a sound is created and it gets written there. How detailed it is. What is your culture and where has it come from? It all has come from introspection, it is not something artificial which we have learnt from outside. But here Sanskrit language belongs to the Pandits, fools and donkeys, who don't even know how to pronounce it. They don't understand the essence of it! They are all foreigners, They read Shaili and Katiss. This language appears and is written inside us. Writing every single alphabet has a great meaning. How Om came to be? That is how Om is created, absolutely Om is written there. I am rotating my finger like this, your Agnya is also rotating. How scientific it is because it is related to reality. What can be more scientific than this? Till you say a Shloka (Praise to the deity) in Sanskrit, my chakras don't work out, how surprising! But If you say it in the English language then it works. Only on the Agnya chakra, Jesus Christ's which he wrote himself, because this is the centre of Christ, for that he has written in the Hebrew language, the Lord's prayer, that works out, but If one says it in English that also works. But here also Kshama Swaropini (The form of forgiveness), Kshama we have to say because here the word "Ksh" resides, so we have to say forgive, whatever we may say but we have to say 'I forgive'. So much in our Sanskrit language, see how many foundations it has, how deep it is and how subtle?

So these three which I told you Mahakaali, Mahalakshmi, Mahasaraswati, these three powers are inside us, these are the ones who are called as "Aim", "Rim", "Hrim", because their integration is "Klim", that's how it is. "Ra" is the word for energy, like Radha. 'Ra' means energy and 'Dha' means the one who sustains the energy. The meaning of Radha, Krishna, I told you comes from the word krishi (agriculture). Now the "Kr" word, saying Krishna's name, immediately the Vishuddhi clears out. You have to say Krishna's name because Krishna is related to this centre. If he is related to the Vishuddhi then his name can only be Krishna. How scientific it is, you tell, how subtle?

But Sahaja Yoga is the path of love, and in love, there is no need to go too deep into these things. "Ek hi akshar prem ka padhe sau pandit hoye" (Learning one word of love is sufficient to make one equal to 100 priests.) That is what Sahaja Yoga is. There is no need for you to be a great Pandit, "Padhi padhi pandit murakh bhaye" (Sometimes reading and getting too much worldly

knowledge of spirituality makes you a fool). Those Pandits who came here, god save from them, they said that we have learnt the whole Guru Granth Sahib by heart. I said 'Oh really, what is that?' 'The same thing which you say, he said the same, that "Mann mein hi khojo" (Seek within yourself)' I said 'You have just memorised it, you haven't tried to find it, no?' Seek? Should seek it. It has become like this "Mantram amantram aksharam nasit, nasit moolam anshanam, ayogya purshoh nasit, yogakah sah durlabham" (The mantras, invitations, invocations to the Divine have no importance to the one who is not deserving, and for one who is deserving, the mantras are inaccessible. CAN'T SAY IF ITS CORRECT BUT FEEL IT IS RIGHT) The Mantras are in everything, but one should know the plan. Some bhoots have come here, Rakshasas, they will give you the mantras "Aim", "Rim", "Klim", 'Say, Om, say Klim'. Ask them what is it? They will not be able to tell you anything. Even if they tell you something, they must have read it from somewhere, what Chakra are you catching now? They have given you the mantras "Aim", "Rim", "Klim", is it written anywhere in the Shastras which Chakra you are catching on? If your left side is caught up then you should be given the mantra of the left side, if your right side is caught up then you should be given the mantra of the right side, and if your centre one is caught up then you should be given the mantra of the centre. Now these three which you can see here, Mahakali resides on the left side. She sustains the Tamo guna. Tamo guna resides within us. It is also called Chandra Nadi.

Now see how Bhagawati created this mother Earth. First Bhagawati took some part of the sun. Then she took the part far away, far away from the sun, so then it became cold, like ice. Then she brought it slowly, slowly towards the sun. It started melting, because of that the water started flowing. Then she again took it far away and then she again put it near the sun, adjusted it so that the world can exist, so that life can be sustained, all this universe moves in a spiral way, in a spiral way. Whatever I am telling you, maybe people will say in a hundred years. Whatever I said a few days back, people have started saying the same.

That balanced movement of the spiral, causes one to be sometimes more towards the sun and sometimes more towards the moon. So the Sun channel and Moon channel, we have two channels. The one which is on the right side is called Surya Nadi, and the Chandra Nadi is, which is on the left side, is also called Ida Nadi. This is also mixed up. I see that there is so much confusion, so much confusion. The channel which is on the Right side is called Pingala Nadi, the right side channel is Surya Nadi, the channel of the left side is Chandra Nadi. When you Balance both of them then you come into the centre. If one goes to one extreme, then like a pendulum, if you go to one side then you start to go to the other side. Like I told you that wherever the Rajo guna is too much in the west, they have started going towards the Tamo guna. When it became too much they started committing suicide, if not that, then drinking alcohol, taking gaanja, all types of things, so that they can get balance. If the pendulum goes there, then from there it runs to the other side. Between this side and that, in the centre lies balance, in the core and in that there is a gap, that is the void, that is what we call void.

In the Jain system, if you read Jain, it is all Sahaja Yoga, if you read Kabir, it is all Sahaja Yoga, if you read Guru Nanak, it is all Sahaja Yoga, if you read Krishna, it is all Sahaja Yoga, if you read Ram, it is all Sahaja Yoga. Christ if you read, it is all Sahaja Yoga, Quran if you read, it is all Sahaja Yoga. Everything is Sahaja Yoga. The way of saying may be different but the joy is the same.

Now the Void which is in the centre, this is the Bhavasagara (ocean of illusions) and there are no stairs to climb out of it. Suppose there are two stairs placed like this, but the middle one is half falling, and the way to climb it is below the Kundalini. This Kundalini has to cross this bridge, has to fill this gap, it is very simple and easy, not very far. Now, this Kundalini is your mother. She took birth with you in many lives. She resides within you. Even after death, the Spirit and the Kundalini are up there to accompany the Jiv Atma (Soul). Every moment it is there within you, and it is also the record book of the subconscious.

The Kundalini is Gauri, meaning that it is a part of Mahakali. It is a part of Mahakali. The power which is in the centre, which we call as creative power, or which we call as an evolutionary power, which we call as Mahalakshmi's power, is not this power. This is the power of your subconscious, whatever is your past, whatever are your karmas (deeds), whatever happened to you, that you should understand. So the Kundalini is the part of it. And that which is the Void is governed by Saraswati. Because I told you, that a lotus sprout from the centre of the Nabhi and Brahmadeva sits on it, that's everything, he does all the creative work. That's why the Void has creative power. You know it is there. This creative work is about the five elements, the mind is also created from these. The mind is also a part of them.

One is the power of existence and one is the power of action, of creativity. When it works like this, understand that there is a byproduct in the factory, two types of byproducts we get, one by product which goes up from the left side, it comes here to this side, the right side. We call it superego, and the other one which comes because of the working of the right side is ego. Those who use their right side, those who are called as Rajo gunis are ego-oriented people, they work through their ego. And the one who is left-sided is the superego one, many of you are psychologists, they will explain to you. Say there is a child who is drinking milk in his mother's lap, relaxing. He is in complete joy. At that time when his mother moves him to the other side, his ego reacts, he says, "What did you do?" He gets angry. His mother scolds him, "Don't do like this". Superego is created.

When we desire to do something, it is out of ego and when it is pressurised, that is the superego. That's how these two things are created within us, ego and superego. From one thing we say that "We will do it", and from the other thing we say, "No, don't do this." 'My father said that it will not benefit us.' Now it is not necessary that whatever your father said was right, sometimes we say right things and sometimes we say wrong. These types of two powers work within us, or we can say that one gives us the power to desire, and the second power is the one by which we can create. If the power of desire and the power of creativity get balanced or the ones which we call as ego, superego gets balanced, then you can see that the rising of the Kundalini will become so easy because the weight in the head will get balanced, the Kundalini will be able to pass the gap very easily. That is why balance is so important. That is why today I am speaking about balance, after describing everything, I come back to balance. If you are not in balance, then the Kundalini will not rise above the Brahmrandhra (Fontanelle bone area/Sahasrara). It is very important to establish a balance. And for that balance, I say to you, that do left to the right because the ego here has grown much. Full of ego. The balloon of superego here has been pressed down by ego. So I say to you that, you raise it like this, superego will rise and the ego will go down. Again you raise it, again you do it, slowly doing it, it will be completely balanced. For that also you have to put your hand towards me, your hands are not going to work out anything. As soon as you get in the centre the Kundalini will shoot up. Kundalini knows everything, understands everything, everything about you. She knows your past. Whatever mistakes you committed, whatever injustice you did with yourself, like if you went to some Guru, your Kundalini knows. She will not rise, frozen Kundalini. That is why you must have seen, somebody says that I had a Guru, I clasp my head in my hands, the situation is hopeless for the Kundalini to rise now, tell him good-bye. What can we do? Now people think that why Mataji criticizes the Gurus? Because if they freeze your Kundalini then what can I do? The second thing is what will happen to you? How destructive it is? You see for yourself. You don't get your evolution, you cannot give realisation, life afterlife you cannot get your realisation. And even after saying this, they say that our Guru is very good. Do they think it over? Are they possessed or something? No matter how much they trouble them, no matter how much they suffer, their bones may break, their heart may die, but even then, 'Mother, our Guru is very great.' What is the reason? The reason is very simple, that there is something which has got hold of you. You don't want to think about what is the truth.

Now if there is someone whose ego is very much bloated, there are many ways, which I have told you about. Ego is such an illness that you are not able to detect it at all. If your Tamo guna, superego is more active, then you get pains in your body, 'Mother I have pain here, my legs are jammed, don't know who is sitting in my neck', you feel it. But the ego is always sitting on top, it rides on a horse. If you listen to it, then it starts giving me a lecture. I went to some ministers, and they started lecturing me, here you all were going to have a programme, and I was listening to their lecture, I said very well. They give lectures every day, couldn't they get anyone else to listen to them? Ok then, go on. Your wish will be fulfilled. Here you all were sitting waiting for me, and I was sitting there. That is why ego is such a thing, that once it gets into your head then it is very difficult to make you understand anything. Ego is also very subtle like somebody has read something, then, 'I do not believe that mother can awaken the Kundalini.' Now, sir, your faith does not exist. 'I cannot believe it', do you believe in anything? What have you known, what have you seen? You come and see. You believe it or not, how does it matter to God? 'I believe in God', which country's Plato are you? Did you create this universe, Did your father create this universe? The tree under which you are sitting, was it made by you? 'I have complete faith in God', the one who talks like this is too much. The one who has created the whole Universe, the one who has made this world, has made you, your children, the one who is shining in this Universe, because of whose grace everything is done, if you believe in him, you are doing a big obligation! You do not have faith in God, who can be more intelligent than you? This is all nonsense. When I took my birth, I thought which mental asylum I have landed in? Then they say 'Yes I know everything, Mataji, yes I read that Mother I have read the whole book, there.' Now the book you can publish from anywhere, in any publishing house it can be published. Anyone can publish, anyone who wishes can, and if someone wants to publish something related to

God, then there are no rules. There are no rules and regulations, nobody can ask him, why have you published this? And if somebody says that God is like this, 'Yes, it is so'. If they say God is in such a condition, then they believe it. Is there any regulation, any rule where you can say that, don't you dare, who are you to talk about God? From Hitler to Napoleon everyone gave lectures about God, nobody missed the chance. Everyone thinks that they have a right to lecture others about God. Ask them, what do you know about God, why do you speak about him? 'I have written so many books, I have read such and such a book, I went to America, I have given so many lectures, I have read so many lectures', everyone, everyone, it is very subtle aggression. You have not been able to understand this. It is an aggression on the intellect of human beings, they give you a mental feast. He started talking about God, you started listening, 'This gentleman speaks very well.' There is one gentleman, he gives such a good lecture, that you just listen and listen, you don't know when the time flies! Good entertainment. Not everyone is allowed to speak about God, and nobody is at all allowed to comment on, or explain Gita, and they give lectures and lectures on Gita. 'Mataji I'm going to hear the lecture on Gita', and your Agnya Chakra is caught up. 'So should I not go to the lecture?'

'Son, the one who is explaining Gita to you, is he a realised Soul?' Before getting your realisation, you have no right to talk about Dharmà and no right to talk about Gita. The one who gives lectures before getting realisation is like a blind man guiding your way. But there is no way you can see, who is blind about Dharmà and who is not. And you should definitely not listen to the one who speaks about Virah (separation). Why should we listen to the one who sings the songs of separation? We are in separation, he is also in separation, that's why we enjoy it. Like Soordas Ji is there, he used to cry in separation, then everybody feels good. We are blind, he is blind, all blind people are singing. He went to Vallabhacharya Ji, Vallabhacharya said 'Kaahe ghghiyawat ho?' (Why are you weeping, begging?) The one who is one with God cannot understand, why are you singing about separation. Everyone likes such a song 'God, When will you meet me?' Some people like such useless, fake dramas also. In this sad state of separation, everyone has become Devdas. ?Devdas kate ghaas?, I say this. So many poems on such sad, depressive situations, and so much about separation! Oh God! When will they get wisdom? Separation people enjoy very much. Poems and poems are written on this subject. But the one who has met and is in unity, how can he sing songs of separation? It is a simple thing, the one who is in unity with God, how can he talk about separation? He will say, 'I am the light, I am the path', he will say, "Sarva Dharmanaam paritajya mamekam sharanam Vraja" (Surrender all your Dharmàs to me). He will have authority. He will not be scared of anybody's father, he will not beg, cry. If you want to come, come, otherwise, go. Kabir is the face of that, people made fun of him, siddhukaddhi language? In our country, Hindi speakers make fun of Kabir. Tell me if even one of them is equal to even the dust of Kabir's feet. They got after Markandeya Ji. 'He has these defects, his Vadmay has these mistakes.' They like Umarchaiyaam because he writes in his? Pinak? All these people only write in PINAK, most of the Ghazals I have seen are written in PINAK. I feel repulsive the way people start crying in separation, sitting, singing Ghazals. Did this in any way helped others, no question. These are the symptoms of Tamo guna. Always singing virah, crying, talking about separation.

Talk about meeting God, get one with God, and when the time is here, we do not believe that we can be one with the Divine. Then they will sit, crying. First, they will say 'Come, come, come', and now when he has come, is standing in front of you, then they say 'We cannot believe that it is the truth!' That is what the world is like, what can we say? Why did you call, first of all? When you have called him, he has come, then you say we cannot believe that you have come, let us cry, for now, they are busy crying. Till they finish crying, everything will be finished. They will play music, and call God for hours, 'God please come, God please come, Darshan do (please show yourself), let us meet you, show yourself', and what will you do by seeing him? We should become something, something should happen, a happening should take place. This is about becoming, not talking through the hat. But human beings live with satisfaction because they are superficial. They get satisfaction if someone is always attracting them. They are sitting, singing bhajans, for hours together, 'Ghat hi Khoja Bhai, ghat hi khojo Bhai, ghat hi khojo Bhai' (Seek within). Ghat hi khojo Bhai, who are the ones, who are going to seek it? Whom are you lecturing? That is said by those who sought and have found it, now whom are you lecturing?

That was told to them, that you seek within. He said that take this medicine for your headache, and you are chanting the prescription from morning to evening! What benefit are you going to get from this? Who has been benefitted by doing all this? By singing bhajans, have you ever seen even one person getting benefitted? In the end, the same people put their heads and legs in the air, doing drama, screaming from morning till evening. They will get cancer of the throat. Now the time has come, that you shouldn't do such foolish things too much, otherwise you will get throat cancer. Uselessly if they will roam, singing songs, then they will get cancer of the throat. Who told you to do so much of Dravidi Pranayam (a type of a Yoga)? That sing in such a way

that the nerves of your throat almost break? When you have said once, it's done, 'Come here', He will come, what is the need to break your veins and ruin your Vishuddhi Chakra so much? I don't understand. They come here, 'Mataji, we used to say this Mantra.' 'How many times?' 'Everyday day, it used to be at least 108 times.' Who told you to say 108 times? Say once, with folded hands in prayer, you will be looked after by Shri Ram, is done. Is he your servant, that you are ordering him morning till evening? Now if you do this to someone all the time, then the attention of God will move away from there. Sir, I get a headache, if someone says Mataji the 4th time, I say, what do you want? You see from the point of view of God, if someone always keeps calling you, 108 times, you will say 'please shut up'.

Now my granddaughter was there, we went to Bihar, she is a realised soul, she is a very funny person. She must be around 5, 6 years old, she said 'Nani (Grandmother), everything has gone very wrong here, in the temple, they are singing, night and day, hey ram, hey ram, but God ran away from there long ago, that I know, but now I will also run away from here.' She said 'Listening to them my ears have started paining, you too run away from here.' Such useless people they are. Such a little child understands. He went to Ladakh, his father, a lama was sitting. Now you see such a little child, 6 years old. Now everyone was going, and touching the feet of Mr lama. Now she is a realised soul, She knows who is realised. She saw her mother touch his feet, her father touches his feet, She could not bear it any longer. Again her pride came in. She went and stood in front of him and said, 'Shaving your head, wearing a cloak, you are making others touch your feet? You are not realised.' Everyone felt embarrassed, scared, the mother, father. What has this child done? 'Right I am, why is he making others touch his feet? Why do you touch his feet? He is not a realised soul at all. He has just shaved his head, dressed up in a cloak, and is sitting with such an expression.' She showed him the mirror. She is not afraid of anyone. If you can meet God by shaving your head, then all the sheep should have reached God at the earliest. Kabir's sense of humour was marvellous. Now this crying of theirs has reached such a limit that, they are now shouting, because Hasan, Hussain died. They have created such a chaotic atmosphere, seeing such sad faces, heart, mind gets disturbed. If some deity was to come, he would also run back. Where are these crying, weeping people? Even animals don't cry so much, nobody cries so much. This is a weird style of human beings if they start crying, then they are just crying. Okay, that done, after doing that if they still don't get satisfaction, then they will fast on the birthday of the deity. What is a greater insult than this? What can be a greater insult than this, for anyone? Supposing somebody comes to your house and says that, I am not eating today. He will say that I am going home. If you want someone to go away from your house just say, 'I will not eat today'. He will say, 'Ok, I will go to the hotel, straight forward.' In your house Krishna is born, Rama is born, still, you are fasting. What is this way? What is a greater way to insult than this? Tomorrow if I come to your house, supposing Shri Mataji comes to your house, you say 'I am fasting', then, why have you invited me? When someone like these come, when great people take birth, at that time, we should celebrate, we should enjoy, we should serve food to everyone. Ganesha likes Modak (Sweets), then distribute modakas. They fast on that day. And on the day of Narak chaturdashi, they will wake up at 4 am, take their baths and eat their food. See, such contrary things, cannot understand. Who taught you this? Either the Pandits have made fools out of you or it is the business of the Rakshasas.

