

own freedom. Because the culture has a part of the pure spirit in itself. It is based on the light of the spirit. The origins of our culture is to do with great seers, great saints, the real ones. And where has their culture originated from? Whatever Christ told them, they don't follow even a bit of it. All that he has talked is the explanation of Sahaja Yogis. You shouldn't have adulterous eyes. This is what He said. And these people in the west, specially the Christians, what do they know?

Q: But we see in western countries, these people are moving towards Indian spirituality. What is your opinion on that?

Shri Mataji: That's so because, we Indians we think, we know everything. But these people they see that they are drowning, and this spirituality is the only thing that can support them. And they are ready to do anything for spirituality. Many got lost in it also. Because many crooks also came from our country, and befooled them, and made a lot of money here. But I see that with what depth these people understand Sahaja Yoga, we Indians do not. And also Indians outside India, they also don't hold on to Sahaja Yoga. I don't know what is the reason.

Q: One last question. I have read that people believe you are an incarnation. How do you see yourself?

Shri Mataji: I shall not say. I don't want to say. There must be something. Otherwise how is all this working out? The thing is if you say something that I am this or I am that, people run after you to kill you. I am not here to die. Christ said I am the son of God, and they crucified Him for that. They poisoned Mohammad Sahab. In our culture they have tortured saints endlessly. In your Bihar, Kabira was born, Budhdha was born. What a land it is! Mahavira, the founder of Jainism was born. And there have been so many saints. Now Kabira called Kundalini, by the name of Surati, and these people in Bihar, they name Tobacco as Surati! Now what should I say? The way they have done the juxtaposition of whatever these great saints said and did, I think I better not say anything. I would rather say, first you get your self realisation, and then know me from your subtle vision. And what is the need for me to say anything? I am a woman, I am a Mother. All this is me.

Q: Thank you.

Q: We have people from Surinam here in Holland. So they also get entangled in the problems of west, like divorce, growing stress, and people are running after materialism. What is your opinion on that?

Shri Mataji: The solution to all this is Sahaja Yoga. Because when Sahaja Yoga happens, you realise that you are not alone. With you everyone is enjoying this nectar. Everything in this creation is for joy. I you get that joy, why will you run after material things? You have nothing to do with materialism. But the quality of materialism, is this. Like if people come to you, and you want to show your love to them, so you offer them things to eat and drink. Or give them some presents. This is real materialism. This is the beauty of matter. The other thing is art. Whatever is matter how can you make it beautiful, and decorate it. That is aesthetics. You can create beauty out of matter. But when matter becomes money, then everything becomes ugly. But the realisation of this happens after Sahaja Yoga. Like these things made out of Ganges(.....?) are very good for Sahaja yogis. Because the vibrations flow from them. Something that has vibrations is what we consider beautiful. Like the picture of Mona Lisa, it has vibrations. Its in many places, like this 16 chapel, here, it has vibrations. Where there are vibrations flowing, there is beauty. And then what is the need to possess it. Just enjoy it! For example, if this is my carpet then its my headache that I have to get it insured, and this and that. But if its yours, then its good for me, I am enjoying it! So attachment goes away. You shall be surprised to know people in Russia have no attachments. The government asked them to take their own flats, and to take care of them. And the people said we don't want anything, we don't want to own anything, you keep it. And what are we going to own. Its all going to be left here. But this can only happen after Sahaja Yoga.

Q: Thank you.

Shri Mataji: All problems, now you have these poor people....I can tell you.....

Now see, our country is a agriculture based country, what we call as farmers, they are more in our country. With the help of Sahaja Yoga, sometimes the agriculture produce is 10 times or 20 times. Such big Sunflowers, with the help of these vibrations. And lot more can be done. So a sahaja Yogi is no more poor. Because he has the best seeds, the best agriculture produce, and he is better off the other people. So the countries which is agriculture based economy, for them Sahaja Yoga is a great thing. And

cows. Norma cows give around 4 to 5 (ser) milk, now she gives around 12 (ser). And we don't need to buy hybrid seeds. Just vibrating the normal seeds solves the problem! So you don't need to be a slave of any company. So the problems of our country, specially our country, can be solved. There are many such things. In Sahaja Yoga you can understand. Which are the special things we have, that can be sent abroad. You get a subtle understanding. And you all will also prosper in all ways, once you get this subtle understanding.

Man when he is one with the whole, all his hidden qualities, start manifesting, start getting enlightened. There are great musicians in Sahaja Yoga, great artists in Sahaja Yoga. Our Commander in Chief, he is also in Sahaja Yoga. So this is such a thing, that as soon as a human being gets it, he achieves his "Parampada" (Highest state). He goes in that state. We always pray for "Parampada". This is "Parampada".

Q: Thank you.

Shri Mataji: Hope I have answered all your questions.

1994-0731, Public Program and Impressions, Evening

View [online](#).

31 July 1994

Public Program

Natura Artis Magistra, Amsterdam (Holland)

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

I bow to all the seekers of truth. First of all you should know that truth is what it is. You cannot change it. You cannot describe it. And the biggest thing to understand is that it cannot have any kind of reconciliation, or compromise with untruth. Truth is absolute. It cannot be different. People talk of different things, there is definitely something wrong there. So one should know first what this truth is. Truth is that you are not this mind, body, not all your thoughts or your emotions. You are the true spirit.

Unless you become one with the spirit you cannot get any satisfaction. Your search may never be over. So let us desire to become the spirit. People explain numerous things to you. Do this or that. Do penances, do fasts. You have done it all in your previous birth. This birth is to achieve the truth. And to get the truth, the right time has also come. It is very beautifully described in the "Nal Damayanti Vyakhyaan" how this time had to come. Once Nal caught hold of Kali and wanted to kill him, because Kali made him part with his wife. Nal said it is good for Kali to die. It should be his end. Kali said, "Let me die, but first hear my Mahatmya (significance)." "What is your Mahatmya? You only put confusion into the minds of people." asked Nal. He replied, "When I rule, the people of Kaliyuga will go into bhraanti (confusion), and many people will put other people also into confusion. Their search for truth will be very strong at that time. And those who have been looking for God, who have been doing penances for ages in forests and mountains, they will all come into the world as common folk and they will get their salvation." Similarly, many people in our country have talked about and discussed about this particular time.

Now all of you have left India and come here. But you people have retained many of your traditions. I am surprised how you all still understand Hindi so well. It's pretty (really surprising?) amazing that even in this culture you have saved your culture and you have also read some old books. But what should be the purpose of all this hard work that we do in the name of religion? It is only for salvation. And this salvation has become very easy nowadays. I have also contributed in making this happen.

In earlier days, one master had only one pupil. This system lasted for thousands of years. Then these Nathpanthis came and they gave boons to a few people. You all would (must) have read about Raja Janaka who had only one disciple Nachiketa, who was also given realisation after many tests. Now there are some great gurus in India who are mostly hidden. They tell me that today's human beings have nothing to do with realisation. They are lying in the middle of worldly affairs. They chase money and women. They run after false gurus. Now we must understand the Divine has nothing to do with money. Those who ask for money from people, who come as masters, we must see what good they are doing. Are they filling their pockets? This understanding is much needed. And your children will see that the people, who are teaching religion, are not religious themselves. And then they can also take to the wrong path.

Especially in this country of yours, people have created many problems. They do wrong things that your children will do tomorrow. As your culture cannot control them, they will ask, "Tell us, why you do all this. What have you gained?" So Sahaja Yoga is very important. Especially you all have come from British Guyana and from other places also. So you have to understand the purpose of your culture. Till now I never kept contact with Indians abroad, mostly. Sometimes, even if someone tried, I did not notice. That's because few people who were coming to our programme, would sit in front and would leave half way through the programme. Finally these people said, "Mother, we will not let the Indians come. They come and leave halfway through the programme. It does not look good. We will not let them insult you. They have no respect for anyone." So I thought okay, so be it. But then someone said that it is not right. Wherever Indians are they have to know you and respect you, and they should also have the innate advantage of Sahaja Yoga. After all, why should they be left out? I said, "Yoga cannot be forced. Those who really want it can achieve it".

It is surprising that all the work is so spontaneous in Sahaja Yoga. This energy called Kundalini resides within you. Maybe you have heard about it. It is the ancient knowledge of our scriptures. According to them, by awakening this power settled within you, you become saintly. You become a saint, an 'Auliya', a realised soul. Krishna has described it as the path of liberation. You become established in this state, called as 'Stith Pragnya'. All these things happen on their own, because all the powers are within you, in a dormant state. As they are awakened you can see how much you have changed. Where you have reached! To achieve this, people used to face so many hardships.

With this happening, first and foremost, you get physical benefits. As soon as this power rises it gets connected to the all pervading power of divine consciousness lying all around us. We all know that. It's not something I need to tell you, that there is a divine energy in this world that does all the work of the creation. All the living work is done by this energy. It's like flowers, it is no surprise to see them, but it is such a miracle! Similarly, your heart, if you ask the doctor, who runs it, then they will say it is self operated. Who is this Self? It is autonomous. Auto who? But they do not have answer to these questions. Science cannot give answers to everything. If you ask them why we came into this world, there is no answer. So this search, this seeking for inner knowledge is very much in India. And a few other places too. It would be unfair to say it is not there in any other place.

But like it happened in all religions it also happened here. Vivekananda used to say that our own religion is only "Braahamanachar" (Principles of conduct for men) and "Striyachar" (principles of conduct for women).

But only the one who knows Brahma should be called as Brahman. We call him "Dwija" in Sanskrit language. Dwija means born again. A bird is also called as Dwija. The bird is born twice. First it comes as an egg, and then it becomes a bird. There is a total change, a big transformation between the two states. So Dwija is the one, who is reborn. No one becomes a Brahman by wearing a sacred thread. And without knowing Brahma a true Brahman cannot be satisfied either. So whether you are Brahman or not, you may be of any race, but unless you get to know yourself, unless you have recognised that pure spirit, unless it is in your consciousness, and shows up in what we call the "Majja Sanstha" or the central nervous system, until then you have not found anything.

Buddha also comes from the word "Bodha". Bodha means to know something on your central nervous system. Similarly Vedas, "Veda" has come from the word "Vid". Vid also means the same thing as Bodha. The first verse of the Vedas says that, even if you have read the whole Veda but still have not realised your Spirit, then it is useless for you. So you may try to explain it in many words, but unless and until you experience it, there is no point.

When this experience happens you will see that your Kundalini rises up the spine, through the six chakras and then flows from your Sahasrara, which we call as the fontanel bone. In Sanskrit it is called "Talu". When she's out of this Talu, the integration with the cosmic energy takes place. Now this Divine energy is known by many names – Muslims call it "Ruh", and Christians call it "The cool breeze of the Holy Ghost", we call it "Param Chaitanya". It must be called vibrations, divine vibrations, which we feel; it is the power of the Goddess. It's also called as "Spanda". People have written a lot about it, worked a lot on it, but they have forgotten the real and got lost in the hypocrisy game. And all these hypocrites, they only make money and give you all kinds of fake explanations. People accept everything in the name of religion. Many of you are from UP and Bihar, and in UP, Bihar there is so blatant hypocrisy, you know. Now, Kabira has called Kundalini as "Surti". And there tobacco is called Surti. What can I say? Kundalini is your Mother; she gives you your second birth. People started to call it tobacco! "Give me some Surti" they say. Surti, Zarda etc, so they have named it. What stupidity! It's like calling the Divine a monster.

Thus many wrong things happened in our country and people don't even know. I talked to them in Bihar about Kundalini. They thought I was talking about "Kundali" that is horoscope. I had to tell them, no it is the Kundalini energy, which is within you. So now we've forgotten everything that was our real knowledge and are running after everything else which is illusion. There are so many fake people - someone does magic, someone gives diamonds, and someone gives ash. Where have you seen God doing works like this? Is this God's work? We have to ask for the real from God. But our attention is always on the fake things. That is the reason so many such fake people have mushroomed. They will tell you that I will tell your future, or I'll do ill of another man, or I will make him better. All these things don't exist in God's Kingdom. God is purity. And you should also get this purity. Unless

and until you are pure, you cannot enjoy it.

This can happen only in Sahaja Yoga. Now you'll be surprised that in Delhi University three doctors have received their MD in Sahaja Yoga. And I can tell you for real that with Sahaja Yoga we have cured many diseases like cancer. And those who got cured were told they had only a month to live. It's been more than nine years now - they are still alive and are doing very well. They are great artists, great architects, and no ordinary people. They are happy, nice human beings, just that they had such terrible diseases especially blood cancer. And they were cured without any medication by their own inner power.

Thus you can yourselves treat many diseases, spontaneously. You can. You know on your fingers which centres are caught up. You know your centres and also of others. The collective consciousness is now awakened in you. So you are now collectively conscious. You get this new dimension, that you can see what is the trouble of others and also your own. If you can see it and also know how to fix it, you can do it for yourself and also for others. Because who are you and who is the other then? All are in the same ocean. When a drop becomes the ocean it understands everything about the ocean. In the same way you know about everyone, and there is no "other" left. Now you know about everyone, so if they desire, you can surely improve their health at least. Secondly, many people now have mental problems also. People even go mad. Many people go mad. And these mad people can be cured by Sahaja Yoga.

Now here I have seen this madness in the Hare Rama Hare Krishna people. In our country, everybody greets each other by saying, "Rama Rama" or "Hare Krishna". Will that lead you to God? And will you get your salvation? And then they keep begging from everyone in the name of Krishna. When Krishna is Kubera! Should you beg from him? They go begging especially on the main streets of London. And the Indians there feel great pity for them. Let's give some money to them. Every Saturday they go to South Hall begging around, and everyone gives them money, rice, etc. Did Krishna ask these beggars to leave their households and go begging like this? Krishna never said any such thing that you keep begging on the streets. And then they sell books. What's the use of selling books? Even what's the use of reading books? In our country Kabira has said, "Padhi padhi pundit murkh bhaye". (Too much reading makes you a fool).

FIRST CHECK TO HERE – FOOTNOTES AND SANSKRIT need doing

So I used to wonder how come priests become fools by too much reading. Now I have met many. They only see what they read and write. Who will practice what you have read and written? Who will do it? Like I said, if you are told to take medication for headaches, you are given a prescription. But if you keep on reading that prescription, and go on saying, take the prescription, take the prescription; will your headache go away? If you want to heal the headache then take the medication. Like it is written in the Gita and also in The Ramayana it has been written that you have to get your salvation. Become one with your spirit. It remained so, just written there. What have we done about it? Only we've increased other meaningless things unnecessarily. So much so that there are these Devadasis, now it's getting over because some rules have been formed lately. Then these Kutchas had this thing that their "Mahants". They used to have relationship with every new bride. They used to call it God's relation. This has also been caught now. In Hinduism at least this is good that the malpractices they have, government fixes it. They have done things for the women. Like earlier only the boy used to get all the money, now it's equal between boys and girls. So in Hinduism, at least corrections can be made. Not in Muslim religion. You cannot change even a little bit. Even if you talk about a little change, people are ready to kill you. There is no freedom. But this freedom also, people take to any limits. Once we saw, the place of Gyaneshwara, its called Alandi, there women go with a pot of basil full with soil and walk for miles. Now they are dizzy, have trouble getting and going. They faint in between but still continue no problem! What's in it now? What is the need of Basil to Gyaneshwara? And what's the need to get this heavy pitcher filled with soil and water? Such odd things. Pandharpur in Maharashtra has even more strange things. People go on pilgrimage to Pandharpur. They are called "Warkari". They have to go there by foot and should walk for a month. A complete month and that also with torn clothes, they call it "Lattar" in Marathi. And when they reach, there are these people who are called "Badwe" who are the Brahmanas. And they break their skulls like coconuts. And then these people go crazy, and these Brahmanas say they have reached the "Unmanee dasha", a very high state of being. So many odd things exist here. Now this Vishwanath temple in Varanasi. I went and I saw there, that these Panda people are robbing all the money. So I told them I will not come to your temple unless you stop all this money business.

There was a hidden door and the women wearing jewellery, etc. were pulled from there. They would rob them of their jewellery and make them prostitutes. Varanasi has many prostitutes. This type of life, how can it be religious? Those who speak of religion, how can they have interest in money? How can that be? How can they have interest in women? Or how can they fight for this land and that land?

Now Shri Ram Chandra Ji was born in that place its right. And it's also true that the mosque was created at the birthplace. For this land they created such a brawl, because no one knows the truth. Someone asked me, Mother was Shri Ramchandrajji born here? I said yes. He asked me, how do you know Mother? I told him I know because of this Divine consciousness. It is Shri Rama's place. Then he said that the mosque was made to fall in 5 hours. And it is a fact that even seven bulldozers working for five days is also not enough to do that. So how did this happen? Now if you ask me I would say it was Shri Hanumana. You may not agree but there is no doubt that Shri Hanumana did it. But if you tell this to anyone in India, then it finished. Either the Muslims or the Congress people will come and kill you. No one understands one small little thing. Sri Ram is called as Yugpurush even in our constitution. And so, if it is his birth place then why should this not be done. I am not in favour of any religion. Hindu religion is a secular religion. It accepts all religions, all saints. Now we believe in Shirdi Sainath, he was a Muslim, Kabir was a Muslim. We do not think of their race or religion. Kabir was a saint, we believe in him, and then Jhulelal was a great Muslim scholar also. Similarly Nizamuddin Ji, people in Delhi always respected him. His disciple, Amir Khusro, he wrote many beautiful poems in Hindi, they are songs, we sing them in weddings, and we believe in them. Moinuddin Chisti Sahib was similar, we believe in him. Wherever there is a saint we believe in him. Think about Haji Malang, he was a Muslim. And I am surprised in Bombay, there is this Mr. Thackeray, he recognizes Haji Malang. He goes and prays at his tomb. The greatness of this religion is that if there is any saint in any religion then he is respected. It's only us who are well aware of this. But now it's different. Like people follow a lot this Sathya Sai Baba. You can well make out from his face what a man he is. I wonder why we do not find out about someone. However, now the cameras have exposed him. They have found out it's all a fraud. But earlier many people used to believe in him. Especially Indians abroad followed him a lot. Are you looking for diamonds or Spirit? Only people who are looking for diamonds will go to such places, such wrong places.

Especially I've seen this man's disciples, either they have heart attack or they become blind. All big Johnnies got robbed. Going to a wrong man you are bound to get hurt. But whatever is done is done. People used to believe so much in Rajneesh at one time. Such dirty things he used to teach and people believed him. At least in our country we should not believe in these things. But the Gujaratis used to follow Rajneesh a lot. Then came this Muktanand another man, people also used to follow him a lot. He was a scoundrel. He had diamonds worth 600 crores with him. Those who believe in such people, those who walk on such wrong paths, they should at least see if they have got anything from such a man.

Except that he looted money, looted everyone, what did he give you? And how can you charge for real giving? It is priceless. And the one, who gives it, does it in love and deliverance, not to take something from you. We have to save the world today. Surprisingly this is in countries where so much is talked about God. And there are countries like Russia which are amazing. They don't have any such religious background. You will not believe, they don't allow anyone except me in that country. They drove out all these so called Gurus. No one can enter there. And I was invited and also given a huge award. It's surprising that their university has given this award to only 10 people till now. One of them was Einstein and one of them is me. I said what have I done? They said Einstein only worked on matter, you transform human beings. They honoured me so much. This time 3000 scientist and doctors are all coming and going to do a big conference. And there's the Patriarch of the church, he called me. But here you cannot do that. It cannot happen in India because there are so many fake people. They are all false and consider me also the same, and keep my name in the same league. I am telling them since 1970 about all false people, and that they are all monsters, but still the press never takes the side of truth. Now some change is definitely coming. Many things are now written by Indian Express, but with restraint. I can openly talk against them, dare anyone say anything to me. Because they are all thieves you know. And if you call a thief as a thief what can he say?

But you should have the courage to say it. In our country there are so many of these thieves, I can't tell you. But you should not cheat in the name of religion. You cannot steal in the name of God. Do what you want in any other field. Be it politics, economics, but not in religion.

Thankfully our country still has the speciality of its culture, because of which our society is still very good. Women are still respected, men also, and family is very good. It's a special thing, and nowhere else it is like this. I would say it is the Indian woman who is responsible for this. Our woman is highly intelligent and very tolerant. She has made her country and her children by suffering and tolerance. But this is a wrong thing, and men should understand, they need to change slowly. But the woman here has her own internal strength and has suffered a lot. But she has maintained her society, and I'm so glad to see that you people also have tried to do the same here. Woman is the base of society. For us woman represents the strength, the energy. Energy which is not manifested. We have so many electrical connections everywhere but you cannot see the electrical energy. It does not manifest. It is hidden. Woman also keeps her power hidden in India. The biggest thing is respect. This is because our society and culture is very deep. Even the Muslim women, Sikh and Christian women have such depth and gravity. They are themselves very stable. And because of them society is fine, even today. You must have heard of Lal Bahadur Shastri, our prime minister. My husband was his official secretary. So we got to know them. His mother was not at all educated. But I was surprised to see how much depth she had inside her, so much understanding in her. You could listen to her for hours. She was completely one with the essence of religion, even though she was not educated. Shastriji was also a very religious man. Not only that, one should say he was a Realised Soul. Now in our country there are very few men like these, Shastriji was one I should say, and Gandhiji. I was with Gandhiji since childhood, and I used to tell him to start Sahaja Yoga. He used to say let us get our freedom first, and then we will begin Sahaja Yoga. And I helped him in writing his Bhajnavali. I was 7 years old then and he had great affection for me, everything was there, but sadly he was killed after freedom.

So our country suffered a lot and many negative people also came. They caused a lot of harm to the nation. Hopefully things will improve gradually. Our CNC Sahib is now in Sahaja Yoga and I have also given realisation to our Prime Minister. Still they run after false gurus. These days so many such gurus come in London. Murari Babu is one of them. I accidentally went in his program once. That day I was going by taxi, and the taxi driver took me there. So he was performing the ritual of Sri Rama's marriage. So Shri Ramchandraj and Sitaji were getting married. A little boy was made Shri Rama, and a little girl was Shri Sita. And then he was asking for dowry for Sitaji from his disciples, and all these ladies were taking off their bangles and giving for Sitaji. So this Murari Babu, then this Dongreji, and then Athavleji. All are the same.

In Maharashtra where so much has been talked about religion, where so much has been said about who is real and who is fake, where such great saints like Ramdas have come, there such false people are mushrooming. In Bombay, especially with the Gujaratis there is lot of following. I can't understand why they run after all wrong people. But surprisingly Sahaja Yoga has settled in Delhi very nicely. Also in UP, Lucknow, Ghaziabad, Meerut, Moradabad, Dehradun, Haridwar. It has spread everywhere. It has also started well in Patna. Generally I see people have very less interest in religion. But surprisingly in these places people have gone deep in Sahaja Yoga. It's easy for them because their traditions are deeply rooted in them. For the people here, I have to work very hard. But once they get it they settle deep in it. They know so much about Shri Ganesha, Shri Vishnu, even you people may not know. They will tell you every little detail about them. They told me that people think we know a lot Mother. I said they are all book worms; books cannot give you real knowledge. Come to the Kingdom of God first and then you will know. An educated man can be the most stupid. So you should explain to them that we actually have got to know the reality and now you can also know. What good are books to you? What are you going to get from reading books? If you want to know something, know the real. So they said that we will try to explain to the Indians here. They are very knowledgeable people and also very humble.

We in India feel we have read everything. One gentleman came to visit me and asked me, who is a Hindu, Mother? So I asked him what happened. He said there is no Hindu here. Not a single Hindu in Bengal, I asked him. He said Mother, if you ask them, someone says, I am a Brahmasamaji, or a Hare Rama Hare Krishna, or someone says I am Brahma, but nobody says that I am a Hindu. I said, really. Mother, they talk of all other things! Because you have complete freedom to do what you want. Who will teach them Hindutva when they don't even want to call themselves Hindu? In Bengal if this is the situation then you can well imagine other places. I said, if you want to find out Hindus then find out who all have their bath everyday in the morning. The one who takes his bath everyday consider him to be a Hindu.

Now this Hindu word has come because of Alexander. We were first "Bhartiya". We were known by the name of Bharat, the son

of Dushyant. Later when Alexander came to India he had to cross the Indus River. People told them that the name of this river is "Sindhu". They could not speak the letter "s" so they said "Hindu" Since then we became Hindus. So there was nothing like Hindu before, it was only "Bhartiya" (Indian). And "Bhartiya" is a very great and independent thing.

But there was one thing good because of this independence, that we had no fanaticism. There are few fanatics in Hinduism too, but not many. Not as much as in Muslims, and Christians. They believe in a book. And you cannot go beyond the book. And even if there are some faults in the book you still believe in it as that is your only evidence. This book is not written by Isa and not written by Prophet and neither written by Moses. It is written by someone else. Still it is the evidence. On the basis of this evidence they kill people. If you ask them about the dead bodies in the graves, they say that this body will rise and come out, and shall be resurrected when resurrection time will come, of which I am talking, which the Muslims call as "Qiyama" and the Christians call as "The Last Judgement". Now tell me what is going to come out of the graves after 500 years. They listen to all stupid things. They bury people everywhere in acres and acres of land. Nowhere in the world they understand about death as much as we do in India. Like if someone dies in our country, we play "Shahnai" so that no bhoot should be there. Also we do the memorial service for the person, very properly, call people for dinner so that no repressed desire of the person remains unfulfilled. So we try, somehow that all is worked out and there are no dead souls remaining. Here it is upside down. In England if someone died they open a bottle of champagne. I said if someone dies do you open the champagne? We were both so surprised. So, we went to the funeral there, and then he said lets go home, we have great lunch. We both were so aghast; he thought we were sick or something. He was a very dear friend of my husband, we were obviously feeling very sad, and these people were into champagne and everything. We were completely shocked, we did not know that English are such funny people that they blow away champagne when someone dies. There is no culture at all. If someone dies in our country not a grain is cooked. You all must know all this. So we know a lot of good things. Now we have come abroad so that does not mean that we should forget the main purpose of our culture. The purpose of our culture is only to know our true self. And realise this divine consciousness. It is our purpose and we must not forget it.

You must have seen many funny things here. And they are all crazy people. Lifelong they earn, and then they run everywhere for holidays. They do not have a penny left. They go out and come back with skin cancer. It's stupid to go to such hot places. Then they say now tell us any place in India where it's very hot. It's best to put them in the oven I say. Why you want to go to such hot places? It hurts us so much in the heat and these people I don't know what drives them so crazy! Quite insane. If one person would have hair like this then everyone wants it like that. Anything new comes out everyone gets after it and starts imitating. Women also wear similar clothes, will have hair in the same way, they have no personality of their own. They will do whatever everyone is doing. They pretend to be the same. Everyone should have some personality of his own. They told me that here women are told to expose as much as they can. In our country if you say this then you shall be slapped. If a woman is asked to expose, the person shall be exposed with a slap! These people are crazy you will be surprised to see them. But you also have to be special, otherwise why will they listen to you. They will say that you are another type of crazy people, ringing bells in temples, have strange marks on their forehead and keep roaming here and there, and nothing else. It's not like that. You are great people. The greatest thing is that you have come from India. They say you have to do many penances and good deeds to be born in India. And you are Indians so you are special. So you should receive this special blessing within you. You have so many miracles in life are so blessed by God. Till now very few Indians have remained here and I hope that you people will get it and stay. Get it and then grow in it. Don't leave it midway. Like today, you hear my lecture then you go to another guru then to third. These people drive you crazy, its better you leave this craziness. Go deep within yourselves. If you have to quench your thirst then you go deep at one place or do you go on digging at ten places? So deeply understand this thing and get it. If this happens in you, then these people are really eager to help you. See how they are singing to welcome you. They sing in Sanskrit for you. Even we cannot sing in Sanskrit as these people sing it so clearly. They have made the tune themselves and go and sing in all countries. We should understand that our culture is spreading all over the world and where are we? What did we achieve? We are still busy with age old customs and rituals. And we are continuing with the same stuff. Now we have to achieve this thing, that which is our own heritage since time immemorial. And if we don't achieve it then it shall be proved that these people have more understanding of religion and are more righteous. And we are still not achieving it, and are still stuck in age old rituals. It's something we should really understand, though I often say that it's not required to work very hard with the Indians, they get it very easily. So all of you please take off your shoes. You know that while praying we take off our shoes. We do so in any prayer and temples. For these people I have to explain differently, but I don't need to make you understand. When I said this for the first time in England, half of

the people actually left the hall and went away, as though I asked them to commit a sin!

I am sorry I had to speak in Hindi Language, and I must say Hindi is better than English for such kind of a subject, I am sorry to say. For spirit you see, in English language you have, spirit is the alcohol, spirit is the dead body and spirit is also the "Atman". It's a very confusing thing you see. On spiritual subjects, the best is to speak in Sanskrit Marathi or Hindi language. But I have never studied English before; somehow I never studied it because I was a medical student. But I think it is the easiest language to follow and there must have been thousands of my lectures in English language, also in Hindi, Marathi. But the problem is, you see the whole basis of our traditions and our we can say the culture, is moral, culture is for morality. If there is no morality in culture...that culture is foreign to us. Because we are ancient people, and also the climate in India is so good, that you need not sort of worry about going out or anything. People live in forests just to find out why we are on this earth. Just to get an answer for this question. And they discovered it, long time back they discovered it, long time back they discovered, 14000 years back, Markandeya has written about Kundalini, can you imagine! So like that it has been there this knowledge, but it was not exposed to general public, so far because they thought they are not yet ready to take it, if they get a little bit, they may try to misuse or something. And out of this great knowledge, you see this, now in these modern times, somehow I have been able to achieve something little more, that you can get your amass realisation. That means it's not necessary for you to go to Himalayas, stand on your heads, do anything fasting or anything. You just get it within yourself, because it is your own power, it is within you, it's your own Mother, and she is anxious to give you your second birth, and you just get it. There's nothing to be done about it. It is Sahaja, means born with you. In India you will be surprised I don't have to tell them, do this or do that. But in the west it is not possible, you have to tell them. Perhaps Indians are blessed as far as religion is concerned. They have a proper understanding. One boy who was in Cambridge told me, that I was surprised that these people do things they don't think it is wrong. Like they take drugs, they think this is their challenge. Anything is a challenge to them. But for Indians you see, they think this is wrong, we should not do it. So why is it that the people from India think like that? Because, for ages together we know what is right what is wrong. Quite a lot and it's so traditional. Now after coming in the west I have discovered, some Indian girls were in France, where they said Mother these people are mad. I said why? What are they doing? They eat banana and then drink water. Then they come from outside from heat and just drink water. And they will drink coffee and drink water. I mean, we Indians all know. I don't know the Indians here, but Indians in India know that this is all absurd because this will create problem, to have something cold after hot, we all know. Whether you are a Muslim, Hindu, Christian, or anybody. So this is what is to be seen that the whole culture was for health, also for your morality. Morality is the main thing. And that's what has kept this country afloat. Despite we don't have good politicians we don't have good economics. 300 years these British lived in our country. You can imagine, without visas or anything. And looted us completely, no doubt. But even after that we are surviving. And we are aspiring to come up. Nowhere in the world, had they ruled for 300 years. They ruled for 300 years and so many are still there. Doesn't matter, India has accepted not only people, but also languages. There are so many words from other languages in our country. And it's so open; they are so open and innocent, that we lost our country to English. We believed them. We couldn't be that cunning to understand their cunningness. That's how we were under 300 years imagine, domination of English. And English never learnt anything from us. Very surprising. On the contrary we used to say that always a mad dog and an English goes into the "sang". The way to regard something as madness. The way they were living. So they were actually treated just like some foreigners, some different people of a different race, of different ideas. It was really very surprising how we lived with them. But when they went away, I found they went without any idea of the great treasure we have. The other day, I met a Chinese cultural Hitachi, and he said now I know what treasure you have in your country. Because always people used to say, don't become enemies of India. Because they have some hidden treasure of spirituality with them. When I told him about it he was amazed. He said, really! And I had also met their Prime Minister. So he said, I'll talk to him and I am sure you will be called there with great honour as it is in Russia. But I was surprised that these are our neighbours, and they knew all about us that we have some treasure with us, as far as spirituality was concerned, which was hidden. But English never discovered it. They never, they thought we are very low type of people or something. So you see, you need a very subtler personality to understand the depth of spirituality. To understand what Indians are.

Now I am very happy the Indians here have kept up their traditions, and also the culture of our country. And they also know the language. It's very surprising. I mean our Indians who are even educated abroad, they forget their language. How these people have maintained it, it's extremely remarkable I must say. And I really congratulate them for this. So may God bless you all. And now we will have a little session for our realisation. Later on you must come to our centres. That is very important. You must

come to our centres and become masters of this art. This is very simple and you can do it. But you have to be humble. Forget all your so called knowledge. As Surdas has said after writing SurSagar, "Surdas ki sabhi avidya dur karo nandlal". (Take away all the Avidya of Surdas, O Krishna). This is all Avidya, please take it away, he prayed to Nandlal, who is Sri Krishna. Similarly we also have to pray that all this, that we have read should be finished and we have to know the reality.

It is very easy for Indians. Are you getting cool breeze in your hand? Otherwise other people are all Sahaja Yogis, or some people who are new, who have come for the first time. No, No, I am saying other than Indians.

Yes, is it coming? Shanti Prakashji please tell if you are feeling in the hands or not? It is coming! Good!
This is the specialty of Indians.

Now put the right hand towards me. Like this. And keep your hand on your fontanel bone and see if you can feel the coolness or not. A little above, like this. Is it coming? And if it is not coming, on your head, say, "Mother, Please come through my head", 3 times. It is coming! Happens by asking! Whatever you say!

Now put the left hand towards me. Now check with your right hand. Check if you can feel the cool breeze from the head. Don't touch your fontanel bone. Try to feel that which is coming out of the head. Is it there? Those who are not feeling should say, "Mother please come in my head". Check a little above.

For these people it is hard. You have to tell them to forgive everyone, forgive yourself. You people don't need to be told anything. You feel it, right? It comes higher, much higher. Now check again with your right hand. Bend your head and see for yourself whether there is cool or hot breeze coming out. See with the Indians. All have got it. Yes!

Now please put both your hands towards the sky and push back your heads. Please ask a question, "Mother, is this the all pervading power of the divine love?" Ask 3 times. Now put down your hands please. Now put both the hands towards me, like this and don't think. So the first state of thoughtless awareness, Nirvichara Samadhi, is established.

Please look towards me and try not to think. You will feel thoughtlessness. Is it happening? Keep your hands like this towards me. Yes!

Now all those who are feeling cool or hot breeze on their fingertips, centre of their palm, or out of their fontanelle bone area, please raise both your hands. It can be cool or hot breeze; if you have not forgiven then it will be hot breeze.

You did not feel? Raise your hands. Good! I bow to you all of you. Your saintly life has started. The primule is coming out of the seed, as you can say. But it has to grow into a tree and so you have to know that this is a collective happening. So now you have to come to our centres. You have to respect your realization. You have to know your real self. After this you don't have to pay anything. Neither here nor there, nowhere.

Please come and grow yourself. If you have done well, the next year when I come, I would be able to see lots of Indians who have reached good states. Your illnesses would be finished, your questions shall be gone and you will be astonished to see what you have got. You can't pay for this; there is no need of money. Divine does not know money. This is a headache of humans. So I bless you all and I hope you all will take to yourself realization, completely. You have lot of powers which shall be awakened. You will be astonished. And also goddess Lakshmi, who resides in all of you, shall be awakened. And lots of questions of people, which are still not answered, shall be finished completely. So you have all my blessings. So when I come here next year, I hope everyone would have worked hard on themselves and would have grown. I was very happy to see your desire to get your self-knowledge. Please tell about it to others and make yourselves such that you can help others in their salvation.

You can awaken the Kundalini of others, you can cure others of their illnesses and you can do a lot. But first, you have to grow and establish yourself in Sahaja Yoga. For that you should come to the centre, it does not take a lot of time. Not at all. You should stay with these people where they take a hall. They will respect you a lot and will take care of you. They invite you with

love. You will always feel respected. But come with humility and try to learn. You have all my blessings.

If they want they can sing one song – Vishwavandita. There is still time.

I should tell you who has written this song. He is a blind singer and poet. His name is Ravindra Jain, who worked for Ramayana also. He only met me three times. I call him the blind Surdas. I don't know how he wrote these things about me. I was astonished. He really recognizes and appreciates Sahaja Yoga. He has written this song that you will listen.

What was the name of that song? "Jab se hum Sahaja Yogi bane..." Yes!

1994-0807, TV Asia Interview

View [online](#).

7 August 1994

Interview

Interview

New Delhi (India)

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

Host : Mataji, first of all my Namaskar to you, and I wish for your blessings that if I make any mistakes in whatever questions I am going to ask, (for that) please forgive me.

When did you first realise that you have some sort of power within you or with this divine power that you have, you can cure people or understand the feelings in the hearts of others?

Shri Mataji : Firstly, I do not have any desire to know about the feelings in peoples' hearts. Secondly, when a person is born, he knows that he is human. Similarly, when I was born I knew who I was and what powers did I have within myself. And I also knew what work I had to do, the reason for which I had come into this world. I knew it from my childhood.

Host : From childhood you knew that, but how did all this begin? How did all this progress, or when did you start working on this?

Shri Mataji : I started this work when I was 47 years old, but until then I kept meeting with many people. I had also stayed with Gandhiji. Gandhiji was also an evolved soul who used to tell me, "Child, see that until this country becomes independent, this work cannot start because we are not free. So after there is freedom, only then all this can be possible. And the book that he wrote, the collection of hymns, Bhajanawali, he had also discussed with me before writing. Which Chakra is in the beginning, which chakra comes later, he wrote according to that order, and he believed in all religions. And the essence of all religions is the same. Just as on a single tree, many flowers grew, according to their own time, and those we plucked, and those that dried up, we keep fighting about them! But the essence of all religions is only one. And we get the same thing from all of them.

So I had this awareness from the childhood, I did not get this from some formal education, I knew it by myself from the beginning.

Host : You were aware from your childhood. Your family, your mother and father, did they encourage you?

Shri Mataji : A lot. My father was a very learned man, an evolved soul, and he was a member of the Central Assembly at that time, of the Parliament and of the Constituent Assembly, he was a member of all these.

So I have met all such types of people. It was due to meeting with so many persons like them, I would think what are they lacking within themselves because of which they can not get Self-Realisation? And even if that was possible, a person could give Self-Realisation to only one other person then there would not be any significant achievement by itself.

If there is any discovery, say for example, electricity was discovered, if a discovery is limited to just one single person then it does not mean much. It has to reach the masses, and this was to be my work, I knew. I needed to find out a technique by which thousands would definitely benefit by getting Self-Realisation.

Host : So they encouraged you...

Shri Mataji : They encouraged me greatly.

Host : But when you would go to school, during school or college days, the other students, how did they feel, that what she is saying. Or did you discuss this with them?

Shri Mataji : No, I never told them about this. But everyone understands love. Therefore, anyone who ever met me since my childhood till now, none of them have ever forgotten me. Because love is the biggest, most precious thing.

Host : As you told us at 47 years of age you set out to do this work. Many a times it happens that many children after their birth or till they reach 2 or 3 years of age, being reborn, remember and talk about their past lives, and then it is considered or understood that yes, they strengthen the facts about rebirth. Was this also the case with you, did you tell about your earlier lifetimes?

Shri Mataji : Yes, but now there is no use of my remembering all these things from past births. Because they are not important as such. However, what is important is this day in the present time. That is, what is the work which I have to do today?

Previously also, there were many incarnations, many Gurus, many Sat-gurus, but they could not give en-masse realisation because the people also did not have the wisdom. Like Saint Kabir Das has said, "How do I explain if the whole world is blind?"

Today, in this Kalyug itself there is this unique thing that people are seeking the truth due to their fears. Thousands of people are seeking and this is specially because of many seers who had come. Even here, there was William Blake who had written that there will come a time when people become seekers to know the truth, they will not accept just anything as true.

Host : In your view what is the truth?

Shri Mataji : Truth means that you are not this body, not even this mind, not your conditionings, nor your ego. You are the pure soul. This is the first truth.

The second truth is that every living process that happens in this world, like the creation of this flower, the sun coming up, the sun going down, the changing of the seasons, everything is the work of a power that we call as 'Paramchaitanya'. And in Urdu we call it Ruh. And what we call as the formless Power, which is doing all this work. Therefore, our connection should be with this power. When our Yoga (union) is established with this power, then all of a sudden we are transformed from inside.

This part everyone has said that you have to be transformed, every religion has talked about this, but people do not pay attention to this. Most are money oriented or power oriented, which is meaningless.

Host : But in today's age, what we can call as mechanical, with things happening at such a fast pace, so it's all right that man works for money and continues to work with a greed for it, but as you said there will also be this seeking for the truth so that he realises that this sun, or the moon, the flowers, all this is the truth. So how is it possible to get people into thinking about leaving aside money, do not run after money.

Shri Mataji : They leave it. It is left behind. It happens by itself.

Host: They leave that? How do you make them realise this?

Shri Mataji : Now there is this power within you, that is the Kundalini Shakti and we have known about this from the beginning of time, it's nothing new. When this power awakens and it gets connected with the all pervading loving creation of the God Almighty, this oneness is established and then suddenly man becomes completely transformed.

Host: Where is this Kundalini? What is it?

Shri Mataji : In the triangular bone that we call as the sacrum, it is settled there. Now in this triangular bone that we have within us, which the people of Greece call sacrum, and they who say that this is sacrum also know why it is so, and are aware about this Kundalini Shakti. And you can see with your eyes in many people, when this power awakens. During the time when this Kundalini rises, just as the heart throbs or pulsates, similarly this bone also pulsates. And so after the Kundalini rises and goes above your head, and on the top of the fontanelle bone area on the head, cool breeze starts flowing. And on your hands and fingers as well, the cool breeze begins to flow.

[Shri Mataji giving Self-Realisation to new seekers]

Now you have to use your right hand to give encouragement to your centres on the left hand side.

Now put your hand on the upper portion of your abdomen. On the left hand side. If you become the spirit, you become your own guide, you become your own guru, your own master.

Now you move your hand to the lower portion of your abdomen, on the left hand side. This is the centre for the divine laws. Surprisingly, it is so low as this.

Then you move this right hand again upwards, on to the top, the upper part of the abdomen, press it hard. Then on your heart again.

Then in the angle of your shoulder and your neck and put your hand to your right. Then you take your right hand onto the forehead, across, and please put down your head. Now take back your hand on the back side of your head and push back your head.

This is the centre for your whole self, of your power on top of the fontanelle bone area. Now please put down, put down your head and you have to move the scalp slowly with a pressure, clockwise seven times, slowly. That's all you have to do, that's all.

Now we have to close our eyes and put the right hand on the heart. You can call me, "Mother" or "Shri Mataji", whatever you like.

"Mother", ask the question three times in your heart, not loudly.

"Mother, am I the spirit?" ask this question three times.

"Mother, am I the spirit?" Now please take your right hand to the upper portion of the abdomen, and please take down your hand to the lower portion of your abdomen and press it hard.

I cannot force pure knowledge on you. You have to ask for it. This centre has got six petals, so you have to ask six times, "Mother, please give me pure knowledge." Unless and until you ask, I cannot force it upon you. Six times, please ask. As soon as you ask this question, the kundalini starts rising. And when she starts rising, we have to support our centres with our self confidence.

So now raise your right hand on the upper portion of your abdomen, on the left hand side. And here, you have to say with full self-confidence, "Mother, I am my own master." This centre is created by great masters for us to be enlightened with the pure spirit.

Now raise your right hand into the corner of your neck and shoulder and turn your head to your right. So now raise your right hand on top of your forehead across and please put down your heads, it is important. Here you have to say with full confidence, not count how many times, "Mother, I forgive everyone!" In general. Connect this centre.....(Unclear)

You have always tortured yourself and now not forgiving at this important moment in time if you don't forgive, the Kundalini cannot pierce through, so please forgive. Please forgive everyone, don't think about them, but please forgive. It is very important.

Now please take your right hand to the back side of your head and push back your head. "O Divine power, if I have done any mistakes, knowingly or unknowingly, please forgive me." Please stretch your hand fully and put your centre of your palm on top of this and move your scalp. Slowly, very slowly, seven times and say, "Mother, please give me Self-Realisation." It cannot be forced, I am sorry to say. So please put down your head and say it.

(Shri Mataji blows into the mike.)

Now, please open your eyes, do it slowly. Put on your glasses. Put both the hands towards me, now watch me without thinking. You can do it.

Please watch me without thinking. Now put the right hand towards me like this, put down your head and see for yourself only, you have to verify yourself. See for yourself if there is a cool breeze like or hot breeze also can come. It's coming out of your fontanelle bone area. Bend your head, then you will be able to feel it.

Just see for yourself because some people get far away from the limbic....(unclear).....most...

So please adjust and see for yourself if there is a cool breeze coming out of your fontanelle bone area. Your Kundalini is awakened, see now for yourself if there is a cool breeze coming out of your fontanelle bone area. Now if you have not forgiven, it will be hot. So please forgive now.

Anyone who has questions, you can ask me here, "Mother, is this the cool breeze of the Holy Ghost?"

Now please put down your hands, put your hands like this, you will feel on your fingertips. All those who felt cool or hot breeze coming out of their fingertips, towards fingertips or on top of their palms or out of their fontanelle bone area, please raise both your hands. See. I bow to you all.

May God bless you all. I bow to you all.

Now you are saintly.....unclear...please believe me, please believe me. But you have to grow with it. You have to grow, for that you have to come to collective. Nobody will charge you any money or anything.

But you have to pay attention to your Self-Realisation and with little understanding, within one month's time, you will become master in Sahaja Yoga no doubt, maximum. But you have to come to our collective.

(People clapping)

End of Video

Shri Mataji : Now it is a very important thing that many people say such bad things about the Kundalini, that it gets awakened with the sexual act. Not possible at all. Now Mooladhara is situated below the Kundalini and Shri Ganesha is present there and he is your innocence, he is the essence of that. So there is no connection with such acts. However, at that time, a person becomes child like all of a sudden. And Jesus Christ has said that you can come into Heaven only when you become like a child. And the person's nature changes completely. Their behaviour changes, so many people came to us here in England, many of them are drug addicts. Some of them were in such a terrible shape that they could not even see me when they came in. And after getting cured, they left their addiction overnight.

Host : In one night?

Shri Mataji : Overnight, they gave up drugs. Many of them, many did, in one night. Because by yourself you are strong, you are, but you have to be capable, means you are 'Sam-arth', meaning that you should become that what you already have.

Host : That means there should be will power.

Shri Mataji : Yes, meaning that you should realise yourself, connect with your spirit. In that light, like I said yesterday, meaning that with enlightenment, you leave everything else. You become your own guru.

Host : Sahaja Yoga, of which you are the founder, what is this Sahaja Yoga?

Shri Mataji : One should not say that I am the 'founder' of this Sahaja Yoga, because Guru Nanak had also told get into "Sahaja Samadhi", he had said like this. But I have provided a wider format for this, 'Sah' means with you, 'Ja' means born with. This yoga, this is your birthright and you should achieve this. Without that you cannot become complete.

Host : So this is Sahaja.

Shri Mataji : This is Sahaja.

Host : Mataji, yesterday we saw you perform, and there you also gave a talk at Royal Albert Hall. There was your lecture, which was about Self-Realisation. Mataji, for each person, how can one achieve mastery over the self, how can one recognize what is the true self.

Shri Mataji : Yes, yes.

Host : Please tell us about this in detail. Can we possibly get Self-Realisation in just one meeting, with a single practise?

Shri Mataji : No, no. Means, just as in a seed the sprouting takes place very fast in some cases, in some it takes some more time. In each instance, there is a different way. So the reason is it is a matter of the past life, then there is this lifetime as well. And that is why some take more time and some take less.

But as I am telling now, the people from India, no matter where they are, they get it very soon.

Host : Then what's the reason for this?

Shri Mataji : Because we live in the "Yoga bhumi", Land of Yoga, our country is full of 'Chaitanya' or vibrations. Only those who can see that, know about it. These people who go from other countries, on reaching, kiss the soil when they get there from the airport. There are vibrations all around.

But we have not turned in that direction. Don't know what has happened all of a sudden, that as soon as we got our independence, we started running in the other direction. But if we take a look, we will see that there is a great depth within us.

Host : You said that Indians get their Self-Realisation quickly.

Shri Mataji : Very quickly.

Host : But I was very surprised that in Royal Albert Hall, 95% of the people were from the host community, and only 5% were Indians. What was the reason for this?

Shri Mataji : When you people come abroad, don't know what happens to Indians, everyone becomes a 'Saheb', (the way Europeans were addressed in British India), according to me. So now at least 5% are coming. Earlier, not even 1% would come. And even if anyone came, they would sit in the front and leave half way through. (that is why), earlier when they would come, the natives (Indians), these people would tell them to sit at the back, so, they would then ask, "Why? Are you being racist?" They would answer, "No, not because of that, but because you will leave in the middle, we will not allow you to do that."

Host : Okay.

Shri Mataji : Here these people who have come overseas, they have, what can we say,

Host : As they say, their blood has become white!

Shri Mataji : Yes, they have forgotten their own traditions. Like they say in America, "Dollar is our Father, Dollar is our God." So what can we say to them! But even after getting that, you have not found peace. After getting so much of riches, man has not got satisfactory solutions, because it is the Law of Economics, that wants are not satiable in general.

So, today there is this, tomorrow there will be that, then again after that something. Therefore, your desire is not pure, because what you have got, has not brought you peace, and we are running after something like mad. And after this, the only thing left to find is the realization of your soul. After that a person lives with the Joy within himself. Likewise, take me for instance, I never get bored, while sitting alone, I am joyful from inside.

Host : Now, your talks or this kind of practise takes place always, each day of the year you happen to be somewhere or the other?

Shri Mataji :Yes, that does take place. As it happens, I travel a lot in one year. Now see, I am about to go to France, and after that to Switzerland, and Austria, and it will continue like that afterwards also. Later I will go to the Eastern Bloc, there also, same thing will take place there as well. Like that, I stay in one place for a maximum of 2 to 3 days and then I travel further.

Host : When some people attain such powers, they take undue advantage of that, it becomes a money making objective.

Shri Mataji : No. No money... .

Host : But you are not like that at all.

Shri Mataji : No, in this matter, when someone starts taking money, their vibrations are lost, it's the end of power from their hands. But (here) the blessings of Lakshmi is received, everyone who is with us has received the blessings from Lakshmi. How they get lots of money nobody knows, it's a wonder. The problem of money is solved, but if someone wants to make money then we remove him from Sahaja Yoga. If he starts making money then he gets some problem or the other and then he comes asking for forgiveness, saying, "No, I will not do this from now." it is very dangerous."

Host : Mataji, do you have some ashrams?

Shri Mataji : Yes, we have. In London itself, there are ashrams in 22 places.

Host : So every week there are

Shri Mataji : Yes, it happens every week, they do... there are different houses where they have made ashrams.

Host : So people gather there and then what happens, do they have lectures?

Shri Mataji : Yes, there are many of my lectures over that they play over there.

Host : Okay, recorded.

Shri Mataji : Yes, the recorded ones which they play. And if there is any problem in anyone's Kundalini they will tell you which chakras are in a bad state. Like if someone is ill and in pain, they will cure them. Further, if there is any problem in your family, or some such thing, they will solve that as well.

Host : Who gives these solutions over there, are they your disciples?

Shri Mataji : My disciples are available there and they are excellent.

Host : I wanted to ask another thing, when I was there in the audience yesterday at the Royal Albert Hall, I saw there were many scientists and doctors present in large numbers. What is the reason for this, are they more influenced?

Shri Mataji : Science has it's own principles and when people get to those scientific principles, especially the Russian people, they totally accept that Sahaja is even beyond science. Whatever we talk about these things as science, we say that they can get it proven scientifically. So when they look for that, they are able to find it.

Like I told them that this Mooladhara chakra is made from the carbon atom and the carbon atom has four valency, you can say like four hands. Similarly Shri Ganesha also has four hands. Now people will not believe in Shri Ganesha but people are aware about the carbon atom. So I told them, "Ok, now take a photo of the carbon atom, and make a model of the same."

Now if you look at that, if you see it from the right side towards the left side, then you will see a Swastika. From the left side, if you look at its right side, you will see Omkara. And if from the bottom, you look at the top, then Alpha and Omega will be seen together. This means that Christ is the incarnation of Shri Ganesha.

[Video clip playing shows Sahaja Yogis singing the Bhajan, Vishwa Vandita]

Host : Mataji, one more thing, please excuse me first, I should have asked this earlier, but I will definitely want to ask it because maybe this is also the question many of our viewers are having.

Shri Mataji : Yes

Host : When everyone prays to you and open their palms in front of you, so how do you feel, that I am a human being and people are praying to me.

Shri Mataji : No, I feel nothing. When these people sing, "Jai!" to me, I also sing "Jai!" to myself. I feel nothing about it because nothing touches me. But these people get the benefits, they have taken out everything by themselves, I have not asked anything of them, not even that they do Namaste to me, but they themselves have discovered that. Because on your hands you can find out the truth. If someone asks, 'Whether or not there is God?' You can find that out on your hands. Similarly, they have found out everything about me. I don't tell anything about myself, because if I begin to talk about it, they will crucify me or give me poison. But I have to do my work, not going to die now. That's why I don't talk about myself. But these people have discovered everything about me. Especially, the people of England are a very scholarly lot, they have straight away got to know who am I and why have I come here.

Host : Mataji, thank you very much, for giving us your time as well.

Shri Mataji : Very happy that you came here and it was very joyful.

1994-0827, Evening Program, Concert of Anand Murdeshwar, Eve of Shri Krishna Puja

View [online](#).

27 August 1994

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Evening before Shri Krishna Puja, flute concert, Cabella (Italy), 27 August 1994.

[1:50:00, Shri Mataji is talking to the Indian musicians in Hindi.]

[1:51:18]

So, I have to thank these two great musicians who are here. You, of course, know them very well, and they have been coming here before also. This time it was just the last minute, working out, we were not very sure if they'll be here or not, and it all worked out in a Sahaj way.

And we have to really thank them very much, because today we are celebrating Shri Krishna's puja and he used to play this bansuri what you can call the flute [in Sanskrit].

This was, his style was such that, what we saw about the Colombian's thought and the philosophy, is to balance, to balance everything. The way He stands, you see, He puts the bansuri on this side, [on the right] but his right foot is on this side [on the left] so just to balance the music. And with this music, He used to balance the whole cosmic forces.

Of course, description about his flute was that when He played [Hindi, "chita bata se ..."] means they became just like, we can say, pictures ; even the cows, they would not move, even the birds, they would not sing- every thing. And the people also just enthralled completely by his magic. And they would be just like pictures sitting stand.

And that's what I found today also. I must say the music was so beautiful. And may Shri Krishna bless you both, so that the rhythm of Shri Krishna and his 'murlī' [flute in Hindi].

It's a great occasion for us, because according to Sahaja Yoga, America is the Vishuddhi chakra where resides Shri Krishna, whom we call Akbar in Urdu language. Now his style is so special that He communicates with everyone. In the same way, you see, music, our Indian music can communicate with everyone. It has that capacity, because it is a spiritual music, and that can really enthrall people the way it was happening tonight. I was so very overjoyed.

Because we started the whole program rather late, because we had some problems with the customs, this, that, it always happens like that – something- but despite that, the whole night, we had very, very nice time.

So, I have to also thank the Americans, North and South, Canadians, for bringing such a nice entertaining show of a peak quality: the music was wonderful, also the drama was very beautiful. But above all I thought I felt, the film was really done professionally and very beautifully done. So, now I can think that we can also make a film for Sahaja Yoga. I must try to script.

[Applause]

The blessings of the Divine are such, that it not only creates artists, but it gives a special type of a dimension to an artist and his very great power to express the creativity that is bubbling in him. And we saw this little boy, who's such a small little thing I tell you, and he played so well, I mean he is another banding artist you know, tomorrow [To the musicians] he might become your disciple, I think! [Laughter]

But he has a magical power as I told you that his grand-father and his father, both were – are, his father is still there and he is, they are all very well-known artists. And now he is becoming a genius I think now, it's all becoming so nice.

And about the other gentleman, I must say, every time I hear him, it seems that sort of divine percussions are coming into his

head. The way he played today was also so remarkable, I can't believe it. The same person I met before has become so engrossed in the practicing of this, you see, what we call "rias". He must have done lots of things before also, must have leant. But in Sahaj, it started expressing itself, whatever they must have leant from their gurus just started coming out. Normally they are afraid to play, but I have seen in Sahaj, the hands open out, you see. And every time I meet, even a new artist, I'm surprised that they start playing such wonderful things.

The other day we had an experience in Germany. We had a musician and also everybody was rather apologetic about him. I said : "let's see". And when he started playing I tell you, he was supposed to be Ravi Shankar's disciple, at a time. But, I mean, I forgot Ravi Shankar, every one, the way he started playing, just, what music coming out! He's a young fellow, wonderful! And then he just, after finishing, he said ; "it is an experience to play for Shri Mataji" I said : "It's an experience for us also! " It was so sweet and so beautifully, delicately rendered, the all thing was so beautifully done, as we saw today also. So I hope some artists will come out Sahaja Yogis who are here and will work out lots of things of art. We have seen also the art in other ways, paintings and we saw the drama and the film and everything, shows a lot of art is developing now in Sahaja Yoga;

But I must tell you also I've seen some very beautiful poems being written. Apart from that there are people who are writing very well about Sahaja Yoga. There's one gentleman in Romania, who has written such a tremendously deep book. He has consulted, I think, all the religious books because there's Koran, there's Bible, every thing, he brought it to Sahaja Yoga. So, it's all coming up now. We have to just understand that we have to pay attention to ourselves, and meditate, and I'm sure all the creativity will definitely manifest, and will go on, showing better and better results. It is absolutely evident now. But it is for Sahaja Yogis now to take it up, in a serious way. Whatever is your talent, may be music, may be art, may be film making, or may be writing also. Whatever comes up, you should really now devote some time to that talent that you have. And it is going to work out, I'm sure, very well.

I was happy today we all could be here and could enjoy all this music. Actually, it was becoming very difficult till some time, because we were worried about this customs nonsense. But it is over now, and people are here. It's a very also surprising that the newspaper has published a report from Cabella, praising you all, that, even if there are 15 hundred people, we have never seen them quarrelling, fighting, they don't smoke, they don't drink, they don't take drugs, and they are wonderful people, you see, all this praises coming, so this is a description that I think, once upon a time, people must have given of - great race of heavenly people. And that's how they have described the all thing. It was very amazing how things are working out in Sahaja Yoga, because of you people, because you are so dedicated and you are so much understanding what you have got within yourself. So now, you see, with this music, I have to say that the music within also is very great. If you enjoy this music, then you know that you enjoy also the music of your Spirit.

May God bless you all.

Sorry for today's delay of course, but I bless you all from my heart. And my God give you greater and greater creativity so that you express and manifest, through your life, Sahaj.

May God bless you"

1994-0828, Shri Krishna Puja: Shri Krishna and the Paradoxes of Modern Times & short talk in Marathi

View [online](#).

28 August 1994

Shri Krishna And The Paradoxes Of Modern Times & Short Talk In Marathi

Krishna Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Today we are here to worship Shri Krishna. As you know Shri Krishna is the incarnation of Vishnu. And Vishnu is the one who is the preserver of this universe. When this whole world was created it was necessary to create a preserver also because this world would have been destroyed and completely if it is left alone without a preserver, then the way human beings are, they could have done anything to this world.

But so, Vishnu is the preserver. He's the preserver and He's the only one really incarnates. Of course, sometimes Brahmadeva also incarnated, but He only takes forms. In our evolutionary process He has taken different forms. He came on this earth in different ways.

But still He had, as you say, twelve – up to twelve was Shri Rama and up through ten He was there. So He created also an atmosphere of the many great prophets around Himself so that they could preserve the dharma of this universe.

So the basis of preservation was dharma, which has got, as you know, the most important basic foundation for spiritual life. In this dharma whatever was to be established was to be established balance. Was a habit with people to go to extremes in anything.

So He created a balance within us. The first principle of dharma was to create balance. If a person doesn't have a balance then he cannot achieve his ascent. As simple as that. If you don't have a balance in your airplane it cannot ascend. If you don't have a balance, say on a ship, it won't move.

In the same way, first the human beings had to achieve the balance.

But they are born with different capacities, with different capabilities. As said that, "Ya Devi sarva bhuteshu Jhati rupena samstita," means the aptitudes are different. They are born with different aptitudes, with different faces, with different colors, because variety was to be created. If everybody looked the same, you see they would be looking like some robots or something. So everybody was created in a different way, according to the country, according to the parents. All this was organized by the principle of Shri Vishnu, that He created this world in different varieties. He gave variety, and Shri Krishna is the master of it.

At the time when Shri Krishna came, people were extremely serious type and had become very ritualistic. The reason was that Rama came and He talked of maryadas, and these maryadas made people extremely, extremely austere type.

In that austerity people lost the sense of joy, sense of beauty, sense of variety. So the Shri Krishna's incarnation came as we call it the Sampurna, it's complete because He has sixteen petals. As the moon has sixteen kalas He too had sixteen petals so He's Sampurna and He is what we call is the Purnima, is the full moon. With this completeness of His incarnation, of Vishnu's incarnation from Vishnu to many other incarnations He came as the complete incarnation; the total of Shri Vishnu was manifested. So whatever was lacking in Rama's incarnation, He brought it forth.

As you know that on the center – on the right heart you have twelve petals. With this He showed so many things which people miss completely, because, unfortunately, Gita was written down. When Gita was written down, people started following the book word by word, not understanding. And in the Gita His message was never for peace. He didn't say you should be peaceful. It was

something like Jihad. That He said that to Arjuna, "You have to fight.

At this time you have to fight for dharma, for the truth and you have to fight." Then He said, "I can't kill my uncles and I can't kill my grandfather and I can't kill my relations." He said, "Who, who are you killing, they're already dead." Because they have no dharma. If you have no dharma then you are already dead. So what is there to kill or not to kill and that is what today we see in modern times, especially America which is the country of Vishuddhi. They have no dharma so they're already dead under dope or whatever you may call it, under fear of all kinds of diseases. They are already dead and whom are you going to kill? And this message was in Kurukshetra He gave to Arjuna.

But then he said, "You have asked me to kill these people because I have Dharma in me. I am killing them, alright, but what beyond this?" What is beyond that? So He describes Sahaja Yoga. Beyond this was Sahaja Yoga. Was, first He describes in the second chapter who is the Stitha Pragnya, is the man who is balanced. Then he says that such a man is never angry. He doesn't get angry. Inside he is absolutely at peace. So what He described later on is really the modern times, or we can say our Sahaja Yoga in which He said how a person should become. He didn't write, or He didn't say how to become that, but the description is just like Christ I think where He says that if you somebody slaps you on one face you put the other side of the face.

All this is actually description of Sahaja Yogis of the future. Not at that time when Kauravas were fighting the Pandavas. It was not at that time. During that fight He told him that if you become a Stitha Pragnya then you can transcend all these problems, all these understandings that you have, and you become absolutely peaceful with yourself. So on one side He said you have to fight. Now in modern times we do not have to fight Kauravas, there are no Kauravas. The five Pandavas have to fight the Kauravas.

So now what are these five Pandavas? They are our senses or we can call they are the cosmos, divided into various elements. One side. They have to fight, they have to fight the Kauravas which are within us. Now there are hundred Kauravas, not one. It is, if you extend it then we can say the nature has to fight something that is against the nature. Now people will say anger is natural, getting annoyed is natural, to be aggressive is natural. It is not. Anger and all these things may have been natural, but now we must know that we have the natural capacity to ascend. Is natural to go higher.

It is natural to be Stitha Pragnya. It is natural to be Sahaja Yogi. This is also built in us, in us. For example a seed is a seed. When it is seed we call it seed. Alright, naturally is to be seed, but then it sprouts and becomes the tree.

So it is also natural in a seed that all that future, all the thousands of trees it is going to be is also in that seed. And now as you know they're experimenting that in one seed you can get thousand minimum of thousands of little, little sprouts in one seed and which can be made all of them into trees or plants. This is a new thing that has come up.

So when He said that you have to become a Stitha Pragnya what He was trying to say that you should achieve your balance. Now this He told, there was a war on. When they were warring, alright, you have to do it. If you have to war with people, if you have to kill them it's all right. But afterwards, once that is over then what you have to do is to build up your spiritual sense.

Now the building up of the spiritual sense is our work and that's what we have to do. Not only dharma. Many Sahaja Yogis think that they are going in dharma so they are alright. They are working in dharma, they are living in a dharmic life. They are. I'm very surprised and happy that they are doing it. But that's not the end of it. That's the balance part where you are balancing yourself.

Now, what you have to do is to go ahead and build up your spiritual self and spread it. This is the work of Shri Krishna also because He's the one who communicates all over. As you know America is communicating everywhere – in a wrong way – but it is. It has got computers, it has got this, all communication things it has done because it is innately built in them to communicate. But because they don't believe in Shri Krishna, neither in dharma, so the basis itself is wrong, and with this wrong basis they have started spreading. With this very, very wrong basis they have started spreading all kinds of filth and dirt and I don't know what to call it, which is against human beings, which is against our ascent, which is against God. And they are doing all this. Why? Why are they doing which they are not supposed to do?

I think is the intellect. Their intellect which is also, I should say is the brain, which is the seat of Virat. Can you imagine? Is the seat of Virat. And with their intellect, what do they do? They say it is natural. It is natural to be adharmic. It is natural to be aggressive. It is natural to be money oriented. Everything that they have is all natural because according to them with their intellect they have somehow or other managed to convince through your rationality that this is the correct thing to do. Without this you cannot exist. I mean this is supposed to be their culture now. Now if that is the culture all over, it's not only in America all over, this sort of a nonsensical culture is accepted because of the intellect. They are much more intelligent.

You see a person who always thinks of money, this, that, naturally becomes very intelligent in the sense he becomes sharp. He becomes smart. He becomes smart in a way, something as if he knows everything. He starts thinking he knows everything, whatever he's doing, he is right, whatever the way he is behaving he is right. So, these Pandavas which he has got within himself, these elements that he has got, he uses them for a purpose which is destructive, absolutely destructive - anti God. And he is not aware because his intelligence always justifies. Whatever he's doing is justified. And he has given also so much of brains to these intellectuals that they also try to go against what is dharma.

For example, even Shri Krishna's life they try to depict by saying that Shri Krishna Himself had five wives and He had sixteen wives later on. Actually these were His power. But without understanding what Shri Krishna was - because intellect is such a gross nonsense that it doesn't take you to the right thinking; always to the wrong thinking - It moves you because you want to justify everything and this justification makes you live with yourself. Otherwise, normally, you can't live with yourself. It is very difficult to live with a life which is adharmic, which is aggressive, which is, what you can call - a war - mongering type. But they live.

So, all that is expected of a human being, just the opposite of that, juxtaposition of that, is being done in all these western cultures. You can see it clearly how they justify. Immorality they can justify. One Mr. Freud came in. He replaced even Christ.

Of course, I mean, he had to because Christ was even more strict than Mohammed sahib who said anybody does anything with one eye, with the eyes, he should take out one eye, and anybody who's hand is spoiling him, he should cut his hand. I mean most of the Europeans and Americans would have been without one hand I think, according to Christ. Thank God they didn't follow Him to that point. And, also Mohammed sahib thought that Christ has done so much for the men, why not we do something for the women also, so He made something for women. Both of them are too much for human beings. They didn't realize it. Who's going to take out one eye for that? They have intellect. Now, if they are looking at many women, there's a justification - is natural.

Have you seen any animal behaving like that if the animals are natural beings? We are worse than animals. And what a mess we have created with this kind of understanding through these intellectuals who are trying to tell us something, and we accept. So this is one of the problems is if there's an intelligent man, he dominates.

Now, for example, some fashion starts. We all take it. It's a fashion. But why are you taking it? It's a fashion. So, the intellect of an entrepreneur can really befool you completely. But not with people who are wise. They will say, "Get lost, we have had all this."

This is about morality part. That is the worst practiced in the West, and worse than animals I should say. And that's how they are suffering today. They are suffering with so many diseases, so many troubles, this, that.

Second thing which we always justify is violence. Now there is no war going on in Kurukshetra. But you see violence everywhere. In America it's terrible. When my daughter went she took out all her ornaments, put it with Me. She said, "Mummy, I can't carry this." Nothing was given to the girl. All artificial things were given because you can be killed for it. I'm not saying it's only in America, it's everywhere. Because everybody's guru is America. It starts from America, the gurudom and people just follow blindly. So the violence is now entering into our films, Indian films also, but now they have taken some objection. Maybe it is too much for us.

But this kind of thing that you can kill anybody, so if you go on like this, you see if that is the criteria of greatness then Rwanda

people should be placed highest in the evolutionary process. Killing somebody is not allowed. Thou shalt not kill. Muslims are killing. Everybody's killing everyone.

The other day they killed a very nice man in India for nothing at all. This idea of aggressiveness ultimately takes you to the killing part. You can't even create one ant. How can you kill human beings like that? Of course, this killing business is taken to the highest limit, like Hitler believed that he was top of the world. This is same, that you just forget what you are and you start assuming through your ego that you are something very great. Also, in Sahaja Yoga I find recently there are some people who are saying they're gods, they're deities, everything. So this ego business is actually taking energy of your intelligence, and the greatest enemy of a human being is, is his intelligence, I think, because it's so limited, it is so conditioned, and it is so arrogant, and it is so blind.

Wisdom is a different thing. Wisdom you don't get in colleges, schools, universities, nowhere. Where do you get it, the wisdom? You get it through your Spirit, which gives you a complete idea as to what is right and what is wrong. Whatever is wrong will be accepted by intellect, always. Intellect is not wisdom one must understand. They're two things - wisdom and intellect. Now Krishna was known to be the diplomat. He had Divine diplomacy. That means what? He was very intelligent, no doubt. Without that you can't do. I've met some people who are very highly placed who don't have much intelligence even, but I have now seen that this intellect is a dangerous thing.

So Shri Krishna, He used His intellect. He is all powerful. Nothing can dominate Him. Even his intellect cannot dominate Him. He used His intellect. Difference between the two you should see. You should be able to use your intellect and not to be dominated by your intellect.

So He used His intellect by which He solved many problems. His whole diplomacy was to use His intellect and use it for the purpose of Divine. All the time the Divine in Him was helping Him to use His intellect. So the difference is that we are slaves of our intellect and He is the master of His intellect; not only, everything. His conditioning He is master, His emotions He is master, His body He's the master. He's master of everything. And when you master it you see your intellect very clearly, oh, this is what it is suggesting. This is not.

This intellect can give you very so-called positive ideas that you are the lord of the whole world. It's supposed to be positive.

Or the same intellect can give you ideas that you are nothing. This intellect plays on top of you. Now you are not to be guided by your intellect, but by your wisdom, as you are Sahaja Yogis. So, you have a very good instrument of feeling it - through your vibrations you can make out what is good and what is bad. And you can see sometimes as being human beings, there are some intellectual effects also coming in. But with Sahaja Yoga you can judge, what is this intellect telling you.

Because the intellect that you have has come out of what - is the main thing; should go to the subtle point how this intellect has come to us.

This intellect has come to us because our brain became active very soon. I've seen some children extremely intelligent, but they have no wisdom. If your - only the brain develops too much, could be a mother is a very intelligent woman and, father must be very intelligent, inheritance would be great, so they get it. Or maybe the circumstances, like if you are born in a particular country you suddenly become very intelligent. I've seen Americans, they read all the time. All the time you see them reading. Even English they read. But what is the outcome of all that reading I don't know. Every book they will read.

If you ask them what is a computer, they know the computers, this thing, that thing, that thing, all these ... I don't know how to even put off my television. If you ask them about television they will know they'll... anything you want to know about mechanical things they will know. Anything about politics they will know, who's father was that and they will tell you that, "No, no, no, no this is like this, this like that." All this is avidya; is not knowledge. It is non-knowledge. So they think they're very intelligent because they know everything, about everything. Now, with this intellect, as this consciousness comes in they start creating very intellectual ideas. Especially in America I have seen they have got for children all kinds of funny things just to extract money.

For example, there is a golliwog or something which has a birthday. Can you imagine? A birthday is there and sometimes, you see even the, people have big parties for that. Then they started, "Let us have birthday of the dogs" so they are having birthdays of the dogs.

Anybody who puts ideas into them. Then there are organizations where they say, "All right, when you are going to die, you tell us what suit you want to wear, what tie you want to wear, what shoes, what clothes, then what, in what kind of a coffin you want to go – plastic, or wood, or this and that."

I mean... So it is to be prescribed to such an extent that some people say, "Put us in the ice, you see, so we'll be there."

The worst thing, I think, especially in Europe, is that they have nicely advertised and marketed the thing of going for a holiday. So, in Italy supposing a person doesn't go to holiday, he'll say, "There's a crisis in my life." "What?" "I couldn't go to holiday." Then they said you must go there, tan your faces, stay there in hotels so, so many hotels have come up. Everybody has to go out. Especially I was surprised the whole of Milan is closed for one month. Nobody you can find there.

See, I think if they all go and live in jungles would be a better idea. They will learn much more than to waste their time on the seashore. They're spoiling all the seashores. They have no respect for the sea which is their Father. They have no respect for each other. The women try to slim down and to look very nice so that they could become nude there. The whole industry is so bad. I mean if, somebody says would you like to come to the seashore, I would not go. I would hate to go to a place to see so many stupid ladies in the sun busy trying to tan themselves. Now this stupid idea how could you accept if you are intelligent?

There are so many ideas prevalent today, mostly coming from America, I must say, that you people follow. As I said that America is the guru of all the Eastern, of all our European and English and all these people.

Now, then another thing happens. You see the atmosphere in which you live. Especially in England I have noticed. They may be nothing, you know. There was a garbage cleaner who came to our house and we had that time with us a president of the Hague high court, imagine, the world high court. So, I told him, "You have to clear out all these things." "It's too much!"

As usual, you see they are very, I don't know what to say, but, stupidly proud about themselves. "You don't understand." I said, "How much do you want?" I gave him ten pounds. In those days ten pounds was a big thing. He said, "You don't understand the laws, you see you are all Indians, niggers, this that." Then this gentleman who was in our house he came out and he asked him, "Why are you shouting here?" "You nigger, you don't understand any laws." He is the chairman of the world high court and this stupid Englishman talking like that. The English are really, in a way, they are really dumb people because their intelligence never told, tells them that you are nothing. What are you proud of? Such dumb people they are. I don't know it might have come frozen with the cold or anything, but they think they are very intelligent. Their scholarship was all right, but I was amazed that in the beginning of the scholarship that they had, they said that the black people are like beasts. There are so many books written about it, and they accepted that black people are like beasts while these people were living, like I don't know what, at the time when Black were much more advanced.

So, this kind of an idea when they have I see here also. I can see this that English have, they think no end of themselves. But they don't understand they don't know anything. They have no wisdom. They lived in India for 300 years. They never learned anything from India. Can you imagine their wisdom part? Their scholarship, some of them, but still ambiguous. Say Bernard Shaw I think was very ambiguous. I place him as a very great writer, but ambiguous.

And then comes the French, God save. Now how have they denied Shri Krishna you can see very clearly in French people. French wanted to become the highest in diplomacy. They lack diplomacy completely. Useless people. They made our telephone in India the way they have spoiled it. So, they started a cult of drinking. Now can you imagine Shri Krishna drinking all these things? They have a dictionary on drinking, on everything. There's books after books written. I mean you imagine how could any evolved

people accept this kind of a nonsensical culture that you must know what to drink, what to buy, what to put in, what sort of a tumblers to be put? They are all tumblers, nothing but tumblers I think. How could they accept such a thing which is so stupid, is a social acceptance? Prostitution is another social acceptance. Morality-wise they have really denied completely the principle of Shri Krishna.

The way they have been ruining their people and to beat up everything is racialism.

Can you think that for the skin you separate people? On the contrary I would say the Black, especially in India, they're much more evolved than all the white skins put together, because they have wisdom. They are wiser people. But these white skins, they are going to - I mean, how did they get America also? They dominated so much, they conquered it, they settled down there.

You saw yesterday, from Sierra Nevada you saw how people believed in wisdom and how they lived. They took away all their lands. Everybody, you see, is now nicely the owner of America. How? You are squatters. You came from another country, killed thousands and thousands of people without feeling guilty about it. That means they are not even human beings. And nicely settled as Americans. I don't know how this word 'America' has come, but if it means "amar" they are not. It means "a mericas" they are not. Both ways I don't know how this word has come and some sort of a, meaning they attach to it, but their intellect grew much more. Why? Again, because of money orientation. I don't understand economics and the way they have made this economics from their yarns which came out of their heads has landed all the countries into recession, all kinds of fraud and also mafia. That is the outcome of this so-called economics they have.

Sahaj economics is very different. We are not bound by all these nonsensical ideas that are prevalent as economics. Is nothing but exploitation. Is marketing. Is how to impress people, how to sell things, how to do this, how to do that. All this is nothing but, I would say, financial aggressiveness.

What about Shri Krishna? He was the king and He lived like a king. But also, He lived in a very humble abode in Gokul. He was not attached. So the first thing is that the way they're attached to money, any justification for getting money is all right. Once we went to a hotel in India. So we had some American friends and as usual, I mean, you can't eat like Americans can, you know is, Indians can't compete. Can eat a lot.

So they were eating, eating, eating and, but we couldn't cope with them, really, to be very frank, I mean, we're no good. After some time they said, "Have you finished?" I said, "Yes." "All right ..." they called the waiter, "Pack this out." I said, "What? Want to pack this for what?" "We paid for it." "So you paid for it, but I mean...In India nobody will eat a food which somebody else has eaten." "No, you pack it." And they had no shame about it; so shameless. I said, "We don't do this in India." Said, "Why not?" I said, "These are bad manners."

"But we've paid for it. Once you've paid for it then there is no bad manners." I said, "Ah, we don't want this to pack." "We'll have it. We'll have it in the night. We'll have it in the evening." I was surprised that such miserly people are saying that they are very rich and they think no end of themselves; extremely miserly. Americans are superficially nice, must tell you.

On my experience is they are not like English that they look down upon everyone. No you don't feel that way with them. But they are very superficial. You give them ten presents; they won't even give you one. They have no sense at all; no shame about it. Why? Because the whole thing is, "we paid for it". I mean you go to any place, any restaurant there or anything, you'll be amazed. They pack things for you if something is left over in America. They do. To that extent they can go in their miserliness without any shame about it.

And miserliness is out of Sahaja Yoga. You cannot be miserly. You have to be generous. You have to be giving. You have to feel for others. Is this the only way we can express ourselves. All this generosity is not to create a big sort of a hero out of you. But the worst and the worst and the worst is the Hollywood, is the film industry. Under the name of industry, you can do anything. Now this Hollywood is creating such horrible films, but the worst is that they get awards for these worst films. There's one film they showed, I've not seen, I can't see it. They told Me that a man is a cannibal and he is eating the flesh of human beings and

they have shown and they enjoy. Very, very famous. Apart from that, not only famous, but they got awards for the best film, the best actor, the best this, that.

You must get a director from there and make him eat the flesh of human beings. It's the only way, I think this horrible thing – Then, they are producing other pictures. I've seen another one for a short time where they show all dead bodies hanging you see. Horrible! Why these people like to see such horrible things? What is their character? Where have they gone? Why do they enjoy things which no human being who is a human being will enjoy?

And then it goes further. Their halloween business – I saw a film, I said, "My God." This is a hell in which they thought it was like the Raas [Holy dance with Gopis] of Shri Krishna. So it was Krishna consciousness I think that was working there.

There are thousand and one things which can shock you in America, and also in England, also in Europe.

I thought Austria was something better, but in Austria when you walk on the road, in the night after the program, you must take darshan [the sight] of many horrible women there on the way. I mean this is no where- you know they're – we're forced into it. And they can't do anything about it as if it's a matter of right, you see, what you call that a human right to see such women, and a human right for these women to be on the street. All horrible things are happening around, so Sahaja Yogis have to equip themselves much more with the Shri Krishna principle.

The first principle is communication. First principle is how you communicate with others. Start it at home with your children, with your wife, with your husband, how you communicate. Are you gentle? Are you kind? Are you dominating, aggressive? Just try to find out. It can go to any limit this aggressiveness, either of the women or of the men. Here more women I must say, I'm sorry to say. But in my experience I've seen the women are very dominating. In India men are extremely dominating, but here I find the women are.

Now the basics : as human beings should have good manners. I don't find good manners, except that they wear good dresses, maybe the - they might be wearing those special type of dresses and all that. All manners are in dresses, but when there are people together they talk nothing but scandals.

I mean, unbearably horrible scandals they discuss. This is something one has to understand that Shri Krishna never talked of scandals. How can this, the country of Shri Krishna and all other these European countries, are just very equipped with all the scandals of the world? I just can't understand what is the interest people have in the scandals. So to top it all is your media which is absolutely anti Shri Krishna because they have to make money. It's such a hand in glove business that the people like to hear all this nonsense, so they have scandals in the newspaper.

At least about thirty years back you could never hear such a thing and all such books were completely banned. And now, suddenly, the whole thing has flowered so well that any magazine, anything you take, and you can't understand what are they preaching. They are preaching the cult of destruction completely. And people take it, and like it, and work it out. They are using the women for their own purpose and stupidly women accept it. Of course they dominate, on one side feel very happy that they are dominating. There was a lady who was boasting in one magazine that she has had four hundred men in her life. Can you imagine? Now there is no place for hell for such a woman even. Where will you put such a woman there? Now I don't know; that's another problem. So this movement, which is absolutely against the principle of dharma and of communication.

Now how you must communicate - decently, with very tender and very beautiful mannerism you have to talk to another person, talk to other Sahaja Yogis, talk to anyone, is in a very sweet manner you should talk. I do not mean the French style, you see, bending your body and all artificial stuff. Not that. I'm saying that if you are naturally talking to somebody, you should talk with decent language, with decency, with humility and need not go on jabbering all the time and talking too much. There's no need. But, on the contrary, this was Shri Krishna. In short, His power was madhurya; is the sweetness, like the honey. When you are worshipping Shri Krishna you have to know that you must talk in a manner that will please another person.

(Hindi aside. Then: "I got a present for him. If he's sleeping is better give him..." Hindi.)

So, while talking to anyone you can talk very sweetly, very nicely and in a way which will please that person, not to provoke, not to say things which are hard. But some people have a habit of saying all the time something which is very provoking, which is not at all good. But some people are, when it comes to their business are very sweet, but when it comes to something else they are very harsh. We have a Jain community in India. I've seen many Jains. When they are for their business they're the sweetest you could know, but when it comes to something else like donating some money or something, they're extremely hard.

They will only donate for stupid things, but not for something sensible. They'll work for something extremely stupid, but never for anything sensible. We have another community called as Sindhis. I think they are under the influence of the West. Same with the Western people. If you show that you have some business with them, suddenly you know, they change. Suddenly they change. You can't understand what has happened to this man. Or, if they find out you are something in life, they change.

Shri Krishna was just the other way round. In His lifetime, He was always a guest of Vidhura who was the son of a Dhasi, is the servant. Maidservant's son was Vidhura, but he was a realized soul. So He used to go to his house, stay in his house, a very humble abode, Vidhura's, and eat food there, very simple food. But He would not go to the palace of Duryodhana.

The other way round. I mean, somebody thinks that you have a palace, they'll be extremely kind to you, very nice, you know.

But they say he lives in a hut, then he's nothing. It's such a money orientation in subtle way. Shri Krishna never, never cared for money and never bothered about it. You can see His case in which He has shown complete detachment about His throne, or His kingdom, or money part of it. Once you are attached you have all the pangs of money. Naturally, if you are catching hold of a snake you'll always be having the pangs of the snake, don't you? But supposing you are detached. Then the same money you can use. Once you become slave of that money, that money sits on your head. Now, you know very well that to have money also is dangerous these days. The whole reaction is building up and this is where the whole – all the elements are reacting against you.

You have seen the wisdom of these people from Sierra Nevada, and what they said is true that when we try to acquire more money, go on acquiring, go on acquiring and getting a idea in our head, then there are looters who come round. I think the worst are those who have got names as entrepreneurs. For example, they'll say, "Now, if you have a designer's watch," then everybody ran for designer's watches. The other day I went to Italy, no, to Istanbul and I found out that the T-shirts are made there and sold in France as if they are French. They are not. They are A to Z - they are made in there, which is Istanbul and the name is on that Lacoste, this that and all that. And people pay any amount, but not in Turkey. Whatever surplus is left we can get it for seven pounds. Now the stupidity is that they can befool you. Pierre Cardin, then there's another one, I don't know, Armani – that's in Italy only, but in America there are many.

Even, I mean, they come to you, to your house. England is much worse. They're so unmannerly, they'll come to your house for dinner and they'll turn the plate to see where it is made. Really. Openly. And they'll discuss from where the cutlery has come. So, though they think they're very rich, stupidly they are being exploited by this kind of a nonsense that you have this watch, you have this thing.

Now, in England we have something called Saville Row, so that they put it outside, you know, outside the coat – Saville Row. Can you imagine? Branded. See, everything is made into a big ado. So on one side they are very intelligent to understand this is the business, this is the fashion all that. The other side they don't know they are fools, being befooled all the time by saying this is the special thing, that is the special thing and that it has a name and it has, what you call, the – a great organization behind it.

Sahaja Yogis should understand this is all befooling and stupid thing. And they wear, all of them will wear like that just to show off. What is it? Why should this impress anyone? Think of it. Now, intelligently think why should it impress you, these befooling things that are going on? Nothing special. They are just the same.

They told Me in Istanbul that they make ordinary ones and then they put on top of this mark and the ordinary ones are for, say, six dollars, so with this thing is for seven dollars. There's nothing special, but this special trickery, I think, is coming from England and America especially – maybe also from France, but France are, you know, queer people. Now they have something - I showed them today - So stupidly made thing, which cost five hundred pounds, but people accept because they have no wisdom. Now see the difference between the intelligence and wisdom. Why to show off, first of all and to show off something which has no meaning? It cost only one dollar in Turkey to put that thing on and stupidly people are showing it. Is it that we have intelligence, but which has no divine power? Anybody can befool you to do what you like. Now six inches of skirt started. All right, everywhere

six inches. You couldn't get one with the seven inches even. That's not in the fashion. That's not in – means 'in' in madhouse?

Now just look at Shri Krishna's style – so wise, witnessing everything, how He plays around and how He wins over. Now, supposing He was attached. He could not have done it. So to get over this, first of all, you detach yourself from this anti-Shri Krishna culture. It's very important. This is the fashion. That is the fashion. And all these fashions are extremely, extremely destructive.

Now, not to put oil in the hair and end up with bald heads. All right. Then there are specialists, you see, again designers who make wigs, designer's wig. So you carry a wig on your head and write it down, 'designer's.' My idea is to see how stupid human beings can become with their intellect.

Today I don't want to describe the qualities of Shri Krishna because you know them. But how you people have gone away, in the West, from Shri Krishna's styles, His methods. Whatever He did was to destroy the evil, to destroy the negativity and to bring forth the joy, which is Ras, He started. "Ras" – Ra is energy with that. The Ras is the energy, which you have and that's how you play the Ras, with that energy and enjoy.

He brought it Holy. Of course now "Holy" can be anything, but very sensible Holy he brought just to express your joy in mirthful, playful ways, because that was lacking in Shri Rama's life.

So He said just allow yourself to enjoy, but this was only for Sahaja Yogis. Not for others. Others, you know that they go to the pubs and what happens. We have a certificate here that we are very peaceful, very good people, this and that.

This is what Shri Krishna said and has done, that we have to enjoy everything, but in a dharmic way. We should not be adharmic. The Dharma should give you Joy. Otherwise, if you are dharmic, you know what happens, that you become absolutely austere person, joyless person and sometimes cynical because you think others are adharmic and this and that. But Shri Krishna's ways were that you should be mirthful, you should be joyful and this joy will communicate with others. Without this joyous nature you cannot be communicator. But, as you know, when I went to French, they told Me, "Mother, you look so joyous, you should tell you are miserable." I said, "But I am not." "If you don't tell, then they won't believe you." I said, "Why?" "Because they are all miserable and they think they are very unhappy people." So I started my lecture with "Les Miserables" and I told them that at every fourth lamppost you find a prostitute and every tenth one a pub. And I see so many people sitting on the pavement, so I asked them, "Why are they sitting here?" Said, "They are waiting the whole world to be destroyed." I said, "Really?"

After drinking, these ideas come in, that let the whole world be destroyed because maybe they don't have any more money to go to pubs. I don't know why. Now, think their level, just think of their level. Where are they compared to you all?

So He's the one, as Virata, puts light into your brain. In that light you see what is stupid; what is unwise. This is the blessing of Shri Krishna.

And He gives you the nirananda because if you don't have the light you cannot enjoy the joy of your mind or the joy of your brain. You cannot. And it is through His light that we see ourselves as something full of joy and we don't know what to do with it and how to do it; how to express our joy; how to express our feelings. Because it's too much.

This another fashion to say, "It's too much." Anything you tell them, "Mother, it is too much." Because the brain is full of nonsense, so you tell them anything, nothing can go in their heads. "It's too much."

So the wise person, as Shri Krishna is, wisest of wise, He's the source of wisdom, has to be Stitha Pragnya. Means - he has to be in balance, he has to be in dharma and, above that, he has to be in joy.

Now, you are not only in joy, but you know the truth. You know the absolute truth. And this absolute truth is the one that makes you understand what is right, what is wrong and you develop your wisdom, not your intellect so much. You then see your intellect

misbehaving sometimes, telling you negative ideas, sometimes too much of aggressive ideas. You can become a witness, sakshi, and that's why Shri Krishna has said, "I am the sakshi of the whole world, the witness of the whole world." See, you can go on talking about Him, but what we have to see, where are we going wrong and how can Shri Krishna save us? Not by singing, "Hare Rama, Hare Krishna," like that. By becoming, day by day, wiser person. Wisdom gives you definite ideas as to how you have to be. If there is still this thing going on. See, in the Western way they show like this. Ask them, "How are you?" "I'm like this." Means what? "Like this." If that is still there, then Shri Krishna is not awakened, but if it is that you know what it is, you'll have the same smile as Shri Krishna had. I know. I know that.

Now we have to understand that our Vishuddhi has to be all right. I get Vishuddhi because I know what it is. This is America, should be all right, otherwise My Vishuddhi will never be all right. I think so. But for Vishuddhi, there are so many things we have in Sahaja Yoga which very few people do.

At least if you Sahaja Yogis keep your Vishuddhi all right, I'll be much better off - But you never try to keep your Vishuddhi all right. Continue with it. Continue with it. Even the president of America has the worst Vishuddhi I've ever seen, so you can imagine what good is he going to do. What wisdom will he have?

Now you are a new race, blessed by the Divine, and you have Shri Krishna within yourself awakened. In His own glory, in His own light, you should know what is to be done. One must communicate. That you have to do, but what I've seen that people don't even meditate. Even if they meditate, they don't want to communicate. And sometimes when they communicate, they think they have become Gods. It's very difficult. Human beings is very difficult commodity to handle.

You have to communicate with complete humility the way Shri Krishna did. In His 'rasa', He spread the energy of Radha into all these people by holding hands. So His childhood where He killed so many people and did all that is over. Then even His adulthood, where He had to kill His own uncle, is also over. So He becomes the king. When He becomes the king then what does He do? Is to communicate.

Most of his expressions of his qualities are seen after He became the king. Before that He was busy killing, one after another, all these horrible people. After that He built, built up people. He built Dwarika and He tried to communicate with people. Now your duty is to build up yourself and to communicate with others with all the sweetness, 'madhuria' of Shri Krishna, all the beauty of Shri Krishna, with full understanding as to what stupid things are going round and around. Once you understand that, you'll not take it because you will become wise enough not to take to all these nonsensical things that are going on. And it is so much, I mean, I, in this lecture, I cannot tell you, but now if you become the witness of the whole thing you'll see what is happening.

Now we have to stop them from going to Hell. And we have to really develop a very, very good personality of a Sahaja Yogi. All of you. Now, there are many marriages that take place, then suddenly they decide to divorce. Divorce is allowed in Sahaja Yoga, but this American style of nonsense I don't want to have. Women are can be very dominating. One fellow ran away to Russia. They have no idea of a marriage. They don't know how to work it out. All the sweetness of the marriage is finished. If the husband is dominating, the wife is dominating, this happens, then you divorce. What is the achievement?

So we have to work out everything within us because we are conditioned, we are in an atmosphere. I would request all of you to try to understand these subtleties of Shri Krishna's personality. Try to become like that - extremely peaceful, extremely kind, tender, helpful. And in humility, He had no consciousness of money. Nothing. And also, as you know, He was a dark person for some reason, but the way He led his life should be an example for us.

I'm sure, now, when you go back to your countries you'll see all this nonsense. Please note it down. Write it down what these nonsensical people are doing and send it over to Me. That's what it is.

So today is the puja of Shri Krishna. I need not tell you how many qualities He has, as I told you, but the greatest quality He has that He is the doctor of doctors. Now, in His name you will know how many qualities He has and you will understand. Try to understand that we have to have these qualities within us also.

Whatever qualities are described or said, try to see how many we have. That's the way the introspection will start. Once you start introspecting yourself and understanding yourself, the wisdom will grow – not by seeing faults in others, putting blames on others, but on yourself. That is how the things will work out. Though Krishna didn't have to do that because He was Sampurna, He was complete. But we have to do all this to see that we also become complete.

Thank you very much. May God bless you all. May God bless you.

There's another point I wanted to mention about Sahaja Yogis, that we introduce classical Indian music for you people, because I think it helps for vibrations. But as the nature is of western people, anything they take up they must go to the ultimate end till they are completely lost. So what I find now all of them are buying tapes. Some tapes ...(speaks Hindi to a child who has come on the stage before Her).

Now some of them are buying tapes, I was surprised, of very unknown people, just mad. Once I was traveling with a lady in America, was a disciple of Muktanand. She said, "I have a very nice tape," and she played the, the lecture of Muktanand. Rajneesh's people will play the lecture of Rajneesh. But here now they've all gone to one side, so this one, that one, all kinds of music they have got. Tomorrow, we start telling you that you must understand Indian dancing, so all my videos will be replaced by Indian dancing from A to Z. You are Sahaja Yogis. It's all right, I am also fond of music, but it's not the way. What is the main thing of your life?

And I was surprised how people are lost in the music. I mean there should be some occasion. They're all already in the another world with the music. Don't do these things. You go to the extremes of everything. That's not proper, even pujas, anything, you go to extremes.

To go to extremes, you won't be in the center. You will not be in the place of Shri Krishna, where you have to be. On the contrary, you will be just in another imaginary world. So, as a matter of habit we create a world like that; somebody has music world; somebody has dancing world; another one has, world, I've seen with Sahaja Yogis who think no end of themselves. "We have a special relationship with Shri Mataji." Is a very common thing. But I cannot have any special relationship. Sorry, nobody has any special relationship with Me. This I would like to tell you very clearly, and you should not claim that, and then become, some people say, "we are deities." I mean this is something to be – horrible. I'll speak for two minutes in Marathi if you don't mind....

(Marathi)

Now I want to talk to the Maharastrian girls. You have been married to the western men and got rich husbands. But as soon as you came here you've started sending money to your parents. Does this happen in India? Can you send money to your parents from your in laws' house. Secondly is ornaments. You've started making a lot of ornaments. I asked a Sahaja yogi husband why don't you buy a shirt for yourself. He said I can't afford to since my wife is spending all the money on ornaments.

This greed for ornaments does not behave a Sahaja Yogi. This is a very serious matter. Recently I learnt that all the Indian ladies have made ornaments after marriage. Thus there is no money left with the husband. Those husbands who used to support Sahaja yoga before the marriage are unable to do so after the marriage. They say that there is no money left with them. What has happened to you. Remember that you've come here from the land of saints. Shivaji Maharaj had a great respect for Shri Saint Tukaram and he took some ornaments for his wife. His wife must be somebody like you since she immediately accepted the ornaments. Why should one be so much fond of ornaments? Even being a Goddess I am not fond of ornaments, then why should you be so much fond of them? Since they compulsorily offer me the ornaments that's why I accept them. So even when she accepted the ornaments Saint Tukaram said what is the need to have the ornaments for saints like us? So he returned back all the ornaments.

Know that you've come here from land of saints and this attitude of yours is a sign of misery. You've been sending money to your

parents and I cannot explain to you how far this has gone. You've not come here to misbehave like this. You've come here to help Sahaja Yoga and not for making ornaments. If you do them once in a while it's all right but if you put all the attention on ornaments you might lose your husband and he might leave Sahaja Yoga. This will be the good Karma that you'll be doing.

Henceforth nobody should make any ornaments without My permission.

We'll have the Pooja now

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Kundalini Creates The Space Between The Thoughts

Public Program

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Please be seated. I bow to all the seekers of truth. At the very outset we have to know that Truth is what it is. You cannot describe it, you cannot transform it and you cannot give a sermon about it. You have to know it on your central nervous system. In Sanskrit the word used is "bodha", meaning "to be enlightened". [AGAIN], another word is known as "vidya" from where the word "Vedas" have come. So, you have to know the Truth not mentally, not emotionally, because this will condition you. So, to know on the central nervous system is to become the Spirit. Because you are not this body, this mind, these conditionings, these egos, these emotions. Because you say "my body", "my emotions", "my intelligence", it's all "my" - who is this "me"?

So, the first truth you have to know on your central nervous system [IS] that you are the Spirit. Then we see such beautiful flowers here - it's a miracle, it's a miracle. But we take it for granted. If we ask who has created these flowers from a seed, we can't answer. You'll say "the Mother Earth", but it's a living process. Also, we cannot say who runs our heart. The doctors may say that it's autonomous nervous system. But who is this "auto"? Who is this Self? That is the Spirit. You have to become the Spirit. This is an actualization of the experience of baptism. It is not anybody can come and put his hand on your head with little water and you become baptized. If it was that simple, it would have been very good. But those who are at the helm of affairs of religion are not authorized by God. They can be anyone of us. They are not enlightened people.

So, one has to realize that to be a good Christian, to be a good Hindu, to be a good Muslim, you have to have Enlightenment. Because all those who are carrying these brands on their heads can do anything, commit any murder, commit anything. So, there is no truth in it carrying this brand. I think they have told you about the inner subtle system that resides within us. Now, you must not believe Me also blindfolded. This blind faith has created all fundamentalists and all kinds of conditioned people. They think God is in their pocket. And they misuse their organizations for anything. For making money, for deceiving people, for doing laundering money, they can use it for that, for murdering... in short, they can become even mafias, secret mafias. And poor simple people go on believing them.

So it is necessary for us to open our eyes and feel our Spirit. Whatever you have done in the past, in the search of the Truth, forget it. The past is over. You have to be in the present. Because future doesn't exist. But if I say you stay in your present, you cannot. You can jump from past to future, future to past. Between these thoughts is the place of present, very little. This present you can only achieve when this power which we call Kundalini rises within us and creates that space between the thoughts, which is the present.

The second truth is that all this living work is done by the All Pervading Power of Divine Love. In the Bible it is described as the All Pervading Power of Divine Love. Also in Koran as Ruh. And in Indian scriptures as Paramachaitanya. Also, Hatha Yoga, Patanjali has described as Ruthambara Pragnya. They have all become experts, you see the way they say, I can't believe it! Specially Romanians are really remarkable. The Indian musicians, very great musicians, were really ashamed of themselves to see these people learning so fast. While Indian musicians took so many years to learn and sing like this. It's really great, I'm really enamored.

I think Romania is a place where people are genuinely seeking the Truth. They are not so materialistic, they are not hypocritical. With hypocrisy how can you achieve Truth? So now, what happens to you when this Kundalini, the power in the sacrum bone

rises? The sacrum bone is called by the Greeks, means they knew it's a sacred bone. Also, they had a proper concept of Athena - Atha - "Atha" means "primordial". So they believed in the Primordial Mother. But in other religions I don't know why they avoided talking about the Feminine Power of God. It is very sad. Because of that women have no respect, as they should have, as the feminine power, the Shakti. I am sorry to see how the women in the West, also in your countries, have to work so hard to attract the men's attention. All the time to be slaves to men's wishes... Now, in America is the other way round, I think. Every action has a reaction. But woman is the potential power of man.

But in the case of Divinity, She is the kinetic power of God Almighty. God Almighty is just a spectator. He's just a witness. He's watching the work of the Primordial Mother. But if anyone tries to trouble the Holy Ghost or to Shakti then He takes care of that. So when this power, this power which is the reflection of the Primordial Mother within you, rises, then it passes through all the centers and enlightens them. By that these centers which are the basis of human body, just get transformed. All the problems of this world practically come from human beings. And all the problems of human beings come from their centers. When this Kundalini Power rises She enlightens, She corrects and She integrates all the centers. And ultimately connects you to the All Pervading Power. That connection gives you many blessings. The first blessing is that you become absolutely peaceful within yourself. It is like the axis of a wheel which is moving, your attention jumps to the axis, from there it watches the wheel. Or, if you are standing in the water, you are afraid of the waves, but if you get into the boat you can enjoy the waves. And if you know how to swim you can jump into the water and get others who are drowning in the water. This is what exactly happens to you, that you become at that stage, in the present, thoughtlessly aware. There is no thought, but you are completely aware. The whole mechanism is absorbing everything of the present. And you develop a photo memory.