I don't understand that, from where these juxtaposed things have come to U.P.? In the north, it is worse, so much worse that nobody knows Sanskrit here. Nobody understands anything, whatever the Brahman (Priest) says, offer that, alright, whatever devotion you have, give it to the Brahman. Brahmans have an agency here. The most amazing thing is that, when I got married, I got married in U.P., We went to the house, and you will be surprised that, the Pandit was singing Shraadh yog (Mantras of Shradh, Shradh is done to please God so that he gives peace to the souls of those who have passed away)! He was singing only those mantras! I couldn't stop laughing, my stomach started aching. If I want to go, where should I go? I am the daughter-in-law of this house, I am new here. Beaten by laughter, I said, 'I am feeling sleepy. 'It is suchsuch an auspicious time, and you are going to sleep?' I said, 'what can I do?' 'Why are you laughing?' How do I say to them, that the Pandit only knew some mantras of the Pitra paksha (father's side) and he is repeating them? Should I say, what is this drama, he doesn't even know a single Shloka? He is a Brahman and has been coming for many generations. I said, who can talk to them now? He must have done all the marriages in the family, the same way, he was given utensils, he also gets cows. Now there are cows and cows in his house, and that is how the things of Dharmà are made, that's how all the rituals are made! We think that, get rid of it. Now shradh is performed, so they say that 'Give us a cow, give us cloth and give us a saree (traditional dress for women in India) for my Brahmani (wife of the brahman), your mother will wear it.' You think, alright, get rid of him, it is very difficult to give a cow, then just give him a saree. Nobody thinks that whatever we are doing, with what feeling are we doing that? What should we do, what should we give, what is Dharmà, that we should find out. What is it about? Nobody thinks like this, that is why we do not get

balance. Just work is on, work on, go on, work it out anyhow. Somebody, 'Yes, yes how are you, are you good, sit down, yes it is alright.' Then he went and found out that he is a very big goon. He stole from such and such a person's house, this much he took away. Then he came, 'let's eat paan.' When day and night human beings live superficially like this, they don't get deeper, and that is why the Kundalini does not rise, not even by following religions, not even if you search. Even if you seek God.

Like there is Guru shopping in America, the same way Guru shopping is done here also! 'No I just went, I saw, I touched his feet, I met him, asked for prasad (the food items offered to the deity, which are then given to the devotees), I went to see him, Mother'. In that meeting, he must have put bhoots inside you? 'I went to see him.' But this Kundalini is not getting awakened, what can I do? How does it matter to him?

It is a very deep and subtle thing, the awakening of the Kundalini, and the rising of the Kundalini also is a very subtle thing. If you do not look after it, if your thoughts are not so subtle then the thing will fade, no. Even now, after getting your realisation, you will lose your vibrations, that is how it is, I tell you. People say, Mataji when you give vibrations, give them permanently, why sir, what have you given me permanently? Why should I give you permanently? I will not give you, I am Mahamaya. Straight forward. You be permanent, then I will also give you permanently, and you are like, that you come here, 'Like Nescafe, instantly the coffee is made, the same way mother, you awaken the Kundalini', that I do. The jet of Kundalini, I sure set, but I pull it back the same way. Isn't that right? You lose the vibrations too, there is written about it in the Jain system, it is called Sapor, that a man who is like a ball, he goes upward, he goes downward, there's always an imbalance. That is why we have to take care of our chakras. We have to go deeper, we have to live a deeper life. Now you waste your life from morning till evening in useless things. Now, 'We have to do it, what can be done, the world is like this, we have to do it for them', and you don't have time to get that depth with yourself, and be established in the kingdom of God. All right then, whatever you will desire, that will be done, whatever you will want to do, it will happen. Just waste your time like this. That is how you spent thousands of lives, one more will pass. But this one is going to be difficult because you will know you have committed a great mistake, denying all that was true, you even denied the real truth that came your way. You should see it, you should understand it. After getting it, if somebody loses it, then we should understand that it is useless for him. That is the history of Delhi, every time many people get their realisation but they do not get established. Very few people get established. After every program, only 1 or 2 people are left. That's why I have been coming for 3 to 4 years. If you calculate the number of people who come regularly, those who have gone deeper, those who have mastered the Kundalini, is at most 10 or 12 people, only! It is very sad.

That is why today is the last day, I pray to you as a Mother, and I warn you as the Shakti, that you get your own depth. Go deeper within yourself. Reserve your time for this great power. Get it and give it to others. It is a very big job. If we say to someone that the total number of people in Mumbai plus all other cities is 10 to 12 thousands people, so what, ten Thousand, so what? That is true. The time has come for many people to get their realisation, this is something according to history, the time has come and many people will achieve it. Though there are many realized souls who have taken their birth. Many realised children have taken birth. They will be ready in 10 years. There is no doubt about it. A man like Styler has written in England, that the time is not very far when many realised souls will be born into this world.

This is the thing about Kali Yuga, only two types of people can take birth in Kali Yuga. One type, people like insects, spiders, mosquitoes will take birth who can live in any situation, can live in this turmoil, can live in this dirty atmosphere. That is why the population is increasing. The more dirt, the more turmoil is increased, in the nation, the more the population is increased. Like poverty has come, poverty is leprosy, we should understand that we should be scared of poverty. Supposing someone comes to you and says, 'Sir, I am poor, please give me something.' Give him two slaps. If one tries, there is no need to show off that you are suffering, and beg, one just needs to try. That is how we think about what we can do for the poor. We can do so much. If you see someone poor, help him, try to get him out of it. Try to help every poor person rise out of poverty, it is your duty. Help him whatever way you can, tell him how he can start a new life. You don't need too much money for that. If he gets too much money then he will go off track. Tell the one who has started drinking, that you don't need to have too much money now. You can say the same to the one who smokes, stop it's enough, the one who smokes a beedi, tell him it's enough now, you are not poor anymore. The one who gambles is never a poor person. The amount of money should be such that he can just eat and drink, it should not create a poison or a greedy temperament. So the insects and spiders take birth in a place like this, and that is why the population increases.

As soon as the atmosphere becomes good—as you know that wherever there are shavings of wood, wherever there is dirt, there only reside the mosquitoes. As soon as the place becomes clean, one or two flowers bloom. That is why, it is very necessary for us to purify the environment, and to purify the environment you all need to let this power manifest within you. This is the first time now, that human beings can give energy to the five elements through their being, and through their powers. It has experimented many times. Our Scientists told us how we can give energy to the five elements. How can we increase our harvest? These people are agriculturists, agricultural University, Rahuri has many great scientists, you can write a letter to them and ask them when they used the vibrated water, then their harvest came 2/3 more than the usual amount, and the flowers also came big. And when I saw all these things then, I was amazed, some fruits were such, as I had never seen before. Their colours, their shine, their shape, their type, they were extraordinary.

Because of these waves of vibrations only we can cure your sickness for free, 50% of your problems are solved, the health ministry can be closed down now. Your money is saved, you will fill the doctors' pockets a little less, doctors are scared of me because of this. That's why they haven't invited me. But all such diseases are not going to be cured through Sahaja Yoga. But even the doctor must not be wishing that the world should be sick. Most of the people who come to Sahaja Yoga don't go to the doctors, for free. The expenses on the medicines have been decreased, the expenses of doctors have decreased, there is no need to take sleeping pills, you can read and sleep comfortably. Many such diseases get cured, they are nothing, most of the diseases get cured, they are nothing, most of the diseases get cured. You get balanced, you get into a joyful mood. Alcohol, cigarettes, gambling, and the circles of women, you get rid of all of them. Some hippies came to us, I noticed in some days that they had very nice radiographs, this and that. I said, 'Where have all these things come from? They said, 'Nowadays money is raining on us.' I said, 'How?' They said, 'We don't take Gaanja anymore, we don't take LSD, they are very expensive, we don't drink alcohol anymore.' They said, 'We don't go to see the cabernet anymore, we don't go to the dance, now we just enjoy Sahaja.' All the Indians buy and play records. Now you think. Now their houses have become more beautiful, gracious, their lives have become enlightened, everyone is enjoying, everyone is living, all the arguments between husband and wife have disappeared, now they don't run away with other people's wives, they love their own wives, and the wives have also become alright. Everyone has become relaxed, everything is organised, Ram Rajya (kingdom) has come. After that, the expenses are reduced. The expenses are greatly reduced. The human being does what is really the best. Whatever he has, he sees it's vibrations.

The one who lives in vibrations cannot make a big collection. If he finds that he has too many things, then starts distributing them to others. Such a person doesn't collect too much, he enjoys distributing, he enjoys giving. He enjoys his own virtues, his goodness. If he says the truth, then he enjoys it. You must have seen many people who say that honest people have no place in this world. This is a stupid thing to say. You are an honest person, that is the fun. All people are dishonest and you are honest, it is a matter of great pride. It is your pride, your crown. And you say that an honest person has no place in this world. For what do we need to have a place? What is the need? You are an honest person! People say that Shastri Ji was such an honest man that when he died, he left behind some debts. He left behind debts, that is his quality, see, the world is praising him for his quality, that he left behind some debts. We enjoy our own qualities, we get nourished by our own qualities. Now there is a Sati woman, She is always in the joy of her Satitva (the woman who lives a pure life, dedicated to her husband), of her pativrata (devotion to the husband). We enjoy our qualities, we enjoy our fun.

Now when you see a drunkard drinking alcohol, then you feel pity for him, here I am sitting relaxed and he is dying away? Then you do not feel that he is drinking alcohol and I am very old fashioned. I am not able to drink at all. Instead of feeling low, you feel that from where has this person gone into such a pitiable condition? The situation becomes juxtaposed. He starts laughing, and he is amazed at their stupidity. When somebody talks like this, then he thinks, what type of a stupid person he is? What is he talking about?

Even now people say to me that, Mataji, here if we don't drink alcohol then nobody respects us. I said, is it true? That can never happen. In reality that cannot happen. Actually, they do these things because they think that, we are trapped, why are they not trapped? That is why they go after you. But if you do not show them much, that we don't drink alcohol and just say things in a different manner. You should use Krishna's diplomacy in that, you should say, I am very happy nowadays, I enjoy it very much. I

eat and drink at home comfortably, there is no problem. He will say, why? You say I have stopped drinking alcohol, that is why all that money is saved. And I get so much joy, I go out with my children. My life is so much fun. Then he will think, oh these ways exist. You can change the world with this. That is how Rama's kingdom will Rajya be established again. Satyuga has already started, there is no doubt about it because the effects of Satyuga are coming. Nothing is going to be hidden anymore. Sir Carter said a very small thing, that too came out. Whatever anybody says, it is not going to keep hidden, all the culprits will be named, all the things will be known, who is where and what he is. How deep is someone, everything will be exposed. Those days are gone when anybody could do anything secretly. One will pull the other, people will try to pull down one honest man, but he will not go down, because the society, the public will help him. These are the signs of Satyuga and it has started. Any cruel man will not be able to go on. What we can say is that cosmic change will come in everything, it has already come. That you should see and should think about it that, mother said so, it was true. You should get established in this thing, you should take charge of this power and give it to the whole world. For that you don't need to pay any money, no need to give anything, you just have to fix your instrument. For this instrument, you need to do meditation, and all such things. For that whatever programmes these people do in Delhi, whatever facilities they have, you write their number again, E-288 Pandara road, you can ask there, E-288 Pandara road, you can talk to them. Every Friday 6 to 7 whenever you call them, they will tell you about it.

After so many days one book has also been published, take that also. In that also you can understand what Kundalini is, what happens in it, and how it works out. What are the specialties?

If you establish it within yourself, if you pour it inside your being, if you practice it, then you will enjoy it. It is to be practised. The time has come. Divine personified, truth personified, whatever was written, it's fulfilment, it's completion, you can recognize it completely, through the waves of vibrations, because inside you a new awareness—which we call as vibratory awareness, has come, means whatever awareness is there, it has been enlightened. Through it you can know whether God is there, or not, what is the power of God, how does it work, do these chakras reside within us, or not, do gods and goddess reside on these chakras, or not. How do we get our evolution? How can we cure others, who has what disease, many such little little things you can know. Supposing one gentleman came, he said, 'Mother I went to the market and couldn't decide if I should buy this or not.' I said, 'You could have seen the vibrations.' Once I was going somewhere, somebody said that Immediately I got vibrations, and I thought that mother must have come somewhere here, so he reached that place. He said, See mother, I got vibrations, so I came here. One day they were worried, that mother has not arrived yet, then immediately he got vibrations, that mother has come. I also arrived there. So the vibrations keep talking to each other, they keep telling, they keep informing the accurate information. So miraculous they are, so miraculous, that I can't tell you. For example, I told you, this gentleman came to Delhi, he came here and said, I don't know where I should go to Delhi. So he remembered Mother and when he looked around, he saw a gentleman coming this way! So, he said, 'Who are you?' He said, 'I am a devotee of the mother.' 'I am also a devotee of mother!' He saw his vibrations and said, 'I know you. You have been given realisation by Mataji Nirmala Devi?' He said, 'Yes, how do You know?' He said, 'I am getting vibrations, You are getting vibrations.' They became friends. Their identity was established, that they are the children of the same Mother.

You may go to America. One gentleman went to America and he also got into the same situation. He said 'I was lost', there I met another gentleman, and he said, vibrations are coming from you. I am also getting vibrations. He said, 'Are you a devotee of Mataji?' He said, 'Yes.' So he said, 'Come, Those who are our own, walk together.' That is how many things work out. Wherever you go you know through vibrations, it is such a fragrance. Everyone recognises. Even Dogs and cats will recognize you, that you have vibrations. Even little children recognize. They tell, that in our school there are 5 boys who are realised, others are not. Immediately they know who is realised, who is not. The one who is realised is our brother or sister because everyone is the child of the mother. This new thing enters our being. You think, how many brothers and sisters you have in England, in America. Not the way these Gurus have, not that way, but these are the real ones. They will run to help you. They will do everything for you.

One gentleman was going from Rahuri, he was taking away his rags, he was taking rags of sugar, and rain started. All the rags got drenched in that rain. He said, now when the train stops somewhere, then only we will do something, otherwise, all these goods are gone. Then he went and said where should we go? Stop, there they got out. And where they stopped, the vibrations started coming. He said, here, where vibrations? Then he saw. My board was standing on the road. He said, Mother's board in this place? He went inside, and inside the bungalow was our centre! They said, come, then he said, we came seeing the poster, it

is sitting in ?bhuliya?. Wherever I have gone, they have told me. Then they asked me, yes he came to me. One gentleman was sitting, in the morning when they woke up and saw the rags, they found all of them to be dried up. Then he got up. Whatever money there was, he got it. Lakshmi Ji's blessings are very great. There is no doubt about it. They are real. The real Lakshmi blesses.

One Gentlemen used to come to me, from very far away, from Kalwa, very dignified man, but very poor, he used to do farming. I said to him, 'Every time you come with a necklace? It must cost too much. Why do you take so much trouble upon yourself, there is no need to do it every time. He said, 'Mother by your grace, Lakshmi Ji has blessed me.' He said, 'Mother I had a farm, it was abandoned, we didn't use to farm in it, because the clay was too soft, slippery.' A Sindhi came and said, 'Your clay is very good, will you give us?' He said, 'For what?' He said, 'For making bricks'. So he used to get 10× price of that same clay, and the farm was still there. Now just taking the clay of his farm, they gave 10× more than the price. He said, 'It is your blessing, it has happened after Sahaja Yoga, We couldn't even think.' That is how many people have been benefited. You get promotions also, I am saying this to make the government servants interested. First thing, promotion should happen, it will be done. You become Ajaatshatru (You rise above all your enemies, invulnerable.) All your enemies get out of your way. Private company people are also benefited, but the biggest thing is that you have to keep your Nabhi clean. Your Nabhi is out of order and you want, You say Lakshmi Ji has not been awakened, to keep the Nabhi Chakra clean, we have to keep purity, We have to think about it.

There was a gentleman, he came to me, he said, nobody comes to my shop, it is not running. This I am talking about Pune. So I said, I will come. I went to his shop and gave him realisation, now the shop is doing so many sales that, he is very busy, he has become a very big man, now he does not even come to meet me. 'I remember you every time, but I do not get enough time, this business is there, that business is there.' I went to Pune two times, he didn't come to meet me. And when I went there for the first time, he was poor, poor man, by poor I mean that nobody used to listen to him. I remember, I went into a rickshaw, didn't have the car then, went in a rickshaw and the whole time he was crying that 'Mother you will go, what will happen to me?'

Now the situation is this, that I went there and he didn't even come to meet me. So what is the use of such Money? What I mean is, that you understand, wisdom comes to you, balance comes, because you understand vibrations, you want to take this thing, then you understand that the vibrations are not good, leave it. All attachments dissolve, he becomes a witness. He sees all the drama.

Today how many people have got their realisation, do your hands like this.

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Talk to Sahaja Yogis

London (England)

Talk Language: English | Transcript (English) – VERIFIED

Cooly (Tony Paniotou) have you written it down?

Shri Mataji: Hello, How are you?

Yogi: Very well, thank you.

Shri Mataji: May God bless! You can sit on the chair. Be comfortable.

Yogi: Oh, that's very kind!

Shri Mataji: Ask Cooly to write it down for him.

Yogi: He is doing it.

Hello! How are you Douglas? How are you?

Douglas Fry: Very well!

Shri Mataji: Looking very fine! Just like a flower beautiful! See what beautiful children I have, just like these petals over here.

Can you open a window for a while. Just open the window for five minutes.

Sit comfortably. Be comfortable, like this. I mean. Yes, be very comfortable. One has to be very, very comfortable, very comfortable.

She got it even before she had seen me! Because that shows that it's flicking in the air.

Today I want to tell you about further meditation: how we have to go and how we have to understand ourselves.

You see the thing is, so far you have had habits of dealing with things, and your practices: how you have dealt with the worldly problems, with your personal problems, your physical problems, body problems, but now as you have entered into the Kingdom of God and the power of God is flowing through you, you must know that your solutions and your styles have to be different now; that is, you have to put your attention at the disposal of God. Actually in your attention His light is flooded.

I will try to explain it, because it's just the opposite of what you have so far known.