So many people talk of peace, they have organizations of peace, they've got awards of peace. But they're very hot tempered, I met many of them. They never smile, they never laugh. And if you want to approach them, you have to approach them with a bargepole. Now, if such horrible people are given awards, I don't understand, how do they get peace awards, for what? They have no peace within. The second thing that happens to you it is very miraculous, that your attention becomes enlightened. I say becomes, is not mental. That means you can pay attention to anyone and know about his chakras. And you can know about your own centers, that is the self-knowledge. So, you know about yourself and you know about others. You don't know how they dress up, how they look, but how their centers are. So, if you know how to correct those centers, you can correct yourself and you can correct others. I tell you, so many people have got cured from Sahaja Yoga, of very, very incurable diseases.

There is going to be a conference in Russia, of the doctors. And the Patriarch himself has invited Me. I wish they do it here also in your country.

So now, the time has come for us to get our transformation. By this transformation you pick up the power within yourself, you are no more a weak person, nor you are aggressive, you become very dynamic, at the same time extremely compassionate. You don't feel your age. You don't feel tired. And whatever work you do is for your benevolence and for benevolence of the whole world. It is such a blissful state you reach, that whatever work you do is also blessed by the Divine. Spirit is the source of absolute Truth.

We live in the relative world. Some say communism is good, some say democracy is good, some say this religion is good, some say this religion is good... this we do with our rationality or with our conditioning. But the Truth is one. And when you know the absolute Truth, everybody who's enlightened knows it. If everybody knows the same Truth, then where is there to have any quarrel, discussion, argument and war? So these mental projections which are fighting each other just dropped off. You know about others, what's wrong with others, all of you know the same. It is very surprising that in India we have seminars where there are at least three, four thousands people from sixty five nations. There is no fight, there is no quarrel, just fun. They enjoy each other, whatever country they may be, whatever race they may be. Because you are not limited, you transcend your limitations. That has to achieve and can be achieved Sahaj, means spontaneously.

Now, the greatest thing that happens to you, that you jump into the Sea of ..., or Ocean of Joy. Now, the Joy is singular, it is not like happiness and unhappiness. It is not that one time you feel happy and then you feel unhappy, because if your ego is pampered you do that. If the ego is pampered you feel happy, if it is punctured you feel unhappy. But joy is something so innate.

And that is a state one has to achieve. In that state you become doubtlessly aware. The first state, thoughtlessly aware, is called as Nirvichara Samadhi. And the second one is called, which is doubtless, is doubtless awareness, is called as Nirvikalpa Samadhi.

Now, if this deep knowledge is coming from India, why should you resist? After all, the science has come from West, which we have accepted. But science it is amoral and it has its limitations. But with this happening you become moral. You're not to be told "don't do this, don't do", nothing of the kind. It just becomes. It's a thing I always tell, that there is a snake in my hand and I am obstinate and I am standing in darkness. And somebody tells me it's a snake. I say "No, it's a rope". Till it bites me I'll hold it. But if there is light, I'll immediately leave it. In the same way, when you become enlightened, you give up everything that is very, very destructive. It's so simple, that I've seen in England, people gave up drugs overnight, overnight. Because the light of the Spirit, when it penetrates into your attention, you just become an enlightened personality.

Can you think of Lord Buddha killing somebody? Can you think of Lord Jesus Christ killing somebody? And if these, these incarnations, if they had to kill, they will only kill the people who were devils. So you can see, there is such a glory within you, such a great personality within you, so compassionate and dynamic! Whatever talents you have, can be very well manifesting. This is your own power. You are not obliged to Me. It's your own power which rises and gives you your Self Realization. Like the Mother Earth, if you put a seed in the Mother Earth, it sprouts by itself spontaneously. Because Mother Earth has got the built in quality to sprout and the seed has built in quality to get sprouted. In the same way - in the same way - you have the potential to achieve this state.

I know there are some thoughts going on your mind and that you want to ask some questions also. It's a very deep, subtle subject. Only in English language I must have given at least four thousands, minimum four thousands lectures. And maybe many more in other languages. You can all listen to it, but after you have achieved a proper state. Because by reading we get conditioned. Kabir, a great poet, has said "by reading too much even the learned became stupid". Because books are just an indication where to go, what to do. By remembering these books by heart will not take you to the Kingdom of God. You have to become. Becoming is very important.

As the bird in Sanskrit language is called as dwijaha, born twice, also a person who's enlightened is called as dwijaha. But by putting "born again" on your head you don't become. You have to be really born again. And then you have powers. The first is you can give Realizations, not to one, but to thousands. You can cure people, you can cure yourself, you can make everyone peaceful. Also, all your desires are fulfilled. But now, the desires also change, they are also very different from what they were before. You are so surprised how things work out so well. So many people I've seen tried to remove our posters but they could not. I mean why should they be afraid of My poster, I don't know? Because they belong to some organization, to something and they are afraid that that organization might be exposed. But I'm not here to spoil anything, but to fulfill the promises.

Now, imagine, I know Mohammed Sahab has been very cruel with women, they say. But look at Christ also, who can be a Christian? He's told in Matthew's 5th Chapter that those who have a bad eye, they should remove their eyes; those who have hands which do bad things they, remove their hand. Most of the Europeans and Americans would be with one hand and with one eye, I can tell you. It's not easy to follow Christ, I tell you, very difficult... These people didn't know what human beings were. They were too great. And I think Mohammed Sahab must have thought that "Christ said all these for men, now let me say for women also". At their level they were all right, but not at human level. Imagine, everybody having one eye, one hand... And then (He) said if somebody slaps you on this, you put the other cheek, imagine, Christians, ha, impossible. Oh My God, they went to America, killed all the aborigines, all of them. Thank God, Columbus went to America, if he was coming to India, we would not have been here. Thank God! Because, you see, this idea of these people was right. But they said it was right. And Shariat was given by Moses to Jews. So can you imagine, these three religions, how can you follow? These three religions they can't follow. Because you'll have to either cut your eye, cut your hand, you see. Or Shariat is even worse.

Better is to become enlightened souls. Then we need not cut our hand and cut our eyes. Because you really become righteous people, really become. And you are surprised how you have transformed yourselves. In this short lecture I don't think I can tell you everything and you have to know a lot, no doubt. After Realization it's just the beginning like a sprouting of the seed. So when

the Kundalini awakens and you feel the cool breeze of the Holy Ghost on your hands, on your fingertips, don't just get blown off with the experience. In the modern times it is not an individual happening. But it is a collective happening. So I'm very happy that the collective of Romania is so great. They have transformed their lives, they are very beautiful.

I've gone to Russia when there was putsch and I asked the Russian, Russian Sahaja yogis: "Aren't you afraid of these problems?" They said: "Mother, why? We are in the Kingdom of God, why should we be afraid of these petty politics here?" That's what it is. We have to feel secure with our Spirit being awakened. And we feel absolutely protected. So, we will have the session now for Realization. [UNCLEAR]

As we don't take any money, we don't have very big palaces for you to meditate, but very ordinary places where you have to go with all humility. We have to be humble, otherwise it won't work out. So, I have to request that you all, when you get Realization, should attend our collective programs. We have collective programs and then also seminars. Then you can write to Me also, if you want, and also you can ask questions and you'll understand yourself much better. We have some very good Sahaja yogis in Romania. I really enjoy being in the collective.

The another request I have, that I respect your freedom. If you want to have Self Realization, then only I can give you. You have to ask for it. I cannot force it on you. Actually the power of Kundalini is the Power of Pure Desire within you. All other desires come and go. In general they are never satisfied. But this is the only pure desire, whether you know it or not, within you, that you have to become the Spirit whether if you know it or not. If you understand this, that I cannot force it on you, I would request the people who don't want to have their Realization to go out of this hall. It will hardly take 10 minutes. But those who don't want, I cannot force on them...They are all there... This is for your benevolence, for the benevolence of your family, for the benevolence of your country, and for the benevolence of the whole world. Just now you don't have to think about anything, but one desire that you should all get your Self Realization. From...think are all sited, all nicely.

I hope you'll all be seated down, not to stand, please be seated. There is...right side as well.. Some movement is there. Nobody should get up when we are going to start the Kundalini awakening, you can go now, don't disturb later on. Now, there are three conditions which are very simple, I must tell you. Firstly, as I told you, you cannot pay for it. But the first condition is that you have to forgive everyone. Now, people think that it's very difficult to forgive. But if you see logically, whether you forgive, you don't forgive, what do you do? But when you don't forgive, then you play into wrong hands and torture yourself. And those who have tortured you are very happy.

Then, another simple thing is that at this moment you should just say that "I forgive everyone", don't think about them. The another thing is that you have to forgive yourself, that is not to feel guilty for anything. That's another myth. Whatever has happened has happened. What's the use of torturing yourself now? But do you know? By doing that you spoil this center here, on the left side. In Sahaja Yoga you don't have to confess anything. Your Kundalini, who is your own individual mother, knows everything about you. She will judge. She will judge you. You don't have to judge yourself. And this center, if it is spoiled, then you get spondylitis, you get angina, you get lethargic organs. Horrible things can happen if this center is caught. Feeling guilty is worse than smoking. And if you don't forgive then this center which is on the optic chiasm, which is like this constricted, will not open at all. So you have to forgive, so it opens out. It's a very constricted chakra, center.

The third condition is not difficult; you have to take out your shoes. Those who are sitting on the ground are perfectly alright, they can take out their shoes and those who are sitting on the chairs should take out their shoes and put both their feet away from each other. Because these are two powers, left and right. And they should be kept away.

Now, you all have to do few things which I tell you. And if you don't want to do it, you better go. To be civil to others, to be civil to others. So, we put both the hands like this and this suggests that the left hand is for your desire power. So, symbolically you are desiring to have your Self Realization. So keep this left hand all the time on your lap, on the left hand side, like this.

Now, the right side is the power of action. So, you have to use this for nourishing our own centers with our self-confidence. So we put our right hand on our heart. In the heart resides the Spirit. If you become the Spirit then you become your own master, your

own guru. So please put your right hand in the upper portion of your abdomen which is the center of our mastery. This is the center which is created by great prophets. We have to just enlighten it. So, now we put our right hand in the lower portion of our abdomen, on the left hand side. This is the center of pure knowledge.

Now we have to raise our hand again to the upper portion of abdomen, on the left hand side. We are only working on the left hand side. Then we raise our right hand on our heart. Then we raise our right hand in the corner of our neck and shoulder. And we turn our head to our right. Then we take our right hand on top of our forehead across and bend our head. This is the center where we have to forgive everyone in general.

Now we take back our right hand on the back side of our head and push back our head as far as possible. Here, without feeling guilty, without counting your mistakes, you have to ask forgiveness from the Divine Power. Now, the last center is, stretch your palm as far as possible and put the center of your palm on top of the fontanel bone area, which was a soft bone in your childhood. Now, push back your fingers as far as possible and put down your head. Please press your scalp well and move the scalp, not the hand, 7 times clockwise. Bend your heads, bend your heads. Move it. Now move back your fingers, move back your fingers. Press it hard. Now, that's all we have to do.

Now, you have to close your eyes. Before that see that both your feet are apart from each other. Now, please put your right hand on your heart. Please don't open your eyes till I tell you. You can even take out your glasses, your spectacles. Here resides the Spirit. You can ask Me a question three times, you can call Me "Mother" or "Shri Mataji". So, ask a the question here, three times, a very fundamental question about yourself. "Mother am I the Spirit?" Please ask the question three times: "Mother, am I the Spirit?" Ask three times. Voice doesn't go with this, yes is better.

So, now, if you become the Spirit you become your own master. So take down your right hand to the upper portion of your abdomen and ask another question: "Mother, am I my own master?" Ask this question three times. I've already told you that I respect your freedom and I cannot give you the pure knowledge by forcing on you. I mean to say it cannot be done, it cannot be forced. So now take down your hand in the lower portion of your abdomen and push it. This center has six petals, so ask six times: "Mother, please give me pure Divine knowledge."

Now, raise your right hand in the upper portion of your abdomen. Press it hard. As soon as you ask for the pure Divine knowledge the Kundalini has started moving. But we have to open our higher centers with our full confidence. So now, here on this center you have to say ten times: "Mother, I am my own master." Say it with full confidence. At the very outset I told you that you are not this body, this mind, these conditionings, this ego, but you are the pure Spirit. So now raise your right hand on your heart and say it with full confidence in yourself, 12 times: "Mother, I am the pure Spirit."

This All Pervading Power of Divine Love is the Ocean of Truth, is the Ocean of Knowledge. It is the Ocean of Compassion, the Ocean of Blessings. But above all it is the Ocean of Forgiveness. So, whatever mistakes you have committed, will be easily dissolved in this great Ocean of Forgiveness. So forgive yourself and put your hand in the corner of your neck and shoulder and turn your head to your right. Here you have to say again with full self confidence, sixteen times: "Mother, I am not guilty at all."

I have already told you that whether you forgive or you don't forgive you don't do anything, it's a myth. But if you don't forgive then you play into wrong hands and you torture yourself. At this time, if you don't forgive, this center which is very constricted will not open and Kundalini cannot pass through. And you'll miss the opportunity of your Self Realization which is the most important thing. So now raise your right hand on top of your forehead and put down your head. Here you have to say from your heart, not how many times: "Mother..." (please put down your heads): "Mother, I forgive everyone in general." You don't have to even think about them.

Now, for your self-satisfaction, without feeling guilty, without counting your mistakes, you have to ask forgiveness from the All Pervading Power of Divine Love. So please take your right hand to the back side of your head and push back your head as far as possible. Here again you have to say from your heart, not how many times: "Mother, oh, Divine Power, please forgive me if I've done any mistakes, knowingly or unknowingly." You have to do this without feeling guilty, without counting your mistakes. Just

for your own satisfaction.

Now, the last center is very important. So you have to stretch your palm fully and put it on top of the fontanel bone area which was a soft bone in your childhood. The important thing is that you stretch back your fingers, so that there's a good pressure on your scalp. You have to now bend your head. Here again I respect your freedom. I cannot force Self Realization on you. You have to ask for it. So now bend your head and seven times move your scalp, seven times, clockwise, saying seven times: "Mother, give me my Self Realization." Move your scalp, move your scalp, they are not moving. Now please take down your hands. Please open your eyes. Put both the hands like this towards Me, lifted little. Watch Me without thinking.

Now please put your right hand towards Me like this and bend your head. See with the left hand away from the head, little away, see that there is a cool or a hot breeze coming out of your own head. Bend your heads, bend your heads. Now, please take your left hand and bend your head and see for yourself with the right hand. Left hand towards Me, with the right hand you try to see if there's a cool or a hot breeze light thing coming out of your head. With the right hand [UNCLEAR]. Now with the left [UNCLEAR].

Now put the right hand like this and bend your head and again see with the left hand. Good. It could be hot or it could be cold. Now raise your both the hands towards the sky like this and turn your head up. Here you have to ask any one of these 3 questions to Me. You can ask: "Mother, is this the cool breeze of the Holy Ghost?" three times ...Holy Ghost, breeze of the Holy Ghost. Then now second question is: "Mother, is this the All Pervading Power of Divine Love?" The third one is: "Mother, is it Paramachaitanya?" Ask any one of these questions three times. Now please bring down your hands. Now put both the hands like this. All those who have felt cool breeze on fingertips or on the palm or out of the fontanel bone area, maybe hot also, doesn't matter, raise both your hands. Ha, ha! Romania, after all. May God bless you!

Again, here I want to see. May God bless you! This side? Oh ...Can I see on the front side? May God bless you!

You are all now saints and I bow to you. You don't have to give up families, you don't have to give up properties, you don't have to do anything nonsensical. You don't have to fast, you don't have to do anything to torture your body or mind. Just come to the collective and enjoy. Enjoy each other and enjoy your life. Enjoy the blessings.
May God bless you all!

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In Sahaja Yoga You Do Not Have Confess Everything

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In Sahaja Yoga You Do Not Have Confess Everything (Uniwersytet Warszawski, Warsaw (Poland))

I bow all the seekers of truth.

At the very [outset] we have to understand that truth is what it is, we cannot change it, we cannot transform it. And also we cannot purchase it. Now whatever I am going to tell you today, you did not accept by [UNCLEAR]. If it is truth then you have to accept it as scientist [UNCLEAR you have to keep] your minds open and I am going with this hypothesis[UNCLEAR].

The first thing we have to know that you are not this body, this mind, this emotions and intelligence, [UNCLEARsuperego,] ego and conditioning. But we are the pure spirit. We see there are beautiful flowers, very beautiful flowers and you take them for granted. We don't think it is a miracle. If you ask a doctor, who runs the heart, he'll tell you that it is an autonomous nervous system. But who is this auto? There are many many questions it cannot be answered by science. Because it cannot cross this all limits. It cannot answer the question why are we on this earth. But as you have been told about this internal instrument we have within us, built in our evolutionary process.

Now we have become human beings. But there has to be [UNCLEAR upgrade] into the new dimension [UNCLEARafter whatever this is] which Christ has described as [UNCLEAR] that means we are to born again. So just by taking a [UNCLEAR pract], you do not become but you are born again then you are an enlightened person.

And you have tremendous powers of compassion and dynamism. But people now do some sort of an organization everywhere in the world. May be because you are born in it or you are conditioned into it.

All organizations have to part so [UNCLEAR] because those [UNCLEAR, leaders] ,hey are not spirit oriented. They are either money-oriented or power-oriented. Moreover now if you take the question of Christianity, in the New Testament [] in the fifth of chapter of []Mathews, you will find how strict Christ was about people who wanted to be Christian. You can find how Christ was so strict about the Christians what they should be like because we must pure ourselves so innocence [UNCLEAR is preserved] and also divine. So he said that one eye is doing a wrong thing, you take out your eye.

If your one hand is doing a wrong thing, cut out your hand. How many Christians could be to keep both their hands if you see modern times. How many could be to keep both their eyes[UNCLEAR, before Christ]?

And also I believe that Mohammed Sahib saw. thatChrist was very strict on men so he make some rules for woman. It is true but it cannot be [UNCLEAR followed]. It just happens. So they can see happens.

It's on you. It is your own power. This kundalini is your own individual mother. She knows everything about you.

So when Kundalini rises, the first thing that happens to you that you start feeling cool breeze of the Holy Ghost on your finger tips and out of your fontanel bone area. So your fingers are enlightened and you can feel your own centres and the centres of others.

All the world problems mostly come from human beings. And all human problems come from the energy centres. If these

centres are cured, are established, all your problems will be solved. Because it [UNCLEAR strengthen] your physical, mental, emotional and spiritual [UNCLEAR].

When the Kundalini rises, she enlightens these centres. She nourishes them and also she integrates them. It is a spontaneous living process. All these you see living process is done by the power which is all-pervading power of divine love. That is one, one has to feel on the fingers. This power once you are connected with, you know the absolute truth on your fingertips. What we gave, we gave on [UNCLEAR, relative way].

But once you know the absolute truth, everybody knows the same. How can there will be problem, but you know that absolute, you will not have any discussion, no arguments. And [, no war]. Now as you know in [UNCLEAR] they have [UNCLEAR] but [UNCLEAR].

If they are being enlightened there would have been no problem at all. Because [] you develop a new dimension in your attention which we call as collective consciousness where you can feel others. So who is the other? With this happening you become a universal being.

Also, you realize not you think, but you realize that all things, different religions, they are like flowers of the same tree of spirituality. People [] pluck them and now I came to [UNCLEAR pick] the dead flowers.

Then the second thing happens that your attention becomes enlightened. And wherever you put your attention, it acts, it works. Also, you become extremely peaceful person. I know people who are supposed to be very peaceful people because they have awards for peace, big organization of peace. But they are really not peaceful. They are so hot-tempered that you cannot believe how they got these awards. The peace has to be within yourself. But when these centres enlighten, your health improves, you get cured completely of many diseases.

Sahaja Yoga has cured many incurable diseases. And now in Russia, St Petersburg the [UNCLEAR, patriot] has invited me to address [UNCLEAR meeting] of 300 scientists with lots of doctors.

Now what [UNCLEAR it is] I have to tell you that it will happen to you that you feel the cool breeze of the Holy Ghost on your fingertips tonight. But you have to know that it is just the beginning and it has to grow. For that it is important that you must know that this work is collective it is not individual. So you have to come to the collective. You don't have to pay anything for it nothing. It is absolutely free.

What do we pay to Mother Earth for giving us these flowers? So there is no, no involvement at all or any obligation. But you have to respect your own realization then you can grow very well. So many things happen but in this short lecture I wouldn't be able to tell you [UNCLEAR all the information].

At least I have given [] more than 4,000 lectures in English language and you can all hear them [UNCLEAR]. First, you get your Self-Realization.

So there are three conditions which are [UNCLEAR]. The first one is that you have to forgive everyone. Now, some people say that it is very difficult to forgive. But logically you forgive or don't forgive what do you do? You don't do anything. On the contrary, if you don't forgive then you suffer and play in wrong hands. At this centre on optic chiasma is like this, absolutely constrict []. If you don't forgive, it won't open. As it is you have to suffer so much. And at this important moment, you should really forgive to get your realization. Otherwise, you will miss such a great opportunity.

So the second condition is that you have to forgive yourself. You are not to feel guilty at all. After all you are a human being. If you have done anything wrong it is alright. You are not [, ghost]. You don't have to take out your eye and cut your hands. Only thing is that you must know that if you feel guilty then this centre on left-hand side catches very badly. And you get diseases like angina, [UNCLEAR spotalises] and also lethargic organs.

In Sahaja Yoga, you do not have to confess everything. Your Kundalini is your mother, she knows everything about you. So you should not judge yourself, let her judge. She is so anxious to give you your Self-Realization so do not feel guilty at all. And again if this centre is closed the Kundalini won't rise.

Third condition is very simple that you have to take out your shoes. Now [UNCLEAR, you know] in India when I say you take out your shoes half of them walked out. You see this Mother Earth helps us a lot to suck in our problems. So please take out your shoes. You can take out your [, socks].

There was a little girl, little boy. [UNCLEAR, (someone is talking)]. Just a minute, [UNCLEAR]

I can't understand this English. [UNCLEAR] one minute I will tell you people, will you please sit down, please sit, no, no, no. You see one lady [UNCLEAR, like this], why don't you [UNCLEAR] get [UNCLEAR], get out [UNCLEAR].

There was a little boy who came to me [UNCLEAR] who could not walk and he is walking now [UNCLEAR]

You see [] these are nonsense paid by different organisation [UNCLEAR]. But they don't know [UNCLEAR] benevolence. [UNCLEAR] What is she going to take? They can pay for her.

You see if she doesn't want to have realization she can go out. But she should [UNCLEAR act as] protecting you, to disturb. Doesn't matter, take it easy. [UNCLEAR]

Compared what Christ had suffered or Mohammed Sahib has suffered. I have not suffered so much. So many saints have suffered. Not after self-realization, nobody dare touch this [UNCLEAR lady] now. I didn't understand again [UNCLEAR], it was some sort of a common [UNCLEAR]. I couldn't understand. I am sorry.

Alright so, you see, there is just you have to feel that you want your Self-Realization and this should be your desire because kundalini is the power of pure desire. According to economics wants is general are not [UNCLEAR, sociable].

For example today you want to have a house then you want to have a car then you want to have a helicopter then helicopter goes on and on and on. So when we get this pure desire within us, and these powers start flowing through us. You know your identity. You do know the your purpose of your life. You have so much empower that you want to do something that is extremely needed to be done today for the betterment of humanity, such love and compassion.

We have seminars with three to four thousand people from 65 countries but there is such a friendship, such love, pure love without any [UNCLEAR impurity]. This new race is already there. All their problems even financial are solved. Only I must say, I am sorry to say but Poland is not yet that sensitive, like in Russia we have [] thousands and thousands of Sahaja Yogis. [UNCLEAR] I asked them aren't you worry about this what is happening in your country, politically. So they said, Mother, why should we worry, we are in kingdom of God, so tranquil and peaceful.

Alright so now we come to our session of kundalini awakening. We have two powers left and right. Left is for our mundane desire [UNCLEAR] and right is for the action.

So we put our left hand on our lap on the left hand side and put both feet apart from each other. You don't have to go to Himalayas, stand on your heads. You don't have to give up anything. It's the inside transformation.

Now please put your left hand towards me, symbolically it means you want your Self-Realization. And we use our right hand to give nourishment to our centres.

So we have to put our right hand on our heart. In the heart resides the spirit, right hand on the heart, left hand like this. Now in the heart resides the spirit. If you become the Spirit, you become your own master, your own guide. We work on the left hand side; we work on the left hand.

So we take our right hand in upper portion on our abdomen on the left hand side. Here is the centre of your mastery created by great prophets.

Then we take our right hand in lower portion on our abdomen on the left hand side. This is a centre where we have the pure divine knowledge.

Then again we take our right hand in upper portion of our abdomen, then on our heart.

Then in the corner of the neck, between shoulder and your neck and turn our head toward right. I have already told you about this centre.

Then we take our right hand on top of our foreheads across and bow down []. This is the centre to forgive others. Now without doing anything, without counting your mistakes just for your satisfaction, you put your hand [] all the way back and push back your [, head]. Here you have to ask for forgiveness from the All-Pervading Divine power of love.

Now the last centre you have to stretch your palm and put the centre of our palm on top of the fontanel bone area which was a soft bone in your childhood. Now you have to put down your head and move your hand clockwise. If you push back your fingers then you can move your skull, clockwise, seven times, bend your head, push back your fingers, move it seven times. That's all we have to do.

Now we have to close our eyes, close our eyes and not to open them till I tell you.

Now both of knees have to be apart, the left hand on your lap and right hand on your heart.

Here you have to ask me a question, very fundamental about yourself. You can call me mother or you can call me [] Shri Mataji. Please ask three times in your heart, Mother, am I the spirit? I have told you that [] you become the spirit; you become your own guide, your own master.

So please take the right hand the upper portion of your abdomen on the left hand side. And here you have to ask another fundamental question about yourself. Please ask three times, Mother, am I my own master? I have told you that I respect your freedom and the pure divine knowledge cannot be forced on you. So you have to ask for it.

So take your right hand the lower portion of your abdomen. And ask the question or ask Mother, please give me pure divine knowledge. Please ask this question six times, because this centre has got six petals. As soon as you ask

(The video is cut off and continues with the music)

They won't understand.

(Continues with the music)

Thank you very much. [UNCLEAR Its a pleasure] to see that we have Polish children singing [] Sanskrit songs very [UNCLEAR]

I have seen only in Poland this happening, it shows that people are sensitive and are going to work it out. Remember that God loves [] you and in [UNCLEAR] that you enter into his kingdom and settle down.

May God bless you all.

I will come after one year again

1994-0904, You have to have the experience of feeling the kundalini coming out of your fontanel bone

View [online](#).

4 September 1994

You Have To Have The Experience Of Feeling The Kundalini Coming Out Of Your Fontanel Bone

Public Program

Kongresové centrum Praha, Prague (Czech Republic)

Talk Language: English | Transcript (English) – Draft

1994-0904 Public Program, Prague, Czech Republic

I bow to all the seekers of truth.

At the very outset we have to know, that truth is what it is. We cannot change it, we cannot describe it. It is what it has been, it will be what it is, so we must understand that, if we want to know the truth we have to go a little higher than the human awareness. At human awareness, you cannot know the truth, it's very unfortunate. People have talked about truth, they have written books about truth, but they have not been yet able to give the truth to people. Perhaps that time human beings were not ready to achieve. In Sanskrit we have two words, one is boodha. Boodha is know the truth on your fingertips. On your central nervous system. Another word is used as "vidya" which means it should be known on your central nervous system. That means it's not mental. As it is you know that human mind at human level is limited. So, you have to have enlightenment, your second birth. To feel the truth.

For that already there is an arrangement within us as shown here. But even if somebody talks about the centers or chakras or about shakti or anything this is just talk, talk, talk. The most important thing is to get the experience of self-realization. Moreover, whatever I am going to tell you today, you need not believe in me blindfolded. If you believe blindfolded then you will become another fanatic. You have to have the experience of feeling the kundalini coming out of your fontanel bone. Which is the actualization of this experience, of baptism. Otherwise you should not believe me. You must keep your mind open, though, like the scientist as I offer you this hypothesis. If it is truth then you have to believe as honest people. Because it is for your benevolence. It is for the benevolence of your country. It is for the benevolence of the whole world. Now those you want their benevolence should try to get their self-realization, it is logical.

As it is, in the name of God there are lots of evil forces at work. And they talk, and talk, and talk. There are misleading people, many all over the world, especially from India. And they have made lots of money by deceiving people. So, one thing you have to know that you cannot pay money for self-realization. Because it is the breakthrough, last breakthrough of your evolution.

How what did we pay for our evolution? So, one must know that God does not understand money. One has to be clear cut about what is the truth. The truth is that you are not this body, this mind. It is not that you are the body, the mind, the emotions, the intellect, ego or condition. But you are the pure spirit. Because you say this is my body, this is my mind, these are my emotions, mine, mine, mine!

But who is this mine? Who is this me? That is what you have to become. The second truth is, that there is all pervading divine power of love which does all the living work.

As you see beautiful flowers here, we take it for granted. We do not think that they are a miracle. If you ask a doctor, who runs your heart, he will say it's the autonomous nervous system. But who is this "auto"? Science can't answer this question. Science cannot answer many questions. Science cannot say why are you on this Earth. What is the purpose of your life. So now, there are many who are born to seek the truth in these modern times. But you should not be misled by people who just talk, talk, talk. We have had enough of talk before also.

All the problems of the world mostly come from human beings, and surprisingly all the human problems come from the centers that they have within themselves. All your physical, mental, emotional problems come from these centers, these subtle centers of energies within you. If these centers are somehow rather understood on your central nervous system, you can correct them. So, you have to have the self-knowledge. So, when this power, called "Kundalini" which is in the triangular bone of sacrum, rises, then she enlightens your centers. She integrates them and nourishes them. The bone is called "Sacrum" by Greeks, that means that knew is a sacred bone. When we talk of holiness, of sacredness, of auspiciousness it's just words. And we get lost into nets of these words. So by reading too much also, we can get lost.

When this Kundalini rises, through these centers, first thing she does is to solve our problems. She solves our problems which are physical, mental, emotional and also spiritual. And I must tell you that Sahaja Yoga has cured many people of very incurable diseases, no doubt about it. The Russians were so much impressed that the patriarch of, that like a pope it is, the patriarch of Sankt Petersburg has invited me. He invited me to address a conference, about 300 scientists, half of them are doctors. Because you don't have to pay for it. You can do the diagnosis on fingertips, you don't have to go through all the rigmarole of diagnosis and all kinds of things, you just know instantaneously. Then the cure is also very simple, because if you are dealing with the fundamentals, you don't require so many tests and things. It works out in such a miraculous way that these doctors are surprised.

The second thing that happens is that people who have suffered mentally become absolutely peaceful. Also, there are many people who suffer from anger, hatred, lust and greed. All these things just drop out. Christ has said, in the fifth chapter of Matthew that if your eye is doing sinful thing you take it out. If your right hand is doing something wrong you cut it out! It is very difficult, I think, how many Christians will be left with their hands and their eyes if they followed Christ.

Christ was too great, too pure and he didn't know what human beings have feelings and weaknesses. I think later on Mohamad Sahib must have felt that Christ has been strict only with men and we should do something about woman also. Both of them, I think, did not know what sort of human beings they are facing.

So now, we have to understand that we have to become capable by our self-realization, to be pure followers of this great incarnations. As human beings, we cannot follow these great ideals of religion. You may be a Christian, Hindu, Muslim, anything you can commit any mistake. But once you are enlightened you cannot do anything that is wrong, that is not righteous. You just become a very good Christian, I mean the real Christian, the real Hindu, the real Muslim. You are so much changed that you cannot recognize your past. You develop a power, what we call as collective consciousness, by which you can feel the center of others, on your fingertips. You will not discuss the dress or the face or the race of a person, but you will only talk about the chakras, the centers. There are so many beautiful children born in these modern times who are already enlightened. And there are evil forces which are trying to destroy them. If the parents are enlightened they'll understand their children much better.

Your attention also becomes enlightened. Wherever you get attention, automatically you know what is wrong with that person, or that place. Now if you know how to correct these centers and how to correct the problems sitting down here, you can change the world. Your attention becomes absolutely honest and innocent. Honest because you know the absolute truth.

While we live in a relative world, some people belong to some organizations or to some sort of an ideology, they think that they are right, and they fight and quarrel. And also they have wars. But if you have the absolute right idea about the absolute truth, then there is no question. Because everybody knows the same truth. Then what is there to fight, what is there to quarrel?

Your kundalini rises you into a personality which becomes absolutely peaceful, because you become a witness, you are no more involved in the hallucinations, but you become the witness and you see everything.

Supposing you are standing in the water and you are afraid of the waves. But if you can get onto a boat, then you can see the waves and enjoy them. And if you by the way learn how to swim, you can jump and get all the people on the boat and save them. This is exactly what happens when you have your enlightenment.

In two stages. First you become thoughtlessly aware, means you are aware but you are in the present, not in the future nor in the past, but in the present because in the present the reality is there. And reality is so beautiful. By these happening all your powers, which are potential, start manifesting. I've known people who have been busy with economics and have suddenly become great poets. Some musicians have become suddenly, world famous. Now look at these people from your country, they can sing such beautiful Indian songs, which is very difficult. Even in India, people have to work for so many years to be able to sing this. They even sing Sanskrit songs which are very difficult.

Apart from this you become a universal being. You transcend all these mental ideas about race, about religion, about ideologies and you jump into the ocean of truth. It all happens because you are destined, you are chosen. It's your own power that works it. Of course, it is not for the idiots, or for stupid people. Or for people who are very frivolous. But I am surprised in modern times there are so many seekers all over the world that is unbelievable. There are so many things that happen to you that in this short lecture I won't be able to tell you.

But you become very dynamic at the same time extremely compassioned, and your compassion works. You can raise the Kundalini of the people, you can cure them. That's all your powers, is not the point, there are many more powers you have, which starts manifesting. You get very balanced and also extremely intelligent.

The second stage where you reach, we call it as "doubtless awareness". Where you become absolutely mature and wise. And you develop such powers that whatever you desire works out. No evil force can catch you, and you become the source of peace for many people. Firstly, you don't have to leave your home, your house, your family, nothing! You don't have to stand on your heads or you don't have to go to Himalayas. Sitting down here you get your realization. This is a special time which has been described in our scriptures thousands of years back. Even a great poet, William Blake, who was there about hundred years back in England, has said that people of God, that Godly people I should say it, will be born in these days and they will become divine. And they will have power to make others divine.

Only thing is you have to desire, you want to have your self-realization. I respect your freedom and I cannot force you to have it. This Kundalini is the power of pure desire. All our desires are not pure, because we ask for one thing then you want to ask for another, go on like that! Whether you are aware or not, this is the pure desire, is to be one this all-pervading power.

This is the knowledge of the roots and after enlightenment you become very knowledgeable. Above all, you jump into the ocean of joy. Joy is singular, it is not like happiness and unhappiness. If your ego is pampered you feel happy, if this ego is punctured you feel unhappy. But joy is an experience beyond mind. I hope you all will get your realization tonight, here. It's like a seed when you put it in the Mother Earth it sprouts by itself. Because it is the built-in quality of the Mother Earth to sprout and also the built-in quality to the seed to get sprouted. There is no obligation. How much do we pay to Mother Earth for this? So, there is no obligation. It is your right to have this yoga, this union with the divine.

I have to tell you one thing, those who do not want to have self-realization should leave the hall. It will hardly take ten to fifteen minutes, but you should not disturb people walking about when they are going through the process of Kundalini awakening.

I think if you all move little closer would be better, little this side you are little far away.

You have to know that your innocence is in no way harmed, it's just intact. It is covered with some clouds, of course, but it can never be destroyed. That is your essential eternal nature. It has to just manifest.

Now there are three conditions which are very simple. The first condition is that you have to forgive everyone, at this moment. You don't have to also think about those you have to forgive. Some people say it is very difficult, but logically whether you forgive or you don't forgive you don't do anything. But if you don't forgive then you play in the wrong hands and torture yourself.

But worst thing that happens at this moment that your center inside of the optic chiasma is like this, absolutely constricted. If you don't forgive it will not open at all, but if you forgive it will open and allow the Kundalini to pass. As it is you torture yourself, or your life, at this time you should forgive so you get your realization which is the most important thing.

The second thing is the center here, which is on the left side, is mostly in jeopardy in the west because they feel guilty. That means you must not feel guilty at all, you should forgive yourself. After all you are human beings and if you have done mistakes there is nothing great about it, because you are not God. So, you have to forgive yourself, whatever has happened has happened you should have faced at that moment, but no use now again killing yourself with this guilt. You don't have to confess, you don't have to confess, because this Kundalini which is your individual mother she knows everything about you. She knows how to correct and she's the one who will judge you. She'll correct you, she'll take all the trouble upon herself. When you were born, your mother had all the pains, you were not troubled by your mother. In the same way, it works out. But if you have this problem here then you get physical problem of spondylitis, of angina and also of lethargic organs. So why carry on with this myth?

This is the second condition and the third one is that please remove your shoes. Because this Mother Earth helps us a lot.

As you know there are two powers left and right. So please keep your both feet apart from each other. You be comfortable but straight. If you are sitting on the ground it's alright, you don't have to spread your legs. If you are sitting on the ground it's perfectly alright.

If those people will come a little bit they can see us or you move this side a little, now. We have to use these two powers in two different ways. One is, the left one, is for the desire, the mundane desire. The desire is that you want to have your self-realization. So symbolically you put your left hand like this. And, right hand, or right side is the power of action. So, we use the right hand for nourishing our centers.

First of all, symbolically we put left hand like this and right hand on our heart. Now, in the heart resides the spirit. If you become the spirit, you become your own guide. So, you put your right hand in the upper portion of your abdomen on the left-hand side. This is the center of your mastery which is created by great prophets. Now you take your hand on the left-hand side, on the low portion of your abdomen and press it hard. This is the center of the pure divine knowledge. You will know all about it later on. Then again you rise your right hand on the left-hand side of upper abdomen. Then on your heart again. Then in the corner of your neck and shoulder and put your head to your right. Then you have to take your right hand on the forehead across and please put it down, your head as far as possible. Now, please take, understand that this is the center for forgiving everyone without thinking about that. Now, take back your right hand at the backside of your head and push back your head. This is the center where without feeling guilty, without counting your mistakes, for your satisfaction, you have to ask forgiveness from the divine power.

Now the last center, stretch your palm fully. And put the center of your palm on top of the fontanel bone area which was a soft bone in your childhood.

Now please put down your head and stretch back your fingers so there is a good pressure on your scalp. Now move your scalp seven times clockwise slowly. Scalp, move scalp, not your hands over.

Now, that's all we have to do.

And now put your right hand on your heart. Here resides the spirit. So, you have to ask me a fundamental question about yourself three times. You can call me "Mother" or Shri Mataji. So, please ask three times: Mother am I the spirit? I've told you if you become the spirit, you become your own guide, your own master. So please take your right hand in the upper portion of your abdomen. Here you have to ask another question. Please ask three times: Mother, am I my own master?

I have told you that I respect your freedom and I cannot force the pure divine knowledge on you, you have to ask for it. So, please put your right hand in the low portion of your abdomen on the left-hand side. Here you have to ask six times because this center

has got six petals. Please ask six times: Mother please give me pure divine knowledge. When you ask for pure divine knowledge, then your Kundalini starts sprouting upward. So, we have to enrich higher centers with our self-confidence.

Raise your right hand now, please, onto the upper portion of your abdomen, on the left-hand side. Here you have to say with full self-confidence, ten times, Mother I am my own master.

I have already told you at the very outset, that you are not this body, this mind, this emotions, intellect, ego and conditioning, but you are the pure spirit. Now raise your right hand on your heart. Here you have to say, twelve times, with self-confidence: Mother, I am the pure spirit.

The all-pervading divine power is the ocean of knowledge. It is the ocean of bliss, it is the ocean of joy, but above all it is the ocean of forgiveness and whatever mistakes you have committed, are completely dissolved in this ocean of forgiveness. But you have to forgive yourself.

So, now take your right hand in the corner of neck and your shoulder and turn your head to your right. Here you have to say sixteen times with full confidence: Mother, I am not guilty at all. I've already told that whether you forgive or don't forgive you don't do anything. But if you don't forgive then you play into wrong hands. At this point, at this moment, if you don't forgive then this constricted center of Agnya won't open, and the Kundalini won't pass through. As it is you are tortured yourself all your life, now please at this moment forgive so that you get this great blessing of self-realization.

Without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from the divine power. Forgive everyone from your heart, not how many times.

Now please take your right hand on the back side of your head and push back your head. Here you have to say again from your heart: Oh, divine power, if I have done any mistake, knowingly or unknowingly, please forgive me.

Now the last center, please stretch your palm fully. And put the center of your palm on top of the fontanel bone area, which was a soft bone in your childhood. Here again, I cannot force self-realization on you. So, you have to ask for it.

Now please press your scalp by pushing back your fingers and please put down your head. Now you have to move your scalp, seven times, clockwise, slowly, asking: Mother please give me self-realization, seven times.

Now please take down your hands, please open your eyes slowly. Please put both the hands towards me like this. Now put the right hand towards me like this, and now put your head down and see with your left hand if there is a cool or a hot breeze, like vibrations, coming out of your own fontanel bone area.

Don't doubt, please don't doubt. Now please put the left hand towards me, again, bend your head and see for yourself, with the right hand, if there is a cool or hot breeze like vibrations are coming out. If they are hot that means that you have not yet forgiven. So, please forgive now, everyone.

Now, put your right hand towards me. Again, and put your head down and see with your left hand. Sometimes it is far away, sometimes closer to your head. Now, bend your heads, bend your heads.

Raise your both the hands and push your head, and ask a question, anyone of these three questions.

First one: Mother, is this the cool breeze of the holy ghost? Second one: Mother, is this the all-pervading power of divine love? Third one: Mother, is this the Paramchaitanya? Ask anyone of these questions, three times. Now please take down your hands. Now please put your hand towards me like this, little higher. All those, watch me without thinking. All those who have felt cool breeze in the fingertips or on the palm, or out of the fontanel bone area, please raise both your hands.

I bow to you, please take down. Now, your saintly life has started. First time you have felt this subtle power of divine love. Only thing we have to understand that in modern times, yoga is not individual, is collective. We have to become collective. So, to progress further and to grow into a great tree of Sahaja Yoga, you have to come to the collective. You may feel very much better now, very much relieved, relaxed. But you have to know your responsibility, because you have to give this to others, to spread this to others.

So first you come to collective and become masters. It hardly takes a month, I have seen. Some people become masters instantaneously. But you have to be perfect in knowledge, as to the centers, as to the Kundalini, as to the whole divine laws.

I have given more than four thousand lectures in English language. They are very subtle. So, you have to be in a state where you can understand and absorb them. So, please all of you come to collective. I've seen when I come there are many people, but they get lost till I come next time. So, they remain at the same state. Then how can you help yourself, and help your country and help the whole world? I must say one thing, Russians are very quick. I never knew they were so deep. Of course, must be thirty, forty percent Russians who are not good at all. But, those who are good, are very good. I know that Czech people are very artistic and have suffered a lot, but still, you have to now develop the new art of divinity. Because you are seekers and if you do not progress you won't be protected and you may fall into some trap of negativity. You don't have to pay for anything, even if you come to collective you don't have to pay. So, please try and get this knowledge, perfect it. We are not taking any money, so we don't have very elaborate places for you. Whatever is a humble place, please come there with humility. This will help you, not me, it's for you, not for me. So, please respect your self-realization. Thank you very much.

May God, bless you!

1994-0906, Sahaja Yoga: A breakthrough in our evolutionary process

View [online](#).

6 September 1994

Sahaja Yoga: A Breakthrough In Our Evolutionary Process

Public Program

Építők székháza, Budapest (Hungary)

Talk Language: English | Transcript (English) – Draft

Sahaja Yoga : A Breakthrough In Our Evolutionary Process, Budapest [Hungary] 1994 – 09 – 06 Public Program, Budapest,65'

At the very outset, we have to know that truth is what it is. We cannot describe it and we cannot change it. Unfortunately, at this human awareness, you cannot know the truth. There is still a breakthrough, that has to take place in our evolutionary process. Whatever I am going to tell you...you don't have to believe me. Blind faith has created all the problems. But please keep your mind open as scientist and if it is true then you have to accept it as honest people. Because it is for your benevolence, for the benevolence of your country and the benevolence of the whole world. So the first thing we have to know that, we are not this body, this mind, these emotions, this intellect, ego or the conditionings. But we are the pure spirit, and we have to be reborn to be that. We have in ourselves the whole mechanism already placed and through this mechanism passes this power of kundalini. This power is placed in the Sacrum bone, that means the Greeks knew it's a scared bone. Most of the world problems come from human beings, and all the human problems come from their centres. When these centres are in problem, we get all kinds of physical, mental, emotional and spiritual problems. But when this power rises, she enlightens all the centres, nourishes them and integrates them. It is a living process of evolution. You cannot achieve it by reading books, you cannot achieve it by chanting some mantras. You cannot achieve it by thinking about it. On the contrary if you read too much about it, about spirituality you get conditioned. Your mind can only move to the left or right. Thus some people become absolutely mad thinking that they know the truth. They become fundamentalists and they think they have a right to say that they are the people who are chosen ones. And those who get mesmerised go to the left. This happens to the seekers which is a very sorry thing. In these modern times there are many seekers who are born to seek the truth. But they are misled by many wrong people type of people who want to make money, actually it is a living process for which you cannot pay. But we don't understand that how can we achieve our evolution without paying for it. I say it is a living process. How much did you pay to this Mother earth for creating these beautiful flowers. If you ask a doctor who runs our heart, he will say it is autonomous nervous system, but who is this auto? Science also has its limitations, one of the greatest limitation is that it cannot answer why are you here? What is the purpose of life? There are many questions which can be answered once you get your enlightenment. Enlightenment is that, there is an all pervading power of Divine love, and that does all the living work. We have never felt the existence of that power. But enlightenment means that this kundalini has to be connected with that all pervading power. The kundal means the coil,because it is coiled up it is called kundalini. It is the reflection of the primordial mother. We have the Father, the Son and the Holy Ghost. If you have a Father and Son there has to be a Mother. But unfortunately Paul,who entered into Christian area tried not to bring in any feminine power. Perhaps he hated women. So in the west, I find the women have to all the time go on acting in a way that they should always feel attractive and they should keep the men very much pleased. But women are the power. They are potential power and men are the kinetic power. So there is a mutual living together that works out in families. If the families are not all right, the society won't be all right. And if the society is not all right, the children won't be all right. So it is very important to understand that there was God al mighty and also there was Primordial Mother, the Divine feminine power. Another thing we have to understand that people like Christ, who were of very highly evolved nature did not understand human beings. Christ has said that if one eye is doing the sign, you take it out. If one hand committing a sign, you cut it out. So half of the people, I think or most of the people would have been with one eye or with one hand. Christ thought that human beings, the Christians are all enlightened people. I think then Mohammad sahab must have thought that Christ has said so much about men then why not say about women also. So he put all kinds of restrictions on women. They never understood human beings at their own level. Both were divine, they could not understand what sort of human beings they are dealing with. So we have to understand that to be that, to be that pure, to be that righteous, something has to happen to us. You may be Christians,Hindu,Muslims anything, any brand, you can commit any signs.

But once we are enlightened you become automatically righteous. Once you are enlightened you become innocent. You don't have to take out an eye or cut the hand. You become what Christ has expected, people have to be. The trouble is all the religions became power oriented or money oriented, never spirit oriented. So we find that religion has failed human beings, actually the human beings have failed the religions. All the religions were born on the same tree of spirituality. Like flowers on the same tree, but they plucked the flowers and now fighting with the dead flowers. This has been realized by many people, we had Mahatama Gandhi and he realized the same, that once we get Independence in India, we should really propagate this. Actually what happens that once we become one with the Divine power everybody knows the absolute truth. You know the absolute truth on your fingertips. Because this vibrations start coming from your hands and you can feel this all-pervading power. If you want to know, Is there God? You just put your hands and ask a question and Immediately you will start getting a cool breeze of the Holy Ghost!

That means there is God! Talking about God has been quite a lot. But now the time has come to prove the existence of God. Now with the enlightenment, when you get to the state where you know the absolute truth, how are you going to fight with each other. There can be no discussion, no argument, such brotherhood of understanding. You transcend all these limitations of race, of religion, of countries and you all become universal being. That's your nature, because spirit is the universal being. You can feel your own centres because you get self-knowledge, and you can feel the centres of others. Mohhammad Sahab has said, at the time of Kyama, i.e. resurrection, your hand will speak. Also that your hand will give witness against you, means they will tell you what is wrong with you. So, this enlightenment is not just mental but it is felt on the central nervous system. Also you can know about the centres of others. So who is the other? You can feel everybody's centres so you become collectively conscious. Now if you know how to correct your centres and also the centres of others, you can help yourself and help others also. Your life gets transformed completely. You become a peaceful, joyous person. You become like a witness and watch everything without getting disturbed. You get out of your problems and you can watch them by that you can solve them also. You will be happy to know that in India there are 3 doctors who have got MD in Sahaja yoga for curing incurable diseases. But if you become Sahaj yogis, you never get into any trouble, whether physical, mental or emotional trouble. And also spiritual problems which are caused by going to false gurus and to false lines also get corrected. Actually your attention becomes very innocent and enlightened. Wherever you put your attention, it acts, works. It gives you all the information. Also you become extremely powerful within yourself and extremely compassionate. All destructive habits you give up in no time. People have given up drugs overnight. You can see yourself what's wrong for you. Supposing I hold a snake in my hand and there is darkness and I am obstinate and anybody tells me, there is a snake, I'll say no, it's a rope because I am obstinate. But as soon as there is some light, immediately I throw away the snake. That's what happens, you become your own guide, you become your own guru. And you get all the knowledge which is absolute. The greatest thing that happens to you is that you jump into the ocean of joy. Joy is a singular experience. It is not like happiness and unhappiness. When your ego is pampered, you feel happy and when it is punctured, you feel unhappy. But joy is such a experience that you just watch everything without being attached to it. You don't have to give up anything. We respect families very much. And you become very good family people. There are many enlightened souls who want to be born, and once you are enlightened, their children, who are born realized. And marriages also are very successful, most of them, may be one percent sometime they fail. On the whole you become extremely wise. We don't have to tell you, about how to behave, how to have children or not to have children, you understand everything. That's a new race already been created all over the world. There are 65 nations, who are following sahaja yoga. On the eastern side, surprisingly Russia has thousands and thousands of sahaja yogis. I find Russians are not materialistic like Americans. Of course 30 percent are not up to a level, very superficial. But the rest of them are very beautiful and are very introspective. They have thrown away all the false Gurus from Russia. They told them we have no money for you so better get out. This is the treasure of spirituality which you have. You are Divine within yourself. You are glorious and you are beautiful. You are glorious and you are beautiful. You don't know yourselves, that's the problem. You are lost in the wilderness of ignorance, I should say. But if you find yourself then you will be amazed, how great you are! You enter into the kingdom of God. And the life become a bliss. Every time, people get realization, they write to me very beautiful letters as to how they have got blessings and miracles. I told one gentleman, you compile them, within one month he said, they have gone up to my head, what am I to do? So, he said, Mother, you better see to it. I said, I have no time. Actually I travel every day, today I came, tomorrow I am going, so where is the time? I am 71 years of age and still I am working like this. So, this happens to you also. So, this is the power of Divine love. People have never known this. They only know hatred. People talk of peace; they have no peace. There are organizations of peace and people have got awards

for peace, but they are so hot tempered. If you have to talk to them then you must keep a barge poll in between. Barge poll is to push the force, you know. I don't know how they get awards for peace. All this can happen to you all. Now I have to tell you that it's very easy to get this realization. Sahaj, saha means with you, ja is born with you, is the right to get this union with the Divine power. It is absolutely spontaneous. It will take hardly ten minutes, to work out the process of Kundalini awakening. But you have to know one thing that Kundalini is the power of a pure desire. Whether, you are aware of it, or not but you have only one pure desire is to become one with the Divine power. Other desires are not satiable in general. For today you want to have a house, then a car, a helicopter, I don't know goes on like that. Whatever you desire, never satisfies with it. If you have pure desire to get your realization, it will work out in no time. Of course, you have to be humble, it's not meant for arrogant people. Of course, not meant also for idiots and stupid people. So, now about ten minutes, I said you will take. Now those who don't want to have, should leave the hall, I cannot force on you. Because, I respect your freedom. If you want to have, you will have. You have to be comfortably sitting, not to bend too much, not to go back too much, straight. You don't have to strain yourself in any way. Don't have to go to Himalayas, to stand on your head. There are three conditions, which are very simple. First condition is that, you have to forgive everyone, without thinking about them. Many people say that it's very difficult to forgive. But logically, whether you forgive or don't forgive, you don't do anything. So, when you don't forgive, you play into wrong hands. It's a myth, but you torture yourself. The worst thing is that the centre at the Optic chiasma is like this, constricted. And if you don't forgive, then this centre, won't open like this. And at this important moment, you will miss your self-realization. So it is very important that we have to forgive everyone and not to think about them, because that is also a headache. The second condition is that; you have to forgive yourself. That means you should not feel guilty at all. That is another weight. If do some mistakes, you must commit them at that time, what's the use of carrying on this weight of guilt. As a result of that your centre on the left hand side catches very badly. You get diseases like Spondylitis, like angina, like lethargic [unclear] So, why to get these diseases, for feeling guilty. In short you should be pleasantly face towards your selves. There is no confession in sahaja yoga, no not at all. Your Kundalini knows everything about you. I think they can't understand [unclear text] She is your mother, your individual mother your own mother. And she is anxious to give you the second birth. Why will she give you any trouble. When you were born your mother took all the trouble herself. So in short you should be pleasantly placed towards yourself. After all you are human beings and you can commit mistakes, you are not Gods. So I hope you will forgive yourself at this moment. The third condition is that you have to take out your shoes. Because this Mother earth helps quiet a lot. In England when I said you have to take out your shoes, half of them walked out. You have to know that we have two powers left and right. And the left power is for the action of desire. And the right one is for the action itself. Those who are sitting on the ground are all right. But otherwise you should put your both the feet apart from each other. You have to put your left hand towards me like this. Because the left hand is symbolically suggesting that you desire to have your realization. Now, we have to use our right hand for nourishing our centres on the left hand side. First we'll show you how to do it. Put your right hand on your heart. In the heart resides the spirit. If you become the Spirit, you become your own guide, your own master. So now, take your right hand to the upper portion of your abdomen on the left hand side which is the centre of your mastery. This centre has been created by the great prophets in the past. Now please take your right hand on the lower portion of your abdomen on the left hand side. This is the centre of pure Divine Knowledge. Now raise your left hand upper portion of your abdomen. Then raise it on your heart. Now raise this centre on the corner of your neck and shoulder and turn your head to your right. Here, where you don't have to feel guilty. Now please take your right hand on top of your forehead across. Here it is bend your head and this centre is about forgiving others without thinking about them. Please take back your right hand on the back side of your head and push back your head. At this centre, without feeling guilty, without counting your mistakes, just for your satisfaction you have to ask for forgiveness from the Divine power. Now stretch your palm fully please put the centre of your palm on top of your fontanelle bone area, which was a soft bone in your childhood. Push back your fingers and please put down your head. Now here put pressure on your head and move it seven times clock wise, slowly.

That's how you have to be, now you have to close your eyes, before that you will have to keep both your feet apart from each other. Put the left hand towards me and put the right hand on your heart. Here you have to ask a very fundamental question about yourself. You may call me 'Mother' or 'Shri Mataji'. Please ask in your heart three times, Mother, " am I the Spirit". I have already told you, that if you become the spirit, you become your own master. So now take your right hand in the upper portion of your abdomen on the left hand side and press it. Here you ask me another fundamental question about yourself three times in your heart. Here you ask, " Mother am I my own master ?" I have told you, that I respect your freedom and cannot force pure Divine Knowledge on you. You have to ask for it. So please put your right hand the lower portion of your abdomen and press it hard. Here you have to ask six times because this centre has got six petals. So please ask, " Mother give me pure Divine

Knowledge, please"; as soon as you ask for pure Divine knowledge, your kundalini starts getting awakened. So we have to nourish our upper centres with our self confidence, to make the Kundalini pass through. Now please put your right hand the upper portion of your abdomen on the left hand side. Here you ask ten times, "Mother, am I my own Master? "ask with self-confidence. Please don't open your eyes till I tell you. Now raise your right hand on your upper portion of your abdomen and ask really ten times [unclear] " Mother, am I, " Mother I am my own Guru" I have already told you that you are not this body, this mind, this intellect, these emotions, this ego, these conditionings but you are the pure spirit. Now please raise your right on your heart, and here say with full self-confidence, say twelve times, "Mother, I am the pure spirit." This all-pervading Divine power is the ocean of knowledge. It is the ocean of bliss and joy. But above all it is the ocean of forgiveness. Whatever mistakes you have committed, are absolutely dissolved in this ocean of forgiveness. So please forgive yourself and raise your right on the corner of your neck and shoulder and turn your neck on the right-hand side. Here you have to say again, with full self-confidence, sixteen times "Mother, I am not guilty at all". Now, I have told you, that if you forgive or you don't forgive, you don't do anything. But if you don't forgive then you play into wrong hands and make yourself miserable. Especially at this moment it is important, very important to forgive without thinking about them. Because this centre of agnya is very constricted, will never open and will never allow Kundalini to rise. So now raise your right hand on top of your forehead and put down your head as far as possible. Here you have to say from your heart, not how many times with full self-confidence, "Mother I forgive everyone" in general. Now without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask for forgiveness from all this pervading Divine power. So now please take your right on the back of your head and push back your head. Here you have to say from your heart, not how many times, " O, Divine power, if I have done any mistake knowingly or unknowingly, please forgive me" Last centre is very important because the Kundalini pierces through it and joins this subtle power of Divine love. So now you stretch your palm fully and put your palm on top of your fontanelle bone area. Now stretch back your fingers as far as possible and move your scalp seven times slowly, here again I cannot force self-realization on you, so when you are moving your scalp seven times please say, " Mother, give my self-realization" Now please take down your hands. Please open your eyes, now put both the hands, please open your eyes, put both the hands towards me, little higher and watch me without thinking. Now put the right hand towards me like this, put down your head and see from your left hand that if there is cool or hot breeze like vibrations coming out of your fontanelle bone area. Please don't doubt yourself. Now please put the left hand towards me like this and see with the right hand if there is cool or hot breeze is coming out of your fontanelle bone area. If it is hot then know that you have not forgiven, so please forgive. Again with the right hand. Put your right hands towards me and put your left hand on top of your fontanelle bone area and see if there is cool or hot breeze coming out of your fontanelle bone area.

1994-0910, Eve of Shri Ganesha Puja, Enjoy traditional music which is pure

View [online](#).

10 September 1994

Evening Program Ganesha Puja

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

[Talk after a musical concert; Yusuf Ali Khan on tabla and maybe Prateek Chaudhuri on sitar?]

Please be seated now.

It was a very great music program, I must say. He always says that whenever he sits before Me, he gets ideas very creative, and he just doesn't know from where they come. That means there is a divine reception, otherwise I don't do anything to him. [Shri Mataji is laughing]

Also with you people, you being all enlightened, there is a beautiful rapport. Such enjoyment, and such understanding, is not normally seen.

He has been playing all over the world, but he told me he has never seen such an atmosphere with so many people absolutely at peace, and listening so beautifully. Always I have seen all of them, all these musicians, they find a great rapport with Sahaja Yogis. And this is how this music is so much different what I know of.

I am very sorry to see now in India, people have taken to very cheap music, young people. This Coca-Cola culture has also entered into India. Thus, you find young people taking to very, very frivolous, useless music. In my own experience, I have seen, those people who listen to this 'hard music' are affected in their brains. There were three students who got affected and I made them gradually understand Indian classical music. They were all failing in their classes and were good for nothing. But they listened to Me and they are absolutely cured and they all got first class notes.

So, this music is- raises your Kundalini also, and purifies you. It soothes your brain. What you saw of Swadhisthana, can be neutralized by this music. Of course, this music is very speedy, but it starts with very slow movement. So, it doesn't jar you suddenly. I hope you Russians and Ukrainians will buy some of these records and enjoy them. I have not heard your Indian music, but I know about Romania. I have not heard their Indian music in India. But from Romania, these people they sing in Sanskrit language with such beautiful understanding of classical music. And today I was surprised that English have started singing in Sanskrit. It is a very difficult thing!

My father used to tell me, "You should never try to teach Hindi language to English, because it's impossible. Then if you cannot teach Hindi, how can you teach them Sanskrit which is a tongue twister?" But this is the beauty of Sahaja Yoga that everything they have now expressed in a way that they could never have done before. It's amazing the way they sing also Indian songs and Indian tunes, Indian ragas. Without going into any tuition, any study about it, without.

Now these two great artists have dedicated their life to music, and must have worked very hard to achieve this mastery. Of course, I will not say that you try to master the music of India. I will not say that because it's very, very difficult. But what you can do is to appreciate it. Like Me, I don't know how to play anything, you've heard. Maybe, harmonium I will play. [Shri Mataji is laughing]

But there should be people who should really appreciate and enjoy it. That is the greatest encouragement to artists.

He just once came to our program. I was amazed at his genius and the great creativity he has. And every time I see him, he again goes so much better than the previous. [Shri Mataji speaks in Hindi]

So we have here Yusuf Ali Khan [on tabla], who came through a friend of my husband. They say, "The Bengal is dying with music". In Hindi, they say that, "Bengal, from where he comes, is dying with music, life with music". And they have really great

musicians. And I am so very happy that we have somebody from Bengal. That state is very creative, in music, in art, handicrafts, everywhere. The greatest is the novelist, Sharat Chandra. I have not read anybody better than him. Sharat Chandra Chattopadhyay

I mean of course Tolstoy was great. I wouldn't say he was not. But the way Sharat Chandra understood human beings was so subtle like a music. I think he was the greatest writer and novelist I could think of. He was also a Realized soul. And in his novels he has described human beings as if they are some beautiful instruments played by the great artist, God. You can understand music but all these great works are to be translated for Sahaja Yogis. I think that they should know there are so many great writers and great novelist, poets all over the world.

In your country also, we had very great writers. And the great thing about them was that they showed, even a hero or a heroine, being introspective. Whatever they did, they used to introspect, "Am I doing it right or not? Is it proper or not?" This is something very unique of Russian writers. Also, the Russian music is also another spiritual experience for Me. In its own pure form, you can enjoy Indian music. In the pure form, you can enjoy Russian music. But it should be pure, coming from the heart not just to show off something. You cannot cheat people. All this hypocritical music will die out. I know that.

So, for Sahaja Yogis, it is important that they should listen to all classical music and music, also folklore is good, which is pure. I never had any chance to talk to you people about music so I have taken this opportunity to say a few words about it.

Music carries vibrations. Without music, we cannot have Sahaja Yoga. But that doesn't mean you just all run after music. You have to have balance.

[Shri Mataji is laughing]

So, we have to thank these two great artists who have come all the way to Russia. It was sheer, as if a big palace of joy, they created. They both are also Sahaja Yogis. They have vibrations. And because of that, you see, this rapport is so good, that you understand them and they understand you.

It was a very beautiful night we had with the children playing like that and the God of Innocence, Shri Ganesha, being represented by them. We have presents for you tomorrow, 11 o'clock. I hope you all will be here to receive the present and this time everybody should get. Only Russians and Ukrainian. Others are foreigners.

Thank you very much.

[End of recording]

1994-0910, Interview

View [online](#).

10 September 1994

Interview

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Interview. Moscow (Russia), September 1994.

The Interviewer: Что бы Вы хотели посоветовать россиянам, пожелать им в эту трудную минуту, поскольку сейчас мы все переживаем достаточно тяжелые времена?

Translator: What do you want to wish Shri Mataji to russian people in these hard times? Because we are now in hard times. What do you wish?

Shri Mataji: You see what they have to do is to get their self-realisation.

Translator: Понимаете, то, что вы должны сделать – это получить вашу самореализацию.

Shri Mataji: By that all the creativity will start manifesting.

Translator: Благодаря этому, вся ваша творческая способность начнет развиваться.

Shri Mataji: All their capacities in the brain will start manifesting.

Translator: Все ваши качества мозга начнут проявляться.

Shri Mataji: And they will have balance and peace.

Translator: Вы будете иметь равновесие.

Shri Mataji: You see it depends on how the personality is.

Translator: Вы понимаете, это свидетельство того, что вы являетесь личностью. [correct translation: это будет зависеть от вашей личности]

Shri Mataji: So in this hard time also they can be very joyous people.

Translator: Поэтому, и в это трудное время вы можете быть очень радостными людьми. Shri Mataji: And they could be the witness of the whole thing

Translator: И вы можете быть свидетелем всей этой вещи, всей этой драмы.

Shri Mataji: Moreover it is a very constructive mind that develops.

Translator: Более того, очень развивается созидательный склад ума.

Shri Mataji: So a new race is formed

Translator: Поэтому, формируется новая раса.

Shri Mataji: Where they have no fights

Translator: которая не имеет никаких ссор,

Shri Mataji: No arguments

Translator: никаких споров.

Shri Mataji: Love

Translator: А есть любовь,

Shri Mataji: And pure love

Translator: и чистая любовь.

Shri Mataji: That sort of a society once it's formed every sort of progress takes place.

Translator: И если формируется такого типа общество, то рассвет наступает во всех сферах.

Shri Mataji: First if your attention becomes sharp, deep and settled

Translator: Прежде всего, если ваше внимание становится острым

Shri Mataji: You just become like a master of Yourself.

Translator: и вы становитесь тогда просто хозяином, мастером самому себе.

Shri Mataji: And the amount of inspirations you get from the Divine, it is blissful.

Translator: И тот громадный опыт [все те вдохновения], который вы получаете от Божественности, он дает вам благословение.

Shri Mataji: So now the time has come for russians to get their blessings.

Translator: Поэтому сейчас пришло время для россиян получить их благословение.

Shri Mataji: In the whole of Europe, America, Eastern block russians are the highest people in spirituality.

Translator: Во всей Европе, в Америке, в восточном блоке, русские – высшие люди в смысле их духовности.

Shri Mataji: I mean Russians and Ukrainians.

Translator: Я имею в виду русских и украинцев.

Shri Mataji: You will find in the very short time they will become leaders of the world

Translator: Вы обнаружите в очень короткое время, что они станут лидерами всего мира.

Shri Mataji: Because what you need is wisdom.

Translator: Потому что, что вам нужно - это мудрость.

Shri Mataji: Even if you have affluence like americans have they are stupid people.

Translator: Даже если у вас есть идеи, как у американцев, все равно они остаются глупыми людьми.

Shri Mataji: If you have wisdom you develop a very balanced society, balanced politics, and balanced economics

Translator: Но если вы имеете сбалансированное общество, то у вас будет и сбалансированная экономика и сбалансированный склад ума.

Shri Mataji: For example your drug problem can be easily solved with Sahaja Yoga.

Translator: Например, проблемы наркомании, могут быть очень легко решены с помощью Сахаджа Йоги.

Shri Mataji: Overnight people have given up drugs

Translator: Внезапно, люди очень быстро бросают наркотики.

Shri Mataji: So if Sahaja Yoga is experimented by young people you will save all of them.

Translator: Поэтому, если Сахаджа Йогу ощутят молодые люди, то вы увидите все это.

[поэтому если Сахаджа Йогу примут молодые люди, они все спасутся]

Shri Mataji: So it's a great country and I adore it.

Translator: Поэтому, это великая страна и я ее обожаю.

Shri Mataji: Sorry I was late nobody told me he was here. (about the reporter)

Translator: Извините, говорит Шри Матаджи, что я опоздала. Мне никто не сказал, что вы здесь.

The Interviewer: I understand that you are very tired because you have programs in other cities of Russia and in Moscow so I really understand you. Thank You very much for this short interview and the best wishes from the bottom of my heart.

Shri Mataji: Thank you very much. You see the first time I was afraid of the media always because God knows what they will say.

Translator: Да, в начале опасалась средств массовой информации, потому что Бог знает что они могут сказать.

Shri Mataji: You just take it that it is for the benevolence of every individual, of your country, of the whole world, then they should support it.

Translator: Понимаете, если бы они прежде всего думали о благе каждой личности, каждой страны, всего мира, то это

было бы на благо.

Shri Mataji: Because we do not take any money there is not such involvement at all (inaudible)

Translator: Потому что, вы понимаете, мы не берем никаких денег, вовсе нет, никакого вовлечения в этом плане.

Shri Mataji: I am very glad that you are here, very happy. May God bless you.

Translator: Да благословит вас Бог.

1994-0911, Shri Ganesha Puja: Innocence is the source of Love

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11 September 1994

Innocence Is The Source Of Love

Ganesha Puja

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Shri Ganesha Puja, Moscow (Russia), 11 September 1994.

Today we are going to worship Shri Ganesha.

Shri Ganesha resides in Mooladhara, on the chakra, Mooladhara chakra. And not on mooladhar.

In the mooladhar is placed the Kundalini. She is the mother of Shri Ganesh, we call her Gauri. Yesterday you saw the picture, the drama, how Shri Ganesha got his head of an elephant. All these things have happened in another world. There are many worlds of which we know of this world, is a question of our awareness. Now we are at a human awareness, and we have risen to a higher awareness which is called as the fourth dimension. Without Shri Ganesha it is not possible. As you know he is the symbol of innocence within us. This innocence never gets destroyed because it is eternal. But it may happen that it will get covered with some clouds by our mistakes that we commit. But once you get your realization, your innocence is re-established, it manifests. And you become innocent, your attention becomes innocent. It is impossible to follow your religion, either Christ or Mohammed-Sahib or Jews, if you do not have enlightenment. This is one thing they did not realize, because they were of a very high level people. They did not know what is the condition of human beings.

As in the Bible is written that if your right eye commits sins - means goes against Shri Ganesha- you take it away. Or if your right hand does anything wrong against Shri Ganesha, then cut it out. Just imagine, if Christians were really practising Christianity, they all would have been without hands, without eyes. Because it is said that if you make any mistakes you better cut out, yourself. Christ said that you should do it, and also for men he was very strict, not for women so much. So Mohammed-Saheb thought, that why not say about women also? Why not restrict them, why only men? So he made strict rules for women also. In this case he said that you should hurt the woman or hit the woman or should try to restrict the woman, that is on the husband. But to do so, the husband himself has to be an innocent person. If he himself committed such mistakes, then what right he has got to become strict with his wife or with his sister? And the worst thing was, were the Jews, when Moses brought the Ten Commandments, he found that the Jews were having a decadent society as they have now.

Nowadays we have this decadent society in America, in.. everywhere. There are no morals, and nobody talks of morality. I feel that Sahaj is the only way where human beings can become innocent. Because Jews were given what you call the Sheriat (sp?). Where it was, if you are a thief, cut your hands, cut your nose, cut this portion, cut that portion... it's very serious. I saw that it is impossible to follow them because they are too pure, too important.

If you are Christians, you can't have two eyes, you can't have your hands. And if you are Muslims, your wives and your daughters and your sisters are always in danger. And if you are a Jew then all kinds of punishments are written for them. On the contrary, only the saints have been punished. All the good people are punished. Because there are so many people who are extremely aggressive and sinful. And they also do not know that there is wrong with them, something very much against the dharma, against the religion.

With Sahaj only, you get the light of the spirit. Shri Ganesha is the spirit within us. And he incarnated on this earth as our lord Jesus Christ. But all kinds of things have been done against such great people. And they made separate religions. None of these books have separated themselves from each other. For example, Mohammed-Saheb has described about Moses, Abraham, Christ, Mother of Christ. So he never established another religion, he was talking about all the religions woven together in one. But we have now people who do not believe that all the religions are born out of one tree of spirituality. They are not only fighting

with others, but among themselves. In the name of God they are killing so many people.

Innocence is the source of love. Like small children, when you see them sweetly dancing, you feel such tremendous love for them. When you see a little baby, very sweet baby smiling at you, you feel tremendous love for that child. If you do not respect your innocence, you can never be a loving person. And without love you cannot know truth. Only thing is that we feel rather sometimes awkward, sometimes frightened, to love the innocent people. The innocent are most harmless people. I do not like parents to beat their children at all. They are in innocence do something, so you must be really kind to them, and understand them. Nowadays, in Russia also, there are many children who are born realized. Because you all are now enlightened, and there are so many great saints who want to be born. But you have to be innocent yourself. The countries where the children are not respected, children don't want to be born there. There is a minus growth in those countries. But in a country like India, where there is so much love for children, they want to take birth in India though there is poverty. Children don't understand money and material things. They understand love.

If you don't have love in your heart, Shri Ganesha cannot shine within you. Now the difference between a mother and a mother who is very angry with her children is this: the mother who loves her child, enjoys everything she has to do for her child, while the mother who doesn't love the child feels that she is doing too much, she can't do it, it's too much. If you ask her what's the matter, she will say I have to wash this, I have to clean this, I have to look after this child, all kinds of stories. But a mother who is enlightened will love doing all that, and enjoy it. She will have respect for her children, and she will make them respectable. There is no need to be harsh with your children. Children are very sensitive and intelligent. Maybe among thousands you might find one child who is not so good. But later on, they pick up things from elders, especially from parents, and from the atmosphere, and they start becoming troublesome.

That doesn't mean that you should not control and restrict your children, and train them. Best way is to be yourself innocent and dharmic. Ganesha is the basis of morality. Moral behavior, when it is lost in a society, that society becomes destroyed. Whatever maybe the economic advantages they have, or they have financial advantages, or political advantages, but, they get destroyed from within. For example, take the case of America, which is supposed to be an affluent country. Which is doubtful to me that they are affluent, because they are indebted. But what is happening there? Small children of twelve years are killing and selling drugs. In some other countries in the west, so many children are killed by the parents. Every country which is affluent has some sort of a specialty of immorality. They are absolutely violent people, arrogant and egoistical. Innocence, first of all, absolutely dissolves the ego. And when you talk to children they make such sweet comments, such intelligent comments, that you are amazed how they are saying all these things. They are extremely affectionate, and extremely kind.

I'll tell you a story of some friends went to see the grave of president of America, Kennedy. So the child was looking at it, you see, and everybody was very solemn. Then the child turned to his father and mother and said "Mommy, why should you put this president under the earth, all the worms will eat him up.. Why this punishment?" There are so many things which you can see from these children when they talk, how they describe about other people. One day we had gone to the airport, and one child was doing like that, like that. So I said, "What are you doing?" He said, "I am trying to tie up these people, they are all off their heads." Like yesterday's Swadishthana chakra, they were. So children see also the game, and the whole drama is absurd. They are very innocent and so it's the easiest thing to give them good manners. In the case of Shri Ganesha, you have heard about the story that they had given – the parents, the father specially- said that the one who will go around the mother earth, I'll give him some present. And Shri Ganesha thought that look at this Kartikkeya, he can go faster because he's going on this peacock, which is a bird, which can fly, what about me? I'm just going on a little rat. But as he is the source of all wisdom, in his wise wisdom he thought, "My mother is greater than this mother earth." So he went three times around his mother, and he got the present.

A person who is innocent is extremely humble. He doesn't try to show off. He doesn't know how to show off. For example, Shri Ganesha has a little rat as his conveyance. But if you see people who are show offs, they try to buy cars beyond their means, with big loans, just to show off that they are rich. This is a disease of people who are not innocent. And people take advantage of this very much in the world. Like in the west, you see, they have designers. And they put their stamp as designers. And one has to pay a lot for that. So if it is on the coat written the designer's name, they always try to show like that, while going on the road. But nowadays, they are putting the sign here, of the designer. Is a very much in the west, not so much in Russia, but it will come. And

the entrepreneurs take full advantage of it.

That way I must say Indians are very very wise. Not all, but most of them. And because they believe in Shri Ganesha, they would not waste their money for showing off. So thus the entrepreneurs take full advantage of the people who try to show off.

Innocent person is not bothered about his own body. About any fashions or about any additions to his body, like people wear things just to show off. I'm just telling you because all this nonsense is coming to your country. I hope you people will understand that the greatest quality of beauty of personality is innocence. When the innocence is lost, people play into the hands of these designers who make funny clothes. They make clothes for women which expose their bodies. And the more it exposes, the more it is expensive. And despite all the cold, they try to wear clothes which are very scanty. And you can't even look at them. But they think no end of themselves. And all our films in the west are so horrible now that you just don't want to see. If they make some films out of children which are innocent, I tell you they can earn a lot of money.

The foundation of dharma is Shri Ganesh. If you see children, they don't know how to tell lies, very difficult. And they say things sometimes which might be embarrassing. Like one mother was saying in the presence of the child to her husband that the man who is coming in the evening, he eats like a hog. So this boy heard it and when that gentleman came and started eating, he was looking at him. And then he says, "Mother, he doesn't eat like a hog, why did you say that he eats like a hog? You should not tell lies." And the mother was so embarrassed. So they minimize also, innocent person by his innocence minimizes the judgement of others and criticism of others. Because they don't see things which normally a person who is immoral can see. Or who is not innocent can see. I remember my own granddaughter once she saw a lady in a swimming dress. It was a picture. So she said "Hey, you go and dress up properly, otherwise my grandma will be angry with you."

So when you see all these small little children talking, the way they behave, the way they are innocent, you really enjoy because innocence is the source of love. And it is the source of joy. Because if you do not have love, you cannot enjoy anything. And you start criticising and judging and wasting your energy on nonsensical things. Like the other day I was listening to some good music, and the gentleman was singing with his hands, a little bit more of action. But he had closed his eyes and music was wonderful. I really got lost into it. But there were some ladies who said what clothes he was wearing, how he was putting his hands, all these superficial things they were saying, not the essence. But innocence takes to the essence. And the essence is love. Thus we have to understand that the quality of Ganesha we must all imbibe within ourselves. His quality of innocence which is already there within us has to be manifested. Like I was with one sahaja yogi in his house, and we had a meeting there of about 25 people. And the meeting was over, I thought that he had said that I'll have my dinner there. So I just waited for all of them to go away. This gentleman was in the kitchen when they all went away. He came back and he said, "Mother what have you done? Why have they gone? I have cooked for all of them." And tears came into his eyes. I was so much overwhelmed by his generosity, by his kindness. And when the generosity is done innocently, you are not even aware of what you are doing. You just enjoy your generosity, and you don't bother as to see what is the reaction of another person.

We have in our shastras description of such people. Like Shri Rama, he went into the forest and there was a very old lady of, what you call, a tribal area. Very old, only she had two teeth left. Her name was Shabari. And she came before Shri Ram and offered him some plums, you can say, bers [berries]. And she very innocently told him, "See, all these I have tested with my teeth and those who are sour I have thrown away because you don't like sour ones. But they are all sweet." Normally in India people don't eat anything which has been touched by another mouth. So Shri Ram says "Oh, I see, you have done this work, so please may I have all these?" But his brother Lakshmana was angry, what is this lady she has no manners? So when she started putting this ber [berry] into the mouth of Shri Rama, he was getting even worse. So she said "See how carefully I have done this testing and you are enjoying, otherwise you would not have enjoyed them."

And here Lakshmana was getting angry, very angry. So Shri Rama says, "Oh, what wonderful fruits, I have never eaten such fruits in my lifetime." So his wife Sita she said "Why don't you give me some?" He said "No, no these are for me, I can't give you." So Sitaji said that "After all, I am your wife, and you have to share everything with me." So he said, "All right, as a matter of right, I am giving you." So he gave those bers [berries], those fruits to her.

So Sita said, "What? This is just like ambrosia, such beautiful fruits I have never eaten!" So she tells her brother in law, "See, what fruits, these are heavenly fruits!" So he got tempted. So Lakshmana said, "Give me some to taste also." So Sitaji said "No no no, I am not going to share, after all, I have got it with great difficulty from your brother, I am not going to share." So Shri Rama said, "all right, give him some." So this innocent old lady says, "No, I have some more, I can give him. You can have your share, I have

some more, I can give him." And she gave it to Lakshmana. He started eating and he really enjoyed, so much he enjoyed, he said "My god, I have never eaten such beautiful fruits." Even Shri Krishna, whenever he used to go to the capital of Hastinapur, he would not live with the kings there, with Duryodana, but with Vidura, who was the son of a maidservant. Because Vidura was an enlightened man, and he used to respect Vidura much more than anybody else.

But sometimes a mistake we commit that we get too much attached to innocent children. Give them too much importance. Innocence is like a river flowing, but if you try to stagnate it then the children get spoiled. They must be respected, but one should not try to make them look like something very exceptional. They are all just the same, they have certain various facets, but I have seen, children are just the same. Firstly, they never get bored. If you are innocent you will never be bored, you see beauty all the time, and even if you are alone you enjoy yourself. It is only the grownups get bored. Now supposing you are in the airport and its late, and the plane is late. All the others, all the older people will be very upset. But children will start playing with something that is in the airport – anything, a railing is there, or a steps are there, they will go up and down, enjoy themselves. They don't want to make a sort of a life miserable by just bringing everything to some meticulous definition. I have seen in the airport many a times people just feeling very bored and terrible and while the children are running up and down and playing and enjoying and making friends with other children whom they have never met. Only by innocence you can transcend your limited ideas.

I have seen parents who are extremely racist. Their children take to other people in no time. An innocent person is like that. He just can carry on with any type of person without even thinking what sort of a color he has, what sort of face he has, or what sort of hair he has done. These things do not matter. These are superficial. But children do not bother about superficial things. They just want to see the heart of the person. If the person is loving, whatever may be the race, religion, anything, children will jump. I've already told you that innocence dissolves the ego. Innocent person cannot be aggressive. And if the aggression is there that is also very loving aggression. Like a child would come and say that "Why don't you give my clothes to this boy?" And if you say, "Oh God, I paid so much money and you want to give it to this boy?" So he'll say "Alright, next time again you buy for me, but let me give this to this boy" innocently. Innocent children do not have sense of possession. Also they do not hesitate to share their things if they are innocent. But if they are brought up in a way that they show that "This is yours and this should be kept as yours" all the time put into his head that this is yours, then they start becoming possessive of their things.

The best thing to enjoy is to live with children. And to be like them. And to enjoy them. This is how our innocence gets nourishment. In Sahaja Yoga I have seen, people become really very innocent. Shri Ganesha who is on the backside of your head also, who is MahaGanesha here, starts acting on the eyes. The lust and greed from the eyes just drop out, because you become innocent in your attention. So you don't have to take out your eyes as Christ has said. Nor you have to cut your hands. Because you really become moral. I don't know how many of you know that all of you have become saints. As Ganesha was created, you are also created as innocent saints. Try to respect your innocence. That will make you feel young and happy.

Is a , in India, in Maharastra, we have eight swayambu Ganeshas. And I have seen the people of Maharastra are quite innocent. Somehow, its a very ancient country, and in that area specially Shri Ganesha is worshipped, so people have become very innocent.

They have a Ganesha being established during certain time, now is the time, for ten days. Made out of clay and later on is put in the water, sea or river. But as this Coca cola culture has also come to India, in the presence of Shri Ganesha they were singing horrible vulgar song and drinking in his presence. These were all public Ganeshas, you see. So I warned them in two lectures, that don't do this, because if Shri Ganesha gets angry, y u will get earthquakes. They would not believe me.

So third year these people in a village, quite a big place, went to the Ganesha resurgion, means where they put it Ganesha in the water, and they came back. And they were all drunk and they were dancing in the night. And suddenly this great earthquake came in, and all of them were buried. Except for Sahaja Yogis, and the Sahaja Yoga Center which was there was not at all hit by the earthquake. And there was a big gap round the Center, so the people ran toward the Center that they can be saved. But they all fell in that big gap and died.

So on the other side, the innocence is very powerful. Anybody who tries to molest or to try to destroy somebody's innocence is ultimately very badly punished by Shri Ganesha. Those people who do not worship Ganesha in their heart can become right-sided or can become left-sided. If they become right-sided they get all kinds of diseases, which are more physical. And if they become left sided then they get diseases which are psycho-somatic. Which are incurable. We have had some horrible people in

our country who preached that through mooladhara chakra , through sex, you can raise the kundalini. And they became tantrikas. People who were tantrikas did all kinds of horrible things in the temples they put erotics, insult to Shri Ganesha. They are all now being destroyed.

So one should never try to challenge a person who is innocent, who has the blessings of Shri Ganesha. Only through enlightenment one can awaken Shri Ganesha within yourself.

May God Bless You All.

1994-0912, We must have the wisdom to understand that we have to ascend

View [online](#).

12 September 1994

We Must Have The Wisdom To Understand That We Have To Ascend

Public Program

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Public Program

I bow to all the seekers of truth. I have been speaking every night that's why my throat is so bad I hope you will excuse me. At the very outset, you have to know that truth is what it is ...

We cannot change it. It cannot be forced on you ...You have to ask for it ...If you do not want it ...It cannot be forced. But these are the times what we call as the last judgement...If you want to go to hell you can go, and if you want to go to heaven you can go ...It is all your desire. Is a pure desire. As you see here in the triangular bone of Sacrum you have the power to ascend...All of you have this. It's all your own. But this is the power of pure desire...I see many people who think they are doing very well, they are very satisfied, they are very happy people and they are not worried about others. So we have to take to understanding...We must have the wisdom to understand that we have to ascend. All the religion were there to create balance in you but they became money-oriented and also power-oriented. This is the problem that when we go to religion we are disappointed...They had to be spirit oriented. They have to seek their enlightenment. But they did not. So people take to something what we call that they have no faith. But this is unscientific. You must keep your mind open to see for yourself. If there is God or not ...

Only through enlightenment, you will know there is. There is this all-pervading divine which you have to feel on your central nervous system... The time has come for you to become enlightened... It is through your own power you will become the enlightened soul. As Christ has said that you have to be born again. But people did not pay attention to that. Thus we find that though they were following the religion they were fighting among each other. They do not respect each other. They have no understanding that this is an anti-god activity, to indulge in power and money ...So those who are seeking the truth, have to understand that by paying money you cannot achieve it. God does not understand money. He doesn't care for money. And to ascend is your right. To feel this all-pervading power is your right. And the time has come for you to get that. By doing that you will achieve the state of your being which will be very powerful...It would be dynamic, at the same time very compassionate. If you are truly seeking the truth then you will get it. But supposing you are a hypocrite or arrogant and it is also not meant for idiots.

Now we are on the crossroads. There are so many problems in every country. Even in your own country. To overcome these problems you have to transform human beings. Unless and until they transform they cannot change the problem they are having. This transformation has to take place. This will definitely change the whole world...It will solve on an individual basis all physical, mental, emotional problems. And it will be benevolent for you. Benevolent to your country. And benevolent for the whole world. The time has come one has to realize ...And if it works, you yourself will feel this all-pervading power of divine love in your fingertip...For the first time, you will feel it and then you have to believe that there is this power.

If you are honest you have to believe. What happens to you is more interesting.

First of all, you become peaceful. You see everything as the drama that you are witnessing. You get out of your problems... And you can see your problems. And then only you can solve it. Most of the world problems are because of these chakras are in trouble. Because these problems come from a human being. If somehow you know how to solve the problem of these centres you can solve these problems. And solve the problems of the others ...When you get your enlightenment your attention becomes enlightened & you become the person without the lust and greed in your mind. You really become righteous. Automatically! Nobody has to tell you! In the light of your spirit, you know what is wrong. And then you just give up whatever is destructive ...You can help others ...Because you have the power to raise the kundalini. You can know about yourself and you can know about the others. But the highest thing that you can jump into the ocean of joy. That means you are in a state of [unclear]. Joy is not like happiness and unhappiness ...When your ego is pampered you think that you are very happy ...But when it is punctured then we feel we are unhappy. These are two sides of one coin. But Joy is singular. Of all the things you know the absolute truth on the

fingertips. If you know this truth, all of youthe same ...how can there be any arguments, any discussions ... then there is no quarrels no wars nothing. So the time has come to enter into the kingdom of god and god looks after you. You have to have a connection. This connection is the yoga which is very spontaneous. It's all built-in you, all the mechanism. You have to just open your heart and you can get it. This takes hardly 10 minutes ...But one thing I cannot force it on you because I respect your freedom. You have to ask for it. It's very simple, especially in Russia. Those who don't want should please leave the hall.

How many of you have come for the first time?

Please raise your hand.

Alright! There are 3 conditions:

The first one is that you have to forgive every one ...You may say that it is difficult ... But logically when you forgive or don't forgive what do you do?

But if you don't forgive you play into wrong hands. So you have to forgive also because at this moment the centre ... of this Agnya is being constricted ...And it won't open unless and until you forgive everyone. You don't have to think about that. That is also a headache.

The second condition is this that you have to forgive yourself...

You are not to feel guilty at all...

It's too much of conditioning that I am a sinner, I have done this thing I have done that wrong ...Its all conditioning. It is a myth ...Because it happened in the past, is all finished now. When you commit mistake then only you should face them at that time...But if you feel guilty than you catch on this left Vishuddhi which gives you spondylitis, which gives you enzyme also lethargic organ ...So why to judge yourself. Your Kundalini knows everything about you. She is your individual mother and let her judge. She wants to give you, your second birth. So please don't feel guilty at all.

The third condition is this that please take out your shoes.

This mother earth helps us a lot ...

Now Please put your both feet's apart of each other if you are sitting on the chair.

Those who are sitting on the ground are all right.

Now please put both the hands like this towards me...

First, we will show you how to nourish your centres yourself.

The left is representative of your desire so keep your left hand in your lap like this and we should use our right hand to nourish our centres. So please put your right hand to your heart. In the heart resides the spirit which is the reflection of god almighty...If you become the spirit, on the light of the spirit you can become your own master. So please put your right hand in the upper portion of the abdomen on the left side. We are working on the left side only. This is the centre of your mastery which is created by the great prophets. Now please take your right hand in the lower portion of the abdomen. This is the centre of pure divine knowledge. Now raise your right hand on the upper part of your abdomen, then on your heart and then in the corner of your neck and shoulder and turn it to the right ...This is the centre that I have told you already about. Now take your right hand at the top of your forehead. And bend your neck. This is the centre of forgiving others. Without feeling guilty, without founding the mistakes for your satisfaction you have to ask for forgiveness from the all-pervading divine. So take this right hand to the backside of your head and push back your head ...Now stretch your arm for the last centre. Put the centre of your palm in the fontanel bone area which was the soft bone in your childhood. Now please move your scalp...slowly ...Put down your head and move your scalp...Slowly ...You have to stretch back your fingers and please move the scalp seven times...Slowly.

Now, that's all we have to do ...

Please close your eyes and don't open them till I tell ...Now have your both the feet apart from each other.

Left hand on your left lap and now put your right hand on the heartPlease don't open the eyes till I tell you. Here you have to ask me a very fundamental question.

You can call me Mother or Shri Mataji...

Please ask 3 times -Mother Am I the spirit?

I have already told you that when you become the spirit then you become your guide your own master.

So now please take your right hand in the upper portion of the abdomen. And here you have to ask another fundamental question: - Mother Am I my own master?

Ask this question 3 times ...

I have already told you that I respect your freedom and I cannot force divine knowledge on you. So please take your right hand in the lower portion of the abdomen ...

Here you have to ask six times ...Please ask 6 times - Mother please give me divine knowledge ...

As soon as you ask for the pure divine knowledge, the kundalini starts rising. So you have to nourish your higher centres with confidence.

So now raise your right hand in the upper portion of the abdomen on the left ...And Here you ask ...You have to ask 10 times that I am my own masterNow I have already told you that you have to become the spirit...

You are not this body, this mind, these emotions, this intellect, these conditionings, this ego. But you are the pure spirit...So now raise your right hand on the heart and now say 12 times – mother, I am my own spirit ...

This all-pervading divine power is the ocean of knowledge ...It is the ocean of bliss and above all, it is the ocean of forgiveness. Whatever mistakes you have been committed can be totally dissolved into this ocean of forgiveness... So please forgive yourself. Raise your right hand in the corner of your neck and shoulder and turn your head at the right. Here you have to say 16 times with full confidence Mother I am not guilty at all.

I have already told you that even if you don't forgive you do not do anything ...But if you don't forgive then you play into wrong hands...And torture yourself ...Especially at this time it is very important to forgive so that this centre of Agnya opens otherwise the kundalini will not pass through. As if you have tortured yourself by not forgiving and at this great moment you will miss the point. So please forgive ...Raise your right hand to the top of the forehead across and put down your head. Here you have to say again with full confidence, not how many times but from your heart ...Mother, I forgive everyone. Now without feeling guilty, without founding any mistakes just for your satisfaction you have to ask forgiveness from the all-pervading power ...So now please Put your right hand on the top of your head at the backside and push back your head ...Here you have to say oh divine power! If I have done any mistakes please forgive me ...Say it from your heart! Not how many times. Now the last centre which is very important ...Stretch your palm fully ...Put the centre of your palm on the fontanel bone area and push back your fingers ...Here again, I cannot force self-realization on you. You have to ask for it ... So please put down your head and stretch your fingers ...And move your scalp slowly 7 times saying Mother Please give me self-realization ...

Now take down your hands ...

Please open your eyes ...Raise both your hands like this And watch me without thinking... Like thisNow please put the right hand towards me and bend your head ...See with your left hand if a cool breeze or hot breeze is coming out of your head ...Please bend your head...See yourself

It may be hot ...It may be cold ...

Now please take left hand towards me ...

Bend your head ...See for yourself with your right hand ...If there is a hot or cold coming out of the fontanel bone area...If it is hot that means you have not forgiven So please forgive ... Forgive everyone!

Now put your right hand towards me and see it with your left hand ...if there is a cool breeze coming out of your fontanel bone area...Some people get it far away some people get it near. Now please put both the hands towards the sky like this...

And push back your head. Ask 3 of the questions

First one –Is this the cool breeze of Holy Ghost ...Ask 3 times

Or

Mother is this the all-pervading power of divine love.

Or

Mother is this the PARAM Chaitanya.

Ask any one of these questions 3 times ...

Now take down your hands. Please put both the hands towards me and don't think ...If there is a cool or hot breeze coming from your fingertips or in the palm or the fontanel bone area please raise your hand ...I bow to you all. All the new people have also got their realizationYour saintly life is started but it is not an individual process ...It is a collective process ...And you have to come to our centres to grow. To know everything about this. Within one month you will be masters. You have to respect your self-realization.

May God bless you!

1994-0914, Medical Conference

View [online](#).

14 September 1994

Conference

St. Petersburg (Russia)

Talk Language: English | Transcript (English) – Draft

Medical Conference, St Petersburg (Russia), 14 September 1994.

I bow to all the seekers of truth.

I am so enamored by this august gathering here, and all this is because of Dr. Voronov who has done so much. I don't know how Dr. Voronov; I don't know how he found Me. He came to see Me and I was amazed that he's a scientist and such a great seeker of truth. Also, I am so much surprised that scientists are talking of morality, it's something unusual. It's only in Russia people can do that. Because science is amoral and has nothing to do with spirituality. It is now this new step I find, you people who are so advanced that you want to know about spirituality. Spirituality is metascience.

The morality sense has come now to science and scientific research that they are realizing that there are genes in the human beings which get into mutation. I have told long time back that there are two genes especially, which look after our morality. With one gene mutation we do sin against the Mother. Sin against the Mother is that you indulge into things which are immoral, everything that is self destructive. This self destruction is what we call immorality.

The second gene in the human being is, goes into mutation when you do the sin against the Father. Against the Father the mutation takes place when we are aggressive, violent, we are thieves or do things which are improper in the legal way. These genes get into mutation and then person start doing all kinds of things. Either he starts destroying himself or he starts destroying others. Thank God they have now reached the state of genes in the medical science, and I am sure they'll find out these two mutation bound genes in human beings. Only through traditions of moral life that these can be preserved.

In the democratic countries freedom was given, so they went absolutely haywire and these two genes have gone into such mutation that people do not even know that they are doing something wrong.

In a way, science has shown that going beyond limits of science one can get reactions. When there is no limits of production of anything which is scientifically found out, people go on producing things like atom bomb, hydrogen bomb, all kinds of things. Then it recoils. Now there is a big movement to stop the production of these bombs. This aggressiveness which started with scientific advancement went too far. It dominated so many countries and destroyed so many people. And the second part which is the sin against the Mother, where people have now taken to drugs, alcohol, womanizing - all kinds of wrong things. In America you cannot talk against homosexuality because homosexual gave votes for Clinton to be elected, and the AIDS are the reaction now to stop it. Now with this reaction what is happening is that they have now become like martyrs, they think it's a very big thing they have done. Because their ego now is hurt and they do not want to admit that they have done mistake, that they have got this AIDS, this horrible disease. But who creates the genes, and who puts them into mutation? In the science yet there is no answer. Here you see within yourself, this is the mechanism.

They can see? All right.

This is a built-in system within us, very subtle built-in system within us. You are all scientist here so you should have an open mind. Whatever I am telling you today is before you some sort of a hypothesis. If it is true, then you have to accept it as honest people, because it is for the benevolence of you as individuals, for the benevolence of your country and the benevolence of the whole world.

Here you see a triangular bone which is called as sacrum, which Greeks knew was a sacred bone. In this bone lies a power of pure desire. All other desires are not pure. Today you want to buy a house and a car, then a helicopter. You go on buying, you are never satisfied. According to economics, wants are not satisfied, in general.

So this is the pure desire within us. You may be aware of it or may not be. Now what is the pure desire? The pure desire is to be the Spirit. You are not this body, you are not this mind, you are not this intellect, you are not these emotions, you are not these conditionings, nor you are your ego - but you are pure Spirit. In the evolutionary state you have reached a state which we call as human beings, but is not the end of the journey. Even in science you find out something then somebody else comes in says, "No that's not so," and somebody else comes in says, "No that's not so." So we do not know the absolute truth. If we had known the absolute truth there would have been no quarrels, no fights, no wars. I said this is metascience but was known in My country thousands of years back.

If I have done anything it's this: that I have brought this knowledge to the masses. It's nothing great. All right, so all human problems create world problems, and all human problems comes from these centers which are our foundations. These centers act on the left and on the right. Like this, the centers are. The left side sympathetic and the right side sympathetic are not doing the same work. They do two types, absolutely different. The channels which look after these two are shown here and in the center is the parasympathetic nervous system.

Again I say it is metascience. In the center is the parasympathetic nervous system. I need not tell doctors, they know that when you want to run you can increase the beat of the heart. In emergency sympathetic acts, but the heart is brought to normal by parasympathetic. Now in the brain, as you see on top of the brain these channels go and create from the left side you see this they cross over, in the optic chiasma about that time they cross and create a balloon-like thing. These balloons are created by the left side, this one, left side activity, and you get your conditionings. This can be called as psyche but psyche is ambiguous I think.

Say a mother is nursing a child and the child is very happy, but she turns him round so he doesn't like it, so the second line of ego starts, then she scolds him, "Don't do like this." Then the first line of conditioning start. Thus we live either on ego or on conditioning. We see these beautiful flowers, but they are miracles, aren't they? Who creates these flowers?

If you ask a doctor who runs your heart, he'll say it is autonomous nervous system, but who is this "auto"? This they cannot answer. Now this Kundalini which is in the triangular bone is your Mother, is your individual Mother. She knows everything about you. She's a doctor also, and also a psychologist, and a scientist. She thinks, She understands, above all She loves. Everyone of you have this power. This power when awakened passes through six centers above. These six centers are responsible for your physical, emotional, mental and spiritual being.

We can deal with one center today, it's a very short time. This center is the second center of Swadishthana, which is on the physical side manifest as aortic plexus, aortic plexus. You see I don't know what you call that. All right, only we'll deal with one today and you'll be amazed how many diseases can be cured if this one center can be enlightened. The function of this center, because it moves like this, you see as you have got this thing, it moves and can also then contract. It's like a lotus. So the function is to look after liver, and so pancreas and spleen, kidneys and intestines - one center. Also it has another very important work is to convert the fat for the use of the grey cells, energy.

Now the scientists have not reached that point. So a person who thinks too much - he is futuristic, he plans - such a person uses the energy of his grey cells, isn't it? So this center becomes concerned about the supply of the energy. So all these organs start suffering from starvation. First attack is on liver. The function of liver is to deliver the poison from the body into the blood. I am talking in general. All right, now what happens that the heat accumulates in the liver. Such a person starts becoming thin because there is poison in the liver. He becomes hot tempered, he develops skin troubles. Then this heat can start moving to other organs, because the organs are also suffering. So when it goes to the pancreas, people start suffering from a disease

called diabetes. Diabetes can only happen to people who are futuristic, who sit on the seat, plan things, only they get it. In My country the farmers take at least six spoons of sugar in one cup of water, cup of tea. They don't get diabetes because whatever they are, they spend and sleep off. This disease is more in the West. In the West people have insurances, all kinds of problems if they even have a small little thing. It's a mad race of insurance.