You always thought that you have to put your attention to a point and then you have to move, then you have to attack the subject or attack the problem, put all your energies, divert to it and to then take upon yourself the responsibility, the complete technique of the whole thing, how to work it out. And that was a, sort of a, life's experience for you. You would use all your experiences that you have had about such a problem, a particular type of problem, all others, whatever they have had, all the books that are available and even out of these enterprises that have been for a particular problem. All right. Then you attack it, that problem.

And then you find that, when you try to attack, it just slips out of your hands, you just can't find it, and you don't understand how you have missed it.

Now, this Sahaja is a very different system. Now you have entered into a Kingdom of God, you are saints, and everything that was built so far is for your good.

You have to experiment and see for yourself. But the thing is: you must give it a chance. Your attention itself is now flooded with light. You don't have to go to any books, you don't have to go anywhere. Your attention itself is flooded with that light which is dynamic. Now, if anything comes in your attention, you just connect your attention with the Divine's attention. How? By saying, "All right, let it be done. Let this be done as your wish." "Thy will be done!" This is what you should say: Thy will be done. You just say this, you will be surprised. And then the whole mechanism, that enlightened attention of yours is the part of the attention of God Itself. So the whole thing will work out, the whole force. As you have worked for your personal problem before, now the whole of it will work out and it will happen. It's such a wonderful thing.

And the attention has to be there, has to be in the subtle. Because your attention is in the gross that's why you attack the problem in this manner. If your attention is somehow or other made more attracted towards the subtle then, what happens [is] the effect of that will be shown. Otherwise also, you will see it. But then you will see it very clearly how it acts.

For example now, say, I come in my room and you have done all these things so beautifully, it's all worked out so nicely, then when I come in here and I see all that, now I don't see every minute part of it, I don't see how it is done, this, that, everything, but I just stand here, and I feel the whole thing within me, bubbling. It works, and it gives me joy, gives me joy, fills me with joy. Different types of joys start flowing in my body, in my being. In my full understanding it's flowing and it's making me happy. Now I don't judge it on the way the people who judge [would]. They would immediately come, supposing it's another level of person, he would come and see in a very gross way. He'll say, "Oh this one, it would be nice. And this is a stone and this is the thing." and "This should not have been here and that should not have been there!" and "How much you paid for that?" and "Why did you give so much money?" It goes on, on like that. But a person who is Divine, he may talk the way you are talking, but in that also it's playing, the Divine is playing its part. It is just playing its part just to make a little, sort of a, hallucination for you. But inside that flow of the Divine is just to give you joy, to get you all right. Even when such a person scolds you or says something it has that way.

In the same manner if you make yourself very, very subtle. How? That any gross ideas come into you, "You just shut up! I don't like you." Gradually your mind will be so trained, I mean, it would be so much understanding the nectar of subtleness that it would reject automatically. You will live with this world but you will not feel it, you will not be involved. You'll be eating food, all right very good and very nicely this, that, but then you don't know what you are eating. You are just enjoying the love that is in that food.

So to be subtle and to be that love, your attention has to be on love. If your attention is guided by the price of the thing, the quality of the thing and all that, then that subtleness cannot be in you.

So to be subtle is also a mental activity after Sahaj Yog. Now many people think Sahaja is a standstill stuff, which it's not true. Sometimes you misunderstand the meaning of 'sahaj'. That is like a, first I say that the car will start sahaja, all right? But you put the accelerator on. You have to manoeuvre the thing, That is most sahaja because you have become a Sahaj. If your attention is sahaja then automatically you'll manage. When you have mastered the manoeuvring of the car you just do it automatically, sahaj.

But to be that Sahaja you have to first of all try. If you don't learn that, then that will mean that you are just at a standstill. "Oh I have left it to Sahaja, when the vibrations will come, they'll come!" It won't! Because there are still problems with you. You are not yet that subtle. So to remove that, now you can remove, to make yourself Sahaja.

To cleanse yourself, absolutely, you have to work out a little. For example, now with vibrations like this you have an imbalance in

the body, supposing, then you have to remove it. You know how to remove it. This is what has happened with Sahaja Yoga, that you know there is an imbalance, you know that my such chakra is catching, that this has happening. Now you bring it to the subtle point, [which] is first of all you have to work on it physically. All right?

To make yourself absolutely clean there are so many ways. First and foremost is to feel the vibrations of different hands, seeing them, how it works out. Which is more, which is less, how it's coming. Why is it this thing? Then finding out, "How? Where did I catch it?" "All right, Such and such person!" Beat him with shoes.

These are all gross things and have to be taken away by gross things. You beat them. For me I don't need any beating or anything: just looking at it, it runs away.

If I have been there only itself runs away. I don't have to bother. But for you people, you do catch. So for that reason you have to be careful: physically you have to work it out.

So there's so many ways. Like even, many people now were speaking, "Oh we are now Realised, why should we sit in the water?" No! Everyday as we have a bath, we have to do it. Mother knows many things, you know! It's a very good idea, you see. Just to avoid what is there? "Now we are all right, you know, the vibrations we are getting in our had!" But you are not subtler! Still you catch from others.

So all these physical things are to be done still, really, because still it is, we should say, paralysis still. It's not yet an absolutely perfectly a healthy person. So you have to do it. That's one thing. Physically, whatever is the physical thing you know about.

Even if you want you can take it out, like that, if there's a problem. Now this fellow was nearly taken out like that. You can! You want to pull it out. It does! It does work. Every action after all is a sahaja action. Nobody does like this. You do it. Because it's hot and terrible you just take it out.

If you see a realised-soul, a small little child, you'll be amazed. They will go to an airport, they will be going on like this. All the time they will be going on like this, on their own! You don't have to tell them. But for you, you must understand that, that state is still there, so that you must feel it. And you should really throw it away. Physically it has to be done. It's an exercise and you cannot be 'sahaja' about it, no.

There is a difference between me and you, so you have to work it out. Those who think, "We are realised all right, finished! Now we are on top of the world!" You should grow, evolve in understanding, and respect ourselves, that, "No, we have to still rise and still rise and still rise." This is the physical side which is very important.

Then the second side is the mental side. Now mentally also all of the time we are bombarded with things from all over. You read the newspaper in the morning, its finished! You catch on your agnya, catch on your mooladhara — horrible thing it is. It's a sadistic thing. If you see that you just get a fright, the way things are described.

So what you have to do, mentally, you must understand these are horrid things. Now, you cannot say that, "I am innocent, I am reading this, it's all right!" No, you catch. So what you [should] do is to put a bandhan to the thing. And if you want today to read it, you read two lines, and if you think it's worth it, read it. Otherwise what's the use reading pornography? That's not meant for us. We are different people. You must know we are a different class. This is not meant for us at all. So what's the use of reading anything that's not going to give us pleasure? Read something pleasurable, something nice. Like the lecture of Sadat, I can say or something like that. Then you go to say, such things, or something like that, then you go ahead. And when you read it you support that person inside. But if you read pornography, you are caught and you become one of them. Because of the habits, just the old habits, you see. These are old habits. Anything that you see must you read? Not necessarily.

People have habits of reading all the advertisements on the way. If they miss one they'll turn round to see that they didn't miss it. Another they'll see this and this. These are the habits we have. So we have to make our attention subtler: "Oh where are you

going?" So be alert about it. So mentally we have to be alert.

Then another thing of mentally is to see what thoughts are coming to you. Still negative thoughts come to you, [there's] no denying of the fact. May not be about Sahaj Yoga, but may be it's about something else, may be about something in life. You might be dreaming about such things. At that time what you have to do is to sit down and do a push with positive thoughts like, as I said a very good way they say [is] that, count your blessings one by one. Say, "How fortunate am I? In this world there are so many people. Out of that even in this London there are so many. Out of that I am the one who has found out really the Truth. How fortunate I am! And I am the one who is going on the right path, I feel it. And I am moving. If I have to move it on this path, let me be very, very positive. So let me move on this way."

When you start doing that you will be amazed that gradually these negative ideas will go away. Because even now you are attacked. You are very much attacked. And the ideas come to you. And then, as your habits are, because you are all the intelligent people, and brought up with this intelligent atmosphere, there are styles I have seen. The intelligent styles are very dangerous, they are more dangerous than foolish styles. The intelligent styles are that you take it in such a way that you cheat yourself. All the time you start accepting things and you start cheating yourself. And these ideas get sedimented in your being, gradually. And suddenly you find a big thing in your head and you say, "Oh, from where this has come in? What has happened to me?" So be careful! Because these sedimentations will be settling down in you, gradually. And you have had those habits of intelligent way of doing things.

When you do intelligently? Actually what is intelligent doing, so many times, is just to push it upside down and bring it inside you. You can see this is something so funny but it is so, that when you deal with something intelligently you know how to escape it, and how to avoid it and how to make it look different to yourself. You yourself, with intelligence, deceive yourself and make it look different and then you accept that thing, and that becomes a part and parcel of you and you are not aware of it. Isn't it Gregoire? It's a common style, so be careful!

When you start clearing out your Vishuddhi part of it, you will be surprised the subtleness will start flowing in you, the subtleness will appear before you. The subtleness is a state. It is a state of your attention.

Your attention is gross outside. Now you think of some sort of a moon which is just a stone you can call it. Then it starts little bit moving, becomes little, I should say, mobile, then gradually it becomes subtle. The core is melting away, the outside is still hard. It's like that is your attention. It starts melting in you.

Now you are in the core, you are not outside, but whenever you come in contact, the core part contacts with the gross, suddenly you start becoming one with it, then the crust starts again becoming an immobile stuff and the core starts becoming strong. Again you increase the core, it starts again to go out to periphery and the things start melting. That is how the attention, if you can understand, is. And that attention, which is enlightened in you, has to be kept all the time enlightened: no justification with yourself! With others also we don't have to justify. It's all right.

You think that we must grow, we must be all right, we must be very good and when we find somebody is troubling us, it's rather difficult to tolerate a nonsense like that, it's true. But, for that, I am sitting down, and you just tell me and I can manage it! You have seen [how] we have solved one problem very nicely, and we can solve all the problems. (laughing) It's a very clever way, isn't it? That's the subtle way! It just gets solved!

So you don't have to worry about anything. You don't have to think [a] hundred times! Though I am the person who has put you in problems! You see, I'll tell you, "Do like this! You should have done like this! You should have put in effort like this!" But the problem I will be solving myself, you see. But I will make you run up and down to see that. On the contrary when you see me doing like that you should understand I am I am playing tricks with you!

So the problems can be solved just like that (Mother clicks her fingers), if your attention is subtle. But if it is not the basic problem is that you cannot approach this. The approach to the problem is only possible if you are a subtle being. If you are not a

subtle being you cannot approach any problem.

So, to be subtle and to be there, to be Divine, one has to understand the grossness that is covering you. Through Kundalini you can because you can raise your Kundalini, see where it is hanging. "Now it's very heavy here. It's like a stone here. It's thumping here. It's doing all these things." Now, it's a very gross way of looking at it, very gross way of looking at it. It is suggesting to you, something. So what you have to do is to see for yourself now, at Sahasrara - that's the place for Somebody we know - then you just sit down and say, "Now what have I done? Why these problems I myself am having? And if I have done anything like that, please forgive me!" It works out. It's a simple way.

But first of all, foremost thing, is that, what is the substance you gave me? Is it a subtle substance that's speaking or the gross one? From which point are you speaking is the thing. Supposing you are speaking from that point where you are a governor general, everybody has to obey you! But if you are speaking from the point where you are a peon, nobody is going to obey you.

So where is the attention is the thing.

So mentally you have to work it out in your meditation.

Now you sit down for meditation, all right, mostly trying to be thoughtlessly aware. But if there are thoughts you should try to keep it down by saying, "How fortunate that I have felt these vibrations, I felt it. And how happy I am about it! Now you get away all the negative thoughts!" That's how you can fight it out. Now whatever you do will lead you to Sahaja, not before. Before Realisation it has no meaning. It was a dead car standing there, but now the car has started moving. And whatever you do whatever you try, it will make you subtler and subtler.

Simple things like the declaration that, "Yes, I am going to do this! I have decided to do it." Put your mind to positive thinking: What are we going to do? How are we going to do it? How are we going to work it out?

You will be surprised how the things will come. But normally our habits are for our gross problems.

Now I would say Bombay Sahaja Yogis are quite developed and they are quite good but still sometimes they really tumble down very badly. This time I thought they were a little bit proud than anything else because Delhi people were not so good at things and they had to come and do it. And I think that Bombay people did feel that they were sort of lending a hand to Delhi people. It happened. But then they found themselves quite low and all of them Humpty Dumpties sitting down there! You see, so it can happen.

So anyone who feels that, "I have achieved everything!" or, "I have reached anything!" can have a Humpty Dumpty fall. Because it was so beautifully played. I'll tell you what happened: They came down and then in the Old Delhi we had no place to stay properly so I said, "All right, you arrange my place in the guesthouse and they can stay in the boys hostel and the girls can stay in the girls hostel." They said, "All right it can be done." So then the gross thing came in: so one of the persons said that, "You see but the food in that boys hostel is full of oil and how can we eat there?" And I didn't know about it, nobody told me. And then they had to arrange it with somebody and they had to suddenly purchase all the food and everything and then to arrange a cook and they stayed with somebody. And where they stayed was all full of bhoots! And they were all caught up in the head, terrible and this and that and they came to me.

So they said, "Mother what has happened to us? We came all the way and this is what has happened. Now we are all vomiting and this has happened." I said, "Why? Where are you eating these days? Not in that oily place?" They said, "No, we have our own cook we have our everything, but the problem is the house is full of bhoots and we are all finished with that!" So I said, "Who had asked you to suggest that? Can't you eat that food? So many thousands of boys are eating here. You are Sahaja Yogis you can't eat that food? Your attention is on the oily food. What is so special about yourselves that you can't eat? I mean you should be able to eat even the stones. That's what Sahaja Yoga is. But you can't eat the ordinary food that all so many thousands of boys are eating? And you wanted to stay away - such importance of yourself, so go ahead!" And it was all done by satanic forces. You

should have thought once at least that, "Why are we wanting to go away from here to that place? And where it is all organised, let us be here!" That is Sahaja. That part also they didn't understand — discrimination also of what is Sahaja and what is asahaja? Where are you Sahaja and where are you not, you should discriminate it. That point at least one should reach.

So the so called, the high, top class Sahaja Yogis fell down - dlaap! - like that, and they felt very shy and bad. I said, "It's all right, don't you worry." But it's a simple thing. It's a lesson now. Because you can overcome [the] food problem but what about the bhoots? Why should you go in with somebody, a person who has just come to Sahaja Yoga, and you don't know what sort of person he is? They said, "Mother, it's your Maya!" I said, "But what about you? You people were thinking that you are great and you are the greatest Sahaj Yogis ever born, and you are the topmost among all the world! So don't think like this." And this is what happened.

So it plays on you, just to test you and it works on you. So, 'sahaja' means whatever comes your way you take it, no doubt, but you do it yourself with positiveness. That is very necessary. That doesn't mean that you go on accepting everything 'sahaja' : "The bhoots coming onto me, I'm accepting. Everything coming onto me I'm accepting!" That is not the way it is Sahaja, that's the point. When we start doing like that, then actually 'sahaja' what you will get is bhoots, and what you will get is all the negativity, and also you'll get all the sickness, illness, everything. You have to be careful.

So mentally you should be alert.

Physically you should work it out.

And physically there's another point: is that you must look after your bodies, physically. [It's] very much necessary, because this body is the temple of God. It is definitely now the temple. It's a shrine. See how beautiful a shrine you have got. And I love to reside in this place.

Let it be so beautiful that God should reside in that. Beautiful it is. Look after your body, look after your hair, look after yourself. If you treat yourself, there's no harm. People might say that, "Why should I treat myself? I must take all the burdens on myself!" All these out of date ideas of sufferings are useless for Sahaj Yog. Nobody has to suffer. You have to be very, very healthy people.

Like somebody said, "Why is it that Ramkrishna Paramahansa did not cure himself?" Because he did not know how to cure himself, first of all. But Ramkrishna said, "I want to take all the burdens on my head." You don't get sick if somebody is sick; you do not get sick. But, the only thing is that, if you look after your body, if you respect your body, then your body also respects you. Your body understands! If you don't care for your body, you neglect your body, then body also says, "All right I'll have my way!"

So you have to look after your body. You have to know how to keep it all right. I think we should really write it down, all the things that are to be done to look after your body. That is very important, because in these modern times or in these modern societies, of course you have devised ways of comfort that you press here, then you get everything coming down, you press there and you get food inside your stomach and all that is there. Not everywhere this is! That is all comfort they call it but I call it lethargy, or can call it laziness. It is not going to give you good health.

Good health is possible only if you understand the balancing and have every understanding about how the body acts and what happens to body: small, small things like hot and cold, cold and hot. This is very important for Sahaj Yoga.

Sahaja Yogis have to be perfect, absolutely perfect. And you don't have to do with the norms of the modern times that everybody should be thin and everybody should be absolutely TB patients going around for some sort of a beauty parade!

You should be all very healthy people and impressive. Whenever you sit there people should literally be frightened of you that, "From where these wrestlers have come?" (laughing)

So this is the sign of attending to your health attending to yourself and your mental health also. And that's why I say that you

[should] be that you careful as to what you read and what you see and what you hear and how much attention you pay to it.

You see supposing now a person like David comes in: you pay too much attention to a man like that. Everything is filled with that, the whole atmosphere is talking about it. Everybody is worried about it, it's all going on. It's negative. I think you talked more about David than about me at that time. Because I have also come, but David was there. But [this] sort of thing, it happens. Because we are used to seeing a thing like a sensational thing coming up, you see. Like newspapers will always publish something sensational. We are used to sensational things, so Mr. David was quite important. But just see how unimportant he was — he's just disappeared. So if you had just neglected him and not bothered very much paying attention to him...

I hope Cooly is not too long with the fellow, please call him. You see, I don't want Cooly to be curing him and getting into trouble. All right.

So the regular habits of sitting in the water and all that should be done.

Also regular habits about your mind: is not to read this. Just avoid! You don't want to read any more of these things. There are so many beautiful books you can read. If you have to read and if you are used to it, you can read beautiful books. I have told you so many of them are there. You can read The Bible and see for yourself that it is all Sahaja, every word. You can find out so many quotations and so many things which can help us to tell these Christians, otherwise they are not going to listen to us. They are such conformed sort of things, that you have to tell something from The Bible. You can read Koran, you can read other books like Khalil Gibran and things, which are supporting you, which are also helping you which are giving you ideas.

Are you all right? You sure? I think better put your left hand towards me and right hand outside.

So you can close it now (turn off the recording).

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How it is placed within us. Nabhi chakra also has got two sides- left and right. On the left hand side of the Nabhi chakra is placed as a centre or you call it a chakra or a sub-chakra called as the Chandra means the moon. It's the Moon centre on the left hand side, and right hand side is the sun centre and they are placed exactly on the moon line and the sun line. That is first the Ida and the Pingala. These two centres are the two points up to which we can go [and] move from left to right. Beyond that when we start going you cross the limits. Now these two centres when localized, see they have vertical vibrations flow over to them but when they are localized at that point how we spoil them. We must understand. Left Nabhi and right Nabhi are interdependent on each other. If you pull too much of left Nabhi or work too much on left Nabhi then right Nabhi also can catch.

But say we will take one by one. Now the left Nabhi is caught, normally if you eat food at somebody's house who is a sort of spiritualist or who is giving a prasad like say Satya Sai baba this horrible fellow, his those vibhuti as they call it because it comes from the cremation ground, see that ash, all these things and all these types of food when you eat... a person who believes in the past; in the Sanskrit past is bhoot is the word for past or you can call it in the subconscious. That food carries the vibrations. A person who has cooked specially that kind of a food can give you a left Nabhi to begin with, to begin. Now left Nabhi gives you superstitious temperament very superstitious, you become superstitious, you get frightened of things small things, even in Sahaja Yoga you find such a person superstitions will be there and these superstitions can be very very dangerous. Now how to overcome this left Nabhi problem? Is to leave everything as far as superstition is concerned. Now see you see a cat crossing the road. Now you know that it's a bad thing...you cross that road deliberately. You see that right hand has to be put for this and left hand is to be put for that, by mistake you do something wrong just go ahead with it.

Don't get frightened of anything at that time you see it frightens you. Superstitions come out of fear and fright that is built, any superstition whatsoever. Now you can take it in a wider scale: for example people are superstitious about nations, oh, he is Jew, he is Greek, he is Russian, he is Indian, he is British... you see sort of these are collective superstitions which are impressed on us so much so that we are superstitious and we start judging them accordingly. So the superstition can be only overcome by facing them directly. All right see what happens. Any small or big or collective. As I said a small thing like a cat passing is a small one. In a big way people will say, I mean, there are all kinds of superstitions if you can think about ..anything like say now Alex is a pilot and he knows that how pilots work out superstitions and they work on omens and things, they go to fortune tellers and ask them whether this is good or that is bad and all. The more they do it and the more they catch, and the more they do it, it becomes a bad omen for them. You see, it's such a vicious circle it goes on building in them.

Now the essence of the whole thing is that see why we are afraid because we are afraid of the subconscious dominations. We are trying to get rid of the subconscious domination, that's what we are afraid of. But as a result of superstitious nature we fall more into the subconscious and start accepting it. Now in this I will tell you in India there is a girl Nima you know very well. She has a left Nabhi. Most of the Jainis they have. Jain people they have [it]. The reason is they are brought up like that in superstitions because Mahavira himself told them that don't go near the subconscious and he described the whole subconscious. So all his disciples are became slaves of subconscious directly. Just imagine.

What a shame it is. I mean when you see that you have to take his name, Mahavira's name and he became so much abandoned about that. So much abandoned that he went to such a limit, that once he was walking on the road and they said, 'don't go today because it's a bad day and you will have some problem'. He said, 'I will go'. He was going through a jungle and then a wind started blowing and he had one big cloth wrapped around his body and the cloth got caught up in a bush. So people said, 'See we had said that we should not have come now half cloth is gone'. So he cut his half cloth, so he was left with half. Then next time

he was going somewhere and people said that don't go that way, there are too many problems and you will have a bad time. He said, 'what bad time will I have?' ...so was going and he found a man lying in a very bad condition and all wounds in his body and all the small, what you call this germs and all flies and small.. Yogi: Maggots. Shri Mataji: What you call that?

Yogi: Maggots. Shri Mataji: They were all trying to trouble him so he covered his body with half of cloth (audio reversed). They are so terrible, so terrible in their superstitions that they think that you should abandon to such a limit that you shouldn't go to the barber, so they go on all the time picking their heads. See they don't wear any dresses, nothing they wear. Can you imagine such horrible people. Once it happened, you don't have to go to America for this, in India you can see this very inauspicious thing. My husband was collector you see of one district and they invited us because there was some problem between their two sets Shwethambaras and Digambaras and the Shwethambaras are people who wear white dresses at least, but the Digambaras don't wear anything. They are gurus who just move about like that, absolutely without even a single thing on their body and with me the collector and Mrs collector were very nicely (inaudible) you see they had come to a big gathering and sat there before us on this platform. Can you imagine? All these naked people sitting and they were putting hands up and this and they were pulling all their hair from everywhere ..it was such a horrid situation and my husband is a very shy fellow you see...he didn't know where to look He said 'what sort of a thing is this?', Do you know anything about it?'.

I said 'I know'. [He said] 'Well why didn't you tell me, why I'm... I mean he was absolutely perspiring in shame, you see and I think at least 40-50 people sitting on top of your head there, just you can't imagine, to even raise your eyes. Horrid lanky panky dirty fellows sitting down there, they don't take their baths and they go to such a limit of superstition. So this is one side of it. Now the Jains themselves to what limit they went you see. They said you should not kill anybody, that's all. You should not kill anybody up to that point is right, but that went to such a limit that in Jains what they do, they don't kill mosquitoes they don't kill bugs, they don't have (Audio is reversed). They don't use because you (Audio is reversed). Put it down because...

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Talk to Sahaja Yogis

Finchley Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

“Spirit, Attention, Mind”, Finchley Ashram, London (UK), 20th February 1978.

...and He's using us as an instrument. Come along!

As I have said.

Now Christine had asked me, “What is our surrendering?” And he has asked me if we have a free will or not. All right?

You have a free will of your own. Especially human beings have it, not the animals. You have the free will to choose, we can say, good and bad, righteous and unrighteousness. Now, you can choose to surrender, or not to surrender, to His will: to be dominated by your own will.

Now, she asked me, “What is the surrender?”

Surrendering, as I have been saying, that is to be done in three stages. Especially here in this country where people think, rationalise, analyse; because it's not easy. If you can do it otherwise, you can do it automatically.

Supposing God, Himself, is sort of based according to your certain conceptions. I don't know what sort of conceptions you have about God, but supposing you have certain conceptions, individual ones. Everyone has individual conceptions for God. And maybe that you see that He's so Almighty and He's so great and you just bow to Him without thinking. But that cannot be.

So the first one is to surrender by understanding rationally.

Nobody is unconscious, nobody is in the subconscious. You are all very conscious as to what you are doing and what's happening to you. So when you see that the Divine Force is flowing through me, it is coming out as vibrations, it is working out, [and that] you can also manoeuvre it, then rationally you must know the will of that Divine Power which is flowing. Because your will is still not up to that will of vibrations.

Still when you rationalise things you may not be doing the same thing as the vibrations would be wanting: to begin with, I am saying. Now you want to go to the right, but supposing you have to go to the left: for what? For a gain, for your evolution, for your more understanding of the Divine; for the dissolution of your ego.

Now ego and your will are two different things. This is the point I think, perhaps, that is bothering you.

Sahaja Yogi: Yes

Shri Mataji: You have reached that point now.

Ego and your will is to be found out. How? By finding out your Self.

Now, what is your Self? Is the Spirit within you.

All right?

How do you know your Self? Because, after Realisation, it vibrates and it speaks to you. So your will becomes the will of your Spirit, not of your ego; because you have also superego.

And with ego you have done mistakes, you have achieved no evolution. You have achieved nothing through your ego. But you don't trust your ego, don't challenge it, don't overpower it, but you replace it by the will of your Self: that's a part within you.

The more you start learning about vibrations, learning what they are saying to you, how they teach you, you learn about your Self.

For example, a child uses his hands first of all. He puts the hand on a hot plate, it feels hot. Then on the cold plate, he sees it's cold: trial and error. He learns what is correct, what is incorrect, what is what; actually what is the reality. Actually in hot and cold there's nothing like 'bad' and 'wrong' but is the reality: that this is hot, that burns your hand; cold that freezes you.

In the same way, when you start using vibrations, you start learning about your Self. That's the first time you are using your Self, because that Self is so far not known to you.

So, the free will to know your Self is there. If you don't want to know, nobody is going to force you. This free will has to be achieved, yourself.

Within yourself this free will is acting: through your ego itself, but not as ego, but [as] the complete preconscious mind. Oh, there is a difference between the complete preconscious mind and the ego. This differentiation must be brought into you, then you will know what is a free will and what is the ego.

Your preconscious mind is on the right hand side; and [is] the complete right hand side channel, starting from your ego up to the Mooladhara. The complete channel is the preconscious mind; that you call as the mana in the Sanskrit language. This preconscious mind is the horse.

Now you also guide that horse. Now the part that guides that horse is which part? Is that which guides even that horse. Is it the ego or the whole thing? So, we should say that ego is known as ahamkara - is the complete thing. And the aham, 'I', the 'I-ness', that is...I don't know in English what do you call that? The one, that 'I', that does everything. It can see it's this ego. We can say that is the shadow of Self within you. There is someone who is all the time seeing you.

You are not connected with the Self but you know the dictums of the Self. There's somebody who's watching, all the time. We can say the shadow of that, which is spread in our being, of the Self, is there. We know what that wants: when we are committing mistakes, we know we are committing mistakes; if we are thieving, we know we are thieving. That light is all the time there. That is the Self Itself.

We know that it is there, but there is no other side rapport [that] is touched: that is, you see the projection of that in you, but you cannot reach from where the projection is coming. That's [the] One known as Kshetragnya: is the one who knows the field, the Knower of the field.

Actually it is the Self Itself. But His vision in us, the vision of that — you can call, that's what I call, the shadow — the vision of that Self, we are all the time conscious of. It is watching us even when we are alone, when we are in company and everywhere. It is watching us. This One, in the [Bhagavad] Gita, is called as Kshetragnya. 'Kshetra' is the field, and the One [who] is the Knower.

Actually the Knower is the Self; but through its vision, through its power of knowledge it is knowing everything, and we know that It is knowing us. 'We', that means the ego part. The ego knows that somebody is watching it.

With Sahaja Yoga, the only thing [is], what happens [is] that that vision that you have throughout becomes the vibrations, becomes enlightened, in the sense that you can have a rapport with that point from where it has manifested.

Did you follow me? If you have not, you tell me.

Like this is the (electric) light, all right? This light has an aura, or it has a light spread out everywhere. What will you say to [describe] that light which is spreading out, apart from the light that is there? I'll just call it the shadow, all right? All right?

So the light that is spreading out from there is knowing about what you are doing and you know that that shadow force [is there]. It's like a shadow with you. You know in yourself what you are doing. And that is the shadow which carries all your deeds onto, also, your Kundalini and puts that, puts it down there. That is what sometimes you call as human awareness. That light is the human awareness as you call it.

But ego is not the same. Because It can see the ego, It can see the superego. But, what you say is the 'I': the light that is closed in this room, by this candle, or by this (electric) light is what you call the 'I', the closed one. And this knows about everything and you know that this light knows what you are doing.

This [electric] light does not know. It's just the opposite otherwise: this light that is inside this room does not know what you are doing, but through this light you know what is in this room. Do you follow this point? Clear? The light that is spread in the room, that light, has no awareness. But because of this light we can know what is in this room.

Just the opposite is the light of Self. The light of Self knows what we are doing and because of that light we also know what we are doing. If we were unconscious we would not know we are doing.

So that light, or that aura of light, sparks at the conscious moment, at the conscious moment. Like this, you can say: supposing this is the past and this is the future, in the centre is the conscious mind. At this conscious mind you see the light of the knowledge [of] what you know.

Sahaja Yogi: Then the conscious [mind] is the Self?

Shri Mataji: No, no, no! Conscious [mind] is the area in which the light of the Self makes you aware of what you are. Like the gleam of the light passing through, you can say. From the Self the light is coming, and it enlightens the conscious mind. And the conscious mind knows in the conscious area. In the conscious area that light knows what you are doing. And you are also aware of that light.

Gregoire: What difference [is there] between the preconscious mind and conscious mind in the location?

Shri Mataji: The location is: conscious in the centre, preconscious on the right. All right? Preconscious is on the right and the conscious is in the centre.

Now the preconscious mind, whatever the preconscious mind is doing, we know in the area of the conscious mind: this light gives us the awareness of it.

Sahaja Yogi: Of the light?

Shri Mataji: The light is the aura of the Self.

Sahaja Yogi: It's like a mirror, Mother. The conscious mind is a mirror for the preconscious mind.

Shri Mataji: You see, when you say, 'mirror' it becomes one-sided, that's the point. That's why I'm saying: It is not one-sided. It is all-sided. If you just use a mirror, then it has to be one side, but it's not like that. It is on all sides. The aura is on all sides. Or you can say it falls onto the edges of the conscious mind, of the preconscious mind and the subconscious mind, in the centre, in the conscious area. But that's the light part of it. The conscious mind itself has no meaning if we are not aware. The conscious mind can sleep off if you are not aware of the light. So that light which is coming into you [is] from the Self, from Self.

Now human beings have that light much brighter than the animals have. That's why I call it a light and not only the conscious mind, because the animals also have the conscious mind. But your light is different from their light. Your awareness is much higher and is built-up. How? By developing your chakras.

Say, for example, we can say, or if you can say: yes, even reflection you can say that, in the centre is the light and all the sides are reflecting: then you can use the same way. But supposing this [room] is the conscious mind, the whole walls of the conscious mind. So the light is in the centre, and the light is reflected on these walls. Now the conscious mind of the human beings, supposing, are these walls and they are evolved and developed to such a point that they see what wrong they are doing; and they can see for themselves.

If they keep these walls clear and clean — the conscious mind — that means you are alert about what you are doing with your conscious mind. Then you keep these walls absolutely clean, then the reflection is very clear.

But still there is no rapport established between the walls and the light - vice versa I mean. This way it is, for the light knows the walls. Walls also know there is a light which knows about it, everything but the rapport, in the sense that the light cannot do anything about the Self and the Self cannot do about the light (the wall). Did you follow that?

Sahaja Yogi: About the wall no?

Shri Mataji: Of the wall.

But that light exists. It exists. It tells you the reality. It tells you, "This is what you are. Here you are. This is your position." This light is telling you. This is the Kshetragya: the one who knows the field. He just tells you. It gives a clear-cut idea to you that, "You are here." "You have got spots on your wall." "You have spoiled your walls." "There is no reflection properly coming," or, "There is reflection coming," if you are all right.

Now the better you are, the better is the light, and there is no conflict coming; you are nicely going on. That's why I say to be in the centre.

Now, you can say that the attention is in the walls. Your attention is spread on the walls. All right? From there it acts. It acts inside and outside. The attention acts outside, as you know, it's very easy to act outside. But inside it acts only as far as knowing that, "I know everything [about] what I do." Did you follow that?

The attention is on the walls. Human attention is on the wall.

This attention knows that there is a light inside, and it puts that light...I mean, as far as possible, outside also; it can extend its light outside. In the sense that, supposing a person is not realised but he is a dharmic person, so his light is quite all right, no problem. He doesn't have any conflicts. He's dharmic. He's a nice religious man and he knows there is light, he knows, and there's no conflict between the light and himself. So the aura is absolutely nicely placed.

Now, supposing, if there's a conflict between this and this: the aura will be disturbed. But actually there's no disturbance in the light itself. But, because of these walls, it may be looking disturbed. Because when the light is falling on something: like you see

the water, and if the water is not steady [then] you see it's moving like that. All right?

So, like that, the attention is here (on the walls). The attention, if it is unsteady, then the image you get is blurred, of the light. And the light that you throw out, outside, becomes a blurred image of that light. All right?

So, now we are coming to the conscious mind.

Conscious mind is the one, in that area which is a very shortened time, very short time. Between the future and the past it's just a little time, very little time. It's called as vilamba in the Sanskrit language. Is a very, very, very small, little time, and we cannot stop there. So in that area suddenly you touch the aura, you can say the light, and there you see it. So then you know what it is.

Then again you are thinking about the past, or you think about the future. That time, you know what you are thinking, but then you come to the conscious area and you know, "Oh I have been thinking like that I should not have done it!" Because you are moving all the time on waves. In between these two waves is the conscious mind: a little bit, very little area is there, in the beginning. All right?

Now below that is the unconscious mind, you can say. Actually it is above but we can say, below, just now, to explain it. Like, the waves rising this way, that way, in between there's a little gap. And there where, in the conscious mind, you are touching that light of the unconscious mind. So that unconscious mind, what we call the unconscious mind, is that aura, or the light, of the Self.

So every moment you are conscious, you are conscious of your unconscious mind. Conscious in the sense that you know that the unconscious mind knows, that's why. It's really remarkable how it's made!

For example you can say like that: you come up on one wave, "Oh," you find, "it's here." "Oh yes, I know all that, what I'm thinking." Then again you go on thinking, thinking, thinking and again you come to the conscious mind, "Oh yes, I know what I am thinking." Like that the conscious mind is. This is the light of the unconscious mind. You can think [of it] like a waves. All right? Did you follow Bogdan?

Dr. Bogdan Shehovich: Yeah.

Shri Mataji: Try to follow it, you see, then it would be nice.

Now questioning you don't ask. Just now you try to follow the point, because it's a subtle subject. And, if you have to understand the subtle, I have to use analogies which are not subtle. So, in analogies, don't get lost.

I'm just trying to tell you how to understand what is the unconscious mind within us, and where do we stand as far as the conscious mind is concerned.

The edge of the unconscious mind is the unconscious; edge of it. And there is the attention also. Now I'll show you.

Now what happens: you are moving, say, your attention. Now, attention, just see it: the attention is moving; you can take it to the future or to the past. Now the attention goes like that. And at the conscious mind, suddenly you will [think], "Oh!" You become aware of it. Your attention becomes aware, "Oh!". Otherwise you are just thinking, thinking, thinking like that. But when again you touch, at the conscious mind, again you become aware. Again you move like this then you are lost; again you become conscious of it. Now this light is coming from where? Is from the Self.

Where is the ego and where is the superego, in this?

Now this wave is the past, and this is the future. So, all the time you are moving from past to the future, past to the future, like that. But in this jumping there's a little time in between where you are conscious. And whenever you are moving from one to

another — before Realisation I am saying. All this I am telling you about before Realisation — you are conscious that there is something, under flow, which is knowing where and how we are jumping, whether this or that side. You are going this way, that way, this way, that way, all the time. Forwards, backwards, whatever it is. But you are moving this way.