Now the other, spleen, is the most important. I don't know about Russia, but in the other western countries the people sleep very late. They have to attend drinking parties, dancing parties, maddening parties. There is they get up very late. Somehow or other they dress up hectically and start reading newspapers. Now our spleen is a speedometer. It creates red blood cells, as you know very well, when there is emergency. But the life is so hectic, and then to read newspaper in the morning you get such a shock that this poor spleen starts working. Then they get into the car and there is a traffic as we had. I am sorry I am late but we started long time but there was such a traffic on the way. So they get upset and go to the office and the boss starts shouting at them. They are just slaves of the time. Even if somebody's one minute late, you'll shout for fifteen minutes. So this poor spleen doesn't know how to cope with this hectic personality that also become hectic and vulnerable to blood cancer. I must tell you that truthfully, that blood cancer has been cured by Sahaja Yoga, without changing blood, without doing anything.

Now third thing is the kidney. With this heat the kidney also coagulates, so you cannot even pass your urine. So you go for dialysis and die bankrupt. This is a fact. Now this can also be very much cured by this Kundalini awakening. There is no need at all to go in for dialysis. Then comes the intestines. The intestines also lose their movement and people get constipated. Some develop terrible constipation at the end of the intestine, large intestine. Now apart from that, when this heat rises above it reaches the heart. If there is a young boy who is drinking too much, who is playing tennis or something very hard game and who thinks too much, such a young boy can get a heart attack which is always fatal. Also heart attack people get it in old age because this heat goes and contracts the heart, so you get a massive heart attack, not angina, not angina, but massive heart attack. Then this heat rises even above and goes to the brain and constricts some arteries and you get concussion of the brain on the left hand side, left hand because it crosses over and one gets paralysis, on the right hand side. It's a reaction. There are diseases on the left hand side also.

I don't know why I am so thirsty here.

Now when it is on the left hand side, your diseases are of a more serious nature. I don't know how far you will believe Me. Left side gives you psychosomatic diseases. All incurable diseases. Right from muscular diseases, cancer, heart - angina, madness, lunacy, out of which psychosomatic are these diseases and lunacy is just somatic - I'm sorry, psychic or lunacy and all that. All others are psychosomatic. They come from viruses. Now on the left side is all our past, since our creation. So there are many dead vegetables which have gone out of the circulation of evolution, dead animals, dead human beings. Now these, like tomorrow, will become out of the circulation. So when the attention starts moving towards the left, towards the past, or you get a shock or you start feeling sorry for something, then it goes to the left. Russia has more left side I feel because of whatever was the political situation before.

So one has to be in the center because if you go to the left, then these viruses catch you or some dead animals will catch you, some micro animals might catch you or some human beings who are dead. So the possessions take place. Now with the awakening of the Kundalini your attention is drawn in the center, all the religions were created to create a balance, not to go to extremes. But why the balance? Because with the balance only you can ascend. As I said these flowers are created, all living work is done by All-Pervading Divine Power. In the Bible is described as the cool breeze of the Holy Ghost, in the Koran as Ruh.

And also you say Ruh? Really? Good.

And in Indian philosophy is described as Paramachaitanya. Adi Shankaracharya said, "Salilam Salilam." Means, "cool, cool." So you have to become one with that. That is the yoga. Once you are united with that All-Pervading Power, then you become empowered.

Our thoughts rise and fall, again rise and fall and we are jumping on the cusp of the thoughts. We cannot be in the present, and

the reality is in the present. So when this Kundalini rises on this center on the optic chiasma, She creates present in you, becomes silent, thoughtlessly aware. You are aware but thoughtless, so you jump out of your problems also. If you are standing in the water you are afraid of the high waves, but if you jump out of it into a boat you can see that, you can enjoy them, but if you learn how to swim you can jump in and save many, so you become into next state, doubtlessly aware.

You have so many powers potential in you, they are awakened. In India many artists have become world famous. Many painters have become world famous in Australia. It is a bliss. Actually you enter into the Kingdom of God. And all the time you feel you are being looked after, guided, protected. That is your right, we call it Sahaja Yoga. "Saha" means with "ja" is born. Means it is born with you, this right to be in this yoga to union. So you become divine. Automatically you become absolutely moral, you become righteous, you enjoy all your virtues, you become your own guide in the light of the Spirit. Overnight, I have seen, people have given up their drugs. This is the last breakthrough of our evolution.

I am so very thankful to our professor for organizing this beautiful, august meeting for Me. Can you imagine Christ addressing you people like this? Can you imagine Christ addressing them? These are modern times that I have this chance to talk to you, these are modern times and enlightened people. They crucified Him. Christ was a great divine personality, very great. He didn't understand human beings, because He was so pure. What He has said that if your eye commits a sin take it out, if your right hand commits a sin, cut it. In the West everybody would have been without hands and eyes if they followed Him.

Then I think Mohamed Sahib thought that Christ had so much, He had said about the men to be that strict, you see, but women He didn't say anything. So he said about women horrible things. It is too much. I just thought that first let them have little light. Now supposing I am obstinate, I have a snake in My hand and I am standing in the darkness, but you are adamant and I don't want to listen to you. I am adamant, don't want to listen to you. You go on telling Me there is a snake. I will not leave it till it bites Me. But if there is little light, immediately I'll leave it Myself. That is what I thought that human beings if they get little light they will immediately change, and has worked. I never dreamt that I will be able to address such people in Russia, never dreamt. It is really thanks to you, Professor, really. Such a great honor for Me, I don't know what to say. It's really destined I think that such divine people should be sitting before Me.

In this short lecture I am sorry I can't tell you everything about Sahaja Yoga. In English language only I must have given at least five thousand lectures. But lecture is just a mental acrobat. You have to go beyond it and achieve a state of enlightenment. Enlightenment doesn't mean any brand like born again or anything. It is a actualization and the becoming. It's not just talk, talk, talk. It is also not blind faith. This is an actual happening. This happening has to take place, for which you don't have to pay. It is a living process. When you put a seed in the Mother Earth, it sprouts. How much does the Mother Earth take from us money? Because it is built in the Mother Earth to sprout and built into the seed to be sprouted. It's a living process of spontaneity. Nobody can explain why are we on this earth. Nobody can say why, when the fetus starts growing why don't we throw it away, as all the foreign things have to be thrown away out of the body? But it is preserved, looked after. Till it has to be thrown, it is kept in the womb. Who does that?

The other day somebody asked Me, "Why am I on this earth?"

I said, "To become divine and to enter into the Kingdom of God."

So he said, "What? Will that help me?"

I told him, "First you enter. It will not only help you physically, mentally, emotionally, spiritually, but it will help others."

On your fingertips you can feel your centers. On your fingertips you can feel the centers of others. Otherwise half of the people die only during diagnosis. Only on fingertips you can find out the trouble. They talk the language of centers. You can feel the vibrations of anyone, if they are dead, alive or far away. Now if you know how to correct, you can correct your centers and correct the centers of others. Because, who is the other? You have become collective now, that means the microcosm has become the macrocosm, or the drop has become the sea. This is your capacity. This is your glory. This is what you have to have your own.

No obligation. It's all love and compassion. The power is of love, of divine love, of pure love without any lust or greed. We have never used, never used the power of love. Now the time has come, and one day I'm sure this Russia will be the leader of the whole world. This knowledge is coming, say, from an Indian person, or India, but science has come from the West, so doesn't matter. If it is coming from the East, why should people think it's something low? All the wise people will realize that they are divine. Of course it is not meant for idiots and childish people. I find Russians are very wise and very introspective. First when I came with My husband, I told My husband that Russia will be the first in spirituality.

May God bless you all!

1994-0915, Completing Human Evolution Through Enlightenment

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Completing Human Evolution Through Enlightenment

Public Program

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I bow to all the seekers of truth. At the very outset we all have to know one thing that this truth is what it is. You cannot change it, it has been, it is and will be, because it is eternal. The truth is that you are not this body, this mind, these emotions, intellect, ego or your conditionings but you are the pure spirit. Another truth is that there is a all-pervading power of Divine love which does all the living work. When we are seeking truth one has to know that whatever so far we have known is not the absolute truth. For example, people are seeking joy, they are getting money, buying things out of money having possessions. Then they try to get their joy in power. They want to have higher positions so that they can control people. There are all kinds of pursuits people have in their lives. But it doesn't give them joy, doesn't give them satisfaction. What is the satisfaction is their ascent. That is what Christ has said that you are to be born again. And in the Bible also, in Indian Scriptures it is written that you are to be born again. In Sanskrit language a bird is called 'Dwijaha' and also a Brahmin, or the one who is known this brahama, who is enlightened is called Dwijaha'. Because once the bird is like an egg, when it matures, the mother breaks the head of the egg and the bird comes out. But the bird is very different from the egg. And then it starts flying. In the same way a realized soul is first a human being, then he matures by the Kundalini awakening, he becomes an enlightened soul. Without enlightenment you cannot follow any religion, you cannot understand it. For example, when 'Moses' came from the mountain, {unclear} he brought with him the ten commandments. But he informed the people, [unclear] quite decadent condition. Very immoral, money-oriented and very frivolous. They were killing each other and were doing all kinds of wrong things. He got so fed up that for them he brought 'Shariyat', for the Jews. Its described in the Bible, in the oldest, {unclear}. So it was very strict and very cruel also. It said that if anybody steals anything, his both hands should be cut. And if somebody has immoral [unclear] means a man or a women then they should be buried upto the neck or upto the waist into the land and should be beaten with stones. This was {unclear}. But Jews found very very difficult to follow. So they thought we better go and respect near the wall, there is one wall, they have where they go and respect. This a device they found [unclear] but [unclear] but it's very difficult. So they are doing everything and hiding it. Once I was travelling from Vienna to London and I went off to sleep. When I opened my eyes I was surprised, they were different people, very smartly dressed, ladies wearing very small skirts, smoking. So I asked the air hostess, "Is this some other airport?" She said, no this is a direct flight, so I said, "who are these?" She said, they are the same. But as soon as they left their country, now they have become westernised. So I was surprised that these people, why do they try to be Muslim, they better give up Islam, if they cannot follow then it will be hypocritical. These people in charge of Islam did not find any other method to avoid, like [unclear]. They are supposed to make prayers quite nicely but some of them do that but not all. So it is very difficult to follow Islam, to be very frank. Not even one percent people are [unclear]. Then came, also Christianity came before that. And as Christ was such a pure soul, he thought all of the human beings are also like this. So, he said if you commit any sin with your one eye, take it out. If you commit any sin with your hand cut it out. If somebody slaps you on this face put another face to him. Imagine what would happen to all the Christians, they would be without both the eyes, both the hands. So Christianity also became very difficult. Because just by talking you cannot prove Christianity. Just by wearing the cross, you cannot prove Christianity. So it became like a confession sort of a thing. [unclear] was that You go and confess, finish. So people developed guilt and left Vishuddhi. All this was meant for enlightenment. So, Sahaja yoga is the real thing. What happens that you become enlightened. And you yourself start seeing yourself. And you start looking at yourself as a witness. Also you know the absolute truth. And you can find out what's wrong with you and what's wrong with others. By this you are not concerned as to how the person is dressed or how he looks but you are bothered about the centres he has. And you are worried about your own centres. When somebody comes and tells me, "Mother, my agnya is very bad please cure it. Meaning I am very egoistical. But now a day nobody says I am egoistical. Or somebody says my mooladhar is very bad, means he is immoral. But nobody says that I am immoral. So they talk the language of the Chakras, centres. And so everybody's chakra is. After realization you become like lotuses out of the power. And fragrance of these lotuses start taking the whole atmosphere. You are so satisfied. You are not bothered about anything.

And waves of joy start flowing in your life. What work you do is to do sahaja yoga, spread Sahaja yoga, talk sahaja yoga. They become very peaceful. Now we have so many people here and so many came to Ganpatiphule and other places, I was stunned, have never seen them quarrelling. You may come from Romania, you may come from Russia, Bulgaria, you may come from England, you may come from America, India, any place, you all feel you are one. You transcend all racialism, automatically. Fundamentalism. Everything drops out, and you become a global personality, Universal personality. And on your faces you can see the glow. And you yourself become so active and so dynamic. At the same time, you are very compassionate. Or do nothing but work for Sahaja yoga, which is the highest. You are not [unclear]. We don't have hierarchies. We have no awards. But everybody, whether they are at the top or at the bottom of society, they all become one. There is no force on anyone. There is no compulsion. There is no[unclear], and you become such happy joyous people. Because you enter into the kingdom of God. Then you don't worry about anything. Every moment there are blessings for that. And the blessings that you have, you are amazed, they are like miracles. You are so satisfied with yourself that you don't have to worry about the nonsensical things as others do. If you have lost the way, you think it's all right, after all I have to go that way. You communicate with each other with your vibrations. The Divine love flows through you. Like the sap in the tree. It moves to different parts of your society, if it's the father, you respect the father, as he should be. If it's the mother you look after the mother, if your brother, sisters everybody you give whatever is desired. And to sahajyogis and to Sahaja yoga you give your complete dedication and it starts and doesn't stay at one place. The fragrance then spreads all over. There is a, I mean when people start describing to me the miracles. All kinds of miracles, which are really unbelievable. So I told somebody that why don't you compile these miracles. Within one month he said they have gone up to my head. I said, I cannot sort them out, you yourself sort these he said I can't, it's such a lot, I don't know what to do. Ordinary people become great poets, orators and people who had taken to bad habits, give up overnight. If I say, don't drink, don't smoke, half of the people will go. But best thing is to put the light of spirit in you. Once you have that light within you, you are your own master, your own guide. [unclear] There is one thing I would like to warn the Russians. I have seen this in Turkey, I have seen this in Turkey. In Turkey people don't have so much money but they have a German Television. And through German television, they are very much impressed by German. They start using the German clothes, German cutlery, crockery and also the food. And now they have become extremely [unclear] . I find the same here. In the shops I have been, I have seen all kinds of German things, American, European, nonsensical all, what you can call junk, which they cannot sell there. Because they have no discretion. They cannot sell. So they are like junk, just useless and they are exporting all junk here. And I am surprised people wear those dresses at such a high price. They all very patriotic. In India we cannot import anything from outside, you cannot have one shop, which is imported, even one shop. So there is no need to run after these junky things and make yourself poor. They all sell in dollars, and one dollar is, "how much in rupees...two thousand, just imagine, that's the point, tell them." You should not buy anything of that kind. Because that will really ruin your country completely. Whatever you can buy in your rubbles, you should buy that. Or just don't buy. This is the way you can build up your country. I have nothing against Germans now, because German Sahaja yogis are very fond of Russians. And they also told me, "why are they buying this junk?" So, you can imagine. So, at least those who are in Sahaja yoga should not buy anything which comes from outside, even from India. Because you are at the beginning stage. Off course, money is not important, but if you become beggars, who will listen to you. This is very important, because your country is building up now. Sahaja yoga is definitely nothing much spiritual. But it penetrates into every area of your life. Because you have to have wisdom and understanding. It is not that you are a sahaja yogi and you can be cut out from your society, cut out from your country. You are a part and parcel of this country and a very dynamic one. There are so many things that can be done for helping your country also. I think, since last year, things have improved a lot here. And people are[unclear]. But still if you do not understand the tricks of the western entrepreneurs, you will [unclear] . While you have such a big artist in your country. Tremendous artists, beautiful work. You should only buy from the artist and encourage their art. There are very few countries, who have hand made things. One is Russia, one is India and one is China. And the Chinese art is moving everywhere. Because they respect, respect their art. It's better to have one artistic piece then to have ten plastic things. Artistic things are made by an artist and he puts all his joy in it. They are so beautiful, that when you watch them you become thoughtlessly aware, a stage you have to achieve in Sahaja yoga. The second stage as you know is the doubtless awareness. For that you have to just love yourself and love others. Just you have to change. I must say, the qualities of Sahaja yogis, in Russia, Romania, Bulgaria, also Poland, also Czechoslovakia is much better than anywhere else. It's very surprising. And the dedication they have, and the understanding they have, shows [unclear] they are all very wise people. What I know is that they know [unclear] . They do not rationally try to avoid mistakes, by saying no-no this is this, that is that, they always accept their mistakes. So there cannot be any guilt and there cannot be any ego. So if one commits any mistakes , it's all right, we are all human beings. Accept the mistake and say I will not do this again, finished. Sahaja yoga is such a cleansing process; such a cleansing. It

cleanses you. Makes you absolutely pure and it also reflects through you, your beauty and your radiance. The more you are dedicated, the more you achieve your joy. When there was a coup year, I could not come at that time. And I asked the sahaja yogis, are you still worried about the coup, and all that is happening in your country. And they said, Mother, why should we worry, we are in the kingdom of God. What an answer, I was really surprised at their confidence and satisfaction. A sahaja yogi has no complains of any kind. Everything is [unclear]. The blessings of Divine are great and one day this country will lead the whole world in spirituality, now I know. Today I was amazed at your scientists, they are so mature and wise, that they are trying to connect morality with [unclear]. In the whole world you cannot find scientist, who will even think of this. They can never read a sense of what people are suffering, its coming from immorality. I was so much surprised, that a gentleman, who is a surgeon, ninety year old, was talking against alcoholism. In the whole world I cannot think of any surgeon talking about this, he'll lose all his practice. You can't talk of morality. They think it is...out of making sense. I was so much surprised at the wisdom of this scientist. With such people as your leaders, I am sure, one day you can show the world one day, what is spirituality, what is morality. With Sahaja yoga, morality starts acting through you. You become moral. You become righteous. You cannot be immoral. You become a different person. And the whole personality changes in such a way that people respect you for your wisdom. I am so very happy to come here as you call it St Peter's burg, I was here first time and I was amazed, the way people were sensitive about sahaja yoga. Such beautiful city and so artistic. Such a beautiful city and one of the most beautiful. Such a beautiful city, one of the most beautiful. You must respect your building and with that [unclear]. And so the artist who came here must have been a realized soul. Only an enlightened person can make such beautiful houses. So in some cases we are appreciate only what is old, that is gold. We should not try to be modern. They are all [unclear] absolutely stupid. You can't understand [unclear] these Americans. One Russian sahaja yogi is in Chicago. They say in Chicago we have programme only for Russian and Indians, not for others. I said why? So, he said, "Because, Americans are like children, they will not bother. So you are already so matured. And such great qualities you have of introspection. And I am sure, one day the spirituality of Russia will cover the whole world. Christ never had this chance. He never came to Russia, otherwise it would have been very difficult. In any case, understand that now you are sahajyogis of a country which can give so much to the whole world. You have a very big responsibility. Two things you must remember. At home you must meditate every day. And you must go to the collective programmes. This is very important. If you meditate at home, you will know, what's wrong with you. And when you will go to the collective, you will be corrected and others will be corrected. I am very happy today to see you all here and I am sure I will come back again after one year, and by that time you will have many many more sahajayogis. You want to sing one song, you can BHAJAN.....

Off course, to this, I will go now, but today I am before you, not Christ. When.... Christ has said that I will send you the Holy Ghost, what about that? Also he has said that whatever you say against me is all right, but nothing against the Holy Ghost I will tolerate. When Moses came people said we only believe in Abraham. Because there was no Abraham [unclear] to say that. You can put Abraham into pocket and [unclear] to Christ. Nobody is [unclear] then came....after Moses came Christ, so they said we believe in Moses and not in Christ. Christ had only ten disciples. And ultimately they crucified him. Now I have come here [unclear]. Christ has said in the 5th chapter, Mathews, second verse, you will [unclear] Christ, Christ I will not recognize you. [unclear] Who do not know that they were told that you will be born again. And that Holy Ghost will do the job. So one has to understand that all such people who talk of something past are just trying to avoid, face the reality. I am very much thankful to [unclear] about the scientist. We have many scientists in India, all over the world who are Sahaja yogis and who are doing the work of Sahaja yoga all over. But not such a force not such a conference. They can say with such understanding. Its said that, work which he has done will be really remembered in the history of spirituality. People like him will definitely take you out of this. All kinds of problems are there of very stupid people also but you should be wise to understand what's real problem. and [unclear] that's all. So now I say goodbye and best of luck.

Thank you very much.

You have already got it, " Mother, is this the cool breeze of the Holy Ghost,[unclear]. Now let us see how many are feeling the cool breeze in their hands. Cool or Hot breeze over their heads. Please put on your hands, both the hands. All of you. I know, you all have got realization.

Bhajan.....Mataji, Mataji you face shines like.....

1994-0916, Evening Program

View [online](#).

16 September 1994

Evening Program

Tolyatti (Russia)

Talk Language: English | Transcript (English) – Draft

Evening Program, Tolyatti, Rusia 16-09-1994

Shri Mataji: I was overjoyed at singing the song of joy. It is very nice that all over the world people should feel the joy of God's Love through your music you have shown how much you have achieved in Sahaja yoga. The complete balance and unity I have seen in you is really amazing. This is how you are going to achieve the unity of the whole world and [unclear 1:23:41 you can transform the people]. You can transform people so that they enjoy themselves and enjoy each other. Then We there will be no fighting, no wars but just enjoyment... of the divine love.[unclear 1:24:35]. May God bless you!

1994-0917, It is your right to be united with the Divine Power of Love

View [online](#).

17 September 1994

It Is Your Right To Be United With The Divine Power Of Love

Public Program

Tolyatti (Russia)

Talk Language: English | Transcript (English) – Draft

Public Program. Togliatti (Russia), 17 September 1994.

I bow to all the seekers of Truth. It seems Tolyatti is a special place in Russia. where we have so many seekers and very genuine people, so many singers, musicians, dancers such a beautiful volgari yuvavour. its such a pleasure to me to be with you again.

At the very out said, we all should know that Truth is what it is. We can not change it, we can not describe it and even if you read about it, you don't get to it. There is a happening which has to take place within us. As you know what's stuff you know that there is a power called 'Kundalini' within us. In the triangular bone which is called as Sacrum that means the Greeks knew its a Sacred bone. Sahaja means saha is 'with' ja means 'born with you'. Born with you is the right to have this yoga.{not mine doesn't.. take it little away (inAudible) little away(SriMataji laughs)} which means it is born with you the right to be united you have the yoga. To be united to this All-pervading power of Divine Love. You see these beautiful flowers here, who makes them?. How one type of flower is grown in one type of tree or a on bush. We do not understand, its a Miracle and our heart who runs our heart? if you ask the Doctors, they will say it is Autonomous nervous system. Who is this Auto? no one can answer. Science can not answer many questions.

Unless and until you become one with this Divine power, you will not understand why you are on this Earth. But, if you think that doing some rituals or practising some austerities or going to Himalayas will achieve that ascent is not possible. Actually we must know that Christ or Mohammad saheb and all these people were very pure personalities Of such a high quality that they did not understand human beings. It's written in the Bible in the fifth chapter of Matthews that " if you commit any sin with your eye, take it your eye. Or if you commit any sin with your hand, cut out your hand. Also, if somebody slaps you on your one cheek, you put another cheek to it". This is very difficult. Imagine in the west all people will have taken out their eyes and cut out their hands, because that's so immoral. They have no sense of family, no sense of morality.

So this religion which Christ has said is meant for people who are of very high caliber. He must be thinking that human beings are all Realised souls, very evolved. So, he has said " I will send you the Holy Ghost ". If he was the last, if he was the final then why did he say that he will send the Holy Ghost here? The Holy Ghost has to have three qualities. One is a Comforter by which Holy Ghost has to cure people, give them the comfort. Like the way you are comfortably sitting and you can get your Realisation. The second job was a Counsiler. That Holy Ghost will give you counsel which will be for your good and which will help you to guide your life and the third quality described is a Redemption, redeemer. That means the Holy Ghost will forgive all your sins and will redeem you means, he will evolve you and take you to a higher life and then he said the kingdom will be yours, kingdom of GOD will be yours. This is what exactly Sahajayoga is, and that is how you are now so many of you are realised souls here and so very dedicated. It is a miracle that so many people have got their Realisations here. Many people have been cured. Even in a big meeting like this it was very surprising.

In Moscow, one lady came to me on her wheelchair and I just told her now you get up and walk. She got up and she started running, She forgot even her chair there and when we were going in the car later on we found her running for the bus. So people who have faith, not blind faith once they have got their Realisation, they can feel this All-Pervading power of Divine Love and they once they have faith, they immediately react so fast that they are cured completely. Today I went to a school where I saw children were all Realised sould born in Togliatti and this is the sign that there are many Sahaja yogis in Togliatti.

Children don't want to be born in places where there is no Sahaja yoga. They take birth in places where they will be given spiritual life. These are special people who are getting birth. Very spiritual and you are blessed with these children. You will realise and you will understand them better. Otherwise maybe if they are born to people who have no spirituality, they may be tortured. So, this Kundalini awakening is very spontaneous and works out very fast, for thousands of people it works out and it doesn't give any trouble to you. When the Kundalini rises, She nourishes your subtle centres. All the world problems are mostly because of human beings and most or I should say, all the human problems come from their subtle centres. If these centres are put right through Kundalini awakening, and if they are nourished by It, then our physical, mental, emotional and spiritual problems are solved automatically. This requires a deep understanding that the time has come for us to evolve now.

After evolution you feel the cool breeze on your fingertips. Even the children can feel it. Now with this you can feel your own centres. So you get your self knowledge. You also feel the centre of others. Sitting down here, you can feel the centres of anyone anywhere. Even if somebody is dead you can feel the centres of that person. If you know how to correct these centers then you can correct your centres and correct the centres of others. Thus we can get rid off all these problems for which we have to pay so much we have to suffer so much. As you feel the centres of others, that means you become collectively conscious. That means who is the other? Microcosm becomes the Macrocosm. Like a drop becomes the Ocean. You become a personality which is Universal. A Global personality. There is no difference anymore. Another thing happens that you know the absolute Truth on your fingertips. Normally we know relative truths. Somebody says this is good, somebody says that is good. But, we have to know the truth which is absolute, otherwise there will be quarrels, fights and wars. Many people don't believe in GOD. You have to just put your hands like this and ask: " Mother is there GOD? " and immediately you start getting a kind of a cool breeze sensation. They said that Christ was the Son of GOD. That is the Truth. So you have to feel, also ask a question: " Mother, was Christ the Son of GOD? " See., so whatever you learn in Sahaja yoga, you can verify. Everything can be verified in Sahaja yoga. Because, it is an absolute truth. if there is a false guru, you can find out easily. But they gradually disappear one by one. They are so frightened of reality. In my lifetime so many of them are finished. Nobody can be mislead you now.

Now your attention becomes enlightened and in the enlightened attention, you give up everything that is destructive for you. You give up all immorality, you give up smoking, drinking, everything and you lead a very spiritual life and great brotherhood among yourself, great love. in India, we get sometimes, three, four thousand people together from sixty-five nations and surprisingly there is never a quarrel, fight never. Great fun and enjoyment. Above all you jump into the ocean of Joy. Waves of Joy start coming in you. Joy is singular. Happiness and unhappiness are two sides of one coin. If your ego is pampered then you feel happy. But if your ego is punctured, then you feel unhappy. But Joy is a state where you become a witness everything and see everything as a drama. Sahaja yoga is so simple and is meant for simple people not for complicated, not for over-ambitious people, not for idiots, not for people of arrogance. If you are humble, you get your self-realisation in no time.

We had a very good experience in St.Petersburg the other day, when we had a conference of two thousand scientists and afterwards we had also another big programme where people got realisation without doing anything to them and I am sure it will happen tonight here also. So just put your hands towards ME like this. All of you. I think the breeze has stopped now. If you feel a cool breeze like thing or a hot breeze in your hand and also through your fontanelle bone area which was a soft bone in your childhood. Try to feel it. He is a possessed boy. Ask him to go out. Go out.(Mixed unknown sound) Please put your hand up like this. No no this one is alright, this one Red and Black. yeah put your hand, stupid fellow. Possessed. I can see now. Please put your hand on top of your head. All of you please put. Now put your right hand towards me and feel it with left hand. Now with the left hand again and with the right hand. From your own head you should feel. All those who have felt cool breeze on their hands or on their fingertips or out of their fontanelle bone area, please raise both your hands. (Sree Mataji laughs) That is Tolyatti. Its a thing I can not describe my Joy. To see so many saints sitting before me. I never never expected in my life time and that I should come to Tolyatti where there are so many saints already. I love you all with my heart. You must all of you should meditate and pray because whatever your desires will be fulfilled. You will be protected all the time.

The director in charge of that area what is it called where we are staying, where we are staying that place that Volga, near the Volga, Where that place, you see, the director of that came and told me, some mafia came to trouble him very much. He looked at my photo and said Mother please protect me and they all run away forever(Sree Mataji laughs). I have heard also about

another one who was renovating the house and the mafia came there, and when he was renovating mafia came and said that you must pay us for protection, so he said we are already protected. So they said alright will come and fight tomorrow with the guns with those people who are protecting you. So he said you can not fight them with guns. So he said how, because he said they are divine, that's divine force and he told them about Sahaja yoga and they ran away and never came back. All these things will be happening very beautiful things, like now I am in Italy so all mafias run away and also half of the politicians are in jail(Sree Mataji laughs). So, So all bad people who are against the development of the country will have to be very careful now and you don't have to worry about anyone. Gradually financial position improves, everything improves. But one thing I would like to warn you that I have seen lots of imported things selling in your shops. At a very exorbitant prices.

If you are patriotic don't buy anything out of these imported things. This is all the junk in the west, they can not sell because of recession. So why should you waste your money on this junk. In Turkey they did so and they have become absolutely poor. You need not try to be Germans or French. You should be Russians. Because Russians are much higher in spirituality and one day they will have to learn from you. So understand that though they are little dearth of money, it doesn't matter. With Sahaja yoga you get satisfaction and with that satisfaction you can live with whatever is available.

In the west there is so much greed. Before that now you got realisation. So please try to be satisfied people. Because you have got the pure desire of Kundalini. Other desires are not pure. Today people want a House then a Car then a Helicopter then an Aeroplane there is no end to it. There is no end to it. So that kind of a desire is of no use. Whatever you desire and you get it, when you are not happy what's the use of such a desire. So I would request you again and again, please don't buy anything that is imported. In India you won't find even one shop where you have imported things. Mahatma Gandhi told us " Don't buy anything imported " and the British had to leave us, they couldn't manage and we didn't have so many things, we had to spend our own yarn and where Khadi which was very coarse, coarse, coarse, coarse is rough.

To buy things of your country, they are very artistic they are very beautiful and your prosperity will improve. Next year again I will come. Also we are going to have a Diwali puja this time in Turkey. All who want to come are very welcome. Moreover we are going to have weddings. Those who want to get married in Turkey should give their forms to their leaders. Thank you very much. Want to sing one song..Alright sing a song (Sree Mataji laughs), Where is that dancer Reema? On my way out we should call her later on. Later on, later on I will see Reema. Later on. Moon has come. See the dancer the one green colour (inaudible) who is dancing (inaudible)..song..

1994-0917, Visit to Sahaja School

View [online](#).

17 September 1994

Visit

Tolyatti (Russia)

Talk Language: English | Transcript (English) – Draft

H.H.Shri Mataji Nirmala Devi arrives in Togliatti (Russia), and visits the Sahaja school. 16&17 September 1994.

Прилет и Посещение Сахаджа-Школы.

Тольятти (Россия)

17/09/1994

Togliatti TV: Jai Shri Mataji

Shri Mataji: Thank you very very much, thank you.

Togliatti TV: Шри Матаджи, Тольяттинское телевидение приветствует вас на земле Шри Ганеши!

Bogdan: Togliatti TV welcomes You in the land of Shri Ganesha, Shri Mataji

Shri Mataji: May God bless you.

Togliatti TV: We love you very much.

Shri Mataji: I love you very much. I know this place has something special that we have so many sahaja yogis here.

Bogdan: Я думаю, что очень отличается город. У нас много отличных сахаджа-йогов здесь.

[Я очень вас люблю. Я знаю это место очень особенное, поэтому здесь так много сахаджа йогов]

Togliatti TV: Шри Матаджи! Все тольяттинцы очень Вас любят! Мы знаем, как Вы много делаете для того, чтобы соединить все народы мира, разных национальностей, разных религий.

Bogdan: Shri Mataji we love You so much we know how much You work to unify all the nations and all the religions of the world.

Togliatti TV: Так хочется, чтобы все люди стали счастливыми, прекратились войны. И в этом будет большая Ваша заслуга, Шри Матаджи! Когда это случится, чтобы люди стали, наконец, счастливыми?

Bogdan: Shri Mataji we so much wish that all the people of the world will become happy and this is due to Your greatness and your work that it is possible.

Shri Mataji: What a great wish you have that is what My wish is also. With all your help I am sure we will achieve it.

Bogdan: Такое большое желание у вас есть, великое желание! Оно совершится благодаря вашей помощи Мне.

Togliatti TV: Jai Shri Mataji ! Thank you very much!

Shri Mataji: Thank you, thank you.

Shri Mataji: In this very little time I must say this is a very great achievement to have 60 children in our school.

Yuri Vasiliev: В это небольшое время, отведенное мне, я должна сказать, что это очень большое достижение - иметь шестьдесят учащихся в этой школе.

[Я должна сказать, что в такой короткий срок - это очень большое достижение - иметь шестьдесят учащихся в этой школе.]

Shri Mataji: Togliatti people I must say are very fast in Sahaja Yoga.

Yuri Vasiliev: Люди Тольятти, я должна сказать, очень скоры, очень быстры в Сахаджа-Йоге.

Shri Mataji: And to do this for children is the most important.

Yuri Vasiliev: И делать эту работу для детей - это наиболее важно.

Shri Mataji: So many bad influences are crawling in Russia.

Yuri Vasiliev: Так много вредных влияний сейчас наползает в Россию.

Shri Mataji: And we have to save our children and protect them.

Yuri Vasiliev: И мы должны спасти и защитить наших детей.

Shri Mataji: With Sahaja Yoga principle and behaviour I am sure they will be great Sahaja yogis tomorrow.

Yuri Vasiliev: С принципами Сахаджа-Йоги и с Сахаджа-Йога-поведением, я уверена, они станут завтра великими Сахаджа-Йогами.

Shri Mataji: Very soon they will know how to give realisation to people.

Yuri Vasiliev: Очень скоро они научатся давать реализацию людям.

Shri Mataji: You already must be knowing.

Yuri Vasiliev: Вы все должны будете знать. [вы уже, должно быть, умеете]

Shri Mataji: These are the flowers of your country.

Yuri Vasiliev: Это цветы вашей страны.

Shri Mataji: You have to look after them and create beautiful fruits out of it.

Yuri Vasiliev: Вы должны заботиться о них и превратить их в замечательные, прекрасные плоды.

Shri Mataji: Their innocence must be preserved.

Yuri Vasiliev: Невинность нужно сохранять.[Их невинность необходимо сохранить]

Shri Mataji: Must respect children,

Yuri Vasiliev: Нужно уважать детей.[невинность нужно уважать]

Shri Mataji: You should never beat children, there is no need to beat them.

Yuri Vasiliev: Вам не нужно никогда бить детей! Нет никакой необходимости бить детей.

Shri Mataji: Or even to scold them.

Yuri Vasiliev: Или даже ругать их.

Shri Mataji: On the contrary a rapport must be established.

Yuri Vasiliev: Напротив, должно быть установлено взаимопонимание.

Shri Mataji: You must talk to them about stories of good people.

Yuri Vasiliev: Вы должны рассказывать им истории о хороших людях.

Shri Mataji: This will definitely expose the to righteousness and to morality.

Yuri Vasiliev: Это на самом деле [обязательно] приведет их к праведности и к морали.

Shri Mataji: Thus you can preserve the tradition of your country.

Yuri Vasiliev: Таким образом, вы сможете сохранить традиции своей страны.

Shri Mataji: I am sure, one day they will be great sahaja yogis and they will do great work for Sahaja Yoga.

Yuri Vasiliev: Я уверена, что однажды они станут Великими Сахаджа-Йогами, и будут делать великую работу для Сахаджа-Йоги.

Shri Mataji: Will you be?

Yuri Vasiliev: Будете ли вы такими?

Children: Да!

Shri Mataji: I was also very happy to know that the nature of Sahaja Yogini's.

Yuri Vasiliev: Я была также счастлива узнать, что учительницы этих двух классов также являются сахаджа-йогинями

Shri Mataji: It is a very great blessing because they can understand children who are realised souls.

Yuri Vasiliev: Это великое благословение, потому что они понимают детей, которые являются реализованными душами.

Shri Mataji: I was told that the population growth in Russia is very bad.

Yuri Vasiliev: Я уже сказала, что рост населения в России очень маленький, очень слабый.

Shri Mataji: But once you start Sahaja Yoga like this, you will have beautiful children.

Yuri Vasiliev: Но если вы развернете Сахаджа-Йогу таким образом, у вас будут замечательные дети.

Shri Mataji: All the great people are to be born here where there is Sahaja Yoga.

Yuri Vasiliev: Все великие души хотят быть рожденными здесь, где есть такая Сахаджа-Йога.

Shri Mataji: Are these paintings done by children?

Yuri Vasiliev: Эти рисунки сделаны детьми?

Children: Да! Yes!

Shri Mataji: This is something very good.

Yuri Vasiliev: Это что-то весьма хорошее!

Shri Mataji: Normally in the West they tell children that take the paint and go on paint however you like, they go on haphazard and you know funny things.

Yuri Vasiliev: Обычно на Западе они говорят в школе: "Берите краску, берите бумагу и рисуйте, что вам заблагорассудится!". И в результате получается какая-то бессмыслица.

Shri Mataji: But here I find they have shapes and they are done in a proper way that it suggests something. It is not just haphazard to have movement of the brush.

Yuri Vasiliev: Но здесь, я вижу, они рисуют соответствующим образом, соответствующие формы. И это вовсе не выглядит, как просто хаотичное движение кисти.

Shri Mataji: First they must learn to make forms.

Yuri Vasiliev: Прежде всего, вам нужно научиться создавать форму.

Shri Mataji: And not suddenly go to something absurd.

Yuri Vasiliev: И не прибегать неожиданно к чему-то абсурдному.

Shri Mataji: Gradually they can produce beautiful things.

Yuri Vasiliev: Постепенно они научатся производить замечательные вещи.

Shri Mataji: Really surprised to see these paintings, they can get prizes all over international prizes for that.

Yuri Vasiliev: Я на самом деле удивлена видеть такие замечательные рисунки. Они должны были получить международные призы!

Shri Mataji: People of Russia and the whole are very artistic especially in Togliatti.

Yuri Vasiliev: Люди в России очень артистичны, очень художественны. Особенно здесь, в Тольятти.

Shri Mataji: And you can see clearly now I have seen such small children are doing such beautiful paintings.

Yuri Vasiliev: И вы это ясно можете видеть. Я никогда не думала, что такие маленькие дети могут производить такие замечательные вещи.

Shri Mataji: So I bless you all for doing better work in your studies, in your art and in your Sahaja Yoga.

Yuri Vasiliev: Поэтому я благословляю вас всех, на то, чтобы вы лучше занимались, лучше делали свое искусство и делали лучшую работу в Сахаджа-Йоге.

Shri Mataji: Thank you.

Yuri Vasiliev: Спасибо!

Concert

Концерт

After the concert Shri Mataji gives money for the school.

После концерта Шри Матаджи дает деньги.

Shri Mataji: This is for sweets for children.

Yuri Vasiliev: Это от Шри Матаджи лично полтысячи долларов.

Yuri Vasiliev: Это Сергей дал.

Shri Mataji: Next time I must bring some presents for them from India.

Yuri Vasiliev: В следующий раз я привезу вам подарки из Индии.

Yuri Vasiliev: Англичане дарят для детей сладости.

[Englishmen are giving sweets to the children]

Yuri Vasiliev: I did not know your people Shri Mataji but when I knew all sahaja yogis I decided two classes will be free in this school for Sahaja Yoga studies.

School Principal: У них ничего не было ни мебели ничего не было.

Yuri Vasiliev: They have not got anything Shri Mataji no furniture no anything.

[The classes DID NOT have anything not even furniture]

Shri Mataji: Now if they want to buy furniture...

Yuri Vasiliev: Я надеюсь, теперь вы сможете купить какую-то мебель...

School Principal: Все учителя получают деньги с моей школы, все до единого.

[all teachers are getting paid by my school]

Shri Mataji: You see one should have satisfaction and gradually your country can grow.

Yuri Vasiliev: Вы должны быть удовлетворенными людьми, и постепенно эта страна поднимется.

School Principal: Мы верой и живем.

Yuri Vasiliev: We live on faith, Shri Mataji

Shri Mataji: And the children if they pass through this kind of life they will be better made for the next life, for the higher life.

Yuri Vasiliev: Если эти дети пройдут через эти школы, они будут более подготовленными для более высоких классов.

[Если эти дети пройдут через такую жизнь, они будут более подготовленными для следующей жизни, для более высокой жизни]

Shri Mataji: That's what we believe in India.

Yuri Vasiliev: Вот что мы думаем в Индии:

Shri Mataji: Most of the children in India sit on the ground.

Yuri Vasiliev: Большинство детей в Индии сидят на полу.

Shri Mataji: For study one must have tapasia.

Yuri Vasiliev: Для того, чтобы учиться, вам нужна тапасия, какие-то подвиги, можно сказать, терпение и подвиги..

Shri Mataji: If they become very comfortable then they will become like american children.

Yuri Vasiliev: Если им будет слишком удобно, они станут как американские дети.

Video cuts off

Yuri Vasiliev: Но они реализованные души, поэтому они наслаждаются всем!

Директор школы: Я считаю, что мы, конечно, душу будем иметь хорошую. Но, чтобы душа пела, надо, чтобы хорошо не только нам будет, но и всем остальным.

Yuri Vasiliev: I believe we will have a very good soul Shri Mataji. Our souls will be singing but we need to be sure Shri Mataji that everything everyone will be alright.

Shri Mataji: Everyone will be all right.

Yuri Vasiliev: Все будут в порядке!

Shri Mataji speaks to Vasiliev.

Yuri Vasiliev: Ваши условия улучшатся, улучшатся намного.

Директор школы: Если бы мы не верили, мы бы не создавали все это для детей и для будущего. Но мы верим.

Yuri Vasiliev: We have faith Shri Mataji, if we did not have faith we could not have taken all of these problems. We have great faith.

Shri Mataji: Yes we can organize.

Директор школы: Дети понравились?

Yuri Vasiliev: Did you like the children Shri Mataji?

Shri Mataji: Wonderful.

Yuri Vasiliev: Прекрасные!! Прекрасные!

Директор школы: Это от великого добра, которое мы хотим сделать им, веруя прежде всего в Нее.

Yuri Vasiliev: Our good our kindness what we have to give to our children.

Shri Mataji: Love is very important.

Yuri Vasiliev: Любовь - очень важна!

Shri Mataji: Thank you.

Video cuts off.

Shri Mataji:...Then only they will understand Islam.

Yuri Vasiliev: Almost all our teachers are realised souls by now and how should we take our job, how can we work it out Shri Mataji properly?

Shri Mataji: It's all right, [UNCLEAR] to be in relationships.

Yuri Vasiliev: Мы должны быть вдохновением говорит Шри Матаджи.

Shri Mataji is shown some handicrafts made by children.

Teacher: Эти работы делали дети, они не знали не умели ничего.

Yuri Vasiliev: Nobody taught them only by meditation Shri Mataji.

Shri Mataji: Very good, very good.

Yuri Vasiliev: Очень созидательные, творческие дети

Teacher: Это место, где утром дети медитируют и вечером перед отходом домой тоже медитируют.

Yuri Vasiliev: Every morning and every evening Shri Mataji children meditate in this place.

Yuri Vasiliev: This is art teacher Shri Mataji.

Shri Mataji: Wow, great. God bless you.

Шри Матаджи показывают рисунки.

Shri Mataji: Very good. Good.

Yuri Vasiliev: Очень хорошие, замечательные.

Это - знамя Сахаджа-Йоги.

[it's a banner of sahaja yogis]

Yuri Vasiliev: Кто сделал эту работу? Очень хорошая. Замечательно!

Shri Mataji: Congratulations.

1994-0917, Arrival Talk

View [online](#).

17 September 1994

Talk to Sahaja Yogis

Boryspil International Airport, Boryspil (Ukraine)

Talk Language: English | Transcript (English) – VERIFIED

Speech at arrival in Boryspil airport, Kiev (Ukraine). 17. September 1994.

I don't know how to thank you all for such a welcome you have organized for Me.

Actually on Moscow's airport they were little non-cooperative, and I was worried because they said, "You can't go to Kiev". All of your prayers have worked and I am here with you. There are so many who have come with Me, and everybody is so anxious to meet you here. They have had a big conference of the scientists. There were 2,000 scientists and about 10,000 people, and they were convinced that morality is very important for medicine. Without morality people cannot keep good health. They contaminate diseases. And I was surprised, this is only possible in your country – either Russia or Kiev – where people have such enlightened mind. No one can think of such a thing in other countries. You people are very advanced in your wisdom.

Also you are very deep in understanding spirituality – how important it is. I don't know when will I learn Russian, it's quite a difficult language. If I had come in My young age I would have learnt it, but I didn't come that time. And I find that even if I don't understand the language – I understand your heart. Some Indians had come and they said, "These people have a very, very large heart. We cannot be compared with them." Even the English, the Germans, Austrians – all of them feel that about you.

So, now we have a Diwali Puja in Istanbul, and it is specially I have arranged there so that it's easy for you to come there. We are going to have marriages there. So, I would like to have the forms filled by you. So, I hope to see you in Istanbul, which is not so difficult to go from here.

So, may GOD bless you all, may GOD bless You.

1994-0918, Kundalini is the reflection of that Primordial Mother within you

View [online](#).

18 September 1994

Kundalini Is The Reflection Of That Primordial Mother Within You

Public Program

Ukraina Palace, Kyiv (Ukraine)

Talk Language: English | Transcript (English) – VERIFIED

Public Program, Ukrayina Palace, Kyiv, Ukraine, 09/18/1994

I bow to all the seekers of Truth.

At the very outset we have to know that Truth is what it is. We can not change it, we can not describe it, and unfortunately at this humane awareness we can not know it.

Whatever I'm trying to tell you here you should not take it to blindfolded. The blind faith has created lots of problems for us. But you must keep your mind open like a scientist. And if it is proved, than you have to accept it as honest people. Because it is for your good, for the benevolence of your country, and for the benevolence of the whole world.

In the evolutionary process we have reached up to the point where we can called as humane beings. But we have not reached our highestly goal because we do not know the Absolute Truth.. The truth about you is that you are not this body, this mind, this intellect, these emotions. Also you are not these conditionings and this ego. You say, "My intellect, my emotions, my body". It's all "my". Who is this "Me"? So this is what is going to happen now that you have to become the Spirit. Because you are the Spirit.

The second great Truth is that you see these flowers; they are all miracles of beautiful garden. We take them for granted; we don't even wonder how they have been created by this Mother Earth. Who does this work? Who runs our heart? If you ask a doctors, they'll say, "It is autonomous nervous system". But who is this "Auto"? So we have to understand that there is some Power, which does this. This Power is the All Pervading Power of Divine Love. In Koran they call it "Ruh". And in the Bible they call it as the "cool breeze of the Holy Ghost". Indian Scriptures it is called as "Param Chaitanya". Patanjali has called as "Rutam Bhara Pragnya". Whatever name you may call It, but It exists all the time into every part and parcel of Creation. And does all the living work. We can not explain the living work. As you know science is very limited. It can not say why are you on this Earth. What is the purpose of your life. What is your identity. Also it is immoral. Out of science people have created atom bombs and all kinds of things without any discrimination. You too have here this disaster – Chernobyl. All this is because of unlimited movement of science.

So then what should we do? Within us lies a power, which we call as Kundalini. As it is shown there it is in the triangular bone called as sacrum. That means the Greeks knew it is a sacred bone. This Kundalini is the reflection of the Holy Ghost. Very surprisingly there is no mention of the Primordial Mother. We have got Father – the God, Son – the God, but no Mother. They call Her Holy Ghost. This Kundalini is the reflection of that Primordial Mother within you. She seated there to give you your second birth. She's your own Mother. And she is anxious to give you your second birth. In Sanskrit language an enlightened soul is called as dvijaha. Means "born twice", "twice born". Also the birds are called as dvijaha. Because they are first born as eggs and then they become the birds. In the same way a humane being is born as a humane being and then he becomes an enlightened soul. This bird is very different from the egg. In the same way an enlightened soul is very different from this humane state. So it is very important for us to become the enlightened ones.

Christ was a pure logos what you call "the first sound". We call it omkara. He was too pure to understand humane beings. And what He has said in the fifth chapter Mathew that, "If you eye does anything wrong, then take it out". "If your hand does anything wrong, cut it out". "If somebody slaps you on this side, you give the another side". This is very difficult for humane beings. I think

most of the people, in the West specially, would be without eyes, without hands. Because they have no value for morality. But He has said that you have to be born again. So some people brand themselves as "born again". You may be a Christian, Hindu, Muslim, anything, you can commit any sin. Also this "born again" the same style, it's just a brand. There is no transformation. Mohammed Sahib came afterwards and he thought, "Christ has been very strict with men". So He got the Shariat which was given by Moses to Jews, for the Muslims.

Now, imagine this Shariat is so horrible that if you steal anything, you cut your hands. If you abuse anybody, you cut your tongue. I think most of the Americans will be without tongues. Because at every sentence they abuse. But Mohammed Sahib gave this Shariat to the Muslims. And thought that the Shariat is very strong on men, so He also have brought some strictness for women. Both Mohammed Sahib and Christ were different people, absolutely above our grasp. It's very difficult to follow Them. So you have to be enlightened soul if you want to follow Them. This is what Sahaja Yoga is. That your Kundalini awakens and starts passing through six centers and comes out of your fontanel bone area and connects you to the this All Pervading Power of Divine Love. We have so far used only the power of hatred, never of pure love. Love, which is devoid of greed or any kind of expectation. Pure love without any lust. And this is the power, which is doing all the beautiful things for us. So first thing that happens to you that you start feeling the cool breeze of the Holy Ghost coming out of your fontanel bone area. This is the actualization of baptism. It is not just some priest put some water and says, "Now you are a Christian" or a Muslim says, "Now you have become a Muslim", is not like that. It is an actualization, it's a happening within you.