Now, the movement of the conscious mind you can see, but it's a split of a second, just a split of a second, before Realisation. Did you follow this point or not, first of all? Make it very clear or not?

So we move to another point now.

The attention is moving which is on the edge. You can say that attention is another light or you can say another sort of a — which is the human side of it, which is moving from there — energy. You can say the attention is another energy which is moving like this, on the edge.

It is generated from your liver. This energy is generated from your liver. And it comes out and it is just like a very thin edge, you can say: the attention.

So the attention is recording - where are we. But when it touches the conscious mind it becomes conscious of what you are: "This is me!" Maybe when you are stealing you are not conscious but when you have stolen then suddenly you come back, "Oh God, I did that!" You become conscious of it. So the attention is moving like this, which makes you aware of that.

Now, the human attention has been evolved as the edge of the preconscious and the subconscious minds. Do you follow this point or not? On the edges. The human attention...

(Shri Mataji stops the talk to enquire in Hindi about somebody's health who has just arrived. Possibly Ravi and Mrs Devi.)

Shri Mataji: Aaye, baitho! Aa jao! (Hindi: come here, sit down.)

Just to explain to you...This is the unconscious mind here. All right? And this is the right hand side, is what you call the preconscious mind, and this is the subconscious mind. The attention is in between, connected with the unconscious mind, also, you can call it. But this unconscious mind in the animal I have shown it like that. Just to show you [that] it's the unconscious mind I have shown it here.

But actually, you know, the unconscious mind is a part of it in the Kundalini and part up there. So it is, just to show you, I have shown [it]. Say, you can call it 'the aura of Kundalini' you can call it. But now, here, it is easier to understand (Mother is showing a diagram). In the human beings who form habits it's like this. All right?

It is like this, the attention is spread out, throughout it. And this area I've enlarged it. It's not such a big area. I've just enlarged it (on the diagram). This is the area of the conscious mind, which is a very small area. And this part is the ego, and the superego is here. And this lining is the conscious mind.

Sahaja Yogi: This is in the head?

Shri Mataji: No, no, no! This is in the human being, the [spinal] column, the complete column, the complete thing, I'm telling: the Ida and the Pingala nadi. This is the Pingala and this is the Ida. At the edge of that, you see, is here; and inside is the conscious mind, this one. This is a very small area.

Now what happens [is] that, here is the Kundalini. All right? That is also the unconscious mind, part of the unconscious mind. And here is the unconscious mind you can say, about which we are not conscious of. And I have shown you [that] here is the Self. And the Self, Sadashiva's seat, is here. This sees. From here it sees all over. It comes out; your Spirit comes out, goes round and sees you. It is on your head, sometimes on your head, mostly in your heart. And it is watching you around. It knows, it is all

the time knowing about it.

And this light that is here, we are also aware that it's there. We know that this light is recording this; we are aware of it. All the time we are aware that this light is trickling down and there's a little glimmer of that light coming in that little gleam of light, you can say, in the conscious area.

So we are aware that this light is knowing about us. What we do is to, by raising the Kundalini is, the Kundalini when she rises, what she does She rises, because of her rising the attention she takes, the attention she sucks it on herself, on the both sides of the Kundalini the attention gets attached; or [you can] say it becomes like this: a crown over the area. Because the area has increased: you can see, if the Kundalini is so big as that. So you can see it is crowned up now, the attention is. So the Kundalini rises, like this, pushes this out, and takes this attention into this one. So a rapport is established between the Spirit and yourself. If you can think, if you can make it a small one, you see; the Kundalini is a small one, but supposing I have made a big one (on the chart); so the Kundalini rises, touching the attention like this, all over, goes up here, opens it out, becomes one.

Yogi: Because the attention is on the whole Nadi from the Mooladhara up to the bottom? It's not in the mind.

Shri Mataji: What?

Yogi: The attention.

Shri Mataji: No, no!

Yogi: Oh!

Shri Mataji: Attention is not in the mind alone. Attention is all along, and is generated through your...I mean it is not generated we should say, but we can say it is looked after, or maintained, or attained to, through your liver.

But the evolution of mind, as the mind grows up, this attention becomes improved. In an animal, attention is not like this: he is just a straight line, from here to here.

In this the attention becomes wider, bigger and intelligent.

It has both the things fully developed. In the animal it's just a few layers developed there and they are in a straight line. This doesn't come up in an animal: this is ego and superego, when they meet, this thing works out. Because of this, closing down, it develops its own awareness. By closing down it develops itself. As Gregoire has said it, as an egg develops. So this is the crust that is formed and it develops within itself. So it is developed.

Now for developing this you use your ego or superego. But if you do it in equal way, keeping to the centre, so there is no increase on this side or that side. Now, what is the ego? Is a bulge out here. And what is the superego? Is a bulge out here. It goes up like a bulge here like a horn! It comes out bulging like that (laughing). Do you understand?

Now, no use pushing it down and doing anything about it. What you should do is to put attention in the centre here: centre.

So because of dharma, dharma is the one which keeps the bulge there, attached to this; so the proper, proper growth comes in. Up to the Nabhi is the bulge. Then the wisdom and all those things work out in you, and you keep like this. This is a proper, sensible person. But normally it is not. Normally the question will be like this, and this one just hanging out on this side. Normally the person is not like this. This comes up like this. I mean, in the West I am saying, and is attached like to a peg like that! This one is a rudimentary thing. Now where do you take out? Here? This side?

Yogis: No, no.

Shri Mataji: It's like that. So now you understand what I mean. Now is it clear now? Attention, supraconscious? It's a difficult subject. It's a difficult subject to understand mentally.

Then above, the God's attention is not like yours. Your attention is much more than an animal's attention is: that you realise. But God's attention is manifold dynamic than yours is. So when you become [one] with That, That attention becomes your attention: It starts flowing through you. So it forms then another layer - that is the God's attention - and you start getting the vibrations in the hand. First time you start, in the conscious mind, He starts flowing, in the real sense, and you develop that sort of a sheath here, you can say, and you start feeling the vibrations.

But again, when you go this way a little bit more, it stops there; or this way more, it stops. Again you bring it in the centre and gradually allow the space to be more. Now this is what is the surrendering: is the space more there.

Because you don't allow this to work out (ego), or this to work out (superego) but just allow a space. So it starts opening out and the light starts working.

Yogi: Shri Mataji, it's like in Indian music, when they go like that and they come back to the note. That you just did this now.

Shri Mataji: 'Sum' that is what it is called as – Sum. Sum means actually 'equal'. Sum. But when they come to that point, to the first point, in the Indian music, they'll go on playing - 16 beats. They'll go 16 into 10, but again they'll come back to the same point.; this same must meet with the same, and that's it. So 'sum' is equal. At that point everything must meet.

And when all this is opened out...actually, here I have shown it like that, but you should put the chakras connected to that, in between. This attention goes and is actually connected with the chakras here. So the Kundalini passes through the chakras. You can see there is a chakra here and a chakra here and a chakra here and a chakra here.

When you allow this space to increase more, then what happens [is] these chakras also open out. In these chakras your own Deities are there. They have their own play and they are one with it. So it works in unison. And that's why the identification takes place.

But leaving this space, itself, means surrender, in the normal understanding.

Because the dynamic is there. The dynamic is all-pervading, it is working out. All right? It is all-knowing. It is working out Its job. It is correct. But the problem is your attention has not grown that subtle, as to enter into It. When it becomes that subtle – only human beings can become that – it opens out this thing.

Actually the Kundalini adds that subtleness to it, of the subtle system, and She brings it down. And that subtleness gives you a lining of subtleness. And that becomes one, subtle with this, and it starts passing through those subtle areas [and] vibrations start flowing

The more you open out this part, you become one with this. So what? You become the Self.

Now, this Self here (Mother can be heard showing a piece of paper), this Self is the nucleus in the body and that body is a cell in the bigger body. All right? So, you become one with the All-pervading force: that is the Will of God; which is known to this Self, the nucleus of that cell

Every Self knows what God wants, fully, completely.

So as soon as you allow your knowledge, so-called, to drop out a little bit, the real knowledge starts pouring in, and then? Oh, you

can order about! Then you can say whatever you feel like and it just works out.

But because of this, an ancient stuff with you, the lining being the new one, it's difficult to identify that lining fully with this. If you could, then, you would be just there – no problem of clearing anything and it's all cleared.

This light, when it flows, this passes through all the chakras and comes out. First the Kundalini comes up. She opens the chakras, makes the place; opens it out. Also, by Her coming up, there's a little lining [which] comes up. But when this starts pouring down, it covers this much more. But it doesn't cover directly like that but through the chakras It passes. That's why your chakras are to be cleared. Because the passage is through the chakras. There are the chakras here. All of them are chakras here. All right? Did you follow this?

Michael, how are you feeling? Put it straight. Put it straight. It's cold, very cold that hand? You can take it up! You take it up! It's all right. Close the door, yes. Now, put your hands together. Sorry.

So, today, as we know that, is the day of Mohammed Sahib's birthday. And we have to understand that all these incarnations came at different times. They all came at different times. And They came as a continuous process of evolution of man. No question of conflict or anything in that: no question. You see, human beings can't understand, because they create conflict, they have lived with conflicts, with this thing (limbic area) closing down here, this thing.

So They just came on this Earth, nobody's property. They came as incarnations on this Earth, all of Them. He (Mohammed Sahib) came after Christ. See His position!

Because Christ came as an incarnation which was the son God, the son aspect of God, and He taught forgiveness. And the Christian doctrine has called it the suffering, and the Christians must suffer! So, all those Christians must suffer, you see. There's sort of a thing just branded on you. Then, anybody kills, you should accept killing. Anybody wants to hurt you, you must accept. "You must suffer!" Even if you don't suffer you should inflict suffering on yourself.

This funny doctrine: everybody was surprised, "From where did they get it?" Christ did not suffer. He cannot suffer. How can they suffer? If He could suffer then how was He the son of God? He could not. It was just a drama.

Actually His message was resurrection, but the Christians started using it as a suffering: so they (the Deities) said, "Oh God, now what to do?" So we have to send Somebody else! Now whom do we send? Someone who will be able to teach them there's no suffering. You have to defend. You have to fight it out! How dare they make you suffer!

Like, I'll tell you: somebody from Muktananda had come to my programme. Horrible fellow he was, sick. He came and he started saying all kinds of things there. So the Sahaja Yogis got angry, you know, Modi and all that. They said, "We'll beat you if you don't keep quiet!" He started saying, "Oh, you are like this, you are like that!" He (Modi) said, "You don't say anything to our Mother otherwise we'll beat you!" So he said, "You are Sahaj Yogis and you should bear it!" He said, "Jolly well they'll bear you out now!" "Throw him out," I said, "just now! And give him two kicks! Just now you throw him out, immediately!"

If you had said anything to Christ's Mother, He would have taken the same cross and hit all of them nicely. That's why it was arranged that nothing should be said about Christ's Mother. Because that would be the sensitive point. On that point He would never have compromised.

So this foolish idea that all these religious people should suffer. And then why the religion? Why should you have the religion? I mean, if you have to have sufferings on account of religion, better not have such a horrible religion!

You see, it is like purchasing sufferings! No. Where did it say? I don't know. Where in the Bible they said that all the Christians must suffer? I don't know what point you get from where!

Gregoire: It is reported in the Bible that Jesus said to a young man, "If you want to follow me take your cross," or something like that.

Shri Mataji: All right. That doesn't mean that you suffer! "If you want to follow me take your cross." Now, what is the cross? You know [it] is a symbol of innocence.

I say take your cross, because, if you are coming here, as you are, you are to be moulded, you are to be brought to the proper balance, so you little bit suffer. When you try to test other's vibrations you do get a little bit of that burning and all that. But not the way we have understood, to carry our crosses: now what is your cross? I mean [it's] absurd, I tell you! The whole understanding is of Christ. You make such a great personality into nothing, absolutely! He came here to teach you to suffer? I mean, can you think of such a thing? I don't know what brains and what intelligence all your, these 'great' priests are using to say that He came here to teach you to suffer!

Marie: They probably have trouble with their liver and they feel miserable so they get suffering out of it!

Shri Mataji: (laughing) No, no, but the preaching is that you must suffer!

Now even if you take, like this, a position: you can say that it was that if anybody says [something bad] to you, you just don't bother about it, you don't bother. But why suffer? Suffering means that you bother about it! Otherwise you just don't bother.

Yogi: I think it's just a rationalisation of impotency. I think it's like that. Because they were unable to do anything. The priests were unable, they were seeing people suffering around and they were not able to help them, then they said then, "Accept your suffering and enjoy it."

Shri Mataji: Enjoy the suffering? No, it's an absurd doctrine of suffering.

Marie: But the original doctrine was that you offer whichever sufferings to God and then it got twisted out that you have to feel miserable.

Yogi: Suffering was like tapas or something like that.

Shri Mataji: Tapah! Tapah!

Marie: When suffering comes to you, you have to accept it and offer it to God. I mean some people do still teach the right thing but most people just think they have to feel miserable.

Shri Mataji: You see, I wish, you shouldn't say, even, 'offering' or anything. You see, God's name or God Itself is a balm to it. You have pain in the stomach: when you put [a] hand towards me, supposing, you get all right - finished! Now what are you offering to me? I am not getting anything!

It's just a different thing altogether. You see, suffering and God are two different things! God is the One who balms your suffering.

What is that 23rd Psalm is? Does it say you suffer?

Gavin Brown: The Lord is my shepherd.

Shri Mataji: Then? Where, which one is such a great thing that such a big doctrine has come out — from where I don't know — that we all should suffer? It is all the time promised [that] even those who are suffering will be helped: "Blessed are those..."

Gavin Brown: But there was no actualisation of the promise until now.

Gregoire: Mataji, if you wouldn't have come, ok...

Shri Mataji: Why wouldn't I have come?

Gregoire: Ok, let's say one life earlier...

Gavin Brown: Supposing that you had not come...

Gregoire: No! Let's say, one life earlier...

Gavin Brown: ...we would not have understood what Christ was about.

Gregoire: ...and we are suffering because there is a mess around. The only way we can bear it is in thinking that our suffering has a meaning. And the only way we can think our suffering has a meaning is in...

Shri Mataji: Then the simple meaning is: because of your mistakes you are suffering!

Gregoire: And that does not help!

Shri Mataji: It is a very simple thing, you know. It's very, very simple. You, the human beings: put them on one side, God on another side, all right? You cut each other's throats: God has told you to cut each other's throats? If there is war, then who? God has created war? Physically also: if you neglect yourself, you do all kinds of things, then you suffer!

Who has asked you to read so many books? Who has asked you first of all to create so many books? What do you know to create so many books? That's it! So you are doing it, so you face it also here! Did God ask you to write so many books and read them and condition yourself? Who has asked you to listen to Freud?

But inside you He is all the time talking and telling you. It's not that He's given you up. He's all the time guiding you. Only thing you should have done is to accept His advice. All the time He's telling you, "It's wrong, it's too much you are doing it." You can even see your ego, what more do you want to see? When you know your horse is doing a fast one: so why not make it a slow moving one? You know you are missing your targets: why not slow it down?

Did God tell you all these things the way you are suffering, suffering and you go on? Now this girl who has, her husband has met a death because he has committed an accident: did God tell him you go and commit an accident? He must be going somewhere in a hurry: he must go! So he commits an accident and he's had it.

Human beings have created everything. Even the bhoots and all those have been created by human beings, God has not created them. All this is the creation of human beings.

God has created joy and happiness. All the beauty of the world is at your feet, such beautiful things.

Imagine a small, little tree also, if you see a small little seed; anything you see in yourself, your eyes on, if you watch, you want to see, under microscope, beautiful! So very nice! How beautifully everything He's done for you to see the joy. And here you are taking one knife and putting it inside and you say, "I am suffering." Who has asked you to do that? It's like that, whether collectively or individually.

God is not responsible for that.

You see it's like a mother who has cooked everything nicely for you, "Come along now for the food!" Here She finds her children coming home, all wounded, all famished, finished!

He has created beautiful things for you, absolute beauty. And He wants you to sit there and enjoy that joy, just imagine! That's why He has created you! It's such a frustration it is. Such a frustration! (laughter)

(damaged part of Regis Camille's tape: inaudible for 20 seconds)

...you can make out a person who is cruel, but you want to go to such a person, spoil yourself and then you say you are miserable.

You give so much importance to human beings. It's only you who is doing it.

If there is Hitler, Hitler could not be there unless and until there were Germans to help him. Without the Germans do you think Hitler could have existed?

Same here, you elect your people who are very dominating, sometimes who are possessed; they become your prime ministers, supposing. Then what do you do? It's left to you! If you don't want you can have good people. Will you put any saint there? No, you'll say he's not practical? Nobody would accept a saint!

You see anywhere, like that Macarias horrible fellow! You call him as the head of the church there! I mean, how could he be there?

In India they appoint these Shankaracharyas: horrible, useless things, good for nothing! They cannot be even used as footballs I tell you, they are so useless! And people are making for them golden umbrellas! On top they want to have diamonds and things. And if they go about in the market people will think there's a kuli going. I mean the one who is carrying the luggage is also called as kuli in India.

Yogi: A porter.

Shri Mataji: Yes, a porter. There's a porter going on! And they want to have a crown. Because they look like that, such miserable creatures. So they want to have a crown of gold and they want to have a big umbrella made of gold, and the umbrella will fall down on them, so they must have a shield also, to protect themselves. Such miserable horrid people, they become the heads of the churches and heads of the organisations. It is you [do that]. And while the good say, "We must suffer." They say, "It's alright, let it go!" So what prospers is the bad, is the evil.

No more of suffering for the saints! Had enough of it.

Yogi: Sounds good!

Shri Mataji: Absolutely! Nobody dare touch a saint now. That's it! Had enough of it. But Christ was alright, He never suffered, but He relieved everybody's suffering. He doesn't suffer. I don't suffer at all. Neither you are going to suffer now. In the name of God you are not going to suffer now.

Let's see now. Unless and until you are addicted to it then I can't help you: you want to have suffering then go ahead with it! But if you want to have joy you will have it and nobody can take it away from you. Those who try will suffer. Those who go against you will suffer.

This is Krishna's style, or we can say Mohammed Sahib, because today is His birthday. So to understand Him in the right perspective, you see. After Christ it was such a fiasco, that they had to come to say that you are not to suffer. Even His grandsons who were, you know, reborn from Mahavir and Buddha, they came to teach the nonviolence of the nonsense that's going on: to stop that, know that there is a non-violence of God which is violence; which is just killing! They need a little killing, nicely! And sometimes a big one too! They will have it.

So the idea that we should not be a military force - why not? We are the greatest military force! Here you will sing "Onward Christian soldiers!" Now how can the soldiers be sufferers? You are soldiers, you are endowed with powers of The Almighty, and how dare you suffer! It is a wrong idea.

You have not to take anything aimed at you. Alright, like a gentleman, like an elephant when he walks and the dogs are barking, it doesn't bother - but in its greatness, not in suffering. It just moves and goes on like that. Like that! You are not to bother about these bickerings and all nonsensical things. You are not to come down on your ego. But no suffering! No suffering of any kind. This is the message of Mohammed Sahib.

But Muslims? Oh God! His enemies became Muslims, I can tell you this much, the way they are. The way they are treating Him, you can see that they were His enemies.

The first and foremost thing He has said is that all of them are Prophets. They have come at different times. He said, "Don't drink," because He saw [that] Christ didn't impress too much on the drinking, so that's what they have started! They find a loophole everywhere. You see, now I am saying so many things, but maybe I may leave one or two points here and there. I'm trying to cover up [all the points] you see, that's why I talk, talk, talk, talk, talk - nothing should be left out! Because you will catch hold of that point, somebody, and get onto that.

He came down and he said, "Don't drink!" Muslims are drinking the most. Christ said, "Don't go near the spirits." So in the church you will have graveyards. In the church only you will have graveyards! Just see the wonderful part of it! He said, "Don't go near the dead. You have nothing to do with the dead." That's what all the Christians are busy with this...

(break in recording)

There is God, and also we know that He is reflected in us, in our heart as Spirit, as Atma, as Self.

Now, when we know about the three channels that are working within us, of Mahakali, Mahalakshmi and Mahasaraswati. The three powers of Ida, Pingala and Sushumna, which create the subconscious, preconscious and the conscious mind, are working in our consciousness. That means we are conscious of them.

We are conscious of our left and right, that is Ida and Pingala, sympathetic nervous system. We are not conscious of the parasympathetic. That means that we can increase the rate of our heart, we can increase the rate of our breathing, but we cannot decrease it. The decrease, or what you call the lowering down of the rate, is done by parasympathetic. So the parasympathetic is active, but we are not conscious of it: in the sense that we have no control over it.

The Spirit, that is God, which is reflected in us, resides in the heart.

The manifestation of Spirit in our heart controls the parasympathetic. But this Spirit is the reflection of God Almighty in our heart, as if in a mirror. And Divine love, which is the light of God, is reflected in us through the reflection of the Spirit, as the unconscious mind.

So within us there is an area about which we are not conscious. That is why it is called as unconscious. That area lies so far

away from our conscious mind that we cannot control it. We are not conscious of it, but it acts, through parasympathetic activity. How it acts, I will give you a simile: Supposing there is a power works (a power plant) somewhere, and it is acting through this (electric) light over here. You don't see the power work, or the factory, or wherever the power is created, but what you'll see is the manifestation here, and you see the light. But supposing you do not see the light, nor the lamp, nor the factory, but you are affected by it: that is the situation of a human being.

A normal human being who is not a realised-soul, is not aware of that factory, which is God, or the light it has got, is not aware of the lamp that he has got in his heart, and is also not aware of the light that the lamp is emitting. But it is acting.

So the unconscious mind is nothing else but the projection of God's will through the light of Divine love.

I have given this simile again and again, which is very good and apt: that, these two powers that are within us, one on the left, another on the right hand side, are there and we are conscious of them and we use them. Out of them, the right: we use it in absolute awareness. The left one, we know is used as subconscious mind, and sometimes, if you take drugs or if you do something like that, then you go to your subconscious also. So you can become aware of the subconscious area also.

So you are aware of, the right hand side already, and you are aware of the subconscious sometimes, when you try to get aware of it.

So these two powers that are within us are all the time vibrating in a wave, and the points at which they meet, they create the throb, or you can say the centre. A centre is created, a Deity is placed [there], but there is no light for us to see, or to feel, or to be conscious of the Deities; the Deities are fast asleep!

When the Kundalini rises...now Kundalini is the subconscious. You will be surprised that Kundalini is a Mahakali power.

She is absolutely pure, in the purest form, because She is not used. We can say, part of it is used in us, our subconscious. Sort of, we have kept some water separately, which we have not used so far. So first of all we use the subconscious water and the preconscious water and we dirty it, we exhausted it. Then this stored-up power rises and does the last cleansing. But when She rises She creates a third current. Still that third current, when She is rising, doesn't have the light. But when It reaches the Sahasrara and pierces it then it becomes one with the Universal Consciousness. Because what is God? Is the One who controls the Universal Consciousness. He's The Controller of the Universal Consciousness. He emits the light. And when this Kundalini rises it gets that flame on it. So now all the Deities get awakened.

Now, you may say that, "It is in the heart, Mataji, you are saying. You are saying it is here," It's a confusion, people think. But actually it is All-pervading. Say, God is a nucleus you can say, or a factory, which has the light all over and is reflected in the heart. So when your Kundalini, a particular, individual Kundalini, touches that, then this light takes place, then in the heart the Spirit is ignited; or sort of it emits, it manifests, it projects. And its projections are these vibrations.

So, through this, you know the will of God. Through this you have a dialogue with God and you understand Him, what He wants. And what does He want you to know?

There are three qualities of God which you can feel through this.

One: what is the Truth. You ask any questions: if you are asking for something, and if it is in "yes" then you will get too many vibrations. If it is in "no" vibrations will lower down. That's how you can verify what is right, what is wrong. What is the Truth, what is not the Truth, now you can know. Nobody has to tell you, you don't need any clergyman or anybody to certify it. It is there. Through your vibrations you can feel it: is this is the Truth or not? Is it a correct place you have come to or to the wrong person?

Then also the various combinations and permutations of these, it is true, but still there's a little point that is wrong in you. For example, if you say that, "Christ was resurrected in person?" "Yes, that's true," and you'll get more vibrations. But if you see now,

that, if you say, "Is it, Mataji, the Mother of Christ?" If you do not accept it, you will not get it on the Sahasrara. You see for yourself.

(From Regis Camille's cassette 2)

...and he actually came to do work for Sahaj Yoga in that area. Maharashtra is a very good area for one reason: it's a part of India where, since long, a group of people have been working on these lines of the Adi Guru. They were called as Avadhutas. And they started with Machhindernath - a Primordial Master was born as Macchhindernath - and they started working on very few people in the villages, or you can say in the hills and we can call them that they were like ascetics, just dedicated to find out the truth. And these people, there were very few of them, they started working it out. Like the Kashyapas of the Zen system. And they went into various countries - even Machhindernath, his disciple was Gorakhnath - they all went into various countries to find out what is the problem and how it is to be worked out.

So there is a disciple essence also [which] was brought in. And these disciples, two of them have become incarnations. One of them as you know is Buddha and another is Mahavira: they have become incarnations.

So everything has been tried and worked out for you. You don't have to bother about it. The only thing is that to be Sahaja is to leave space in between. Just try. That's what surrender is: to leave space. Just leave space! And say whatever you want to, you can say it out: If you say 'no', then no. If you say 'yes', yes. For example you want to have an ashram, alright you can have it. But if you go and say, "How can we have? It's very difficult." He'll say, "Alright, go ahead!" "How are we going to work it out?" Then nothing is going to materialise. You just say, "Yes we are going to have it!" "Alright, work it out!" That's right. That's how things work out.

For you it's much easier than for me, because I don't really want anything, if you ask me. I don't want any ashram or anything. Wherever I am, I am alright. But you need the ashram so you have to desire for it.

You have to desire. On the left hand side is your heart: ask for the desire and put a bandhan to it, it will work out. But don't be hesitant: "How can it be?" You want rain? Alright, say, "Come along rain!" Have it! You want sun? You can ask the Sun to come out. You want heat? You can have the heat. But you should know that you are now established in the Kingdom of God; then only it will work out! Such hesitant people!

It's such a funny stuff: like a driver sitting in the car, how can you blame the car? You don't know how to drive, you have not yet mastered it, you are so nervous, you are not confident. Then it works out.

How are you now Michael? Are you better? Hmmm, it's working out.

Should we go into meditation? Yes? Alright.

(end of recording)

1978-0320, We are all seeking

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20 March 1978

We Are All Seeking

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Public program, "We are all seeking", Caxton Hall, London, 20 March 1978.

Gregoire has said so many things that I really don't know what to say after that. Really dumbfounded. I know it's a fact and you have to face it, though I'm bashful about it.

You were all seeking, and I think, from the time I remember, I haven't met anyone who was not seeking. They may be seeking in money, in power. But so many of them were really seeking something beyond. In the West, I always felt all the great sages of the old and the ancient times who were seeking God, are born. I could see, the way you have abhorred materialism; the way you have achieved a kind of a understanding about life, is a new thing.

At the time of Christ, it was not possible to see such people except for some lepers and some sickly people. There was nobody else who was willing to look at Him. Times have changed no doubt. But, in this seeking, many people have committed lots of mistakes. Mistakes can be forgiven always. They should be rectified.

I've been born with this. I knew I had to do this and I knew I had to be in London one day. All the people who are of a very high, evolved status, I can say, who do not live in the humdrum of life, who do not roam about as gurus and earn money, who do not claim to be pundits and the temples' and the priest people, those who live away from all of you, hiding themselves in the jungles, they knew it was to happen. They knew about it. But when the seeking started in the West, like a demand the supply came in. We have so many Sahaja Yogis here sitting down. I would say they are real seekers because they reunite to fight.

There few things, you can make it out very easily when we have, before us, the life of Christ, by which you can make out who is the true person and who is not. It's not difficult.

For example, a person who takes money from you, cannot be, cannot be a person who belongs to God. A person who belongs to God doesn't think much of money or anything. If he's rich, he lives like a rich person. If he's poor, he lives like a poor person; but at heart he's a king. Christ was a son of a carpenter. I see His pictures and I see His Mother's pictures adorned with jewellery. She had only two robes to change. Perhaps it was never realized that money cannot purchase God. In the name of God and religion things have gone so far, so far that I do not blame human beings for taking to science, instead of God.

The misinterpretation has been so much, one can understand. But when there are so many false things in the world - copies - then one must know that there must be something absolute. It has to be.

London is regarded by all those I have been describing about, the people who are great sages, all over the world, as the heart. It saddens Me to see sometimes how people of England have not realized the value of this great country. In this country, long time, much before, much before even Christ came in, people have worked with Kundalini. Your Stonehenge is nothing but the Kundalini. Vibrations have worked in this country for ages now. Only I am here to introduce you to them. There is some gentleman I saw copying this Kundalini that we have already made for you, all the drawings and everything, for you to see and to understand where are, what are the chakras, and what are the deities ruling them.

You should not accept Me even when Gregoire has told you all about these things. Could be wrong. No blind faith is going to lead

you to reality, not at all. By saying "Just believe me", is a wrong style. You should not. But you should not also deny Me. Keep it open. For you are seeking, and if I have to just enlighten you because you should enlighten other people, one should not feel hurt about it. Somebody has to do it. You may be in this place or I may be in your place. Makes no difference. If there's a candle, which is enlightened, which can enlighten other lights if they are ready, then it's, maybe, that I may be knowing all the tricks of the trade. I may be having all the knowledge about it. It may be worth it to know all about that.

Let us not be very serious about it, just because Gregoire has struck such a serious note. It's just a play. It's just a play. It's not that serious as we think it to be. It has to be a play because it is so important. All those things that are important are easiest for us – example: our breathing. Supposing for learning how to breathe, if you have to go to Caxton Hall, in the rain, walk all the way, listen to a big lecture and then learn about it, you'd be finished! In the same way, if we have to get our Realization by standing on our heads or by renouncing the whole world or, I don't know, dancing on the Oxford Street and all sorts of things, then God save all the people who are seeking.

It has to be extremely simple – has to work out that way – because if evolution is complete, we would not have been in confusion. It is not complete, that's why we are confused. Til the animal stage, there is no question of thinking about it. Only when you become human beings you start thinking about it. Only at the human stage you are given freedom to think about it. Animals are in collective consciousness all the time – in the sense they are not conscious of it, but they are driven by it.

[Pause in recording, Shri Mataji seems to be referring to a book]

...that the whole nature works in such a manner as if there are some organizer which are arranging their coordination, their harmony, their working. Not only that but the death of one thing helps to give life to another. For example, in the nature the leaves have to fall down to the ground to give nitrogen to the ground. Again, to be again renovated, say- you can say, regenerated into the body of the tree to come again into its new foliage and to its bloom.

All kinds of, we can say, real experiments, he [the author] has given. But if you now go and read it, you will know he's just talking about the collective be-ing, the mass be-ing that is there, the one in which we all exist as Self. And that He is looking after us in every way. And how everything in nature is interdependent; how animals understand; and how every amoeba and paramecium – is a unicellular cell – also understands what its group is doing and what are the signals and how he receives it. How bees understand where is the honey and how they go and come back the same way – there are no road-maps, nothing, miles together how do they travel, it's very interesting.

And there are many books like this, which you can find from any biologist. Another is Du Noüy [French biologist, mathematician, philosophe]. He's a great biologist, I must say. Biologists, because they deal with life, I think they are very much nearer the point.

Another one is Jung who had experimented with collective consciousness. He says that there are dreams we get, which are universally the same as far as the symbol is concerned. The symbols that they see, whether here or in India or in Australia or in Timbuktu, they are all, when decoded, expressing the same thing. For example, if it has to express a fear, harmony, anything, it expresses that. It's surprising. After all, there is somebody who is throwing these symbols in the atmosphere where we live. From our unconscious, he says, these are coming.

But all these things are like the finding of people who are probing in the dark: they find something here and find something there, you find something there and you put it together. All these things can be put together. All these things can be bridged together, integrated together and can be shown, very easily, if you get your Self-realization.

Self within you, is in your heart. Your Self. You know there is somebody who knows everything about you. There is someone. If you murder someone, that one knows. If you do anything, that one knows. And that one that knows is the Self. Now when we talk of God, people have already negated God: they say, "Where is God? Let us see". Without Self-realization, you cannot know Him. You cannot know Him through all these so-called conditionings that we have. Like we go to churches and pray, go to the temples and pray, sing songs and mantras and this and that. No. You cannot know Him through these things because still you are

outside. You have to come inside. You've done all the steps, everything, you have to come inside, inside the door, sit down and receive it.

Self-knowledge is not the knowledge that, "You are a sinner, you are good for nothing or you are a king or you are such and such". This is all outside. Self-knowledge is that, that you are an instrument. You are an instrument and you have to act for the dynamic forces of that dynamic One, the vast personality whom we call as God Almighty. You are that. Only thing is your instrument is not yet connected with that. I said, "Til the animal stage, we are one with it". We have no problems. Only when we become human beings then the diagram shows there, you see, on the left, the black, right the black and another side is the yellow-coloured in the head.

These are the two balloons, which grow with our activity, ego and superego. And they cover our head completely, by which this fontanel bone, which is a soft bone in the childhood – you have seen children they're so much one with the collective consciousness – when it becomes hardened up there, it is because these two meet and overlap. Man is made like that. He has been given the freedom. He has been given the 'I'ness. He develops this special thing. He has been given freedom because this is the last stage of evolution now. Man has to jump by himself-understanding it.

You do not know how you became human beings from amoeba to this stage. But human beings will have to know how they become one with themselves and how they enter into the kingdom of God. That is their right. And to have this right, they must have freedom and they must develop their wisdom and discretion, their temperance, how to use that freedom.

For this purpose, in our being there is already placed a residual power, which is called as Kundalini, at the base of the spine. It is there. Now. Many Sahaja Yogis, I would say thousands, in America and in India, and also other places, have seen it with their own eyes the pulsation of the Kundalini at that spine. If there is obstruction in the stomach, by some disease, or may be some other trouble, then this pulsation is much heavier and you can see the Kundalini pulsating. Very clearly. The pulsation travels upward when the Kundalini rises. You can see that also. You can also feel the different chakras – is the centres – which are placed inside the spinal cord, not outside as some books have written. All kinds of funny things they have written about Kundalini. Anybody who felt like writing has written. From the books they have taken something, they have written such big, big books. It's shocking because this is a very subtle thing and a holy thing. Most auspicious. The way they have handled Kundalini is something one cannot imagine!

The most, highest and the holiest of all, has been insulted, has been ruined by this kind of half-baked people just for earning some money. How long do you carry your money with you? Are you to carry it with you all your lives? Or for cheating people or for overpowering some people, all kinds of things have been done in this world in the name of God, in the name of Kundalini.

It really sometimes amazes me, how people are really seriously giving sermons and talking big in the name of God, wearing diamonds all over, bought by somebody else's money. And how can we, the thinkers, the ones who have got brains, accept such a situation where we find, where we find that those who are so much interested in all these things are trying to impress others by getting it from others. We have been really misled. It's a sad thing. It's the saddest story. It wrenches my heart. But I feel the innocent, the simple, the seekers - the seekers have been the greatest victims. They have been, for money, for vindictiveness, and also, there are satanic forces that have come up. They are trying also to exploit. They have come, in their complete force, in their full regiment, they are up here. It's hard to understand for you people how you are gradually dragged into their clutches and into their jaws and they're about to just clutch you.

But you must know that God did not create this creation to be destroyed. He did not create you to be destroyed. There's nothing more powerful than God Himself. And it is going to work out and you all are going to get it. I have no doubts about it. I have no doubts. Maybe, some of you may not get it today, possibly. But you can't say that you will not get it tomorrow. You will and you all should have it because you are seekers.

1978-0320, We Are All Seeking Part 2

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20 March 1978

We Are All Seeking Part 2

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So, the Swadisthan chakra which is placed second now is the one which has got six petals and this is the one that controls the pelvic plexus-the aortic plexus within us. That also has got six sub-plexuses. Now we have to know that these are subtle centres placed in our spinal cord and the gross centres are outside. Now this is something one must understand, if you have to understand about Kundalini, that these centres are placed outside of gross plexuses which doctors know. But they are actually subtle centres inside the spinal cord.

Beyond that is another centre which you can see, that's called as Manipura chakra – I told you the centre of the navel chakra-which has got ten petals, as I have told you, that there have been ten gurus also. And around that is the Void, is the gap. And this gap has to be filled.