So when this Kundalini rises she passes through these six centers. All the problems of the world are mostly because of humane beings. And most of the humane problems are because of these centers because they are for our physical, mental, emotional and spiritual being. So when the Kundalini passes through these six centers she enlightens them, she integrates them, and also she nourishes them. Thus many diseases are cured. Mentally, mental diseases are cured also. Even financial problems improved. Emotional problems. And the person becomes extremely dynamic as well as extremely compassionate. We have many musicians in India who were not so good when they came to Sahaja Yoga and today they are world famous. This is nothing, there are so many things happen that people who have never been orators become orators, poets, writers. All kinds of potential capacities start manifesting. We are all the time thinking and the thoughts rise and fall, rise and fall. They either come from the past or from the future. So we are jumping in the past or in the future all the time. But if I say, "Be in your present", you can not. But when the Kundalini rises she elongates those thoughts and sets the little space in between, which is the present, which expands. And you become thoughtlessly aware. You aware, but absolutely thoughtless. Then inspirations start coming. And you don't know from where they come.

We have six centers and they go into jeopardy because of our maybe wrong decisions. But the lowest center is for our innocence. Our innocence can never be destroyed because it is eternal. Only it can be covered with some clouds. But with the awakening of the Kundalini the innocence comes back to us. Our attention becomes absolutely innocent and there is no lust and greed in our attention. It is very subtle that we can feel the center, our own centers on our fingertips. And whenever we put our attention on anyone we can feel his centers also. Because who is the other? The microcosm has become the macrocosm. A drop has become the ocean. You become a global personality and then you talk the language of centers. You transit all the limitations of racialism, nationalism, all kinds of -isms. Your attention becomes innocent and it acts, whenever you put your attention it works. Above all you know the absolute truth. On your fingertips you can know the absolute truth. Many people don't believe in God. They can ask a question, "Is there a God?" And immediately they get start feeling the cool breeze of the Holy Ghost on their hands because that's the truth. Christ was the Son of God, no doubt. So you can ask the question, "Was He the Son of God?" and immediately you start getting cool breeze on your fingertips. Now if you know how to correct your centers, you can correct your centers because you get the Self-knowledge. And also you get the knowledge about others. You can cure others also. When you become thoughtlessly aware, you become absolutely peaceful. You become very dynamic, but you feel very young. I'm about seventy-two years of age now running [UNRECOGNIZED WORD]. And every day I'm traveling, every day practically. I don't think I am traveling. I'm sitting everywhere and that's what I feel. In the same way you all drop your age and become much younger and happier. You become so peaceful and wherever you go you manifest peace and joy.

Above all you jump in the sea of joy. Joy is the singular thing. But happiness and unhappiness are the two sides of a coin. If your ego is pampered you feel happy, if it is punched you'll feel unhappy. But joy is singular. You become the witness and see

everything as a drama and really you swim in the ocean of joy. Thus you enter into the Kingdom of God. This is the Last Judgment, it is for you to decide whether you want to enter into the Kingdom of God or you want to destroy yourself. And then you are surprised how blissful everything becomes. You are protected all the time. No mafia can trouble you. All mafia people will be destroyed when we'll have lots of Sahaja Yogis here. It has happened in Italy, the mafia of Italy is completely destroyed. And sixty percent dishonest people, politicians and others are in jail.

This happens when the Divine Power works. I'm happy to see you all in such good health. First time when I had come there were so many patients of Chernobyl. And last year there was a negative force of this "White Order". All such forces are now destroyed practically, everything.

But one thing I would like to warn you: the Western culture is coming, is the most dangerous thing you can think of. First of all you have to become absolutely stupid people. Like there is an actress who married eight times in America. And thousands of people went to see her going for her honeymoon with her twenty-five younger husband. And there were ten helicopters hovering around her house and they were parachuting down with their cameras. So many of them fell on the tree, some fell on the people. Such stupid things they are teaching. They have only two hundred year old people. There is one fellow – Simpson, who murdered his wife, so now they are saying you should not have marriages, because people murder wives. They followed this stupid Freud for years together where he said that there is a bad relationship between a son and the mother. There's no wisdom, they have no wisdom, they are not mature at all. They are good at making money and also because they have a country, which has lots of things. But they are now in recession, all over, everywhere in Europe they are in recession. And they are exporting all their junk to your country. And they get so much of your money. They make you absolutely poor. Like in Turkey people were so much under the influence of German television and they started taking all German things, buying all German things, even the food. They felt an inferiority complex. But they are great artists; I don't know how these people impressed such matured, wise people. As a result that country has become very poor. They are also selling here lot of junk. And even in Russia they are having shops and shops of this junk. In India you can't find one shop with imported things, not even one shop. Only those who go abroad can bring some things, very little. So you should not, really, buy anything from these shops. Because these things are throwing away. They have over-production and they don't know what to do with it, it can not fetch any money.

Also this modern music is very bad for the brain. The doctors have said, everybody said but nobody listens. Now they have got intoxicated. But you people are wise, take to wisdom. Not that stupid fashions. Specially women have to be very careful. They started a fashion of exposing all the legs with the six inches of skirt. And all of them, all those women got varicose veins, pains, arthritis, all kinds of diseases. Then the fashion came where they had long skirts but open. In such cold countries why do the stupid things like this? But you people have lots of wisdom, now don't lose it. Specially the women. You have to preserve this country. And not to make yourself cheap. Women who are cheap are never respected. I am really worried about this point that if you start taking to Western culture you'll be completely lost nation. We have experience of this in India. And Mahatma Gandhi started a movement that nothing from abroad we'll buy. And the British who have ruled us for three hundred years had to go back. So please I would request you all not to take to this junk and used. I'm so thankful to you for your love and for your kindness. People of not only Kyiv, but the whole of Ukraine are extremely lovable. I don't know how to express Myself, because I have Myself become like an ocean of love. I hope all of you get your Realization tonight. It is your freedom I respect. If you don't want to have your Realization, you may go. I can not force on you. As I told you this is the Last Judgment. Mohammed Sahib has said, "When [SOUNDS LIKE – Kyama] will come, – means when the Resurrection time will come, –then your hands will speak and they will give evidence against you", means they'll tell you what centers are wrong in you. So this process is only for ten minutes that you will feel this cool breeze, but those who do not want, should leave the hall.

It is spontaneous, it is Sahaj. "Saha" means "with", "ja" is "born". It is born with you, this right to have this Yoga, means the union with the Divine Power. You can not pay for it. This is one should understand that you can not pay for your spiritual life. You can pay for this hall, maybe for the carpets, but you can't pay for Divine Love. We have no organization. There are sixty-five nations where we have Sahaja Yoga. Specially in Russia in a place called place Togliatti we have more than twenty one thousands Sahaja Yogis. I have no secretary, nothing; it is all working so well because coming from your heart.

So I would request all of you to put your hands like this towards Me. Just higher.

All right. Now you have to bend your head and put your right hand on top of the fontanel bone area and see if there's a cool or a hot breeze coming out of your head. You have to forgive everyone. Also you have to forgive yourself, you are not to feel guilty at all. At this moment you are not to say anything about others or about yourself. No confessions. All right? If it is hot, that means you have not yet forgiven.

Now put the right hand towards Me and now bend your head again and see for yourself if there's a cool or a hot breeze coming out.

Now again with the left hand you try, bend your head and see for yourself if there's a hot or a cool breeze like vibrations are coming out of your head.

Now please put both the hands towards the sky like this and ask one of these questions. You can call Me Mother or Shri Mataji. Now please ask a question, "Mother, is this the cool breeze of the Holy Ghost?" Ask in your heart three times. Or else ask three times, "Mother, is this the All Pervading Power of Divine Love?" Or else you can ask three times, "Mother, is this the Parama Chaitanya?"

Now please take down your hands. Please put your hands like this towards Me, look at Me and don't think.

Now, please those who have got cool breeze in the palm or on the fingertips or out of the fontanel bone area, cool or hot, please raise both your hands.

(Shri Mataji laughs). That is Kyiv, I tell you. All of you. May God bless you. Your hands are shining. May God bless you. May God bless you.

I bow to you, I bow to you, now you have started your saintly life. Now you have to grow. For that you have to come to our centers. You don't have to pay anything. But you will know everything about yourself within yourself. Within one month you'll become masters. You can give Realization to others. You can raise their Kundalini and also you can cure people. In the center they will tell you how to meditate for ten minutes every evening. All your problems will be solved. Is the Divine Force that will work it out.

I bless you from My heart. I'll again come next year and I'll hope to see you all grown up much bigger than this.

Thank you very much.

They have to clap. (The Kyiv bhajan group is going to sing Vishwa Vandita and Shri Mataji said it to the interpreter to convey to the public.)

And now enjoy your Self.

1994-0926, Achieve the state of self knowledge

View [online](#).

26 September 1994

Achieve The State Of Self Knowledge

Public Program

Vancouver, Robson Square Media Centre (Canada)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth at the very outset We have to know that Truth is what it is You cannot change it You cannot describe it Unfortunately at this human awareness, you cannot know it Whatever. I am going to tell you today Please do not accept it Blindfolded We have had lots of problems With this blindfolded failed so far so best is to keep your mind open like scientist and Treat my talk as a hypothesis and if you find it That what I am saying saying can be proved then you must accept it Because it is for your benevolence It is for the benevolence of your family It is for the benevolence of your city many Valence of Your country the Benevolence of the whole world So what is the truth the truth is? That you are not this body this mind This intellect these emotions This ego or your conditionings, but you are the pure spirit The second truth is that we see such beautiful flowers here And we take them for granted If you think about it It is a miracle and If you ask the doctor who runs your heart? He will say It's an autonomous nervous system, but if you ask the doctor who is this auto? He won't be able to tell you science itself has its own limitation For example it is a-moral secondly science cannot answer many fundamental questions For example, we don't know why are we on this Earth We don't know why did we evolve to the human state and science cannot tell you why are we here This question can be only answered if Your awareness is raised to a higher state In the evolutionary process You have become human beings But you don't know the absolute truth That's why we have so many theories so many quarrels so many fights amounting to war like atmosphere But somehow if you know the absolute truth then all of you will know the same, there cannot be any argument fights or The question of war doesn't arise with such people What is most important for us to know [is] that most of the world problems come from human beings and all of the human problems come from the problems of these centers, subtle centers of energy, which are within us. These subtle centers of energy which are within us are responsible for our physical, emotional also financial, above all, the spiritual problem The sort of spiritual problem is very obvious nowadays This is [a] special time when it is said that People will be seeking the truth In the ancient books in India Bhrgu muni has described exactly when Sahaja Yoga will start and How the people would be? seeking the truth and How their Kundalini will be awakened and how they will achieve the state of self-knowledge We have William Blake, a great poet from England about 100 Years back He said that at this time Men of God will be born and they will get their divinity and They'll make others also divine We have Rabindranath Tagore in India who has also described CS Lewis also has described, so many people have described about Sahaj Yoga That this is the special time I call it the blossom time Because there are so many beautiful flowers about to become the fruits But it is also called in the Koran as Qiyamah Mohammed Sahib has said that at this time your hands will speak and they'll give witness against you – means in your hands you will feel your centers, and they will tell you what's wrong with you Apart from that, Guru Nanaka has described beautifully about this time how what will happen and how this miracle of transformation of human beings will take place In the Bible, we have the last judgment whatever we read, we think by reading we'll achieve higher life is a misconception there's a poet called Kabira in India who said [Sanskrit] – by reading too much even the learned have become stupid I couldn't understand how can the people who have read too much can become stupid but now I meet so many of them Nothing goes into their head Because they have learned certain things that are going on. the other day I met the lead gentlemen the head of the New York Hare Rama Hare Krishna He came to me I said why are you wearing this dhoti in this country, it's such a cold country What is the need to wear a dhoti here? He said my guru has told me that this is the initiation [you] where the dhoti I said by wearing Dhoti Are you going to go? To something higher yes my guru taught In our country everybody wears a nothing And all the time they talk of Hare Ram, or higher education are they all going to go to heavens? He said see you are talking against my guru who I can't bear it, so I'm not talking against your guru But I am a mother I have to tell you the truth This way you are bound now to this kind of a stupid austerity in a place like New York where the temperature is below zero you are wearing a dhoti I as a mother I don't want you to wear it.

It's nonsense That's all I am telling what is the need to wear the dhoti? The dhoti is of no use Because I have seen people

dancing in Oxford street, and the whole dhoti Everything falls down because they don't know how to wear it This is not the way You feel spiritual It's not outside – it is inside within yourself It has to happen within yourself it cannot happen outside by changing dresses I said you are like hippies Because you think by changing the dress you are going to achieve something he says but we don't drink we don't smoke I said Sahaja Yogis also. Don't drink and don't smoke, but it's not compulsory for them Automatically they have given up So how it has happened it has happened like this that Supposing I am very obstinate like a Hare Rama Hare Krishna, supposing. They're holding on to a snake and You tell me that see there's a snake in your hand and darkness. [I] can't see so I will say no. There's no snake this is a rope The snake bites me. I'll go on holding on to that snake but supposing there is little light Immediately, I'll see the snake moving. I'll throw it away It's like this unless and until you have enlightenment You cannot achieve Self realization that is both are just the same enlightenment means Self-Realization Now they said about the bhakti means devotion, we pray to God you are praying to God there are many people who pray to God also like that. I have seen I was born myself in a Christian family, and I was surprised they Would just wear very materialistic people praying to God or God give me a son Give me money. Give me this give me that as if the God is in their pocket It goes on like this You are not yet connected to the divine unless until you are connected to God.

What are you asking? It is very? Down-To-Earth understanding that if you do not have Connection in your telephone, who are you telephoning? On the contrary your telephone May get out of order if not that if not that You will go mad absolutely Because like mad you are singing there like mad. They are moving about This is sheer madness Wasting a beautiful life For which you have come to achieve your ascent Of course let me go to religion Nothing wrong with the religion as such but wrong with our own understanding I Feel Christ and Mohammed Sahib and all these great people never understood human beings They were too great, too pure they had no human realization Because Christ says in the fifth chapter Matthews that if your one eye does something wrong, take it out If another one does something wrong take it out If your hand does something wrong, cut the hand Another hand cut I haven't met one Christian who has taken out even one eye If they had followed Christ there would have been people without eyes without hides all over then he says that if they slap you on your one cheek, you turn another cheek I haven't seen anyone like that Can imagine the Christians going round the whole world occupying all the places with the Bible in one hand and a revolver in that other Where is the principle of Christ? Who follows that? Vatican does not follow Churches do not follow. How can the people follow that? Christ didn't know nobody wants to take out their eyes whatever it is He got himself crucified, alright He was too great for us Then Mohammed Sahib must have thought that Christ has been so strict, too strict With the men so let us do something for women also Now horrible things he has written for women who go into immoral life now imagine What would happen to American ladies, I don't know horrifying Because they thought that if people become immoral, then they're lost – they're finished, they are good for nothing Then also Sharia he brought Sharia as they call it, which was given to Jews by Moses when he saw the decadent society of Jews when he came all the way with the ten commandments he was surprised how decadent they were and he knew they cannot follow these commandments so he wrote down all this Sharia which is in the Jeremiah if you read, in the Bible itself in the Old Testament now so one should understand that these great people gave the religion, but that one was very very difficult to follow In that way we have to understand that These people expected us to be of a level which we are not The level is of a saint of an enlightened person who innately Is righteous, is religious, you don't have to tell anything and He doesn't do anything wrong if by mistake he does something he repents for it so this state we have to achieve first and that state I call as the state of self knowledge so when this Kundalini rises She passes through six centers now this also Very important to understand that she passes through six centers and the seventh Center is the red one below this seventh center looks after pelvic plexus which is responsible for our excretion inclusive of sex So sex has nothing to do with our ascent actually when your Kundalini ascending you just Stop your activity of the pelvic plexus, completely entirely you become like a child You become like a child because here innocence is never lost whatever you may do To destroy it it is there because it is of an eternal nature, it is eternal Some clouds are there but as soon as the Kundalini rises This innocence start manifesting and you are amazed What happens to you firstly all these centers get enlightened They get integrated and your health improves automatically if I say You need not believe, but I can tell you for doctors in India in Delhi University have got their MD from [unclear] to MD in curing in curable diseases because when she (Kundalini) rises She enlightens all the centers Fundamentally [we] are nothing but these centers When these centers go into trouble, then only we get all kinds of diseases Sometimes they are somatic sometimes they are psychosomatic

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28 September 1994

Penetrate Into The Depth Of Reality

Public Program

Sequoia Athletic Club, Buena Park (United States)

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

Persian Public Program, Wednesday, September 28th, 1994

I bow to all the seekers of truth. At the very outset we have to understand that truth is what it is. We cannot change it we cannot transform it, above all at this human awareness we cannot know it. This is the main reason that we have different ideas, ideologies because we don't know what is the absolute truth. To seek the absolute truth one has to know that something more has to happen to our awareness. Through our evolutionary process we have to achieve a different higher awareness. This consciousness or this seeking has been there since long everywhere. But now in this modern times it has become very serious. But unfortunately people don't know what to seek and they are misled. First of all whatever I am going to tell you, you don't have to take it for granted. Because we have had big problems with this blindfolded faiths. So whatever I am going to tell you, you have to take it like a scientist with an open mind. I am putting forward you a hypothesis. And if this hypothesis is proved then it is better we accept it because it is for the benevolence of your being, for the benevolence of your country, for the benevolence of the whole world. It has been promised in all the scriptures that such and such time will come when people will achieve their self-knowledge, their self-realisation. But unfortunately, human being are so conditioned that they don't realise what they have to seek. First thing we have to know that we are not this body, this mind, this intellect, these emotions, this ego or conditionings; but we are the pure spirit. Because we say my body, my emotions, who is the owner of this my? That's what we have to be. So we have to be pure spirit. This is the first thing we are seeking. And the second thing is very important to know that when we take this flowers for granted we don't understand or we don't want to know how they are there. It's a miracle, if you see it's a miracle how it works. If you ask a doctor who runs your heart, he will say it's an autonomous nervous system. But who is this auto? That they can't answer. Science itself is amoral and has its own limitations. It cannot answer all the questions, specially why are we on this earth, why this evolution and where are we to go now. You have been already told because they have told me that they have talked about the subtle system that is within us. This is the system that we can say is autonomous nervous system in a way which is grossly expressing itself. But within yourself there are two powers left and right which are supporting or manifesting left and right sympathetic nervous system. And the central one is the parasympathetic nervous system. Luckily doctors are very honest and they don't know much about parasympathetic, that's a fact. Now in this triangular bone as you have been told there is a power called as kundalini. This power which is the kundalini is in the sacrum bone and the Greeks knew very well that sacrum bone is sacred so they called it sacrum. I have been to Greece and I asked them and they said 'of course we knew this' that there is some treasure we have. And also he told me very surprising that this treasure, the knowledge of this treasure is only with Indians. They have this ?? . Even in China I heard about the same thing. But when you start talking about the kundalini they start thinking it like a tantrik work. Now I have to explain to you that this power is the one which rises, like a germ of the seed passes through 6 centres and breaks through your fontanelle bone area and connects you to this all-pervading power which does all this miraculous work. This is actually, what you can call as the actualisation of the baptism or you can call the brahma randra bhed as they call it in Sanskrit. This happening takes place spontaneously as a living process. You don't have to pay for it. One thing we don't understand that God doesn't understand any money, he doesn't know any banking. So when we start paying for realisation, for odd or for all kinds of realisations we are really being misled. All kinds of misleading things have been done. It's very surprising that intelligent educated people never ask questions about what they are doing about their ascent, about their spirituality, about their divinity. They just accept which has been going for ages together by their forefathers and their forefather. But this is a special time where so many real seekers are born. Of course, I must say America is nowhere compared to them. Because in Russia I get never any program done in a hall or a stadium. 16 to 18 thousand people are there and they all get their realisation. What I found out that they have no conditionings. They don't know anything about God, they don't know anything about Rama, they don't know anything about Christ, nothing. Clean slates ! But once they get to Sahaja Yoga they

understand everything so well and penetrate into the depth of reality. This kind of conditionings that we have had instead of helping us you are stuck in this. Its like this, you go to, supposing you have to go to some hall you have to climb some steps, but to enter inside the hall you have to give up those steps. While we are stuck with it. We can't get out of it. This is the biggest problem I think. I don't know what to say. But when you see in America way people have no sense of real seeking, I am shocked ! And I can't understand why are they like that. They are educated, they are well off people, there is no problem with them; but that thing is lacking in them to understand what is reality and that unless and until you get to that reality you cannot be happy, you cannot be satisfied. This has to work out. This is the last breakthrough of your evolution and you have to do it, you have to get it. This is what is brought to you absolutely free. But still they will be busy doing all those rituals, and I don't know what all they do. The best is, there's somebody who is coming here and celebrating the marriage of Ram and Sita, I told them I am also going to celebrate now. That's what suits the people I think. I can't understand Ram and Sita were married long time back, what is the need to marry them again and again. But I don't know what happens to the intelligence of even Indians. This is the heritage of Indians, but they to take to such things or they take to tantrikas who are just abusing people. They are all making money. That's what it is. If you put one criteria that you will not pay them, immediately you will know they are not there. How can you pay, just think of it. We have become human beings. How much did we pay? How did we pay for getting this flowers to mother earth? This is a natural spontaneous living process for which you cannot pay. And people are; I don't know why they want so much money, I don't understand what they do with it. But such a misleading thing it has started that so many of beautiful seekers are lost. As there are many Indian I find here I would like to tell you that by reading books you cannot read selfrealisation.^{12.45}

Kabira has said "Padith padith pandit murakh bhaye" means by reading too much learned have become stupid. So I said what is this, what is this Kabira saying? But I have met many like that. They are, they will show you book, they will read this book, read this page, thousands will attend that kind of nonsense. Today only we were watching some program. There a gentleman saying how to read bible. Now I must tell you that people don't read bible otherwise they would give up. Because Christ and Mohammed Sahib were very very great people and not only that they were very pure people. They didn't know what sort of things human beings are. So the 5th chapter of Mathews, Christ has said "If your one eye is doing something sinful, take it out. If another eye is doing something sinful, take it out. If your one hand is doing something wrong, cut it out. If another hand does something wrong, cut it out. If somebody slaps you on one face, you turn another face too." I have yet to meet any Christian who has lost his both eyes and both arms. They are so self sufficient "Oh! @We are Christian". Now I think Mohammed Sahib must have thought that this is too much for men, all restrictions; so let us do something for women also. So he must have put this restrictions. But he doesn't know if this restrictions are put on women, I don't know how many will be living in this America. To look at any man with a bad eye, you have to be buried in the mother earth half way and to be beaten up with shoes or with stones. Now what do you say. If you start doing that in America, how many Hollywood actresses would be living? So this morality as was preached by them was of very high quality and very [difficult/erent]?? Then also this Sharia, Sharia as they call it by the Muslims, actually it is given if you read the old testament on the Jeremiah that it was given to the Jews by Moses because he found them extremely decadent when he brought this 10 commandments. So, he said that your hands should be cut if you do any stealing. I mean this was going too far, I must say with human beings. And that now they have taken in Islamic laws. I don't know even one single Muslim who should have his both hand intact. Because, I mean they are human beings, they are not Gods. But these people thought they are all realised souls, very great souls, so they gave all these laws and regulations. Imagine what would have happened to all the Jews if they would have followed? So they gave it up to the Muslims, and now Muslims are supposed to be following it. Supposed to be. So now same with our Hinduism as we call it. Its said that in every body resides the spirit. How can we have caste system. We just ask a question if A, B, C, D, E, F, G, H has a spirit in the heart, every body has a spirit, so how can we have caste system? There was no caste system before. It was according to our work we were doing not according to our birth. It started later on.

Now Shri Rama's life was written down by Valmiki who was a decoit, to begin with. He was not even a brahmin. He was just what we call as a fisherman, low cast. Then the second thing is what about Shri Krishna? His Gita was written by Vyas. Vyasa was the son of, the illegitimate son of a fisherwoman. Shri Krishna would always go to eat, live with Vidura who was a realised soul. But he would not take food at Duryodhan's place. Vidura was a dasi putra, means a son of a maidservant. All of them have shown them in their life Shri Rama eating the berries which were was touched by a very very old aboriginal Bhilini lady, enjoying it very much. The description is beautiful that he was enjoying it and Lakshmana didn't like it. What is this? She has eaten it and now she is giving to (Rama). She says I have tasted all of them because I know you don't like sour things. So they are not sour, you can have it. Lakshmana was angry. So Sitaji says so let me also have some of it. No, no, no these are the best, I wouldn't give you. Let me have I am your wife you see, must give me. He gave her some. She said I have never eaten such nice berries. See. So

Lakshmana says give me also. Sister-in-law give me also. No, no now I am not going to give you because you are so much angry because she has tasted it. I wouldn't give you. He said please give me. She gives him. And he really says that these are fruits from the heavens. The whole things show this love, that divine is love. The whole thing is of expression of divine love. We have never used the power of love. We have used the power of hatred, or money or other powers; but never have we used the power of love which is so dynamic, which is so compassionate, which is so delicate, which is so sharp. We have no idea as to this power that is the divine power is. When we touch it what can happen to you. We just get transformed. And this transformation makes you, into a person who never gets sick, whose temper goes away, who develops wisdom. This is of course outward manifestation. But inside what happens is that all these centres, 6 centres get enlightened. Most of the world problems are from human beings. I think all the human problems come from these centres. When they are in jeopardy you have all these problems; physical, mental, emotional and also spiritual. But somehow if you put this centres right these problems are solved. Now one must understand that the last centre which is in the red colour you see is the one that works out on the physical level what you call them pelvic plexus, doing all the, all the, what you call excretion, inclusive of sex 21.00
That shows that kundalini awakening has nothing to do with sex. Nobody has said that.

26.14 – One day you wouldn't believe but India will lead the whole world in spirituality, not in money. And in any way, Indian's are much more moral than anywhere else. Now the reason is there are two genes within us which look after our morality. It's again meta-science. Now, these two genes are on two chromosomes on both the ends. And one gets spoilt or get into mutation when you commit sins against the mother. Sins against the mother is indulgences, all kinds of indulgences sins ?? And another one gets into mutation when you do sin against the father which is aggression, temper, violence, all that. And this mutation then passes from one gene to another to another, and after some time it becomes that they are not aware that they are doing wrong. Like drugs and all that I have seen affect also the brain but also the genes. It affects the brain so much that they don't realise that they are doing wrong. They don't know it is wrong. They go on doing wrong things but they are not aware of it. Now this, thank God to traditions, whatever it is; we may be not so rich, may not be so smart, but, there is one thing 'morality' is very important. I was surprised for a conference of 2000 scientists and about 10000 other people, they gave me a subject 'medicine and self-knowledge' ? What a subject to handle 'Medicine and self-knowledge' means how self-knowledge gives you morality, how your help improves through that. So the work is the only parasympathetic nervous system. Kundalini passes through the centre, enlightening those energy centres which give out all you plexuses and it acts, it thinks, it knows, above all it loves. Because this Kundalini is your own mother. Everybody has an individual mother and she knows all about you. She knows your aspirations, she knows your drawbacks, she knows about everything. So you don't have to judge, don't have to judge yourselves. She knows. You just have to leave it to her and she is so anxious to give you self-realisation, the second birth. So it is very important that we should try to achieve it. As a result, your attention becomes enlightened. In your attention there is no greed, no lust; you become innocent. As Christ has said thou shall not have adulterous eyes. Imagine for Christians to say that, can you imagine? That happens automatically. You really become innocent. And you will be surprised to know that innocence is an eternal thing within us. Never gets destroyed. There are some clouds which are removed and really become very innocent. But such an innocent person becomes very powerful. Wherever it puts its attention it acts, it works out. When we think one thought rises, another thought falls out, another thought rises, another thought falls. We are jumping on the cusps of these thoughts. We live in the future or in the past. But if I say you come in your present, you cannot. But when kundalini rises, she elongates these thoughts and the centre which we call as 'vilamba' a pause, where our attention goes and we become thoughtlessly aware. We are aware but thoughtless. This state is called as nirvichar samadhi. At this stage, we achieve our peace. We become peaceful. We watch the whole thing like a drama. We become the witness. Now we become the peace. I have known people who got peace awards and peace organisations and this and that, they also gave me peace award I must say; but these people are so hot-tempered. You have to approach them with a barch?? How can you give them peace awards, I don't know?! They have no peace within. So this peace is established within yourself. I must say I was with Mahatma Gandhi and also with Lal Bahadur Shastri, very very close. Both were realised, souls. And Gandhiji always told me that 'unless and until we are free we cannot talk of Sahaja yoga'. But when we became free you know how many problems came to our country, and he was no more. Then came another disciple of him, Lal Bahadur Shastri, born on the same date, same style. But Gandhiji was an austere man, very austere. I mean his character. I lived with him. I have so many beautiful moments with him. He used to call me Nepali, you see. And because I was very young, I was a child, he would listen to me. Otherwise, he would be angry with people for doing something wrong, and very strict. Get up 4 o'clock, have your bath, go for a walk, all these things. But he was such a great person. Without his disciplining, we could never have won our freedom. And discipline in his own life. I met him just one day before his death. I

really can't understand why people should kill anybody like that, was such a great soul. Same with Lal Bahadur Shastri. I was very close to him. He was another realised soul and he also said that let me settle down then we will start Sahaja yoga very ?? . So discuss with me about these things. But one thing common been both of them was this, very common, was that the principle of every religion is the same that you must get your self-realisation. The essence of every religion is the same. There is nothing to fight. There is nothing to fight. And their Bhajanavali (hymn book) if you read, they're also under my consultation he did it according to the chakras. It was really so great. These two people, I mean I was so close to them; normally if you go close to any one of these big people you want to run away because they are not big at all. But Gandhiji and Lal Bahadur Shastri were two great person I must say. Being very close to them and they wanted that this somehow I should find out a way, a method by which amass realisation could be given. And I found it in the year 1970, I found it. But by that time both were not there. Still, it worked out. And now I must say in India people are very aware of Sahaja yoga. In Delhi, we have at least 16000 Sahaja yogis. Delhi city itself we have 16000. And moreover every place we have done very well except for few provinces, which I don't know why it doesn't work out. Alright, whatever it is, we have to understand that if we watch especially America I feel it is getting destroyed from within. Not only by drugs but also by thinking. Like I read an article recently about Mr Simpson who killed his wife. So the deduction they had that because that after marriage people husbands kill wives, and wives kill husband; only here may be or may be other places; so we should not marry. You should not have any marriages. I mean imagine. If you start doing all these things, all immoral things are encouraged today, then you cannot save this country. Its the responsibility of the people who are thinking, who are seeking truth to tell them what is the reality to save them. For that, you will feel committed yourself. Once you will have realisation you will think why should I only enjoy, why not others. Now with all these people who are here most of them, they have come all the way from India and they are all young people. 36.00

Some are architects, doctors, learned people. But they have realised their responsibilities, not for themselves only, for others. Tomorrow somebody gets cancer then they come to Sahaja yoga. , not the way. You can cure cancer. You can do everything. But you have to be equipped. Above all what happens to you that you can feel the truth absolutely on your fingertips. In Koran/Quran it is written that when Kiyama (resurrection time) will come, when resurrection time will come, your hands will speak and they will give a witness, Shahadat (witness against you) against you. They will tell what's wrong within, it happens. Because you can feel your centres on your fingertips and you can feel the centres of others on your fingertips. Because who is the other, you become collectively conscious. A drop becomes the ocean, a microcosm becomes a macrocosm. So, there is nobody the other. They all feel what's wrong with you. 37.05

They talk the language of centres and chakras. Not what clothes you wear, what caste you are, what race you are; but what are the centres like and on that they cure. After that, I must say some doctors had an objection that mother if you start getting people cured without any money, what will happen to us? So I told them, baba, how many come to Sahaja yoga first of all? Secondly, there are many people who have no money to come to you also. So all the rich people will leave it to you because very rich people are difficult. Christ has said that you cannot pass a camel through the eye of a needle but not the rich man. And he is true also, I tell you. Because they are lost, rich, rich, rich... So much of a greed. No satisfaction of anything. The reason is wants, in general, are not satchetiable, is a economic science. Today you want a house, alright, get a house. Then you want carpets, get carpets. Then you want to have a car, get the car. Then you want a helicopter. Goes on like this. Whatever you get you are not satisfied with it. So you are moving from one to another without feeling satisfied. So, what gives you satisfaction is this that you pure desire which is the kundalini. She is the power of pure desire. And once she is awakened then you are absolutely satisfied with yourself. You know how to enjoy everything. You will enjoy this carpet, you will enjoy everything, every bit of it you will enjoy. Life becomes a joy full existence. You jump into the ocean of joy. Really it happens. It is there at ?? and the bliss of this all-pervading power, I need not tell you. Recently there is a gentleman here from Delhi. His son had a very bad accident with his motorbike quite far away and he came walking home. And they didn't know how he came. They asked I don't know how he came. But there was a very bad accident and he was not at all hurt. A little bit of scratch somewhere. There is another one this story, I mean I don't know how to believe it or if you can believe it so just... there was a girl whose father is a Sahaja yogi. She got frustrated in some love affair may be something, and her father had a revolver because he is a customs officer. So she shot herself from here (pointing somewhere in the left lower abdomen) and the bullet came out from here (pointing right shoulder). She was little bit bleeding. They took her to the hospital. They said her heart is sound, her lungs are sound, nothing! As if the bullet was having a nice time inside and nicely came out, is unbelievable, its a fact. So many such stories they tell me and so many things that has blessed them. And when they tell me about this I am quite amazed. So I told somebody you better compile them. Within one month she said, "Mother it has gone all up to my head, now I don't know which one to compile". I said "forget it. Let it be because we have no time". So you must know you entered into the Kingdom of God. It is not a kingdom of Mr Bill

Clinton. No, this is the Kingdom of God where you are looked after, you are loved, you are lead into the right path. You meet nice people and life becomes so easy; Sahaja. Just you see that some nice people are meeting you; suddenly. Something nice happening. For all this, you have to have only pure desire to ascend. That's all. That's all is wanted that you want to ascend. And if that is done with humility you will be amazed what glories you have, what great talents you have. You must have heard about Amjad Ali, Sefat Hussain, all these people have been in Sahaja yoga. Also Debu Chaudhary. So many people. Debu Chaudhary had a problem of sitarist have that, he had cramps on his fingers and also on the thumb. So he came to me. Got cured. Not only he but his son is a great artist. We have so many poets, so many orators all over the world. And really amazing how these talents come up. And they don't talk trash. They don't believe in nonsense, they are dignified. But always laughing and enjoying themselves. And its such a life, a new race of, a new age is this. All other stories of a new age of cutting your hair like this or putting something in the nose is not. Or even Hare Ramas wearing dhotis in that cold of Chicago; I told them why are you wearing dhotis here. He said our guru has initiated. In this cold, your guru has initiated dhotis for what. In India everybody wears dhotis, are they all going to go to heaven. Such things people are doing. And thousands are there like that. They said no, our guru has initiated, we are going to wear dhotis only. Imagine. Is a simple thing to understand that by wearing dhoti or a pant or a jean or anything you are not going to go to heaven. It is something inside that has to happen. Now he was not... he was very angry. He said my guru told me this that. ?? said the fun thing you have given me Gita. Krishna has said to begin with is the 'krodha' is the anger is to root of ?? very angry person, what is he doing. Austerity brings this anger. Austere if you become, deny this deny that, nothing to be denied. You just become detached within yourself. Will not eat this, will not eat that, just for yourself. Like their guru his name Prabhupad, he came to see me because my husband was Chairman of Shipping Corporation of India. So they said you are very spiritual we have heard now can you take some murtis from here to East Africa for a temple. I said now how many temples you want to have? Then he started talking about this and that. But I said alright I will tell my husband. Said that but I heard that you are a spiritual lady, living in comfort and you have diamonds on you, how can it be? How can you be spiritual? I smiled at him. I said what have you done to be spiritual. I gave up my family, I every day stand on my head, alright and I do what you call I gave up every one. And this and that n that n that. So, I told him alright "One condition, in this house or on my body whatever you think is equal to the dust particle of Shri Krishna, you take it. Anything. But should be equal. He started looking here and there. I said then what have you given up. You have just given up what you call as stones or dust or something like that. I am not holding on to anything so what will I give up. If you are holding on to something then only you can give up. I was surprised. I was really surprised under what misunderstanding these people are that you cannot have a normal family life, you cannot have any normal thing. I mean Guru Nanak was married. Rama was married. Krishna was married. Everybody was marrying. Who has told you to give up your families, go to the Himalayas and stand there? In Sahaja yoga not necessary. We have to create a new society of very normal good people. Who love each other, who care for each other, such a brotherhood. It is amazing to see. I have never seen these people come for seminars, thousands of them; never fighting, never quarreling. Ofcourse they pull each other's leg sometimes just to have some fun, that's all right. But what a life. You ask them. They said no fun without Sahaja yoga.

So I am thankful to you. You have waited for me. Because they told me "there are hardly 20 people, mother would you like to come?" Then they said it is 40 people. I said alright I will come whether there are even two people,???. Of course you must be having some questions. I would like you to write your questions and give it to Dr Worlikar. He himself is quite capable of answering all the questions for you. And he himself had a big miracle of his heart, as he knows that and he is a very wise man. He is very wise for Cerritos (in LA), I think he is very wise. Not I am saying Cerritos people are not wise, I am not saying that. But he is very wise I think the way he understands the people, the way he understands life and problems and why people don't take to Sahaja, thinking, is very remarkable. And he is such a help to me, to make me understand all of you. So any questions you have, I would love to have the questions sometimes and I will answer them. But just now it will take about 10-15 minutes for you to get your realisation. And I think you should all get your realisation. Of course I cannot force on you. If you don't want to have it, it cannot be forced. I respect your freedom absolutely. But there is one thing, the way they have told me that here people mother get realisation and they get lost. So I remember the parable of Christ that he said some seeds fell on the rock and some fell on a proper ground. They were sprouted but didn't become trees. But some has sprouted and they became great trees of wisdom. The same thing. You can do a lot because there is so much within you. You can become your own master. You can do a lot for others. But you don't realise what is your potential, what you could be, what is the purpose of your life. And if you really realise that then you will definitely come to our centres and grow into it. You don't have to pay. In any way, you don't have to pay. We don't want any money from you in any way. There was one gentleman who told me "mother, there are some Nigerians who want to give us money." I said "why do you need money for? What is the need?" It is a headache to have money you know. And they

found it was a scam. Thank God. Otherwise, they would have said, "I am not practical". So far we had no problem of money, and money is not everything. Whenever you want you can get money. What is money after all? Equal to the dust particle of God Almighty. So, you don't have to pay money. Nothing of the kind. You have to just pay attention to your self and respect your self-realisation. For that you have to come to our collectivity, you have to come and learn. But many people come when I am here and they get lost. And that is what Worlikar told me that this is what is the situation. I said I don't know how to make them understand it is important. You are missing the point. You are here only for this. You are missing the point. You must value your life. Must value yourself. So, again and again, I would request please now after getting your realisation please come to our centres and know about Sahaja yoga, master it. 50.35

If you are a doctor it is better. But even if you are not you can be a doctor without becoming a real doctor, you can become a doctor's doctor.

It would take 10 – 15 minutes. But I would say that you should not leave in between. If you want to leave, you can leave now. Just very simple. Please be seated all of you.

Alright. So there are three conditions we have. Very simple, three conditions. The first one is that you should not feel guilty at all. People might have told you that you are sinner this that, all nonsense, don't believe it. When you are here, you are no more a sinner; you are a seeker. And please don't feel guilty for anything. When you feel guilty, physically also this centre catches. And when this centre catches then you develop physical problems, this spondylitis, also angina comes from that. And lethargic organs also if you develop this centre very badly. So what's the use having this myth. If you would have done any mistakes, alright, you should have faced it at that time. But why do you want to carry it all life? So please don't feel guilty. That is first. That means you must forgive yourself fully. I mean there is nothing wrong. After all, as I said you are human beings, you are not Gods. So you will commit mistakes, what's the harm. So now don't try to condemn yourself by any chance. 53.0

Now the second condition is forgiven yourself and you have to forgive everyone. Whether you forgive or don't forgive you don't do anything. But if you don't forgive then you play into wrong hands. You torture yourself for nothing at all and play into wrong hands. So you just forgive everyone. There now who will say its very difficult. What do you do? It is a myth. Even don't think about people whom you want to think or forgive. Just forget, forget them. Say "in general I forgive everyone". Everyone. Because it is of no help.

Now the Third condition is very simple, you have to take out your shoes; that's all. I mean to say you should be pleasantly placed towards yourself. [speaking to sy]. Alright.

Translation from Hindi:

I will just speak in Hindi. These foreigners are doing Sahaja so well. And this is your inheritance or responsibility. And what has happened to the Indian people here. They are going and performing the marriage of Sita and Rama. They do all sorts of strange things. You are educated people and you should understand that why are we doing senseless things. You should understand that this is all foolishness.

There is a Maharani (Queen) of Dhangendar. I will tell you a story about her. She got hold of a maid servant and made her into a Devi (goddess) and started worshipping her. She herself told Me that in Los Angeles she has lots of followers. This name Los (lost angels) Angeles must have come from this kind of people. Just imagine. They are making money out of this. They are organising a marriage between Shri Rama and Shri Sita. Is this a sensible thing. She said in Kalyug there has to be bhakti. I said "Yes. There should be bhakti. But you have no connection. How are you doing bhakti and to whom?" If your telephone has no connection, then whom are you calling. First get your connection, and then do bhakti (worship).

You will be surprised that curing these people's throats, My own throat gets into trouble. Those who keep chanting Hare Rama Hare Krishna like mad. Who taught them this madness. Shri Krishna did not teach this. I just don't understand. Only making money. Only making money. Standing on Oxford Street wearing dhotis and sarees, and dancing. Hair pieces keep falling off, and they keep dancing. I said "Shri Krishna is Kuber (God of wealth). How can you beg in the name of Kuber. He gave Sudama so much Aishwarya (wealth) just like that. If you are a devotee of Shri Krishna, you should be giving and giving. Instead you are begging". Any place they get, they are begging. They have spoiled the name of Shri Krishna so much.

I have never said this before, but after meeting these people I feel this movement is one of very fooling people. So bad. And

people actually give them alms. They leave their jobs, leave their houses, children. Leave everything, and start begging. In which dharma (religion) is it written like this. We Indians must grasp the real truth, and place reality before the people.

Even in China people say that India is the place of spirituality. That is what people expect from you. Are these Hindusthanis (people of India). When I asked "Why do all of you go to these false Gurus", the foreigners said, "Mother, these are Indians How can Indians tell lies". I said, "actually they are experts in telling lies. No one is greater than us in telling lies. What makes you think that they are not telling lies". So they said "We thought that since they are Indians they cannot tell lies." People consider us very pious and holy. Yes, we are peace loving, and we are afraid of fighting, and violence. We do not fight. But considering what people think of us, that we are not.

The example of this is that wherever I go, because I am an Indian, thousands will come. But when we tell them that they should come to our Centers, or we talk about Sahaja Yoga, they will not come. I said "I am an Indian, why do you trust and respect Me so much". They say, "Shri Mataji, from Your appearance and Your Personality we feel that". But I see that any Indian who comes, like one man who was just released from the jail came, even he collected thousands of disciples. This is the importance and advantage of being an Indian. Do you know from where all these rogues come; and what business they are doing. In spite of this, people accept them just because they are Indians. Basically it is so.

We should try to understand what are the expectations that these people have from us. They feel we are very dharmic (religious), very genuine and serious, and they have great expectations. Wherever you go. Wherever. Any place. If an Indian appears in a saffron robe, everyone will flock to them. Germans. Even Germans, who normally do not bow to anyone, they prostrate before these Indians. This is a special trait about us. A sort of God given boon or benefaction. No one can accomplish God's work the way an Indian can. Indians should come to us. I hope that all the Indians here will come into Sahaja Yoga, and will mould themselves into God's instruments, and will fulfil people's belief in them. So many Iranians came. You will see tomorrow. They have come here also. The Jews have also come. But Indians don't come. They recognise and follow the Dhanangara Devi (the false devi). Absolutely absurd. Now you don't have to do much.

1.00.25 English speech:

Just put both the hands towards me like this. Now both the feet have to be separate because of the two powers we have. And the left hand is symbolically suggesting that you want to have your self-realisation. This (left) hand represents your left side which is the power of desire. So your desire is expressed when you put this hand like this. Now the right hand represents the power of action. So we will try to nourish our centres and we are working only on the left-hand side. This is only for tonight. Only for tonight. Don't have to do it again. Only you have to desire just now that you should have your self-realisation, that's all. Now please put your left hand towards me and first we put our right hand on our heart. In the heart is the reflection of God Almighty which we call as spirit, Atma. [Translation from hindi: Bend your neck and head]. Now, if you become the spirit you become your guide in the light of the spirit. You become your own master. So please take your right hand in the upper portion of your abdomen on the left-hand side and press it hard. This is the centre of your mastery which is created by many prophets and many great seers, which is to be awakened. Now please take your right hand now in the lower portion of the abdomen on the left-hand side again. This is the centre of pure divine knowledge. Surprisingly the centre is here. Sometime I may explain to you how this works out. Now, raise your right hand in the upper portion of the abdomen on the left-hand side and now on the heart again. Now, please put your right hand in the corner of our neck and your shoulder and put your head to your right. I have already told you about this centre that when you feel guilty it goes into trouble. Now, we have to know there is a centre on the optic chasma which is absolutely constricted and we have to forgive otherwise it wouldn't open. So now please put your right hand on top of your forehead across and put down your head as far as possible. Here you have to forgive everyone in general without thinking about them. If you don't forgive then the centre wouldn't open and the kundalini wouldn't pass through. As it is you have tortured yourself by not forgiving. And now at this great moment if you do not forgive the kundalini wouldn't pass through. Now please take your right hand on the back side of your head and push back your head as far as possible. This is the centre where without feeling guilty, without counting mistakes, just for your satisfaction you have to ask forgiveness from this all-pervading divine power, Chaitanya. Now stretch your palm fully. Put the centre of the palm on the fontanelle bone area which was the soft bone in your childhood. Now stretch your palm fully. Please put the centre of the palm on top of your fontanelle bone area which was a

soft bone in your childhood. Centre of your palm. It is very important. Now push back your fingers so that there is a proper pressure on your scalp. This will reduce your stress and all that very easily. Now please put down your head nicely and move your scalp seven times, clockwise, slowly. Scalp I am saying not the hand so much. That's all you have to do. Push back your fingers, put down your head, push back your fingers, put down your head. Please put down your head. So there is a good pressure on your scalp. Now move your scalp slowly seven times. Stretch back your fingers, stretch back. [Translation from hindi: Don't hold your head. Just spread your fingers at the back.]. This is all we have to do. Now we have to close our eyes until I tell you please don't open your eyes. Now please put both the feet apart from each other. Now please put your left hand towards me. Need not to slouch or need not put any strain. Just sit comfortably in your seat.

Now please put right hand on your heart and now close your eyes and please don't open them till I tell you. Here you have to ask me a very fundamental question about yourself in your heart 3 times. You can call me mother or Shri Mataji. So please ask a question in your heart "Mother Am I the Spirit?" Ask three times. "Mother, Am I the Spirit ?" [Translation from hindi: Mother, am I the Spirit (twice)] Now please take your right hand in the upper portion of the abdomen on the left-hand side. I have already told you that if you become the spirit you become your own guide, your own master. So ask another question about your self, three times "Mother am I my own master?" "Mother am I my own master?" I have already told you that I respect your freedom, I cannot force on you pure divine knowledge. So now please put your right hand in the lower portion of your abdomen and here you have to say 6 times because this centre has got 6 petals; please say 6 times "Mother please give me pure divine knowledge" "Mother please give me pure divine knowledge". Now, when you ask for divine knowledge, kundalini starts moving. You wouldn't feel anything. Now we have to nourish our upper centres to open for the ascent of the kundalini. So now, raise your right hand in the upper portion of the abdomen in the left-hand side. Here press it hard. Here you have to say with your full self-confidence 10 times "Mother I am my own master". Please say it 10 times "Mother I am my own master". At the very outset, I have told you that you are not this body, this mind, these emotions, this intellect, this conditioning, this ego; but you are the pure spirit. So now raise your right hand on top of your heart, and here you have to say again with full confidence 12 times "Mother I am the pure spirit". Please say it "Mother I am the pure spirit". This all-pervading divine power which we have never felt before is the ocean of knowledge, is the ocean of bliss, is the ocean of forgiveness. So whatever mistakes you might commit, they are easily dissolved by this power of ocean of forgiveness. So please forgive yourself. Now put your right hand in the corner of your neck and your shoulder and turn your head to your right. Here you have to say 16 times with full self-confidence "Mother I am not guilty at all". Please say it 16 times, it is very important to say that. I feel this centre is catching. Now as I have told you, whether you forgive, you don't forgive, you don't do anything. But if you don't forgive at this time centre of Agnya wouldn't open and kundalini wouldn't pass through. So please forgive. So please forgive everyone in general. It is a myth. Now raise your right hand on top of your forehead across and please put down your head as far as possible. Here you have to say, not how many times, but from your heart, "Mother I forgive everyone in general"; from your heart. Now without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from this all-pervading divine power of paramachaitanya. So now please take your right hand back side of your head and push back your head, here you have to say again from your heart, not how many times, "Oh Divine power, if I have done anything wrong knowingly or unknowingly please forgive me" please say it from your heart. Now the last centre is very important and please do it attentively that stretch your palm fully. Put the centre of the palm on the top of your fontanelle bone area and put down your head as far as possible. Now stretch back your fingers is very important, stretch back your fingers. At this centre, I must say that I cannot force self-realisation on you. You have to ask for it. So please move your scalp slowly seven times clockwise saying 7 times "Mother please give me my self-realisation" Please take down your hands. Please open your eyes. You may put both the hands towards me. Now put the right hand towards me like this, put down your head and see if there is a cool or hot breeze like a vibration coming out of your fontanelle bone area. Please see with the left hand. Please don't put it on top of your head, little away. Some people get it further on. So just move your hand and see for yourself there's a cool or hot breeze like thing coming out of your head. Now please try with the left hand. Now please put the left hand like this towards me, put the right hand on top of your head, bend your head, and again see, bend your head; see for your self if there is a cool or hot breeze like vibrations are coming out of your own fontanelle bone area. If it is hot that means you have not forgiven yourself or you have not forgive others. So please forgive. Forgiving is a very big power. Now again once more with the right hand towards me, and with the left hand on top of your fontanelle bone area please see. Move your hand and don't doubt. Just see it is coming out of your own head. If it is not coming just say "Mother please come into my head, come out of my head Mother" that's your mother, kundalini is your mother just ask her. Bend your heads. Bend your heads. Now please put both the hands like this towards me and don't think. Now you have to put both the hands towards the sky like this and ask a

question three times; any one of these three questions you ask one of them three times. Please put up your hands up and your head back. Now ask a question, first question is "Mother is this the cool breeze of the holy ghost" ask this question three times, or the second question you can ask three times "Mother is this the all-pervading power of Divine love" Or the third question you can ask "Mother is this the Parama Chaitanya, is this the rooh"? Ask any one of these questions three times. Put back your head. Push back your head. Now please bring it down. Put both the hands towards me like this. All those who are feeling the cool or hot breeze on the fingertips or on the palm, centre of palm or out of the fontanelle bone area, please raise both your hands. All those who have felt the cool breeze on the hand. You didn't feel? [Translation from Hindi: You didn't feel? Then put your hand up].Everybody has got it practically. May God bless you. Now as I said you have to respect your self-realisation. And you have to go and see these people. And I am sure next year I'll meet very great saints of Los Angeles. I bow to all the saints. Your life of saint has started now. May God bless you. At the most within one month, you can master this art, everyone, no doubt. [Translation from Hindi: Come, let us go.]

1994-0929, TV Interview, Reel Women, Part 3

View [online](#).

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Interview

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

1994-09-29 Shri Mataji, 'Reel Women' Interview, P3, Los Angeles, USA

The most revolutionary breakthrough of this age is the collective inner transformation of the human being. This is the next stage in our evolution. The forth to mention that will awaken us to become highly evolved human beings with the ability, to have no more personality, that can save ourselves and save our world ...I am [unclear/Audrey Hope] and it is an honour to present Shri Mataji Nirmala Devi, world spiritual leader and founder of Sahaja Yoga. Please join us a reel women for the forth to mention of evolution.

It is time now in our evolution to introspect deeply into the problems of modern human being and to find an answer and a solution for inner and global peace...

If we are to avoid our own self-destruction, in a cleric world then we must limit the Science, rationality, religion, power and money has left us wanting all of us ...Rich, Poor, Black and White ...And we have looked for truth in all the wrong places But these are special times ...The Blossom Times! That has been prophesied in all the ancient texts. It is the last judgement, the age of Aquarius & is the profound opportunity to enter the fourth dimension Where we can become highly evolved spiritual beings and to know on our central nervous system And we can prove God like a science. I am Audrey Hope and this is reel woman and it is a deep honour to present Shri Mataji Nirmala Devi who is the world spiritual leader, Who has travelled all over the world to give en-mass self-realisation to thousands. She is here to talk about the new and long-awaited book ...Meta Modern Era ...Welcome, Shri Mataji! It is so wonderful to have you!

It is hard to pronounce Meta Modern era. What does it mean?

Shri Mataji: Meta Modern Era ...The modern era is the present times. And meta is beyond that. What is beyond that

Audrey Hope(Interviewer): To go beyond the mind!

Shri Mataji: No, No not mind. Beyond this time What is beyond this time We expect...

Audrey Hope(Interviewer): What is the goal of writing the book? What is you want to achieve? And What did you want to say?

Shri Mataji: I wanted to tell them, about the power you all have ...All of you ...Whether you belong to one religion or to another. Whether you are White, Yellow, Red anything you may be ...It's not skin deep. It is very deep within us in the triangular bone called as Sacrum. That shows that even the Greeks knew that it is a sacrum bone ...There is a power you all of you have ...All of you have the power Which if it is awakened, you achieve the fourth dimension of your personality But the problem that exists today in this world is because Our heritage comes from the Animal Kingdom. And We have many things which belong to the animals The worst then that is that we have also thinking power and rationality so we justify even whatever we do wrong. So even it is the worse than animal stage sometimes...

Interviewer: Yes, you call the Rationality the curse of modern man.

Shri Mataji: Of course, Rationality can explain everything. You may do any wrong and it explains that it is all right ...I mean that's how it is. It is very dangerous.

Interviewer: The people like Floyd, they made rational everything.

Shri Mataji: Like then it is emotional, the human being is going to be a spiritual being and that is- happens when this power within you rises ...through six centres, pierces through your fontanel bone area and connects to your all-pervading power of divine love. Now that is called as 'Ruh' by some people ...In the Bible, it is written as 'Cool Breeze of the Holy Ghost ' and in other scriptures also it is described very clearly especially in Indian Scriptures as 'Param Chaitanya'.

But the trouble with human beings is that they are capable of spoiling anything.

If they go to a forest, it will be all clean, nicely, you see... preserved sort of a thing But once a human being enters there you start spelling it ...

Interviewer: You say that even in America We have 200 years of history and in such a short time we have made such a massive hit. You call it a Coca-Cola culture. Why, Why did you call that Mother?

Shri Mataji: You see the culture is more on, money-oriented ...You see ...Its money ...Somehow you should get money ...I mean it goes to such an extent that people think killing is alright for money, doing anything is alright for money ...Money has its own purpose But it is not for the destruction ...It is for the construction of human being and it's not so important also...See it is the thing that we don't have the satisfaction...Today we want to buy a car alright, for that we will work hard, save money, buy one car But after buying it there is no satisfaction then you want to build a house! Then you go from one to another never ever enjoyed What you have achieved ...

Interviewer: Isn't that Slavery Mother?Slavery to advertising ...

Shri Mataji: No, No due to greed...Greed in human being. And this Greed comes to us from ancient things like Inheritance)But they are satisfied ...Animals are satisfied at a point but we are not. We are very Greedy, and we start running after this greed that has no end. This also makes us a little bit competitive and all kinds of things come in ...And all kinds of cruelties coming And Rich people think they are the superior people than to others But its not so. Because It has not given them satisfaction ...Whatever they have they are not satisfied That's the first thing that shows that they are not very much higher in their awareness...

With this happening, it passes through the six centres. Now, these six centres are responsible for our physical, mental, emotional and spiritual being all of them ...So when she rises this power which is the Kundalini Which is your individual Mother, She knows everything about you, She knows your past, She knows you hunkering

, She knows your aspirations everything ...She has tape-recorded it & when She invents itself and rises above the six centres ...What happens that the centres get enlightened ...Then they get integrated ...And when it pierces through the fontanel bone area it becomes one with this all-pervading power ...Now we all these beautiful flowers here but we just take them for granted We just don't understand that how different flowers are grown differently in a different manner from the same soil ...How does our mother earth does all this miracle or We see our heart running and we say ask a doctor ...Who is running our heart...He will say it an autonomous nervous system ...But if you ask who is this auto ...they can't answer ...

Interviewer: There is a scientific culture ...We need proof of everything.

Shri Mataji: That's all right! you can prove it

Interviewer: We can prove it?

Shri Mataji: Yes, We can prove. We can prove everything Whatever I am saying... Can be proved. But you see you must turn your eyes to the truth also ...To find out what is the truth really ...In a sincere manner you can find out ...for eg - The scientist himself said that there is a Torsion area beyond our mind means beyond rationality. There is a torsion area. And if you can reach that torsion area you can get the truth before you And that can be verified by science. He himself was so tired finding out the theory of relativity And in the laboratory, he was searching and was so tired so went into the garden and was playing with the soap bubbles ...And there he says suddenly from somewhere unknown this theory drowned upon me ...It happens to all the scientists but they don't know the area He has precisely called it as the Torsion area.09:29

Interviewer: Didn't it happen with you 09:27 Mother too...Didn't it happen to you by a tree in your meditation like you discovered en-mass of realization?

Shri Mataji: I was born like this ...I should say. So nothing happened that way But I was more anxious about one thing. That I said the state must be reached ...This stage of self-knowledge and self- realization by everyone in this world ...That was my research or I should say that was my greatest desire so I tried to steady human being in a subtle human way.....What's the problem with them? Because formerly only one person could get the self-realisation among 1000's of them and that was the tradition to give to one person only ...So then I thought Why not everyone because unless and until everyone gets it It's not going to work out well for the one who gets because you have seen all saints have been tortured, troubled, crucified because others did not know what it was, So they thought he is talking something rubbish Whatever it is ...So it has to happen to the collective. Thus I tried to find out about human beings, luckily my father was a very social person, my husband also. As a result, I found out in 1970...The method by which you can give a mass -realization. And for that mass realization then I started working with one lady, to begin with...Gradually start doing. Now they tell me 72 nations are following...

Interviewer: Are you surprised at how many numbers of people are practising Sahaja yoga? Is it? Did you expect this?

Shri Mataji: Only I thought that if it works it will work! But I expect more to come now.

Interviewer: What are the very special time period? Is it called Krita Yuga? What is that mean? The cycle of Krita Yuga?

Shri Mataji: Yes, very special time period That is why I called it Krita yuga.

See the first it was this ' Kalyuga ' Which was the worst of all among all of them ...They are described in the Shastras also. They described it...But they didn't go that far. They didn't visit...I think ... America to see [unclear]. At the most, they said they [unclear/are laid in steel]and all such things, Which is not a great crime I think but that the children will answer back there parents and all that was written ...but if you come to America you will realize it, its completely a very [unclear/critics] and very very dangerous picture of the 'Kalyuga' ...After 'Kalyuga', comes 'Krita Yuga' Where this all-pervading power starts working out...through human beings ...That's started in the beginning and then after that will come 'Satyuga' I think the Satyuga has also started ...Where everything will be exposed...

Interviewer: Falsehood everything ...

Shri Mataji: Yes

Interviewer: Shri Mataji I don't know if you know this but -People in America are crazy for this Y2K ...They think this is the end of the world. They think that once 2000 will come all the computers start [unclear/erasing] :) We are going to have the end ...And People in [unclear / some country] and [unclear] are preparing in building walls and arming themselves with war ...This is going on ...What do you say about that?

Shri Mataji: No, No ...You see our creator who has created us, is not going to allow this destruction. Of course, this is the last judgement so those who do not rise above their human awareness might be lost but not people who are achieving their greater awareness...They won't be lost. And from that our creator himself has placed this great power within us to have our ascent into this fourth dimension.

Interviewer: So world peace is possible Mother?

Shri Mataji: Of course, I mean, when this happens to you, you become extremely peaceful...Now look at our thoughts ! they come from say future sometimes from the past and we dance in the cusp of those thoughts. All the time we are dancing We can not stop thinking but when this power rises She elongates them and there is the space in between that is the space of present where

you are silent ...You watch everything you react to nothing you just absorb, absorb it...For example -I see a beautiful carpet here, so I look at it how beautiful it is! I am having all the enjoyment of the artist who created it ...But I don't go on thinking -How much you have paid ? Where can I get it ...Or if it is mine then should we ensure it All these nonsensical ideas don't come ...The beauty you just start watching, & watching the beauty as peace of great joy to you. Anything ...So if you see a human being who is so much reactionary to everything goes mad...So you have to be silent ...and when you are silent you are peaceful...Unless & Until there is a peace within your self you can't create peace by bombs ...Can you?

Interviewer: So you want to transform people and political power? That's the hope?

Shri Mataji: That is our destiny! Every human being has the right to get it...

Sahaja - 'Saha' means 'with', 'ja' is 'born' .

Interviewer: Shri Mataji When I met with yogis, I was very impressed they look in your eyes...I wanted to be like them ...I wanted to love like them, and that is the true meaning of Sahaja yoga ...What [unclear/pure cells? What pure spirit ?]

Shri Mataji: Yes their eyes are glittering and they don't fight, they love each other, and it is not an artificial thing ...They are just natural & even if they are from different countries I have seen them so nicely blended together, enjoying each other, loving each other ...I mean they find they have found their brothers all over ... sisters all over...

Interviewer: Sahaja yoga has had many American Breakthroughs. Can you tell us about them, Mother? especially In America, they love that ...They love to know that it can cure cancer ...

Shri Mataji: I have already had a hospital in India And another one we are going to have ...This is near Bombay ...Another one We are going to have is In Delhi ...this hospital...Where we treat them freely because it's their own power So we can't charge them but for their stay and food, of course, we charge them...

It's a very remarkable thing which we have found out. That most of the diseases can be cured by the awakening of the Kundalini because diseases come to you because of the imbalance of your centres ...With the exhaustion of the centres but this Kundalini When she rises she nourishes them not only that, but she integrates them. Cancer has been cured of many people ...

Interviewer: Has it been documented by Scientific Research?

Shri Mataji: Of course, Of course, We have doctors, they have documented ...

Interviewer: Wao! Even Genes can be changed...How many souls can be changed?

Shri Mataji: yes In my book I have written out about this. And I have also written about Phosphorous ...When there is too much phosphorous in the body, in the genes because of dry temperament, you see ...So a person gets very much hot-tempered. Can also get what you can call a person is very easily irritated, very overactive sort of a person ...But in case, You get your realization you get so balanced ...

Interviewer: Will you speak about women, Mother? In a book you talk about [unclear], that if it's so natural and so normal then Why do we so violent, Why do we so violently go against & also study say Why one person[unclear], We flirt with another, and we have all this [unclear] ...our value system is not so good ...

Shri Mataji: See I don't know how they don't understand? That these things create horrible diseases...They are creating horrible diseases scientifically proved but still, they indulge in it because they think they have the freedom to ruin our lives. What can we do about it? This kind of attitude they take. And they are going on and I just don't know how to tell them that this is all wrong. While, you try to be moral, which is one of the sentences Which is below this Kundalini & is the centre for morality that has to be alright. And That's the one which makes you stabilize yourself ...Now I have seen that some x people we didn't allow them to be there ...Because the problem was that I have some great sympathy for them...And I wanted to start even a hospital for that ...But

they are so arrogant, They know they are going to die now, so they think that they can do whatever they want ...Arrogant...They shout, scream.....And they form a group to attack us ...Is impossible to make them understand that you are sick, you can be saved if you try to follow Sahaja yoga But they are very difficult ...Rather most difficult patients I have seen... Otherwise, other patients are all right and so many diseases which we call cancer and other muscular diseases ...So many other kinds of diseases have been already been cured by Sahaja yoga. So first they use to come and tell Sahaja yogis, so I thought better have hospitals! So now we have a hospital in Bombay, near Bombay, there are 175 patients already...And another one we are starting here in Delhi

Interviewer: Wonderful! Also Mother, How can we stop the inhumanity to a woman? How can we stop this?

Shri Mataji: Men are inhuman to a woman and sometimes the woman is inhuman to men. It's quite a lot here, right?:)

Interviewer: You really take a stand against the needy oh mother...You say media is the absolute reason for it ...For value system going down ...

Shri Mataji: I am not interested in this media because they don't understand ...how irresponsible they are !... All that goes wrong, could be blamed on them ...They don't understand that it is a very important thing for media to be responsible and to understand that what are they up to? Because money-making is that is the aim ...if that is the only thing to be achieved...What can you talk to them? But they should understand that they are very responsible, the hell responsible for all the destruction that has taken place ...

Interviewer: Another word like the Law of Polarity you talked about in the book, The law of Polarity meaning?

Shri Mataji: Yes It reacts, It reacts ...If you go to one extreme it reacts in the other extreme ...So one should not go to the extremes, in any anything, you should be in the centre ...

Interviewer: And In many countries, right now, are suffering from the law of polarity?

Shri Mataji: Yes, Yes, Any country ...you see...When it goes too much to the extremes ...Now I would say - say In America, You are alright prosperous everything but I find everybody [indebted 21:04]...I am amazed that in India also many people have come, well educated mostly they are [indebted21:15]They have debts on them. So I said Why, Why should you be indebted? This is the lifestyle is such, So they have to carry on the lifestyle and the fad that see this is the best ...So today they will buy furniture, and then will throw away ...Is a style, Lifestyle they say ...

Interviewer: Choices you say? Choices...So many choices!

Shri Mataji: And these choices I have discussed in the ...That they have choices which have no meaning ...They go on changing for what? I mean ...It is just to show off that you have money and you can mean indebted ...So the reaction as the polarity acts you see... this is ...Then another is too much running after the money we neglect our children, We neglect the family and all these problems start coming up and if the children are neglected they can go to any extreme ...as you have seen they get to violence ...get to all kinds of things ...But children are very important because they are future citizens...And their preservation is extremely important so I have also started an NGO in India Where we are looking after the children of the destitute woman. Also, we are having a school for them ...Already We have a school for foreign children because they want to send their children to India, to be educated. But they have turned out, to be such beautiful children, such good children, very smart very intelligent ...Always from India, the Boys and Girls from our schools top the list...

Interviewer: Wonderful, I think it's very important ...I mean ...Really Hitler had started with the [unclear] to get control of Germany because they were so impressionable, So its important o teach them the right values!

Shri Mataji: Right Values are taught also by parents ...You see... If the parents are all the time fighting and there is no peace then

children start their own ways, and they go to another side but I can't understand that Why can't we have beautiful families? and Why can't We have people who respect each other and have their children who can respect them also...Respect begets respect ...In the family, if the husband is saying all kinds of things to his wife ...and wife is saying all kinds of thingsChildren becomeIt is very subtle ...You see We don't realize how harmful it could be ...But if you realize it ...You will try to avoid this ...No need to have this kind of atmosphere... Then another problem is this so-called affluence is that People go crazy sometimes they really go crazy ...They are really crazy because with affluence they take to horrible things like drugs, the alcoholism all kinds of things and then they go mad ... I have also started an N.G.O for drug addicts in a place called Kanhajohri in North America ...I am thinking of starting a big place for the people who are drug addict ...And you can give the drug addiction overnight ...Its a fact This happens ...and you don't have to pay for it because it is your own power ...So there is a place I am trying to get where we can accommodate people. And I talked to the people there they said Our government will be happy but the people will be against ...I said for What? Because You see...All kinds of permissions you [unclear /have to have] But I said why? so they said they will go 'amak' and they will try to destroy the houses and all that ..I said this Kanhajouhri such a cut off place. Even to walk off there is difficult you can't even have a horse ride So who is going to come out of it to trouble the public ...It's a very far fetched place...So nothing like that will happen But unnecessary, you are used to create a problem that everything that goes good than what can be done,.....Your children would be saved entirely. Absolutely, We have so many of them, first in England, Drug Addicts ...When they came they saw just lights, this that ...Today they are very good Sahaja yogis They are doing very good work, they are well educated ...I mean Its a very different area in which you entered. You take drugs to avoid problems, here the problems disappear.

Interviewer: Shri Mataji! Sahaja Yoga is the hope for the world ...

Shri Mataji: of course, It is, No doubt ...

But unfortunately in America, it's not so popular ...

Interviewer: I had a lot of people who come and ask how much it costs in the count

Shri Mataji: Because you don't take money, That's why they are not interested...

I mean I can't take money Whether you are interested or not ...

Interviewer: But isn't it true that even 1% of the population change if you have such a ripple effect on the world?

Shri Mataji: yes, But difficult it is that they have certain concepts about things and all people who are very much clever and cunning better than me ...they come and exploit them and they like it ...They like exploitation...

Interviewer: We have a lot of time! I thank you so much I know you get up very early to come here ...And it's so wonderful ...

Shri Mataji: No I get up early only !

Interviewer: Thank you!

Shri Mataji: Nice to come here! Thank you!

Interviewer: That's my pleasure! Thank you!

Shri Mataji: May God bless you!

This is Audrey Hope, In reel woman, dedicated to life and perspectives they can transform our world. Thank you so much for joining us!

1994-0929, Think about your benevolence

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29 September 1994

Think About Your Benevolence

Public Program

Loews Santa Monica Beach Hotel, Santa Monica (United States)

Talk Language: English | Transcript (English) – Draft

Public Program, Los Angeles (USA), 29 September 1994.

I bow to all the seekers of truth.

At the very outset we have to know that truth is what it is. We cannot change it, we cannot transform it, we cannot describe it, we cannot purchase it. It is, it has been and it will be.

I'm so very happy to see so many seekers of truth in Los Angeles. So whatever I'm going to tell you today, you are not to take Me for granted, nor you have to believe Me blind-folded. We have had lots of problems because of this kind of blind-folded faith. But whatever I'm telling you, you have to know that this is just a hypothesis I'm putting forth. If it is proved, then you have to believe in it as honest people because it is for your benevolence, it is for the benevolence of your family, it is for the benevolence of this city, it is for the benevolence of your country and it is for the benevolence of the whole world.

It is important that now we have to think about our benevolence. We have had lots of fun, pleasures, all kinds of enterprises in our life. But what do we seek in those enterprises is joy, anand. Whatever you want to have, you want to have it because you think by that you will feel satisfied and you'll have joy. But it is not so. Today we want to have, say, for example, a house, all right? Then we want to have a car. All right, then we want to have a helicopter, I think. Then it goes on like that one to another. We are never satisfied. If these desires were pure desires, we should have been satisfied when we got them.

Also economics says that in general wants are not satiable. Now whatever you have been told about this power which is residing in our triangular bone called as sacrum, that means the Greeks knew it was a sacred bone. They called it sacrum. And this bone has this power within us which is the pure desire and what is the pure desire? That is the truth about ourselves that you are not this body, this mind, this ego, these conditionings, this emotions, this intellect. You are not that because you say my emotions, my ego, but who is this "my"? So you are not that.

The truth is you are the pure Spirit. The second truth is that there is a all-pervading Divine power of love. This power of love does all the living work. For example, now you see beautiful flowers all over. We take them for granted. We don't even think that it's a miracle. Who runs our heart? If you ask the doctors, they will say it is autonomous nervous system. But who is this auto? So all these living things are done by the Divine power of love. I say to you this, you need not believe it M. But tonight you are going to feel it, you are going to feel it on your finger tips this all-pervading power of Divine love which is called as paramchaitanya in Sanskrit language. In Koran it is called as ruh, in the Bible it is called as the cool breeze of the Holy Ghost and Patanjali has called it as Ritambhara PrAgya, which is rather a tongue twister.

So this power exists. You see the result, you see the result that living things are happening. Now if you go to the science, it has its own limitations. First of all, science is amoral. You can destroy Hiroshima, is all right with science after all. You can do whatever you want to do because you think you have mastered the matter, but that is not our job is to destroy people all over the world. This idea of destruction comes because we forget that we do not know the absolute truth.

First we have to know the absolute truth, then we'll know where are we. What are we doing? What we are supposed to do. You are quite aware as to what is happening in the world, especially in America about which I am very much concerned. As you know, there are sixty-five per cent people are expected to be sick within ten years' time. It's not only a sickness of the body but of the

mind and this destruction will one day create such a vacuum that we'll be all shocked why we are born as human beings and why we should be destroyed? After all, the Creator has created us with such understanding, with such love, He has evolved us to this position and now why should we be destroyed?

The reason is: we must find out why are we on this earth. We are on this earth to become the Spirit, to be a channel of God's love and above all, to enter into the Kingdom of God. When I say to you it sounds rather impractical and people can't believe it. It's a fact. It's the truth, I'm telling you that the time has come for all of you to become the Spirit. It's a special time. I call it a Blossom Time. They call it the Last Judgment. Some people call it as Qiyama. Even in Sanskrit there are words, many words to describe it.

So now we have to be the Spirit, otherwise we should see with our own eyes the destruction of our fellow men and of ourselves. There's nothing in between. Either you become Spirit or all kinds of destructions will start. You've been already told about the centers that exist within you. On the medical side, we can say that they express themselves and manifest themselves as plexuses, but also they act on the left-hand side as shown there on our mind. So we'll take one center and I'll tell you what can happen to you. Of course, Sahaja Yoga is a meta science. Whatever I'm saying you can find out and you'll discover that whatever I'm saying is the truth.

This one chakra we'll deal today because I could feel what's the problem of Los Angeles. This center that we call as Swadishthana, the yellow-colored one. It comes out of the third center what we call the Nabhi chakra, the solar plexus. But this one which manifests aortic plexus moves all over your abdominal viscera and gives energy to your liver, to your pancreas, to your spleen, to your kidneys, to your intestines one side. Another thing important thing it does, about which I think doctors don't know, perhaps, is that it transforms energy for the use of the gray cells. The gray cells in the brain we use when we are futuristic, we think too much, read too much, when we are very mental.

This energy is used and for that this poor center has to work very hard. Today's life as it is, you see, where it is so futuristic. Not only that but we have become really very mental people. We go on thinking, thinking, thinking and this thinking is done by the gray cells which require the energy. So this poor center has to work for this only work when you are a thinker. Now it has to do other things also. So it neglects all other viscera. (Mother talks aside.) So all others are neglected. Now when the liver is neglected, it is a very, very important, extremely important organ in our body. It takes out all the poison from our body as heat and pass it into blood. It cleanses through this process. But when this liver is neglected, it cannot do that work which it has to do; then the heat starts accumulating in the liver.

Such a person is quite a hot-tempered person, very hot-tempered can be. When he tries to control the temper, he gets even worse. That's not the only thing that happens. This heat consumes all the fats and such a person starts becoming extremely thin. He doesn't like food, he doesn't like people. I mean his attention becomes extremely disturbed and he thinks no end of himself. He thinks that all others are stupid fools; I'm the only wisest person. If anybody thinks like that then they should know they have a liver problem. Now thus a thing called ego starts growing. This is the white color into the brain crosses over and you get a big balloon of ego.

That's on one side, doesn't matter. But what happens to your body? This heat of the liver then starts rising and when it goes to the pancreas, you develop diabetes. Is a very common disease of modern man is diabetes. Now can you imagine in India we have villagers, simple people. They don't think so much, you see. They earn, today, eat their food, sleep off. Next morning they are again up. They don't have to insure anything, they don't have to worry about it. But they take so much of sugar, sometimes four, five spoons, big spoons. The spoon must stand straight at right angle otherwise they think this is not tea at all and they take it three, four cups of tea. They never get diabetes.

It's a wonderful thing, you know, that you can have as much sweet as you like, you never get diabetes. Now these villagers don't think but those who are sitting on their chair planning, thinking of the future all the time, they definitely get diabetes. Then what happens? Then the another movement of the same heat goes to spleen and now this is even worse. Spleen is a speedometer. It keeps our speed. Supposing we have eaten our food and then we want to run, get a pain here, because it supplies red blood corpuscles for emergencies. If the spleen goes out of order with the heat as well as the kind of life we have, a very hectic life.

First of all, what I see in America is really terrible because they get up late, in the night sleep late first of all and get up late. Then early in the morning they have to go to work, so they are in a hurry. They'll pull back their jeans and then I don't know. They don't eat at all, they don't even brush, get into the car, start brushing and then they have their food in the car, or call it the breakfast, so-called breakfast. Here it is all the cars are honking and you're getting late and there's a jam, this that.

This poor spleen doesn't know what to do, because it's such a hectic life. It doesn't know how to cope with such a hectic person who sometimes needs this, sometimes needs that, so it becomes hectic. But then it is vulnerable to a very serious disease which we call as blood cancer, leukemia. On the contrary, if our life is a peaceful quiet life, we nicely get up in the morning, have our bath, don't go for jogging, that's also another thing. Jogging is right-sided. Jogging is all right for people who are lethargic, you see. Indians would be better. But not for Americans. Because this is the physical as well as the mental side, right side. And suddenly you get a shock or something happens. Specially the newspapers. They believe in just giving you shocks.

So in the morning you read something. "Oh, what has happened?" And you get a shock. Now you won't believe the way they are describing now the calamities in India are not so bad. I've telephoned, I found out, it's not so bad. But why the newspaper are doing because they love to give you shocks and you also love them because they give you shocks, I think. So in this shocking conditions this poor spleen of yours cannot cope and that's how you get this horrible disease called blood cancer.

Now I must tell you with Sahaja Yoga we have completely cured blood cancer, completely cured of many people. It's a fact. Without going to doctors, without going for diagnosis because in the diagnosis only half people die, but we know their trouble. They and we know what they are suffering from and it can be worked out. Just this Kundalini is to be raised. She goes to this center and just pacifies, enlightens it, nourishes it and the whole thing changes. I'm not telling you a cock and bull story. I really tell you. You should know that it is all happening, it's all happening today, everywhere.

Then the third thing that happens is that your kidneys get coagulated and you get kidney trouble. Then you have to go for dialysis and you end up as bankrupts. I mean they do not cure you with dialysis. No, there's no cure with dialysis. But the only thing that happens that you can become a bankrupt and then die. Then it goes to intestines, creates problem. You never feel hungry and whatever you may eat, you get into constipation of terrible dimensions and that leads to then hernia and all kinds of diseases. So with one center how many things you are suffering.

But that's not the end of it. Then this heat rises upward. There's a center we call it as right heart. Here you can see. When this center is affected, you develop asthma. Asthma is one hundred per cent curable in Sahaja Yoga. We have a doctor who got his MD. Now he's in America for curing cancer, curing asthma through Sahaja Yoga. Absolutely curable. So with the intestines, with the kidney, there are problems which seem, looks like, people say, is incurable, but not. These are the fundamentals we have, and if you have to deal with the fundamentals, then the rest of it falls into proper picture.

Like supposing now there's a tree which is sick. Now if you start treating the leaves, you can't cure. If you try to correct it through its branches, you can't cure. You have to go deep down into the roots and the sap that rises will cure it. In the same way, these are the roots. This is the knowledge of the roots I'm telling you. I see Los Angeles every year is growing and growing and growing. America is growing very fast, no doubt. But when a tree of this civilization is growing so fast we must find out about our roots. And if you do not find out about your roots how are you going to look after this huge big civilization you have created which is dry, which has no nourishment? So we have to go to our roots.

Another problem is that if this knowledge is coming from India, people have an objection. It should come from America or from England. Many people believe that Christ was born in England. Is impossible to say that all right, you have science, which we have learned; now we have something. Why shouldn't you learn, if it is for your good? It's only not I am saying that. We had poets in London like William Blake. He has said for these days that the men of God will be born in those days and they will become Divine and they will have powers to make others Divine, said by an Englishman. I don't know if you read C.S. Lewis or not. Another one, so many. There was also one poet. He was Englishman who came in here and lived here. I read them and I'm surprised that this has already been predicted.

So some people start thinking about it and they think, "Let's go to religion." Nothing wrong with religion as such and nothing wrong with the people who have created it, but I must say people like Jesus Christ or Mohammed Sahab were really very, very great people, were very, very great people and they were so much evolved. They were so much evolved that they never understood human beings, what sort of things they are dealing with. I'll give you an example. Fifth chapter Mathews, Christ has said that: "If your one eye does anything wrong, take it out. Otherwise, take out the other one. If your one hand does something wrong, then you cut it or cut both the hands. If somebody slaps you on this side, you turn the other side." I have yet to see one Christian who has cut his hands or taken out his eyes. Is impossible. He thought you were such, we were all such great...

I was born myself in a Christian religion so I was shocked, how could these people follow these rules and regulations which are beyond human beings because they'll have to take out their eyes or they'll have to cut their hands? Then Mohammed Sahab thought that such strictness was there for men, why not we have something for women. So for women also, he said, "All right. If a woman is not moral, she should be put in the Mother Earth and should be beaten with shoes or with stones." Now imagine: What about American ladies here? It's a dangerous situation.

So then came the another one called Sharia, you see, it was actually given to the Jews by Moses when he saw they were very decadent. So he gave them this, this is in the Jeremiah, who has written clearly that he said that if you steal something, your hand should be cut. All this Sharia was given to Jews, but Jews were wise. They said, "Baba, we can't do this. No, no." So the Muslims have taken over and they are putting on their [...] I have yet to come across one Muslim who can be called as a real Muslim, or one Christian who can be called as a real Christian. It's none of their mistakes, after all, they are human beings and these laws and regulations are for saints. If the saints do anything wrong, then they should be punished. Not for ordinary human beings, it's too much.

But to us religion now has become a matter of fighting. And then you see people, they go on distributing. Now like the other day a fellow came with a Gita to Me. He walked up to Me. "You must buy this Gita." I said, "I have many already in the house. But," I said, "Why are you wearing this dhoti here? It's Chicago, is a very cold place. You know, you should not wear this dhoti." He said, "My Guru has initiated that I must wear a dhoti." I said, "Do you think by wearing a dhoti, you will go to heaven? In India everybody wears a dhoti, will they all go to heaven? Try to understand now." Now shaven his head completely. I said, "Why do you shave your head?" He said, "That's what my Guru has told me that if I have to be spiritual, I must shave my head." Kabira has said that if, by shaving your head, if you can go to Heaven, then the sheep is shaven every year, there won't be any place for you there!

All the saints who were real saints were full of fun about all these things and they could see that this is all stupidity. The way people are trying to create this kind of fanaticism is all stupidity. It is, then we feel disappointed. Same about Hindus. Hindus, it is said that in every human being there is a Spirit. Everybody has the Spirit in the heart. Then how can you have caste system? How can you have a higher race and a lower race? There are so many examples to show. For example, Shri Rama ate the fruits from an old lady who had eaten them before to see that they are not sour. In India if somebody eats something you'll never eat that. But look at Shri Rama and then He tells His wife, "Oh what fruits! I've never eaten like that." But the brother was angry. The brother said, "Why should she give you such fruits, it's not proper." So the wife says, "Please give me some. After all, I'm your wife." Then she eats something and says, "Wow! What fruits!" Now the brother Lakshmana says, "Sister-in-law, give me also little bit." "No, you were so angry, I will not give you."

The whole story shows the love, the compassion, the oneness, because of love. Krishna also had food with a person called Vidura who was a son of a maidservant. He wouldn't go with the king and eat food but He would eat with this. Now why? Because he was a realized soul, Vidura was. Every story of Christ or anything you see is nothing but love. But if you are bent upon taking something like Christ went to a wedding and He made wine out of water. That's the simple thing. Now I can also do that, not difficult. But that's not the wine. That is the taste of grape juice. For wine it has to rot. Instantaneously who can make wine? How can you make wine just by touching water. You cannot. It has to rot. The more rotten it is, the better it is, they say. I've never tasted so I don't know, but smells horrible, I can tell you this much.

Now, so we don't know what to do because go to religion, there we find fanaticism. We find people fighting in the name of God,

making big money out of, I don't know but I read a book about where it said the Vatican printed one million, no, nine million dollars, nine million dollars as counterfeits and distributed through their own bank. How could any religious man think of doing these things, I can't understand. First of all, they have to be holy people. They have to be righteous people. If they have interest in your purses, then how can they be holy men? God doesn't understand money. It's your headache. Banking is your headache. How can you purchase God with money? So I appeal to your intelligence, to your wisdom, to know that this your American country has fed so many false gurus so far without even thinking what they are doing, without even finding that they are just making money. They are marketing some nonsense.

That's another problem. When I came here first nobody would listen to Me. I said, "Why?" "Because you don't take money, so what is the credibility?" They can't understand anything without money. All right, doesn't matter. Now the situation seems to be better. But the last thing that happens to you is, very serious thing with this Swadishthan chakra, is that you get a heart attack, a massive heart attack, especially if you are young, and you are playing, say, tennis and you are drinking too much, you get a heart attack which is very massive and which is always fatal. Angina is different. But this massive heart attack comes from this right-side problem. Then this heat rises into the head and what happens, you get paralysis of the right side, minimum.

There are so many diseases out of one center you can get. Then you go to some guru. He puts something into your head, I don't know what they do. Then you get cancers, you get incurable diseases, you get insomnia, all kinds of things you get and ultimately you realize, you have gone mad. I mean I don't know, a mad man doesn't understand he's mad, but others know. But wisdom should be there. When you choose a guru, you must know anybody who wants money for spiritual work cannot be a holy person, cannot.

So at this juncture you have to know that when this Kundalini rises, first thing that happens to us that our innocence starts manifesting. Innocence is eternal, it is not temporary, it is eternal. Whatever you may try to destroy it, it is there and it starts manifesting and then your eyes become innocent, absolutely innocent, and very powerful and there's a glint of the spirituality in your eyes. Such eyes are so powerful that even a glance of such a person can settle down thousands. With this innocent eyes you understand that your attention has lost lust and greed completely and you have become a very moral person, very righteous.

Nobody has to tell you, don't do this, don't do that, no. Just it happens. Now how? It's like this, if I have a snake in my hand, and I'm a very obstinate person and you tell me, "There's a snake in your hand, please leave it." I'll say, "No, there's no snake, it's a rope." Till it bites me and I'll go on saying, "It's a rope". But if there's a little light, I'll throw it away. I'll know this is wrong. As a result of this happening, whatever is destroying within you, you may think it should be given up. You may not be knowing also that it is destructive but you just drop it out. Overnight. I must tell you I have known people who have dropped drug addiction. Here such a problem exists of drug addiction and can be completely cured with Sahaja Yoga, I can assure you. If this Kundalini rises, then not only drug addiction but any kind of addiction drops off.

Then you know all about your centers on your fingertips. You know what's wrong with you on your fingertips. With this light you know where lies your problem. This is self knowledge. On your fingertips, means on your central nervous system, in Sanskrit the word is bodh, from where the word Buddha has come, or also is Vida from where the word Veda has come.

You have to know the truth, not mentally, but on your central nervous system, on your fingertips. So you know the absolute truth. Now there are many who came to me who never believed in God. Atheists, they call themselves, especially in Russia, say Russians. But they took no time to get their realization. They are such a clean slate, I tell you. They have no conditionings, nothing. And you won't believe that we always have our program in stadiums. We cannot have in halls. We've got sixteen to eighteen thousand people in one place. What is happened with them? Why is it they are so sensitive? They have thrown away all false gurus, one by one. They're not bothered. After all at least, I must say, sixty per cent people in Russia are so sensitive to spirituality, very sensitive. Most amazing thing is that they jump into it without any difficulty. I don't know how they trust Me so much but they do trust themselves first and then do trust that they have got self-realization. I don't know if you have told them or not that recently they had a conference of two thousand scientists. Their scientists are very highly qualified people where they invited Me to speak to them. In the conference I was the chief speaker and I was amazed. There were also ten thousand other people. The subject matter they gave Me, "Medicine and Self-knowledge." They all talked about morality, how important it is to

preserve the society, to preserve the families, to preserve the whole society. And they were such great surgeons, there was one surgeon ninety-year old who had operated on our prime minister Indira Gandhi, who is still operating. He's ninety years, and the way he speaks you wouldn't make out that he's of that age, and he has written a book against alcoholism and immorality.

I can't think such a subject can ever be talked about here where your Hollywood is so important. What harm they have done to you, you don't know. First of all, Mr. Freud, who just was worshipped like Christ and he has ruined the people and brought them to the sex point only. He is from Austria and when I told this in Austria, they were very happy. They clapped, they said he's brought such shame to us. But here he was worshipped and now the whole country has been so much degraded by him. Now I read the book, "Freudian, Fraudulent Freud". There's another book: "Downfall of the Freudian Empire". But with that, how many have suffered? What has happened? Families broken. What nonsense he talked about. The mother, that your relationship with mother is of a sexual nature. God knows he must be having something like that. I told this to an Indian, he said, "Thank God he didn't come to India, otherwise we would have cut him into pieces and thrown him into Arabic Sea." How could you accept such an unwise, nonsensical thing? Well, you did and so many people who thought it was big experimentation, this that. It is absolutely a myth, I tell you. If you come to Sahaja Yoga, you will know what is a psyche, how it gets affected, where it is, how it works out the real knowledge about psychology, you will know. This is psychology or is it child science? I don't understand. It has nothing to do with reality, everything imaginary. Jung, Jung was the one who got realization and he did say that Freud was wrong. He was the one who said it and who talked of morality.

But I must tell you one story about Myself. They invited Me to a conference of the Jungians. It was International Jungians Conference. Me, poor thing, was supposed to talk about Jung and I told them where did Jung went wrong because he said the consciousness is vertical. No, he said it is horizontal which is not so and that was the biggest mistake. But whatever it is he talked of morality.

But next day the president, now he's no more, so I can tell you the story, came to see Me. Eighty-five year old, shaking, you know? He came to Me, said, "I have some private work." I said, "What is it?" "I have a keep and my wife is dead. Can you please help me to cajole this keep of mine, to tell her that she should now marry me?" "What's the age of your fiancé or whatever you call it?" "Only about thirty-eight years." I said, "Do you think I am supposed to do all such work?" Now this is a Jungian who is talking like this. If it was a Freudian, I could have understood. I was shocked and to come to Me for this kind of a nonsense. I said I don't know what's wrong with these people. They can't even understand that spirituality is holiness, auspiciousness, is purity. Can't understand how he came to ask Me this question. I was so disappointed that nine years I didn't visit your country. I said, "How can I talk to them?"

["I have a keep" means to have a mistress, Ed.]

Today I have to tell you one thing. The time has come for all of you to get your self-realization, by which your attention becomes enlightened, your health gets completely all right, your mental processes are sensible, but above all you stand in your present. We live in the past or the future and all the time we are thinking of past and future. We are jumping on the cusp of past and future. With this happening you become thoughtlessly aware because these thoughts elongate. Thoughtlessly, but aware. And this thoughtless awareness is the time which is reality in which you grow spiritually. Then you get your inspirations. All your potential qualities starts manifesting.

You'll be amazed in India we have had many great writers, very great, we should say, poets, very great musicians who are now world famous. All of them came to Sahaja Yoga. They were nothing. Even Miss India that was this time Miss Universe. She is a Sahaja Yogini, and she came to Me, she said, "Mother, is it all right if I go for this beauty contest?" I said, "What's wrong? You go." "I don't want to wear funny dresses." I said, "But you wear, after all, swimming dress, it's all right." She, she was not such a beautiful girl. She asked Me, "Mother, I'm going just now for Miss India." I said, "You'll be also Miss Universe. Take it from Me." She became.

Because what is the speciality? It's not only the face, it's not only the features or anything, but it is the inner beauty, it's the balance, it's the poise, it's the wisdom, all these things put together make a personality. Not only just your face, how you look. That's not important. See, look at Mahatma Gandhi, how he looked like. I don't know I have seen him, I have lived with him in my

childhood. Such a bony structure, but even Samson would have been afraid of him, he was like that. Such a power of truth and honesty in his heart. It's not that his face was very impressive, but the inner power which was within him. I know of another prime minister very well Lal Bahadur Shastri. I'm talking about him because both were born on the same date of 2nd of October. Another person, tremendously powerful, very short man. So powerful he was and his realization of such a high degree. He could easily make out who [BREAK IN RECORDING] Of course, he respected Me very much. I used to be very shy, because he would not even sit before Me on the chair. Is what we call self-realization.

In Sanskrit an egg is called as Dwijaha, the bird is called Dwijaha and a human being, when he is realized, also called as Dwijaha, means born twice. So first it's an egg, then it becomes a bird. There are two different things. In the same way, first we are a human beings then we are realized souls. This is the new age, this is the new race which has come up. Is nothing, just put a brand here, one, like any other twice-born, like any other person you are behaving. Why? What is twice, twice-born? Or I am a Christian, and a Hindu, and a Muslim or anything. It's just a brand because anybody can commit any murder, any sin, anything.

So this transformation is your responsibility. You have to take to this transformation, and you have to change people. If you have to save your country, now learn this: that you can do it. You can easily do it. Is very simple because is all built in within you. Now what do we do? Just put a seed in the Mother Earth and it sprouts by itself. How? Because the seed has a built-in quality to sprout and the Mother has a built-in quality to make it sprout. In the same way, you all have this power, this glory is within you, just it has to happen. It sprouts and then you have to grow.

I don't know how people trust Me so much. I am an Indian after all. I could be an immigrant, or whatever. I could be anything. But they trust Me somehow. But later on, they do not trust themselves and they do not grow. It's a very sad thing, not in Russia, I must tell you, not in Russia. There's a joke. We had a seminar of thousands of people in Russia and there was one American Sahaja Yogi and a Russian Sahaja Yogi asked him: "How many do you have Sahaja Yogis in America?" So he said, "To be precise, it is fifty-six." So this Sahaja Yogi from Taliatti says, "Oh my God, you are fifty-six thousand? We have only twenty-one thousand here in Taliatti." They can't understand. They think Americans are very bright, very smart people. There must be at least 56,000. Americans are known to be very intelligent, very smart. So they're taking to Coca Cola culture now. Russians, forty per cent, because they think Americans, after all, you know, they take Coca Cola, they go to McDonald. They're very smart people. They're ruling all over the world and all your junk which doesn't sell here goes there and they are really trying to look like Americans, you know.

Whatever it is. Why I'm trying to say this, is the whole world is looking at you. They follow you. This Hollywood doesn't understand its own responsibility. The whole world is following you and the way they speak also English is very surprising is just like American English. I take about two days to understand that. But now in Russia they are speaking the same English as you speak and it's a difficult situation. So, you have to understand the second responsibility that, as citizens of this great country, you have to lead the whole world into righteousness, into morality, into constructive beautiful life. You have to enter in the Kingdom of God and settle there, whatever may be your race, whatever may be your religion, or all these nonsensical differences.

But it's very important and you'll be surprised, the first country I visited was America. I would say, first I went to Iran because my brother was there but after that I came to America and I was surprised. How do they take to falsehood so easily? Even Indians who come here become stupid. I don't know. Really. You won't believe, this there's a gentleman who is organizing the marriage of Rama and Sita. I mean they were married long time back. But he's organizing it in every place. Los Angeles one marriage, one in New York, one in Philadelphia. All like that he is organizing. And here there were ten thousand people who attended that wedding. The boy, means Rama, was ten-year old and the girl was eight-year old. So this kind of nonsense, even Indians, they would not do this in India. No, everybody will laugh at them.

The another example if I give, you'll be shocked. There's a lady, Maharani of Dhrangadhra. She's another mad woman and she has lost her husband. So she has got one man, she dressed him up as a lady, and she calls him as "the goddess" she worships. I was shocked at the whole thing that they are doing. So I said, "But you don't have anybody who follows you." "No, no, we have many in Los Angeles." Can you imagine? This there is another one now who makes the pendulum move. The people who are lynched by him, I met them in Washington. They told me, "Mother, we have sold out our houses. Now we don't know what to do."

We have taken out our children from good schools. We have no money." I said, " So why?" "There was this gentleman from the TM, you see. Pradeep Chopra is the name." Pradeep, to have such a nice name, I don't know who gave him this name. What his mother must have thought. So he said that, "Now, I can control the minds of others, I'll teach you how." So he calls somebody. "Stand here" and he gives you a pendulum in his hand. Now he says, "See, now he'll move the pendulum." He moves the pendulum and people have given up their houses, this, that, to this man. So I said, "How can you come and tell Me this now? Have you come on this earth to move the pendulums?" I mean, this kind of stupidity, can't understand.

Then they said you can levitate three or four feet like this. Already you have jams on the road. Why do you want to have such people moving their three feet? Such stupid things they accept, such stupid things. But the fellow of TM, the one who was their very big master, he got epilepsy, so he came to me. By that time, he had become bankrupt. He told Me: "I went to America and my guru told me, your money is so much involved, so you have to tell then, I came without any visa, without any passport." His name is Peter Pierce. "And you have to tell them I can walk into the wall, through the wall." "Then?" I said. "I told them and they all believed me." "They all believed you?" "Yes." "Professors, mathematicians, everybody believed you?" "Yes." How can they believe such nonsensical things?

There is a saying by Guru Nanaka, "Satguru wahi, jo sahib mili hai." "The one who is the real master is the one who makes you meet God, who makes you Divine." And this is what you should expect. It looks difficult, is the easiest thing to be Divine. You don't have to jump, you don't have to waste money. Nothing of the kind. It's all built in within you. Just have your awakening and enjoy. You don't have to do anything like running away from your homes, going to Himalayas, standing on your heads. Nothing needed. No austerities. You are already ready for it. You have done all this in your last lives. Now please don't do all these things. You just get your Self-realization.

So you become collectively conscious. You can feel on your fingertips vibrations of another person, whether dead, living, or historical whatever it is. You can know. You know the absolute truth on your fingertips. But above all, because you become collectively conscious, that is, a microcosm becomes the macrocosm, because a drop becomes the ocean. Who is the other? You become the part and parcel of one. So when it happens to you, it is very amazing how you realize what powers you have. You can give realization to people, you can cure them, you can enjoy yourself. You never get bored. So many powers you have which starts expressing and when they start expressing, you're amazed at yourself. This is what you must expect and not moving of a pendulum.

I'm sure today I'm not talking to stupid people. Sahaja Yoga is not meant for idiotic people, I must tell you. The kind of idiocy that has come I can't understand, because I used to worship Abraham Lincoln, used to worship and he gave us such a great thing like democracy and how can this democracy be a demonocracy? There are seekers, but misled. Above all that happens to you, the highest is that you jump into the ocean of joy...you just become joy. Joy is singular. Happiness and unhappiness are the two sides of one coin. But joy is singular that you become the witness the whole thing like a drama. It's fun and you get out of your problems and that's how you know how to solve them.

And above all, the bliss is there to help you. You'll be amazed how things work out. Meticulously in every way, even money-wise. There was a girl, lady from Toronto. She wanted to travel with me, come here. She's very good, but she thought she hasn't got sufficient money and next day she got a check of \$4,000 because she had paid some money somewhere a long time back. This is just a very, very minimum. But the greatest thing is that you become your own master. You know what chakras are there, you know what you are doing. You know everything. It is not just like standing and moving a pendulum nonsense but it is you know what's wrong with anyone. Then you don't talk about his face, about his dress, how he walks but you talk about his centers, what centers are there and you can cure. All this is your own.

Last of all I have to tell you this Kundalini is the power of pure desire and she is your individual mother. She knows everything about you. It's all tape-recorded. So you don't have to start judging yourself. She knows you and She is anxious to give you self-realization. She takes up all the trouble on Herself and gives you this beautiful thing which you call as self-realization and then you realize that you are endowed with the power of Divine love.

You become extremely dynamic; at the same time you are extremely compassionate. You enjoy your virtues, you enjoy your love, you enjoy others, you enjoy everything. Such a state is not difficult. Only thing you must understand that you are here to become the Spirit. In this time try to say whatever is possible. I'm going tonight to New York. They always put me like a shuttlecock from one place to another. So I have to go. But I'm very happy I saw so many of you here. I hope you'll be all responsible and will look after your realization.

Now I would request you that it cannot be forced on you, it cannot be, because I respect your freedom. You have freedom. This is the Last Judgment: If you want to go to Heaven, you are welcome, if you want to go to hell, you are welcome. I cannot force on you. So those who do not want to come for this or do not want to have it, I cannot force, so I would request you, those who do not want to have, can leave the hall. Would be better for others and those who want to have it are welcome and I'm sure you all will have it. No doubt about it. No doubt. It will take hardly ten minutes for you to get your realization, ten minutes. But you have to be little patient and you have to also know that it is your pure desire that is going to give you. Just your pure desire. I've already told you that Kundalini knows everything about you and you don't have to judge yourself.