Now what happens when you place your hands towards me? Like this, if you could it would be nice. All of you should place your hands so it works out simultaneously. See this power, this divine Power which is an integrated power which is all powers put together, starts flowing into your being through your fingers. These fingers, five fingers, this portion and this portion as you will see from the chart we have given you are responsible for sucking that divinity within yourself.

It works like an [UNCLEAR entity], it goes inside and first, it fills your stomach by which an invitation is sent to this Kundalini. She is aware and she understands that she is facing the right person. And when the invitation comes she starts rising. She starts rising upwards breaking through all these centres. Already some of you must be feeling cool breeze in the hand already. Those who are not feeling also should keep their hands just like this, very simple method-is the simplest of all.

Now you know that these are all sympathetic points. These are two sympathetic nervous system left and right. It starts working through you, passes into your hand, goes into your stomach and invites the Kundalini. The Kundalini, first of all looks after your physical being.

Supposing you are sick, even cancer. Then the Kundalini, it rises first to give you physical comfort. It goes to the point where the person has the problem. Supposing you have stomach trouble, liver trouble. You can see at the back of that person, that at that point, it is pulsating. You can also see that the, in the hand, this finger, this thumb is burning. And if you ask the person, "Are you suffering from Hepatitis?" He'll say, "How do you know?" That's why it is a science.

It is a science because whatever you see is there, happens, and you can maneuver this power once you are realized. So, it sees to your physical being.

I have said it off and on and again today I want to repeat it one thing that cancer is a disease which can only be cured through Self Realization. There's no other way. Because overactivity of the sympathetic nervous system, on both the sides, creates a situation where person becomes malignant, means his cells start working on their own, they lose their contact with the whole. To give it a balance and harmony, there is a system within us known as parasympathetic, in the centre, which also is connected to all our Deities and these are the organizers, the Deities, which always give us a balance.

For example, if you are walking fast your heart will start beating fast for the emergency but gradually it comes back and that is brought back by the [UNCLEAR] parasympathetic because of the parasympathetic activity in you, you are what you are otherwise there would have been really cancer set in with, every one of us because you are quite extremists that is the one which gives us balance and that's why when Kundalini rises she tries to give you cures.

How Christ cured people? She said that something passed through my being- what happened actually that when you see a sick person next to you suddenly you feel something passing from you and going into him, that is the power that power which cures first, second then it comes to a point where your mental side is in the fourth chakra you can see the Heart centre.

Heart centre is the centre where God has given us a sense of security, sense of security and a desire to exist, desire to exist. When this centre is in difficulty you want to commit suicide. We have so many problems with this centre, for example women suffering from breast cancer wanted to die due to this they have sort of an insecurity in their mind in their subconscious may be and that's why they suffer from it, when the Kundalini knows that, she rises in to that realm and helps there and person feels absolutely secure.

Then it rises higher up to this point, this is a very important point for human being because through this we have achieved our humanness and also our freedom to an human beings because our necks are up like that, this is a very very important point, the most important I would say because there are sixteen sub-plexuses, the maximum and here we have become human beings, by this centre we have got the conscience.

We have got the conscience, for an animal there is nothing like sin, human beings have the sense of sin, if a tiger has to eat a cow it eats, it doesn't have to bother and think and worry about it. The conscience is built in here at the back. That's why this is the most important thing from human point of view and this centre is given to us by God, by which we have discrimination power, we can discriminate. If this centre is correct then your hands are very sensitive and you can easily feel the divinity. But we go on compromising with our conscience.

We start killing it gradually, managing somehow or the other. Bringing ourselves to the norms of the society, norms of our understanding, norms of our greed and lust. Such a conscience of course, reduces the sensitivity, the conscience is placed in this centre which is excited by the rising of the Kundalini. Your conscience becomes very active to such an extent, to such an extent that if you see a person who is possessed sitting next to you immediately you start getting heat from that person you get up and go to another place. you just feel the heat.

If you start think, start thinking according to your own style of thinking and planning about doing something funny or dirty or something which is evil your vibrations will stop. You won't get vibrations. Your hands will start shaking and you will get heat, tremendous heat in the body. The conscience become aware, becomes aware of itself, it establishes itself and it expresses itself, since realization is this, [UNCLEAR really] be your subtle being becomes aware of itself and establishes, solves and glorifies into it.

Such a person enjoys his virtues, it doesn't cry, "Oh! I am so honest that's why I am suffering" no it says, "I am if I am honest what a nice thing to have it, if I am kind if I am simple, Oh! what a nice thing if I am innocent, how beautiful it is to be innocent". There are so many people you will find, "I am too innocent people have cheated me." Oh! you enjoy!, "Oh, people have cheated me, very good I have not cheated them. Thank God!". That sort of a temperament, that sort of a temperament you develop.

In Self Realization your subtle being which is the holy being within you is established and glorified, is not only somebody coming and putting the hand on your head or I say, "baptized" finished or it's not also a brahmin coming and putting you thread and say no you are re-born it's not that.

The proof of the pudding is in the eating of it. It's not giving a lecture or a sermon or some sort of a big show or a sometimes a circus. It is something that happens to you and you are the judge of yourself and you know it yourself. Nobody else has to say

that about you, you have to certify yourself, you have to enjoy yourself too. Like one poet in India said that with Sahaja Yoga Sun would itself has started smelling its own fragrance like, the flower has started smelling its own fragrance or a beautiful scene has started feeling its own beauty.

This is what happens after Sahaj yoga and after the realization if it does not happen it's not a realization because you are that, you are beauty, you are fragrance. You are glory and you are that joy you are, nobody has told you a lie so far. And if you are denied that.... You are going to get it, you will have to have it, to know that it is so.

The.... this mark that I have, just behind that is the centre of the optic chiasma where the pituitary and penal bodies are placed. This is very subtle centre which doctors do not know is known as the Agnya chakra. This centre is a very great thing for so called christians, I would say because that is the centre of Christ and that is the point where you are promised your resurrection, your rebirth .

His message is not his crucifixion but his resurrection, the way he is showing him the lanky panky type and the most miserable how could he be, He was joy and He gave us through his own resurrection he has opened the door which is described I am the door for you to enter into the Kingdom of God!

But only by calling Christ-Christ is not going to work out, the Kundalini has to rise which He says, "I will appear before you like tons of flames". I would like all these priests put together to explain that to me. What does that mean? How much do they understand about Bible which they carry with them and some of these Jews, they make a small little mini picture of that and put it here. Is this the way do you think by carrying bible on your heads, are you going to go there?

There must be something that God has placed within you and that is what it is your own resurrection-the right of your own resurrection, of your rebirth and that is this centre which is very important. This is the blood of Christ and that has promised that resurrection, to enter into the Kingdom of God that is on top here which we call as a limbic area in the medical terminology but as you call it, Sahasrara in the Sanskrit language is that there are one thousand petals there. If you cut the brain in a transverse process you can see that it looks like petal it is like that but when you see actually the Sahastrara of an enlightened one it is like a Lotus with thousand, thousand I have not counted thousand petals which go on like this leaving petal with many colors all the vibgyor colors are there all of them are there. Many have seen, many Sahaja yogies have seen that happening to them while getting realization.

It's not necessary to see anything. The smoothest you are-you don't see anything. The best you are-you have the happiest landing and the smoothest one, the easiest people, the simplest people get it just like that without getting any sight or any light or anything just there. They just land there but it is something like landing on the Moon, how many believed those who do not understand science, my own grandmother could not believe it and she said, you are all just telling lies and even when you showed her the pictures she said, "Oh, this could be done with on the earth only, can create a cinema like that".

If you can land on the Sun, why not in the Kingdom of God? But somebody has to trigger it and surprisingly even the spacecraft is built on the same way perhaps the unconscious has given them to safe tied like a telescopic, like a telescope this Kundlaini rises, from one to another to another to another like that In the same way you have seen there in the spacecraft there are these what you call them placed ah different ah vestibules one into another and the first one explodes throwing one with an accelerated speed, the second one explodes throwing with the accelerated speed then the third one like that and then it goes in to the space. In the same way, the Kundalini acts but this also knowledge has come to us from our unconscious from nowhere else. Even a person like Einstein who was a realized soul no doubt, he says, that "I was worried about my science and everything I couldn't do anything about this ah relativity and the whole theories dawned upon me when I was just playing with some bubbles resting in my garden and the whole things was dawned upon me from some unknown area". This unknown area is the area of Kingdom of God.

The unconscious when it pierces this top—that's the Baptism which John the Baptist, was talking about. He was the only realized soul at that time. Today there are many more, many more are born, there are so many realized souls who are born even in your

country. Upto 5 years of age you will find many children born, may be your children might be like that you don't know they are born realized, and there are many people I have met who are born realized maybe some of them have come might have come here whom I recognized and now they recognized me, and they knew they had these powers in them, they were curing people and they were helping people but they didn't know what it was all about, they didn't know everything and now they have become masters of it.

You have to be the masters of this Kundalini that's why you have been evolved, you have been moving to human beings and you are to be enthroned but before doing that you have to use your freedom, you have to be free people to choose the good, the righteous, the great, the divine. But while choosing we went to the other side of it absolutely. The brain had to be developed. Your superego was developed, ego had to be developed to a point, so we started from here instead of coming here in rising we just went this side.

We are thinking we are planning, even they are planning about God, they are trying to plan God and organize him and they are planning even the religion part of it when you see their planning capacity you are surprised and their ego that they can conceive God in their mind. This centre the top most here, the kingdom of God when it opens out the light comes into your heart and you become one with the divine, then from your hand cold breeze start flowing. May be some people might get hot breeze Might be in the beginning– may be they are not well, there's some sort of a problem, may be, doesn't matter they will get cool breeze, a cool breeze starts flowing when it breaks, you become absolutely thoughtlessly aware, to begin with when you enter into it only you become thoughtlessly aware. You become blindf you close your eyes, you can see there is no thought coming in the mind you are just listening to me that's all, nothing beyond. Nothing from the subconscious, neither to the supraconscious. You do not think of the future or the past but you are blank and when it breaks you find a cool breeze coming in. Now, what is this? This is the manifestation of your Spirit, yourself; which is coming through, which is expressing itself. This is called as Chaitanya Lahari in the sanskrit language but in the Bible, it is described in various [UNCLEAR names/means].

When you put your hand towards a person you can feel that person too. If he is not realized you do not get any vibrations, if he is realized you get some vibrations, if he is sick you understand what is the problem, where is the problem even people who are away you can know about them because you jump into the collective consciousness.

Sitting down here you can cure people, sitting down here you can give awakening but realization has to be somehow I don't know, I can't help it has to be in my presence or through my photograph. There is certain compulsions they had to put because you people never recognized them, none of them. They are all there within us all of them are within us ready to help you, to get what you have been asking for.

God has not created you to be absolutely frustrated. Know for its fulfilment, believe me it is so, the time has come, the blossom time has come. The great times have come. This is the time has been promised in all the ancient scriptures, this is the time it has to work and it is going to work out thousands of people are getting it and why shouldn't you get it.

England is a very big place as I have told you, English people are very great too but takes time, I find they are little difficult sometimes in the beginning. But once they get it, they are really scholarly the way they sort it out, they are not shifty people, and I have great hopes luckily my husband was elected and he got an appointment here and I could come to London and now I'll be with you for four years to count.

Now I am staying in London itself so I'll be available for you. They have also arrangements they have made. They are going to take ah room here where I will meet you every Monday and I would like to solve your problems and to see that your realization is maintained and that you achieve the calm and the peace and the complete oneness with the divine. I would work very hard. I could do anything for you but only thing is that you have to also co-operate little bit, of course there's no question of paying any money, whatsoever, you cannot pay for my love, can you? Sometimes I am surprised, you cannot think of anything where there is no money required. You cannot pay but think what can you give me. Nothing, just allow me to love you that's all, if it is possible we'll work it out.

As I have told you it is not a thing that can be solved by rationality it has to be triggered and has to be worked out and we all should endeavor to get it through that working and not through rationality which is a limited thing and if you have to rise to the unlimited realm you cannot do through this limited means that you have. It is much beyond that and that is the place where your heart, your awareness and your brain and your liver everything integrate and you become one integrated personality.

All the religions, all the great religions are within you so no religion is to be condemned they have their own places. All the saints, all the prophets, all the incarnations have their own places in your being and you cannot deny it so please remember that Sahaj yoga is secularism, it is capitalism because it gives you the power and it is communism because you cannot help it but give it. You have to distribute it. Is a combination of everything, May God bless you all.

I hope we'll have the session now and I hope many of you will benefit with that. Apart from that we are going to have a three-day seminar in our centre in Filthway from Friday, Saturday and Sunday, because these are really beautiful days and I hope ah you all will make it convenient to come there to go further with it and we'll try to solve your problems and also if you have any questions or any personal problems hold....

Now if you have any questions, you can ask me for about 10 minutes and then we can have this thing if you have really something sensible otherwise no use wasting time. Like I read in one book this is this then mother what do you say about that, if you say that sort of a question is not going to be of any use, by reading you cannot get to God.

No questions?

Sahajayogi: [UNCLEAR]

Shri Mataji: Very true, it is true, it happens like that, it happens, you know what happens that the fontanel bone here becomes dissolved and it is-it becomes thin down and actually sometimes you say, see a dimple and there was one man who was bald you see you could see the whole thorough in his head developing suddenly, it's true. That's what it should happen. I am very happy you know about it. Where is it written? Where did you learn this? Where did you learn this?

Seeker: [UNCLEAR] Shri Mataji: Wow!! that's it, that's it, that's why God has said you have to become like children if you have to enter into the kingdom of, absolutely that's what happens, you see there are so many things happened but if I start telling you the time and whole thing is because you are all anxious to have the experience so I was just thinking skipping it out, so should we ?

The, in the hand you might already feel a cool breeze coming in. Those who are feeling already please raise your hand, even Sahajyogies can raise, very good, its good. Now, the new people who are feeling please raise your hand. The new one who come for the first time are feeling it please raise your hand, great.

Those who are feeling can come here and sit down this side or this side in the front because we would like to pay attention to you in a different way and the others in different way, please come here, please.

Immediately as soon as you get your cool breeze in the hands, you will see you can be effective with others. You can work it out immediately. You don't have to do anything else. See now just look at that, Oh God! didn't I say that the saints are born in this country please sit down, did you feel? Yes, please.

Seeker: [UNCLEAR]

Shri Mataji: Please sit

In Sanskrit language, Shakti means power, inner energy is called as Shakti but as you say atomic energy, electrical energy, it can be any energy like that the Kundalini shakti means the power of Kundalini, alright. Shakti means the power. Any energy is Shakti but shakti in this case when we say it is the Power of God, we call Her also Shakti, Adi Shakti means the primordial Power, the primordial Power, the one which is the integrated form. Which is the complete form. Which is the beginning, which is the power

of the God almighty, is Adi, Adi means the primordial. That's why it is the same word shakti means energy is a common word which means shakti, shakti means ordinary word energy but which energy is this one, the Kundalini energy. Now the Kundalini energy also is stationed within you, this Kundalini energy is the reflection of the Adi Kundalini is the primordial Kundalini that was created.

I have had no time to tell you about the creation because, you know it's a big subject. I have spoken about it last time but may be next month will have another lecture about creation in which I will tell you all about it, how the different energies are, how they work out, how they are manifested within us, how they create our different minds, how do we have all these things. I will be taking you to those portions and areas also. I am here to tell you each and everything, not a single secret, nothing everything will be [UNCLEAR note]. There's no secret for a mother from her children. Now those who are not getting any vibrations please come forward, please come forward, so we'll fill the gap also, those who are getting like this please close your eyes because this is a great experience you just close your eyes and watch your thoughts.

How are you Patricia? Better now? It's good. Yes, please sit down. Those who are not getting vibrations please sit. One, one, this thing, this rule is there, is it alright.

How are you Gordon? Good? Becoming a very rich man. Good. sit down

Why these ladies are behind there? Please come forward. You are from the press or something? No, I thought you are from the press because press people are not supposed to take part into anything, whatsoever. Without getting realization how are they going to report? You just tell me?

Please put your hands towards me just close your eyes and I will come down myself. Please close your eyes, there's nothing to be afraid of, first thing I must tell you, Kundalini is your mother and all the nonsense they have described about Kundalini forget it, it's not like that, it's the most loving mother you have had and she is the only mother you have had and you are the only child she has, and she is always follows you with you, all the time she is with you whether you are dead or living. She is always with you every moment she is watching you looking after you and waiting for the moment when she can give you realization so how can she be unkind to you she cannot be she is the kindest thing that you have. But only getting the breeze is not the end of it. You must know what it is? How, work it out, how to do it so please keep your hands towards me just like this.

The most remarkable thing I have found out that even my photograph has got the vibrations and even this mic you see carries the vibrations, actually somebody saw them, some realized souls saw them passing into a singer I mean he was near the mic, such an advantage it is.

Now, the most of you have got a problem on the chakra that is of Christ. Can you imagine? Now why is it caught first of all that you have to forgive. As Christians, if you believe in Christ forgiveness is his weapon and is the weapon he has given you. You must say, I forgive all the people because after all it's a myth. If you forgive means-what do you do? Nothing. You just say, "Oh Lord, I forgive all of them" so that He forgives us, forgiveness is very important. Its only sickness to remember that somebody has harmed us or troubled us. Just say forgive us and we forgive all the rest of them, it's so important.

Actually our Lord's prayer is a mantra of this chakra you have to say that prayer even in India whether he is a Muslim or a Hindu or a Christian he has to say that prayer if he has to excite Christ. But the Christians have to say some mantras for Krishna who resides here. You cannot discard him either. Because he himself has said, "those who are not against me are with me" Who are those? Who have not interpreted him properly? How can it be? He would say that that I am the person having all the assets he said I am the path, I am the door but he didn't say I am the destination. Why should you discriminate? Why do you say I am everything. Because He knew that He had to resurrect you He had to give you a passage for rebirth and what He said He meant He knew it because He was truth.

Now those who are feeling cool in the hands can also feel cool coming from their heads. See for yourself. If it is not then wait for a while. If it is hot coming after some time cool will start coming. Feel here on the fontanel bone. Just feel your hand, head. If the

cool is coming in the hand then, otherwise no. [UNCLEAR] It is He who looked after each and everything and it is he who has created you and he who has [UNCLEAR] because I want you to find that [UNCLEAR]

The time has come. The time has come. You will find it. The time has come. But in your freedom, you have developed such a big balloons in your head, it is difficult sometimes. [UNCLEAR]

And the divine plays tricks, with such people, lots of tricks and [UNCLEAR] such people do not get [UNCLEAR] you cannot ask God to get [UNCLEAR] in your own mode [UNCLEAR]

Now better enter into the kingdom of God [UNCLEAR] but you cannot just command that we know this is not the kingdom of God, that is not the kingdom of God and this is not his kingdom [UNCLEAR] humble down. Have you found truth so far? So that if somebody says so [UNCLEAR] that I want to meet God, I don't want that [UNCLEAR] as if they have voted for him and elected him as a God.

You want to meet God, who are you? Just think like that. How do you demand. What have you done? Do you deserve it? Why should God meet you? First of all yourself must be clear, in that [UNCLEAR] you can seek God. What I want is not the point because you have seen [UNCLEAR] It's all right for political [] but for God your opinion does not matter, it is the opinion of God that matters and not your opinion about Him. It is His will, it is His kindness, it is His compassion.

It is understanding about you and that is why, everywhere weather in religion, or in politics or anywhere, you are no where near him, no where. You go to a church, forget it. You go to a temple another headache. Indian temple [UNCLEAR] but nobody is interested in God or anything as if they have gone to [UNCLEAR] this kind of attitude is very dangerous [UNCLEAR].

As you could never go to the Sun or the Moon, you could never think of the Moon. You could never think what was on the Sun. Now you know what is happening on the Sun, now you can reach the Moon, you can land there. This has happened in the last fifty years. Fifty years back nobody could even think of going to Moon.

And Self Realization has to come and now amass knowledge. But it is not,[UNCLEAR] it is not sellable,it has its own dignity and its own protocol. A person who is proud of his rationality or of his intellect or of his wealth, let him stay there. He cannot get [UNCLEAR]. The one who is proud of his father,the one who is proud of his God and the one who knows that he looks after us every moment, every time is there.

My grandmother used to tell me a story that [UNCLEAR]. So one day he found a man. Of course it's a story, going to meet God, so he asked; you are going to meet God, will you give him a message, yes, what can I do? he was lying on another side of road, he said, when you see God please tell God [UNCLEAR] to arrange for my food. He said, what [UNCLEAR] Then he went further on [UNCLEAR] and he saw a man standing on his head, stomach inside all, bones showing off as if going to collapse [UNCLEAR] by listening to me [UNCLEAR] only by getting realization, that's why you must have realization because then you start feeling the vibrations, you start feeling the centres. You start practicing them and settle down with truth and then you forget, you are a westner, eastner,you forget you are rational ,irrational, nothing you become [UNCLEAR] of God[UNCLEAR]. Because you start enjoying the power and the power doesn't mean oppression, it means love. [UNCLEAR] It means love of God. [UNCLEAR] But the person has to get out of his [UNCLEAR] , [UNCLEAR] and surroundings. Its all maya, its illusion. Reality is only God almighty, rest is all illusion [UNCLEAR] its dynamic, then you start enjoying the beauty of his grace. And you start singing and you are amazed of your thought that you were this so great and you are. Now that you have [UNCLEAR] The Mother Earth also [UNCLEAR]

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26 March 1978

Easter Puja

Finchley Ashram, London (England)

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26 March 1978

When the Shell Breaks You Live in the Present

Seminar and Public Programme

Finchley Ashram, London, United Kingdom

Talk Language: English | Transcript: Draft

Today is Easter and all of you celebrate it. It's rather surprising, you see, there are people believing in science and everything, these days they offer you an egg. But they should believe in Christ or they should believe in his Resurrection. It's absolutely unscientific but we accept it without asking "why?" and "how?". You never question Easter. But certain things, when they appear new to us, we start questioning and want to bring it to the science, to the reality of it. But certain things we just accept: his Resurrection.

Now, we have for Easter the thing that we give, an egg on an Easter day. Now, why do we do it? If you are that rational, you must think about it: why do we give an egg? We never think about it we just do it because it's a custom of the great grand-mother and the grandmother did it and the mother will do and the child does it. So, we just do it just as an accepted thing. You are not bothered to find out "why?". Why are we to give an egg and not something else? What does it show when there is no mention of an egg in the Bible, as far as I know? But there is a mention in this Devi Bhagavatam about an egg and Christ. And everybody is doing it without understanding what does that mean. How did we get that symbol, from Where?

Of course, now it is accepted scientifically that there is some sort of a universal Unconscious which gives us symbols. People accept that. Many have, not all of them, but many accept it. So, we have to say that this symbol has come to us definitely from the Unconscious. But it must have come to many people so that people have accepted this symbol of an egg on an Easter day.

The symbol of egg is that the egg is twice born. In Sanskrit language, a bird is called as "dvijaha". But it's called as a "dvijaha". And the Brahmin are reborn, or twice born, are also called as "dvijaha". Dvi-jaha means the one who is born twice. It's a birth of a Brahmin. So, first, the egg comes just as a living thing. Egg is a living thing, you know that, fully developed outside, not inside. Egg does not develop after it has come out of the mother's womb. It is the same size, but inside something happens, it grows with the want. And a change comes into it. That growth and everything that comes into an egg is built into it. It is his own right. He's made like that. That's the way he is made. But the bird has to come out of it. It is made like that. That is what is "sahaja". That is, you are born with it, "sahaja", you are born with it. An egg is born with it to be a bird. All right?

In the same way, Christ was born to be resurrected. See the vibrations I made. His Resurrection gave us the way for our Resurrection too, for our jumping into the Unconscious. He did it for us though He did not do it. He came on this earth, lived like us. He was a human being and He jumped into that, giving us a way, clearing a way for us, showing the path. And He did it with his birth " [unclear] " as they call it in Sanskrit. His whole body, He lifted because He was divine Power itself. He was made out of the "Om". He was made out of the Brahma itself. He was nothing but vibrations, you see. His body was nothing but vibrations. So whatever was a little bit of the earth element felt down and the rest of it was resurrected in the presence of human beings. His

soul is being resurrected. See, it's a Vedic [unclear] meaning but the human being's soul is being resurrected. Because if they had not seen it, they would never have been believed it.

He could have resurrected himself in some corner. He could have done that. There was no need for him to appear by. But He did it openly before everybody else to see that He is bodily resurrected.

In the Devi Mahatmya [Devi Bhagavatam] Christ is described as Mahavishnu. Devi is the Goddess, is the Mother, the Primordial Mother, and in her life story we can say, Mahatmya's story. For Goddess, they never say life-story but they say- [Shri Mataji seems to ask aside]. Like you see, you cannot say life-story for Christ, He been a divine person. Divine person doesn't have a life, you see, it has no beginning and end. So, what you can say is the importance "mahatm, va" there should be importance. The importance of Devi is described- the Goddess. And in that, they have described that first He was created as an egg in the Vaikuntha, is another dimension. So the egg is the symbol of the Christ who came on this earth and his Resurrection. It's a message for all of us that you all are going to be resurrected. You all are going to jump into that Unconscious, into that All-pervading Power. You all are going to be triggered, that is the message of Easter.

Now, how you are made like an egg yourself? Just see. It's very interesting. You yourself, you are made like an egg. The shell develops around you. If you have the diagram of the things that I've given you, have you got anyone of you? Anyone has a chart? If you have a chart you can put it up somewhere here to get shown. In the chart inside- now the human being are made in such a way that they have within them the sympathetic nervous system on both sides and the parasympathetic in the centre. The sympathetic we use for our activity. Left and right, both sympathetic, we use for our activity, for our emergency activity especially. And the parasympathetic is the one which balances, nourishes, looks after and coordinates. Now, these sympathetic activities give us ego and superego. The ego goes like this and superego goes like that. Because, actually, the ego comes up like this and the superego like this, you can see like that. And where is the path? From where it starts?

These ego and superego, both of them, give us that shell. Then it closes down, here in the head, when the child is a small being. Then the shell is completed, you become a shell. So, you live in your shell, you are identified with your shell, with your ego and superego. That is your conditionings and your ego- ego what is ego is? All of you know what it is like, horrid thing. [Laughter]It becomes only a barrier for a chick. For the chick, it is horrid the shell when it is awakened. Then it gets its life. Otherwise, it's now at least lying. When it is awakened, then it gets its life. Otherwise it is nicely settled down there. It's not bothered. When you are awakened inside, then you start seeing also the shell around you and you want to break it. You want to get out of it. You become aware of the sufficient comfort ego.

Seeker: Yes.

Shri Mataji: You become aware of that shell, that ego, especially in the Western life as it is, you know, its ego yet is pampered all the time, in competition, in this and that. And you become that, you are identified with it because you are just an ordinary egg. But if you are awakened, suddenly you start seeing the shell around you, you want to get out of it, just don't want it. You think, if you get out of it, you'll have your wings and expect your wings and you'll fly in the air, in the space. That feeling comes into you when you separate yourself from the shell. That happens with the Kundalini awakening. When the Kundalini is awakened in you, then you start feeling that, "There is something inside me which is keeping me still down. There's something that's pushing me down still, and how to break the shell?" So, a hole has to be with you, that is a simple thing, it's baptism. The hole that is made in a shell is baptism.

So, we see, there are two stages. First, it's the awakening has to take place. First, the awakening has to take place. If there is no awakening, nothing will happen, an egg will remain an egg. It will become dirty, or it may at the most become rotten. After some time, it becomes a rotten thing. And it is all wasted. If somebody knows how to give it the warmth of love and proper handling and all that, can mature it properly. But supposing, even while raising the Kundalini, there is some part which is still left, not yet attained, yet not developed, the Kundalini will go there and support it and try to develop it. At least, it will make so much so that when it is broken, it is able to start to withstand the outside.

Now, we can also think, "Why we are made into a shell?" We are made into a shell, we are made into an egg because that is the only way you can be protected and can be growing. And the evolutionary second stage of jumping into the Unconscious can be brought in. You develop within yourself, through your seeking and things, a kind of a wisdom and the wisdom is the only way you are judged. I mean, you may be the most brilliant man all around the world, but if you lack wisdom, you are no good. Wisdom is very different from the so-called knowledge. When you mature, the wisdom grows into you. And then, whenever wisdom is sufficient enough, then a little break is needed, that's all. And the bird comes out, developed. But most of the eggs, I found, have been already punctured with some things. Already somebody has punctured something. That's why I'm so angry with other gurus.

As I told you before, I don't mind! If they want to make money, let them make money. If they want to have women, let them have women, if they want to smother, let them smother. But they have no business to spoil your Kundalini as they are spoiling your Kundalini. And I am very angry with them. And I have to tell you very frankly that they are satanic people. They are killing the egg in you. The germinating power in you is killed by them. They are giving you something, such a poison, that you cannot get your Resurrection. They are taking away your fundamental right. You do not know what they are doing to you, that's why. You do not understand why I condemn them completely.

[Laughter]

[Conversation with Yogis; coffee pause]

So we have to remember that when the shell breaks, when the egg breaks, part of the shell dies, all right? I mean, the whole shell dies but the chick is left out. The part that is no more needed dies out. So something in us also dies out and has to die out: and that is what is the past and the future. The past and the future dies out and you live in the present.

When the past dies out, what dies out? You just think about your past. The essence of what was good in your past is taken up. Only the dead past which was in you which was not giving any substance to the body dies out. So you don't have to bother about your karmas anymore once you are Realized. No resurrection of your karmas. There are some people who'll tell you: "You have to wash your karmas. " How can you wash something which is with you? If you separate yourself then you may start washing it. But you cannot wash something that is within you. You have to take it out. And that is what is taken out as a shell. And your wisdom works it out. This is the freedom given to you to choose the medium path of existence by which you put all such things that are not required for this process, the last process, the best process, the highest process of resurrection, on the sides, on all the sides, to be in the centre. Not extremes of anything, no.

In the nature, we seldom found such funny eggs. But in the human being, we do find. Sometimes I find there are too much bulging out people are coming just like a horn, you know, like a unicorn. Everyone like that. Everywhere they start, that's very aggressive. And they are not aware of how aggressive they are. Sometimes, they develop superego by which they say: "We are very afraid, this has happened, that has happened. " And you know they're useless people.

All kinds of imbalances in a human being are possible. Not so much in the eggs, it's surprising. Perhaps, because you have the freedom to develop the imbalances. You have the freedom to be crooked. You have the freedom to be complicated. You have the freedom to ruin yourself, spoil yourself and finish off. You can do it, not animals. Human beings can only do it. And this freedom is such a blessing and such a great promise that even God cannot take it out of you. Any other freedom that you seek, any other so called freedom, may you ask for wisdom, then this can happen.

If you do not seek and if you do not ask, it's not going to happen. You will only ask when you are wise otherwise you will not. Your mind will be going to materialism, it will be going to some politics, it will be going to something else, to something very unimportant. But with wisdom you feel that you have to be reborn that's the main thing, after all, that's what you get it. You have to get to that point. When this wisdom comes to you, it just happens. Then you ask for it and that is why it is said that "you have to ask for it. " The wisdom is not going to fall at your feet and say: "Oh, you be wise for heaven sake!" It's not going to request

you. It has to mature into you, develop into you and fulfil itself. And then you feel that your wisdom has been blessed.

Your wisdom itself gives you that satisfaction. In the Gita, it's written: "Atmaneva Atmane Shrushta" your Spirit itself gets satisfied of itself. " Atmaneva Atmane Shrushta " means you get satisfied, your Spirit itself gets satisfied in its own manifestation. You get satisfied with yourself. There's one poet who has written a poem on it, it's beautiful, he said that: "With Sahaja Yoga, the sandalwood start smelling the fragrance of sainthood itself". And this is the message for all of us on an Easter day of resurrection. But we do not bother about resurrection in our everyday life. We want to have the cross on us, we want to carry the cross. Who are you to carry the cross? That's a joke! You don't carry the cross, somebody came for that, to carry the cross for you and who did the job.

But you have to believe only in one thing that you can be resurrected also. You don't have to carry any crosses anymore. You don't have to take any responsibility of any such things. The One who has created you, the One who has nourished you, the One who has made you from an amoeba to this stage as a human being, He's going to do it himself. But you have to ask for it. That is a condition because you are free. You understand that point?

The freedom of choosing God is in you. And you have to use your freedom. In your freedom, if you have, in your freedom, not out of hypnosis or anything, but in your complete freedom when you ask, you will get it. Is it clear? And that is what is the message for us is of resurrection.

Today is a great day, although it has been the greatest day. Because, at the time of Krishna, Jehovah as they call him, Jehovah is the name of Krishna. He said that: "Nainam chindanti shastrani, nainam dahati pavakah, na chainam kledayantyapo na shoshaya ti māruta." [Bhagavad Gita, Chapter: 2 Verse 23, meaning: "It cannot be pierced by weapons, It cannot be burnt by fire."]. He said this cannot be killed. This eternal life cannot be killed by any instrument. It cannot be killed by any weapon. It cannot be sucked in by any wind or any subtle powers and it cannot be destroyed. It's eternal life. So, a life came on this earth to show. He is the one who has shown in his life that what Krishna has said is correct. He came to prove it.

I wish we had that English so I could read it out to you. It's clearly written in that, that He was born to Radha. Radha created it. And that within the egg, she created the egg. And out of that egg, She put all the essences of innocence like, you see, this is Radha and the egg, you see. First, chick is like this, one. This is the egg, inside the egg, it's like this. Then He comes on this earth as Jesus. He's the embodiment of innocence. He comes on this earth and then you are shown, you are shown because you have freedom. And you may deny, that's why you are shown that He is resurrected.

And you can also get your resurrection which is promised to you. Now, so many of you have felt it. Your rebirth, you've felt it. This is a unique thing because so far all the evolution that you had, was not, was not at all your rebirth. Now, the rebirth has come and when the rebirth has come, you are shown it, you know it, you are aware of it that it happens to you. Clear? Is it clear to you?

So, on this day, as a Sahaja Yogi, you have to decide we are there, no doubt, we are definitely there. We have entered into the Kingdom of God and that we have to get more people. Because they are still ignorant, they may argue or else they may do anything you see because they are ignorant, they haven't left it. But you have to understand, you have to understand that they have to get it. They have to get it, it is their right. But they have to ask it in their own freedom. So, you have to tell them, you have to talk to them, you have to find them. They are many, so many of them are really seeking and it should happen to them.

I've told, long time back, that the all-pervading Power that is on this earth now is ignited and it's going to work out. You don't have to worry about how many people Mother you are going to face, how many people that are going to be, only ten thousand? Only twenty thousand? No, it's going to work out in a very big way. But the big way has to be done when you people, you the supporters, you the- what you call the pillars of that- have to be a little strong with it. You have to be little more strong, then you can bear the whole load of that. You see, how do we make a big canopy? First, you make the pillars strong ones and then you just spread the tarp and it's done!

So the all-pervading Power will be enlightening many people on its own. But you are like the pillars because you will know each

and everything about Kundalini awakening. You may know all the manoeuvring they will just feel it, you see, they will talk about it, their vibrations, they will test what is that, they will be finding it like scientists, a little bit here and a little bit there. Like a person who enters into the room, which is dark, he floats on [unclear] then he will go on like that. But you are in a room which is enlightened. But you have to be strong enough to carry that light.

All right? What I'm saying, this is what you have to decide those who are Realized have to decide this that we have to be really strong within ourselves. Sort out our personal problems, not only talking. How many husbands you married in last lives, how many wives you have had in last lives, how many children, all kinds of nonsensical things this melodrama and poetry and all that is all nonsense. That is not going to give you any happiness and joy don't waste your time on all these small things of life. No. Stopping and forgiving yourself.

[New people are coming inside]

Lady: I come for [unclear] Sahaja Yoga.

Shri Mataji: From?

Lady: Saudi Arabia

Sahaja Yogi: From Saudi Arabia. They phoned.

Sahaja Yogini: If you like to come.

[Laughter]

Shri Mataji: Ah. So, I would like to have some questions and we'll give Realization. That's the way. Who's there? You were there for the- you were [unclear] [Laughter] Ah, I knew he would come today. I mean. You see, he's looking so different. Isn't he? So much different. We're waiting, you see, for you. There's another one and the one who is sitting next to you, she looks young [Laughter]. Good.

Shri Mataji: How is he? What do you find?

Seeker lady: He wanted to come.

Shri Mataji: Really? I'm happy.

And your daughter?

Seeker lady: He doesn't understand English so much.

Shri Mataji: All right, it's fine, doesn't matter.

Seeker lady: I can later on explain.

Shri Mataji: You explain. But this is a language of love, you see. Nothing to be told about it, it just works, isn't it? Let us see his vibrations now, how is he.

Can you come down here? Those who are not yet realised, please, I'm there.

[End of tape 1]