So there are three conditions, very simple, very, very simple. The first one is that you are not to feel guilty at all. Your Kundalini knows everything. Why should you feel guilty? Leave it to Her. You don't judge yourself and please don't feel guilty. You don't know if you feel guilty, this center here, catches, and if this center goes out of order, you develop angina which is a horrible disease of the heart. You develop spondylitis and also lethargic organs. Only by one this center of yours, and it is always there when you feel guilty. If you have done anything wrong in the past, you should have dealt with it that time. What's the use of carrying it here all the time? Also is conditioning. For small, small things people start feeling guilty, specially with this Catholic Church, Christian churches. You have to know that we are sinners, we are not. We are human beings and human beings can commit mistakes. You are not gods and at this juncture, if you have guilt, how will the Kundalini rise? If you are really guilty, you would have been in jail, isn't it? I don't know with this law here, if people can go to jail even if they have done something wrong, I have no idea. I, somehow or other, I'm very apprehensive about the LA laws you see. They say it's very funny.

All right, whatever it is. Now God's laws are extremely pure and He loves you. He doesn't want you, to put you into any trouble. He loves you and loves you very much and He wants you to enter into His kingdom to enjoy. Now you're just ready to get it. So the first condition is that you are not to feel guilty at all. I assure you, you have done nothing wrong. Is it possible to forgive yourself? Thank you.

The second condition is even easier. If you understand, logically. If, I mean, the second condition is that you have to forgive everyone, even without thinking about them. Just to say, "I forgive every one of them," finished. Is very difficult but logically, I'll tell you, whether you forgive or don't forgive, what do you do? Do nothing. But if you don't forgive, then you play into wrong hands and torture yourself while the person who has tortured you, is very happy. You go on torturing yourself because you can't forgive. So just you have to say, "I forgive everyone." Don't think about them also because that will give you a headache. Best is to forgive everyone. Once you forgive, then the Divine takes over and works it out. So now please forgive everyone. Is there any problem? All right.

The third condition is very simple is that you have to take out your shoes. That's all. You won't believe, in London first time I said, "Take out your shoes," half of them walked out. It's difficult.

All right. So first of all we'll show you what we have to do to nourish our centers. Only for tonight, only for tonight. You don't have to do it. Later on, as I told you that our centers are here and all this is happening in a collective way. It's not single person doing something at home. So you have to go there. They'll give you every instruction, everything, every book, whatever you want. Free, absolutely free. But you must desire to grow and it will work out.

Some people get it immediately in such a big way and then they think they're on top of the world, but no. You have to grow and you have to know everything about yourself. You have to know about Sahaja Yoga completely in a full way. You have to be a master and I tell you hardly it takes one month to be. You people are very intelligent and everything. Just put your attention, it will

work out. All right.

So now we have to put our left hand on our lap just. (Mother speaks aside to someone in Hindi.) Just now. Left hand on your left lap, comfortably. We are not to go to Himalayas, do anything of the kind. We have to be comfortable, that's one thing. Here sitting down, you'll get your realization. Left hand towards the photograph, we put here, because they have objection for that, but now you put towards Me, left hand towards Me which is symbolically saying that you want your self-realization because the left side is the power of desire, mundane desire. So you're desirous, so you are putting the hand towards Me, left hand, that's all. Now with the right hand, we have to nourish our centers on the left-hand side. Now they will show you how to do.

First we put our right hand on the heart. In the heart resides the Spirit which is the reflection of God Almighty. If you become the Spirit then you become your own master. So you take your hand on the upper portion of your abdomen on the left-hand side and this is the center of your mastery which is created by all the prophets. You will know about it, everything. Everything will be told to you. You have to put both your feet apart from each other because these are also two powers on left and right.

Now please take your hand in the lower portion of your abdomen on the left-hand side. This is the center for pure, Divine knowledge. Don't get disturbed with this, it's very simple, is the center for the pure, Divine knowledge to work out. Now you take your hand back to the upper portion of your abdomen, press it which is the center of mastery. Now please take your right hand on top of your heart which is the center of the pure Spirit. Now please take your right hand in the corner of your neck and shoulder and turn your head to your right. Now this is the center I told you about that when you feel guilty, this goes out of order and at this juncture you must keep this center open by not feeling guilty at all.

Now you raise your right hand on top of your forehead across and put down your head. This is the center where you have to forgive everyone. This center is extremely constricted and if you don't forgive, it won't open. All your life you've tortured yourself and if you don't forgive now, you'll have to miss this great opportunity of getting your self-realization.

Now take back your right hand on the back side of your head and push back your head. Here, without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from the all-pervading Divine power of love. That we'll do later after closing eyes, but I'm just telling you how to do it.

Now stretch your palm. This is the last center, very important. Stretch your palm and put the center of your palm on top of the fontanelle bone area. Now please put down your head. They forget this. Please put down your head and push back your fingers as far as possible. Just push back, so there's a good pressure on the scalp. Now please move your hand in such a way that the scalp moves, clockwise, seven times. Do it very slowly. Put down your head, put down your heads. Please put down your heads. You must put down your head otherwise it doesn't work out better. Put down your head. Now push back your fingers. Pushing back your fingers is important. Push back your fingers outward, so that there's a pressure on the scalp. Now move it slowly seven times, clockwise. Don't hold your head, push back your fingers. Please push back your fingers. That's it. That's all we have to do.

Now, again, we put our feet apart from each other. Put the left hand on your left lap and put the right hand on the heart. Now please close your eyes and please don't open them till I tell you. You can take out your spectacles, if you like. Now when you put your hand on your heart, you have to ask Me a question, very fundamental question about yourself: You can call Me Mother, or Shri Mataji. Here, you please ask Me a question, in your heart, three times. "Mother, am I the Spirit?" Ask this question three times in your heart. I've told you that if you become the Spirit, you become your own master. So please take your right hand in the upper portion of your abdomen on the left-hand side and press it hard and here you have to ask another fundamental question about yourself. Three times, please ask in your heart: "Mother, am I my own master? Mother, am I my own master?"

I have told you that I respect your freedom so I cannot force pure, Divine knowledge on you. You have to ask for it. So please take your right hand in the lower portion of your abdomen on the left-hand side and here you have to say six times because this center has got six petals. You have to ask, please ask six times: "Mother, please give Me pure, Divine knowledge." As soon as you ask for pure, Divine knowledge, Kundalini starts rising upward. So we have to nourish our upper centers with our full self-confidence.

So now please raise your right hand in the upper portion of your abdomen on the left hand side and here you have to say ten times: "Mother, I am my own master." Please say it ten times: "Mother, I am my own master." At the very outset I told you that you are not this body, this mind, these emotions, this intellect, these conditionings, this ego, but you are the pure Spirit. So now raise your right hand on top of your heart and here please say twelve times with full self-confidence: "Mother, I am the pure Spirit. Mother, I am the pure Spirit." This all-pervading power of Divine love is the ocean of knowledge. It is the ocean of blessings, it is the ocean of compassion, but above all, it is the ocean of forgiveness and whatever mistakes you might commit will be completely dissolved by the power of this ocean of forgiveness.

So please forgive yourself and put your right hand in the corner of your neck and your shoulder and turn your head to your right. Here you have to say sixteen times: "Mother, I am not guilty at all." Please say with full self-confidence, sixteen times: "Mother, I am not guilty at all." I have already told you whether you forgive or don't forgive, you don't do anything. But if you don't forgive, then you play into wrong hands and torture yourself. Specially at this time if you do not forgive, this center of agnya won't open and the Kundalini won't be able to break through. So I request you again and again, just forgive everyone.

So now raise your right hand on top of your forehead across and please put down your head. Here you have to say, from your heart, not how many times: "Mother, I forgive everyone in general." Please say it from your heart. Now without feeling guilty, without counting mistakes, just for your satisfaction, you have to ask forgiveness from the all-pervading Divine power. So please take your right hand back side of your head and push back your head as far as possible. Here now you have to say again from the heart, not how many times: "Oh, Divine power, if I've done anything wrong knowingly or unknowingly, please forgive me. Oh, Divine power, if I have done anything wrong, knowingly or unknowingly, please forgive me."

Now the last center. Please stretch your palm fully. Now carefully put the center of your palm on top of the fontanelle bone area which was a soft bone in your childhood. Now please bend your head as much as you can. Now remember to stretch back your fingers so there is a good pressure on your scalp. Here again, I respect your freedom. I cannot force self-realization on you. So you have to say seven times, moving the scalp seven times, you have to say: "Mother, please give me my self-realization. Mother, please give me my self-realization." Now move the scalp seven times clockwise slowly. (Mother blows into the microphone.)

Now please take down your hand. Open your eyes, slowly. Now please put both the hands towards Me like this and try not to think. Now bend your head and see with your left hand, right hand towards Me, the left hand, you feel if there is a hot or a cold breeze, like vibrations, coming out of your fontanelle bone area. Please put down your head. Now please don't put the hand on top but little away. Some people get it further away. So please move your hand and see for yourself if there's a cool or hot breeze, like vibrations, coming out of your fontanelle bone area.

Now if they're not coming, you should say: "Mother, please come through my head. Mother, please come through my head." Please say thrice. Umm. Now please put the left hand like this, and with the right hand try to see if there's a cool breeze or a hot breeze like vibration coming from your fontanelle bone area. Now if you have not forgiven you, or if are not yourself, or if you are not forgiving others, it will be hot. But now try to forgive. Forgive yourself and forgive others. It will cool down, I'm sure it will cool down.

Now once more only, please put your right hand towards me and again put down the head and with the left hand, please try to see if there's a cool or hot breeze like vibrations coming out of your fontanelle bone area. This is the actualization of baptism. This is what is the Brahmarandhra Bheda that they call it. Now it's done. Don't doubt. Now please raise both the hands towards the sky and push back your head and ask any one of these questions, three questions, three times. First one is: "Mother, is this the cool breeze of the holy Ghost?" Or, you can ask: "Mother, is this the all-pervading power of Divine love?" Or you can ask: "Mother, is this the paramchaitanya or ruh?" Ask any one of these questions three times.

Take down your hands. Such cool is coming from you to Me now. Now don't doubt that it's air-conditioning or nothing is not: air-conditioning is not in your head, is coming out of your head. So don't doubt yourself. All those who have felt cool breeze or

hot breeze on your fingertips, on your palms or through your fontanelle bone area, please raise both your hands. Aah! All Americans have got it! Aah!

I bow to you, all saints. I bow to you. (To one person) You didn't feel, sir? What's the matter with you? You didn't feel it, the cool breeze? No? You're the only person. Why? Just put your hands; it will work out. Just put both the feet apart. Now? Are you a doctor? [Mother asks a yogi to work on him.] Anybody can see that. [I.e., see the vibrations, Ed.] It's all right. Now all those who have not felt, are there any? One, two, three, four.

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All Religions Are Within Yourself

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I bow to all seekers of truth.

At the very outset, we have to know that truth is what it is. We cannot change it. We cannot describe it and unfortunately at this human awareness you cannot know it. Truth has been, is and will be. Whatever I am going to tell you today, please know that it is absolutely tangible, and have no blind faith about it. This blind faith has created so many problems in this world you know very well. So if you find whatever I am saying is the truth and you experience it, then as earnest people you are to believe it, because it is for your benevolence. For the benevolence of your family. For the benevolence of your city, for the benevolence of your country, for the benevolence of the whole world. So now the time has come to think of our benevolence. As you know in America, it is quite shocking the way things are moving in the name of freedom. People are destroying themselves. Destroying their societies. Destroying their family life and all kinds of problems, of such a deep varieties that we have to now look into it and find out what's wrong. What's wrong, where are we going? What are we supposed to do? Now the truth is that you are not this body, this mind, these emotions, this intellect, your conditionings or your ego. For all this, you say 'my.' This is my ego, this is my emotions but who is the owner of this 'my', you should find out. This is the first truth that in your evolutionary process you have not achieved that state where you can know absolute truth. If everybody knows the absolute truth there cannot be discussions, arguments, fightings and wars, because everybody sees the same point. The second truth is as we see around us such beautiful flowers here, we take them for granted. And if you ask a doctor who runs your heart he will say it is the autonomous nervous system. But who is this auto? That they can't answer. So the second truth is that there is all-pervading power of divine love which does all these living things, spontaneously, and we do not want to know about it and we don't know how it works. So these are the two things one has to find out. It's very easy to feel this all-pervading power of divine love. We all will feel it tonight. I am sure you all will feel it tonight and it is your right to know it because you have reached the state now of a human awareness which is in quite a turmoil. And is already said that in this modern times at the end of it people will be so disturbed that they will seek the truth. But when the seeking started people really were misled very much. I am surprised how people accepted all these things which obviously are absolutely nonsense. And absolutely false. First of all, how can you pay for your spiritual life? God doesn't understand money. Banking is your headache. He doesn't understand. How can you pay for it? But people have paid so much of money for nonsense. I am surprised what happens to their understanding about reality. First of all, we have to know that it is not a mumbo-jumbo. Is not something where human beings can just work it out by changing the dress or by chanting something. It is not possible. Something has to happen within yourself. And for that, you are already built. Already have all the centres within you. Only thing is this Kundalini has to be awakened which is in the sacrum bone that means the Greeks knew it is sacred. It is all there, just like you take a seed and put into mother's womb it sprouts. Because it is built-in. In the seed that it can be sprouted and also in the mother earth that it can sprout it. It is so spontaneous. Sahaja. Sa means with, ja means born. Born with you, is the right to have this yoga. Means is union with the all-pervading power of divine love. It is called by various names for example in the Bible is called the cool Breeze of the Holy Ghost. It is called in the Quran as Ruh. In the Sanskrit language, it is called Parama Chaitanya. Patanjali has called as Uthammaha Pragnya and there are various names, whatever name you may call it. But it is true that it exists and we have to feel it. Thus we have to achieve our enlightenment. I am sorry for being late, but I must tell you this, America is so full of problems where ever you have to go we should take the house near it and live there near it otherwise we cannot reach but I am sorry and I am very thankful that you waited. Shows that you are really desirous of having your self-knowledge your Self-realisation. So I would not tell you about these stupid people mostly came from India and from here to make money out of you. You all have experienced it. Recently somebody told me from Washington that he lost all his money, everything. His children have been taken away from the school. He has to sell off the house. I said, for what? There is this one gentleman from Kyiv who is very clever. I went to his meeting and he called another fellow on the stage and he said see I can

control his mind and I will tell you how you can control others mind. Why do you want to do that? And then he said, now see, he will move the pendulum. And he started moving the pendulum. And I was so enamoured that I said whatever you do you teach me this. That's how he became bankrupt. But I said, have you no brains to understand? Have you come on this earth to move a pendulum? Another thing they started that you can levitate and can move about at 3 feet height. Imagine. There are no one this people despite that we are having such champs. What's the use of having this 3 feet people going round and round but they did it and I was surprised that their head of their flying Academy came to me. His name is Peter Pears. He told me fantastic things about the stupidity to which people take to. He said I put in all my money. He was a diamond merchant. So my guru told me that you have to go to America and tell them stories. So first story he told them that I have come here without a visa, without aeroplane just in my meditation. They believed. And then he said that I can pass through the wall and they believed. I said they should have at least asked him to pass through the wall. All such stupid things people have been believing, having been misled, spoiling their chakras. One thing I would like to tell you that your innocence is never, never destroyed because it is eternal. Only there are some clowns. By doing all these nonsensical things also there will be some clowns but it can be easily manifested without any effort and this is a special time for that. Very special time. I call it the Blossom time but they call it as the last judgement. Islam calls it as Qayamat. Resurrection time, all kinds of words are given to this and a great poet William Blake has said that people of God, he called them 'Gods man', will be born again on this earth at this time and they will achieve their divinity and they will have powers to give divinity to others. This is exactly what is happening in Sahajayoga. Mohammed Saheb in his Quran clearly said that 'at the time of qayamat your hands will speak and they will give(UNCLEAR) meaning witness against you. I will tell you what's wrong with you.' This is exactly what happens in Sahaja yoga. But you know how these things are. It's absurd but how people have taken to something so fundamentally wrong against God. To be fundamentalists itself is against God. God Almighty has created all this world. How can He have different, different religions and how can He have different, different ideas about God. Some say there is one God, some say there is hundred Gods. Some say this. There has to be one singular thing if it is an absolute truth. And that's why in Sahaja yoga when you take to religion you realise that all these religions are like flowers of the same tree of spirituality born at different times. And according to the times these Prophets, and this incarnations all of them have tried to give information about this happening that is going to take place. Now people who have not got enlightenment cannot accept it. They do their own thinking, their own ideas and they make up something which is just a brand. If you are a Hindu or a Christian or a Muslim or anything you can commit any mistakes. You can commit any kind of sin. This is just a brand. These religions are within yourself and unless and until they are enlightened you cannot be a righteous person. Moreover, I must say that Christ, Mohammed Sahab all such great people who came on this earth were absolutely pure, very high people. They didn't know what sort of human beings they were talking to. They didn't know. Fifth chapter Matthews, if you read, for Christians. Christ has said that if your one eye does something wrong take it out. If your another eye does something wrong take it out. If your one hand right-hand does something wrong cut it. If your left-hand does something wrong cut it out. If somebody slaps you on this side you turn another face to them. I have yet to see one Christian who has taken out even one eye. It's very difficult. Very difficult you see to face yourself, see for yourself that your eyes are looking. Even I mean Muhammad Sahab just thought that Christ was very hard on only men so he passed also some more things for women. Also, he used sharia which is a very very difficult thing also because this sharia was passed or you can say passed to Moses by God Almighty. That is what he said. Because he saw such a ticketed society of the Jews that he said if you steal something let your hands be cut. All kinds of things. Very difficult. But I think that the Jews were clever enough so they said we can't do this, so leave it alone and they did not follow. But the Muslims took it over. I tell you I have yet to come across one Muslim who has cut his hand, who has done anything like that. It is an impossible situation. Actually, these people thought you are all enlightened great saints. These are things meant for only saints. If the saints do anything wrong that is how they should be dealt with. Not for normal human beings and thus we developed something called guilt within us. And this guilt is also intensified by confessions by saying you are a sinner. You are a sinner and if you have to achieve something you should get rid of your sins, so you pay money to them and they think you can get rid of your sins. All such absurd things also we have been following. Our forefathers have been following. Then some people believed that if you read a book you can go to Heaven. The other day I met some Hare Rama people. I must tell you about this. He came to see me. He is the head of Chicago something and he was wearing a dhoti. It was quite cold that day, so I said, why do you wear this dhoti? What is the need? It is very cold. No, my Guru has initiated that I should wear this dhoti. I said but it is very very cold, why do want to wear? As a mother, I feel terrible. Why are you wearing this dhoti? By wearing dhoti if you can go to heaven that in India 90% of people wear dhoties only. They are saying Hare Rama Hare Krishna. I mean in India, everybody morning time they will get up they say Hare Ram to another. This is very common. Are they all going to go there? But they shave their heads completely. For that Kabira has said, if by saving hair if you can go to heaven all the sheep

who are every year shaved will go first there. So the religion also is a mockery of religion and I don't know how to convince them. When I told them they would not listen. They said no our guru has done it and guru is. Their Guru had so many wrinkles like I don't know if you know about a jockey (not clear). Exactly like him, he had all the wrinkles on his face, and why this hostility, for whom, for god almighty who is your father. He loves you. Why should you do all these hostilities? Don't read this and I don't do that. Fast. Go to the Himalayas. Stand on your heads for hours together and face the cold. How can a father who loves you so much would like all this? How can any father would like his son to starve himself and kill himself to reach him? They have no idea of a fatherhood, I think. The way they are prescribing things to people to be so austere and these austere people are horribly hot-tempered. If you have to reach them you have to take a bargepole. This man himself got so angry with me because I said all these things. So I told him that if you read Geeta, Krishna has said everything comes from anger and how are you having anger, just selling the Geetas everywhere. And reading, reading what happens that whatever is written inside nobody knows that these are just like we were coming they said now this is Long island this, that like it's just a kind of a direction which you have to follow. But if you stand there and go on reading Manhattan, Manhattan, Manhattan, will you come here? So again Kabira has said very beautiful things. He said that by reading too much, padi padi pandit murkha huai, by reading too much people have become, even the learned have become stupid. I used to think how can that be? But I have met so many now, I believe it. So now we have to be sensible. Whatever has happened has happened. Whatever we have done is done but now what we have to have is our Self Realisation. When the Kundalini rises she enlightens, enriches your centres. All the world problems are mostly from human beings but all the human problems are from their centres. When these centres are in trouble you have physical mental and emotional as well as individual problems. All your stress and all this modern thing that you see, yuppies disease and all that is because Kundalini has not risen and not nourished your centres and has not connected you to this all-pervading power. For example, this instrument now here has three connections but if you don't even have one connection how will I work it out. Without the connection people say we have been praying, we have been doing this but no you are not connected. Your prayers don't reach there. There should be some connection. In the same way, this Kundalini just is your mother. She is your own mother. Individual mother. She knows everything about you. She knows about your past. Knows about your aspirations. She knows about everything. And now you don't have to judge yourself at all. She knows everything then why should you judge yourself? To feel guilty, to condemn yourself, if somebody says you are a sinner, you just believe it. Never believe such people. What right have they got to say such a thing? After all, you are human beings. You are not god's. I mean if you don't commit mistakes people will say you are not a human being. You are supposed to commit mistakes. So all this kind of a conditioning we have had that we are sinners, we must do this, has to go away and you are not to feel guilty at all for anything. I mean there are people who can feel guilty for something happening in Vietnam. There is no need. Your job is just to understand yourself that you are born as a human being and you are to be born again as a spiritual and enlightened personality, Buddha. That is what you have to be. Actually, the word bodh means the same and ved also means the same from where the (UNCLEAR) means, 'to know' on your central nervous system this all-pervading power which is the totality, which is the reality. Now your attention becomes absolutely, absolutely pure. There is no lust and greed in your attention anymore. For our country here it is very important that we should really get rid of these two problems that we suffer from. You become absolutely innocent and your eyes have a light of innocence. Such a person even he looks at somebody, even a glance can do such a lot and can establish such feelings of joy in other people, that it is just to be experienced and to be seen. Now our modern life is such that we are all the time thinking, thinking, thinking too much. For nothing. Anything just like a machine our brain is working, as a result, a thought rises, falls, thought rises, falls, and we jump on the cusp of the future or past which doesn't exist. But if I say now you come to your present you cannot. In the present is the reality. So what happens when this Kundalini rises, she elongates those thoughts and so you get established in the present where there is peace. That is the source of peace. Unless and until you have this peace no use talking about peace in establishing all big, organisations. I have met many people who have got big, big awards of peace, they are so horribly hot-tempered that you have to approach them with a bargepole. Always agitated, angry you know. Can't believe how did they get peace award. On the contrary, it is the other way round. They do get because people can camouflage something I think. The peace is within yourself and once you establish that peace then you become a witness. You start seeing the whole thing as a drama. They do not get agitated. Now see people are so agitated till now you see I was in the car today I was very late, I was just watching. I said all those who want their self-realisation will stay on. Makes no difference. Let us go whenever we have to go that's the time we fix, now will go at that time. Not to be agitated. Now you can imagine my age now is 72 years of age and I am travelling every day. Travelling every day. Travelling having a program. Travelling again program. Nothing happens to me. Because I don't think I travel. I am in thoughtless awareness. I am without any thoughts. I am just in that complete presence. Whether I am in the aeroplane or outside I am in thoughtless awareness. You are fully aware but you are thoughtless. No bombardment of thoughts for me. Just you are

watching the whole thing as a big drama and it works. Whenever your attention goes it acts. Just you have to put attention and to it and it works. You will be surprised how things work out through your attention. Now you enter into the kingdom of God in the real sense of the word is not just a lecture or a sermon but you do it. As a result, you get all the blessings, amazingly. The blessings you get is something no one can explain. There is something I must tell you. There was one Indian Sahaja yogi. He came from his work, he got into the car and one fellow came with a dagger and he pierced the dagger through him. He started bleeding but he said I never felt frightened or anything. I just got hold of him, got his dagger from him and he ran away but then he saw his friend coming out of the same shop where he was working and he called him and both of them were searching for this fellow for two hours with all the bleeding going on and nothing happened to him. He was absolutely normal. Now another case which is also so remarkable that it is difficult to believe. There's a girl she got very frustrated in life but she's a Sahajayogini in a way. Her father was a Sahaja yogi but this girl, I don't know, in her frustration took her father's revolver and hit herself. Can you imagine the bullet came out it is a fact, and she was bleeding. She was taken to the hospital. Doctor's were surprised. Her lungs are alright. Everything is alright as if this bullet was going through some channel outside, or they could not explain. It's a miracle. Such miracles take place, not for your protection of your life but so many other things. You are amazed how you get cured of incurable diseases. Now here I was told that they have lost a complete war against cancer but we cannot work here for cancer because we will be arrested and will put us in jail. We are not supposed to use any other method but the method of allopathy. But with allopathy, we cannot cure. With Sahaja yoga, we can. There are four doctors who have got their MD in Delhi University. I say we have much more freedom than what you have because these four doctors who got their MD and now one of them is here. In different subjects, where they try to show how you can cure incurable diseases. It is fundamental we are dealing with. Sahaja yoga is a meta-science. We are dealing with the fundamentals of our centres. If you know how to correct the centres of your own and the correct the centres of others you have done your job. Now, what happens that on your fingertips you can feel your own centres but not only that but you can feel the centres of others because you jump into a new dimension of your awareness which is called as collective consciousness, called samuhik chetna. First, you establish your thoughtless awareness which is nirvichara samadhi and later on by using this power you become doubtlessly aware. That is called as nirvikalpa samadhi. You then can do it. Everyone of you. You see nobody is so much lost that you cannot do it but have faith in yourself. The main point is to have faith in yourself. In this short time, I cannot tell you more than this but what I have to tell you that above all you jump into the ocean of joy. Happiness and unhappiness are the two sides of one coin. When your ego is pampered you feel happy. When it is punctured you feel unhappy. But joy is something so singular that you see the whole thing and it gives you joy. See I see a beautiful carpet so immediately I go into thoughtless awareness. So all the joy the artist has put in this this carpet starts giving me beautiful joy and vibrations. I enjoy that and like waves of joy and peace coming in. This is what is your potential. This is what you have to get. You don't know how glorified you are as human beings but you have to take to it. I must say that in America it has been very difficult to say these things because most of the seekers were lost with the false gurus. But I am very happy to see so many people taking interest in Sahaja yoga today. It was never the case like this before and we tried everything. They would listen to me, they would like it and the only thing that they told me all the time was that if you are not taking money then there is no credibility. You must take money. It must be marketed. In Boston, they asked me how many Rolls Royces I have? I said none. My husband has one Mercedes that's all. They said that means you are not in the business? I said, no-no. No business. You cannot do business about this. They said we are not interested. They won't take me even on television or anything, nor even they would publish advertisements. The situation is very difficult. But you will be happy to know in Russia it is very different. Russians are so sensitive to spirituality. So very sensitive, that I first time went to Leningrad, they did not know me. They had never seen me. Nothing of the kind. There were 2000 people all the way all inside and 2000 were standing outside. I was quite amazed. I said how is it you trust me so much. It's obvious, it's obvious. They said Mother, what about us we can't get into the hall. I said alright let me finish with these. I went and talked to them and gave a realization in no time. When I came out they were all sitting there so I said now if you want to have your realisation you come tomorrow morning we will have it in the open air. Not only that. This 4000 came also they got two thousand more and they were all there and they all got their realization. They are so sensitive I am surprised. All these false Gurus have been thrown away by them. Just thrown away. They reported to the government as to what they have done, and how they have suffered and what these people are up to and thrown away. Now except for me nobody is accepted even by the government. You will be surprised that they gave me an award this time. There were 2000 scientist and 10,000 people in a conference, the highest academician in Science and philosophy. Imagine. I felt so shy. I said, what are you doing, it is too much. So they said Mother, why what's the harm. There were only 10 people who had got it so far, Saint Petersburg University. So they said Mother why do you feel that it is too much. It is nothing. I said Einstein is one of them. You mean to say, you put me higher than Einstein? They said what Einstein has done? He just managed or whatever it is, he did all the invention

about matter, but you are doing about human beings. Just see the understanding and the people are so wise there, so introspect. At least I am sure 65 to 70% Sahajayogies will be there in that country. Even Romania. Same thing. I am amazed that when we got our democracy we lost ourselves completely in the so called freedom. Choosing this, choosing that. This should be different, that should be different. Perhaps all our attention is lost in those things, and those who pampered our ego. We like them or whatever it is, I can't understand, that normal things people did not understand. I think the worst curse came from Mr Freud. And he reduced people to a sex point. We are sex points or human beings? And there is something more than that has to happen. All these ideas of Freud, when I told them they were very angry with me but now you read books. Fraudulent Freud. Downfall of Freudian Empire. All kinds of books coming from America but they discover it so late. I think it was 25 years back, Freud Freud Freud Freud. And these people who did that used to shake before me just like this. They have weakened the people, weakened the families, weakened the society, weakened the whole Nation from within. While you are great seekers of divine since long, is already said by Bruvamunni that those people are today who are seeking God in the hills and Dales will be born as householders and then they will get their realisation. It is a fact. It is happening. It sounds fantastic but it is a fact, is the truth I am telling. I am very happy there are so many people in New York where I never expected that this would happen. You all have waited for me. Thank you very much for that. This lecture you know is just one of them, I must have given at least in the English language 4000-5000 lectures. So you can get hold of them later on but better not listen to my lectures. First, you get your realisation. That is important because lecture also creates say waves of thoughts in the mind and then why she said so? Why she said so? Now let us see if we can get our realisation. I can see the beautiful lights. You have to just switch on one switch and all of them light up because all of it is built-in. Without the light no use talking about something which is so important. Enlightenment is very easy for you. Extremely easy. Take it from me. Not difficult. Because it is all built-in with in you. It is already there. And it takes hardly any time for you to jump into that new awareness about which I am talking. They talk about New Age. I mean in this country, they talk of a new age and New Race. Where are they? They are taking to drugs, alcoholism and this that. After Sahaja Yoga, you will be surprised I have seen people give up drugs overnight. Overnight. How? Supposing I am a very obstinate person and I have in my hand a snake. You tell me that you have a snake in your hand. I will say, no it's a rope because it is darkness I can't see. Till the snake bites me I go on saying no, it is not a snake it a rope. But supposing there is little light. Immediately I will throw away that. In the same way this light enlightens you and you get such wisdom about yourself and all that is destructive you just throw it away. No more, to have it anymore. I don't have to tell you don't do, don't do, nothing. You better take realisation and in that light, you yourself will manage yourself, I don't have to tell you anything. That's not me. So it will take about 10 to 15 minutes at the most as you have waited. I would request you those who want only I can give them realisation. Because I respect your freedom absolutely. If you do not want to have it I cannot force it on you. You cannot. It is a living process. So first you have to desire for it and also this Kundalini is the power of pure desire. All other desires are impure. Today we want to have a house then we want to have furniture in it, then we want to have a car then you are to have a helicopter, and you go on like that. Never satiated. The reason is not pure desire. If it was it would have given satisfaction but it does not. So now we are here. Within 10-15 minutes we are going to jump into a new awareness when you are going to feel this all-pervading power on your fingertips. I know you all have questions. You all are very intelligent people but this is beyond mind. Whatever I have said is not to be taken so seriously. Just remember that all of you are capable of getting your enlightenment and in that light, you can see for yourself, what you are. What is your weakness, what is your potential? I mean I have seen people going so much above their own expectations like this Miss India, Miss Universe, she is a Sahaja yogini. She came to me she asked me, mother, I am going for this kind of a thing, beauty contest. I said go ahead. I don't want to wear funny dresses. I said no-no as you sometimes wear swimming dress after all once in a while you have to wear the swimming dress, doesn't matter. So I said you are going for what? She said now for Miss India and then for Miss Universe. Alright I said, you will become Miss universe. She has become. She is not such a beauty I would say, but the way she answered the way she had poise, the way she showed her maturity she got it. I have known many musicians like Amzad Ali Khan, (UNCLEAR) Khan, Debu Chaudary, so many Indians they came to Sahaja Yoga and after that, they prospered. Specially Debu had a problem. His thumb had the problem of a artist thumb. He got cured and today he is a very well known musician. Artists, painters all kinds of qualities which is within you. So much potential. A person who is a chartered accountant who has never known anything about poetry has become a great poet. So all these things are within you always. And you just manifest them but you don't develop an ego. You enjoy your own virtues. Become extremely dynamic at the same time extremely compassionate and extremely humble. Look at these gurus. They have nothing. No enlightenment. All these Sahajayogies who are sitting here are all enlightened people. They haven't developed any horns or anything. They are not going about in funny dresses but they are all enlightened, each one of them is capable of giving realisation. And can you imagine? Same thing with you. Today you are facing me, tomorrow you will be sitting this side. This is what it is. It is promised in the

scriptures this is what we have to have. No use talking about all these things like I am a twice-born somebody comes to you just like anybody else. What is twice-born? Twice Born is a person who is enlightened. Sanskrit they call it Dvijaha means born twice. Dvijaha. To egg. Also to a bird. Because it is an egg and then it becomes a bird. Also to an enlightened person, they call it Dvijaha, means the one who is first a human being then becomes enlightened, but it is like another brand born again, if there is no difference. Then you become so righteous, so beautiful. You are amazed to see how. So we have to now just think that we have to have this which is our right and not feel any way obliged to me. No way. It is your own. And it will all work out. I am sure it will work out tonight, the way you had to wait and the way you enjoyed the music. Look at these. These are not Indians, but singing Indian, Sanskrit, Marathi, songs and even to say one sentence of Hindi by an English man was the greatest headache. You cannot teach an English man a Hindi song leave alone one sentence but they are singing Sanskrit songs. Also, Indian music is very difficult. It is very systematic. I myself am surprised sometimes when they say the Indian musicians say that we are ashamed. How could they do it because we had to practice for years together and how have they done it? How could they do it? It is remarkable. So now I again give one minute for people who want to leave. But don't disturb others. If you don't want to do it, don't do it but it is not proper, it is not civil to disturb other people by walking out and going out while doing it, watching them. Whatever I am telling you today is not to be done afterwards. It is just for tonight. You have to do. It's a very simple thing very very simple. But there are three conditions which are also very simple. The first one I have already told you. You are not to feel guilty at all. When you feel guilty then it develops a problem on this side of this centre-left side of Vishuddhi chakra, and as a result what you develop, maybe spondylitis may be angina may be all your organs will be completely lethargic. With this one centre. Now with this comes with guilt so-called. If you have done anything wrong at that moment is better to face it up and finish it. What is the use of storing it here, to get all these diseases. It is a fashion to feel guilty. To feel guilty is a fashion. So please not to feel guilty about anything. Moreover, the Kundalini is rising supposing this obstruction how will she pierce through? Now the second condition is that you have to forgive everyone in general in the sense that you don't have to think about, just you have to forgive. Now you will say that it is very difficult to forgive. I mean whether you forgive or don't forgive, what do you do? Nothing. You are carrying on with the myth but because of that, you suffer. You suffer. You play into wrong hands. All your life you suffer, and there is no sense in saying that I cannot forgive because you don't do anything. So you have to forgive but more at this moment. This centre is constructed like this absolutely like this. It won't open. Unless and until you forgive it won't open like this and only then the Kundalini can pass through. So just imagine how important it is. So just forgive everyone. Forgive every one. In general you don't even have to think about it because thinking itself is a headache. So just forgive them. That means you should be very pleasantly placed towards your self. Very pleasantly placed. Nothing wrong with you. Very simple for you to get your Realisation, and you don't care what others have done to you. Past is past. It is finished. The third one is another very simple one. That you have to take out your shoes. There's nothing serious inside. Because this Mother Earth is very kind. She sucks in all your problems in herself at this moment, so just take out your shoes. I hope you don't mind. In England, when the first time I told them you have to take out your shoe half of the them walked out. I was really surprised by how they were identified with their shoes. Alright as I said you should be pleasantly placed towards yourself. You should not feel guilty at all and just forgive. Forgive every one. It's very good. Now you have to sit comfortably. Don't have to slouch or put any strain on you. Just comfortably. I said you don't have to go to the Himalayas. Nothing. On your chairs sitting down here you will get your Realisation. But have faith in yourself. Know that you are going to get it. Just know that you are going to get it. It's just your faith in yourself that is going to work it out. Now somebody has to show. Alright. She will show you how you will have to nourish your centres, which is for today only. You don't have to do it again. Just for today. Now please put both the hands towards me like this. Just like this. Comfortably. Now put one of them on your lap comfortably again, on your left lap. Now the right is like this. Now the left one is symbolic because on the left side we have the power of Desire of mundane life. So is here by suggesting that you want your Self Realisation. So left hand towards me. You are working on your left hand. The right hand is symbolic about the power of action, so we use our right hand for giving nourishment to our centres. Please put the right hand now on your heart. In the heart resides the spirit which is the reflection of God Almighty. Now if you become the spirit then you become your own guide, your own master. So now please put your right hand in the upper portion of your abdomen on the left-hand side. This is the centre of your mastery which is being created by great prophets. Now you please take your hand in the lower portion of your abdomen on the left-hand side. This is the centre for pure divine knowledge. It looks funny but it is so. You will know how it is. Now take your hand again in the upper portion of your abdomen on the left-hand side. Now please take your hand now on your heart again and now put your right hand in the corner of your neck and your shoulder and turn your head to your right. I've already told you about the centre when it is in jeopardy you get all kinds of diseases because you feel guilty. Please take your right hand on top of your forehead across and please put down your head. This is a centre where we have to forgive everyone in general and now I am showing you

how to do it but later on, we will close our eyes and do it. Now please take the right-hand backside of your head and push back your head as far as possible. This is the centre where you have to ask forgiveness from this divine power without feeling guilty, without counting your mistakes, just for your own satisfaction. Now please the last centre is very important. Stretch your palm. Put the centre of your palm on top of the fontanelle bone area which was the soft bone in your childhood. Now most important is to push back your fingers so there is a good pressure on your scalp. Now please put down your head. Please put down your head and now move the scalp with the pressure seven times clockwise. Please push back your fingers. That's all we have to do. That's all. Now we will have to close our eyes and you don't have to open them till I tell you. Your feet should be set apart from each other because left and right side. Those who are sitting on the ground are alright. They don't have to worry, but those who are sitting on the chair should put both the feet away from each other. Also, put the left hand on your left lap comfortably. Now use your right hand for giving vibrations to your heart. And now close your eyes. Close your eyes. Please don't open them till I tell you. Here, you have to ask me a very fundamental question about yourself. You can call me the Mother or Shri Mataji. Mother am I the spirit, ask this question three times. Mother am I the spirit, please ask this question three times. No, no, in your heart. Ask this question in your heart, not loudly. Now, please take down your right hand in the upper portion of your abdomen. Here you have to ask another fundamental question about yourself. So in your heart, please say it three times Mother, am I, my own master. Please ask in your heart three times, Mother am I, my own master. I have told you that I respect your freedom and I cannot force pure divine knowledge on you. You have to ask for it. So please put your right hand in the lower portion of your abdomen on the left-hand side and here you have to ask six times because this centre has got six petals. So please ask six times, Mother, please give me pure divine knowledge. As soon as you ask for pure divine knowledge the Kundalini starts rising so you have to nourish your higher centres with your full self-confidence. Now raise your right hand in the upper portion of your abdomen on the left-hand side, and here you have to say with full self-confidence ten times, Mother, I am my own master. Please say it. Mother, I am my own master. Say ten times. At the very outset I have told you that you are not this body this mind, this emotions this intellect, this ego or these conditionings but you are the pure spirit. So now raise your right hand on top of your heart and say it again with full self-confidence twelve times, Mother I am the pure spirit. Please say twelve times, Mother I am the pure spirit. This all-pervading divine power is the ocean of knowledge, is the ocean of compassion, is the ocean of blessings but above all, it is the ocean of forgiveness and whatever mistakes you have committed can be easily dissolved by this ocean of forgiveness so at this moment you please forgive yourself fully and not to feel guilty. Raise your right hand the corner of your neck and shoulder and turn your head to right. Here you have to say sixteen times with full self-confidence, Mother I am not guilty at all. Please say. Very important. I've already told you whether you forgive or you don't forgive you don't do anything but if you don't forgive then you play to wrong hands especially at this juncture where we are just about to enter into the kingdom of God we have to forgive so that this centre of Agnya will open and the Kundalini can easily pierce through so, please. Now take your right hand on top of your forehead across put down your head as far as possible. Here you have to say from your heart not how many times, Mother I forgive everyone in general. Don't think about anyone. Mother, I forgive everyone in general. Say it from your heart not how many times. Now without feeling guilty, without counting, your mistakes just for your satisfaction you have to ask forgiveness from the all-pervading divine power. So now please put your right hand in the backside of your head and here you have to say again not how many times but from your heart, you have to say O Divine Power, if I have done any mistakes knowingly or unknowingly please forgive me. Again say it from your heart O Divine Power if I have done anything wrong, knowingly or unknowingly please forgive me. Now the last centre is very important and by which the Kundalini will pierce through into the subtle energy of Brahma Chaitanya. So now stretch your right hand fully and put the centre of your palm on top of the fontanelle bone area. Now please put down your head and stretch back your fingers. Here again, I cannot give you self realisation you have to ask for it. So please move your scalp seven times slowly clockwise saying seven times, Mother please give me my self-Realization or mother please give me my enlightenment, whatever you want to say. Now please take down your hands. Please open your eyes and put both the hands like this, little higher. Now watch me without thinking. Now you have to put the right hand towards me and put down your head and see with your left hand if there is a cool or hot breeze like vibrations coming out of your head. Please. Please don't put your hand on top. Little away from it. Some people get it further, more. Please see. Now please try again with the left hand towards Me and right hand, bend your head, with the right hand on top of the Fontanelle bone area. If it is still hot that means you have to forgive yourself or forgive others. If you do that it will cool down, I am sure. Now last. Again the right hand please put down your head. I think you have not forgiven others. That is very important to forgive others. Now see with your left hand on top of the fontanelle bone area, move your hand and see there is a cool or a hot breeze like vibrations coming out of your own head. Now don't doubt it. Don't doubt it. Now raise both your hands towards the sky like this and push back your head and ask this question, three times, any one of these three questions you can ask three times. First, is, Mother is this the Cool Breeze of the

Holy Ghost? Three times. Mother, is this the All-pervading power of Divine love? Three times. Anyone of them. Mother is this the Paramachaitanya? Is this the Ruh? Ask. Anyone of these questions three times in your heart. Push back your head. Please put them down. All those who have felt cool or hot breeze like vibrations on their fingertips or on their palms or out of their fontanel bone area, please raise both your hands. I bow to you, all the New York people. You all have got realisation, is very remarkable. May God bless you all. You now have become saints. You will be surprised what a change will come within you but you don't get lost with it. I have to tell you that you have to grow for that you have to come to our centres. Of course, you don't have to pay but you have to pay respect to your self-realisation. In one month's time, you all can become Masters. Maximum. could be two days also. So please come to our centre. Luckily we have very strong nice Sahajayogies here, very humble people, and they will tell you how you are to achieve this thing permanently within you and it is so enjoyable afterwards that you will start doing it yourself.

Thank you very much.

Clapping.....I will come next year to New York. May God bless you.

1994-1002, Shri Yogeshwara Puja: Having An Enlightened Brain

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2 October 1994

Having An Enlightened Brain

Krishna Puja

New Jersey (United States)

Talk Language: English | Transcript (English) – Draft

Shri Yogeshwara Puja. New Jersey (USA), 2 October 1994.

Today we are going to worship Shri Krishna as Yogeshwara.

As it is, you know that Vishnu's first incarnation as a human being was Vamana avatar. And then went till He came as Shri Ram. So, the past of Shri Krishna was Shri Ram. And when Shri Rama came on this earth, He went into lots of austerities, to go to jungle, His wife was lost, whom He had to find out. And to establish the benevolent king on this earth, He was made the king of Ayodhya. But all His life it was a struggle and austerities which He followed. As a result, the people who followed Shri Ram became extremely austere. They used to sleep on the grass because Shri Ram had to sleep on the grass for so many years. They used to wear wooden slippers. They would just wear very little clothes or one dhoti, just like Shri Rama wore when His wife was out. All these austerities they did to show how a householder should be. He never enjoyed any other life as a man, but just lived like an ascetic when His wife was lost. All these things were to establish also a very ideal personality for a man to be attached to His wife. He was a person with Ekapatnivrata, means: one wife. Though She knew She was Mahalakshmi, She was a Goddess, but still He was forced to do things because He wanted to show how a benevolent king should be.

In the second incarnation of His, when He came as Shri Krishna, then He had to neutralize all these austerities He has put on people. - Ha. So, Shri Krishna came on this earth. In His childhood He had to also face lots of problems which He surpassed, and He went and killed His uncle, as you know very well, who was a rakshasa. After doing all this, then He went to Dwarika, which He built - now they have found out where is Dwarika - and He became the king of Dwarika.

To understand Shri Krishna in Sahaja Yoga is much more subtler than the stories that they tell. [aside]

... move it - better. ?

The stories are there, but behind these stories, as being Sahaja Yogis, you have to see the subtle things about His incarnation. So, the first one was, He was Leeladhara, means the One who said this is all a play. That means you have to become a witness. So, He said that your mind should become just a witness. At Virata stage He becomes Akbar. And at that stage He is the mind, the brain of the great primordial Being. So, first He thinks that we have to become witness, witness of the drama, and we should not get lost into the Maya. If you are a witness you can see the Maya, how it works. So the first, first subtle nature of Shri Krishna was to create a Leela to neutralize all the austerities created by the incarnation of Shri Rama.

But the second great quality that He had is also to put the Maya on people. So, if He is the brain, our brain should become a sakshi, should become a witness, witness the play. You should not take anything as something extremely serious. When you look at things as sakshi swarupa, as something that you are watching a drama, you may for the time being feel that you are Napoleon, you are the one who is acting. But after some time the play is over, you know it's a play. So, to reach that state, you have to become thoughtlessly aware. Because we think from our brain, and this brain goes on thinking, thinking, creating a Maya, and playing into Maya. Now, here it is when you are a realized soul, you should see through the Maya. Everything that I am doing or you are doing, should be understood very well if you are really the reflection of Shri Krishna's brain. So, in your brain, there should be no worry, there should be no stress, there should be no problem, because you are just watching everything in thoughtless awareness. So, when you are thoughtless awareness, means when your brain is just in the state of witness, you

understand everything that is Divine.

I'll give you an example, just now it happened. I got into the car and they didn't know where to go, and we went onto wrong road, then I told him " Go this way ". So he was wondering " How Mother knows?" I said " Vibrations! " Through vibrations I could feel we are there - they are all there, sitting there, - and we came round.

Unless and until you are thoughtlessly aware, you cannot grow, that is first thing. And secondly, unless and until you are thoughtlessly aware, you do not know the absolute Truth. Through your brain only you will know. You don't have to put your hands, you don't have to ask questions. But it's like a computer that works, it just gives you an answer. In that state you are completely one with the Divine, and it just gives you an answer, and you do that and you are amazed how it has worked out. Everything, every moment is computerized with Shri Krishna.

But at the same time He tests you, He plays His Leela on you. That one must know, because He's a diplomat. How He has played Leela on you is very interesting to see, His style of Leela.

Like He's told Arjuna that " I will not fight ". Arjuna said: " All right, what will you do? " " I'll be your charioteer, I'll drive your chariot. " Now it would look funny to anybody: " What is this, such a great man who calls me as His guru, He says that He is the one who, I mean, He says that I am the best of His disciples, everything, and here He just offers His services like a charioteer. " In this, He is just trying a trick on Arjuna. As if He knows the future that's going to happen. So, the whole Gita was created because He was just a charioteer, because Arjuna said " I cannot fight my own people, I cannot fight my own grandparents, and I cannot fight my relations. " Now, if you say that Gita is for peace, it is not. It is not for peace. But He says that: " They are already dead, whom are you killing? These dead people, if you are killing them what will happen? But if you now run away from the battlefield, people will call you a coward, and what will you get? But if you fight for the religion, then you will get your resurrection - moksha."

It's a big trick in all these things. Same was said by Mohammed Sahib, and same by Christians later, same about the Hindus - that they all feel they are fighting for Dharma. In Arjuna's case, it was a clear-cut case that somebody was a rakshasa and horrible people, they were adharmis, so He was fighting them, it's all right. But what about other people when they say that " We are going to die for religion "? I met a Bosnia muslim who had just somewhere escaped and I asked Him " Why, why do you want to fight? Why do you want to fight for land when you believe in the formless God? " He said: " It's written in the Koran that if you fight for religion then you will get your moksha. " Exactly the same Shri Krishna has said. But where is the mistake? The mistake is: what is the Dharma? Are you dharmic? Are you in - standing in Dharma? Then this fight was in those days, were with weapons. So, why did Shri Krishna not take a weapon in His hand? This is the second. Firstly, nobody has Dharma, they're all adharmis - they may call themselves hindus, muslims, christians - all are adharmis, they don't follow the religion. And secondly, they are killing each other only, one adharmi killing other adharmi, or maybe in between themselves they are fighting: everybody is thinking " I am right and whatever I am doing is the right. " So, the first condition is put that for Dharma you have to fight. So first, one should find out: are we fighting for Dharma? But He was even subtler, He didn't take any weapons in His hands, nothing. He was just holding the reins of the chariot. Because Shri Krishna is the mind, is the Virat, is the great Mind, He doesn't need any weapons or such.

But what He did at that time, He used His mind for a very very profound knowledge, to explain to Arjuna. Imagine, in the warfield, He didn't make Him sit down " All right, you are my Shishya, you sit here, I am your guru, I'll tell you. " - nothing. In the battlefield you see, when everybody was there to fight and they were about to start the war, He starts telling very patiently to Arjuna, at that time. Now, what is He doing there? He's not using any weapons, nothing. He is being counselling, counselling to Arjuna, telling him. Now, see His subtle brain. He introduces in the first chapter only that " You have to go higher than what you are. " And then He gives him the definition of a person who is an enlightened person which is a Sthitha Pragnya. I mean, normally, a businessman will start from one dollar, then hundred dollars, you see, the other way round. But He told him first thing that " You have to become a Sthitha Pragnya, otherwise it's no use. " Unless and until you become Sthitha Pragnya you cannot have Dharma, this is the point. To understand Shri Krishna, you have to really have a very subtle brain, otherwise you cannot understand. So, He tells that " You should give up this kind of a morose that has developed in you, Kaivalya I will call it.

And what you have to do, now take up the weapon in your hand and fight. "

So, then, He asked him about other things, " What about that: You are here telling me that you should become Nishkriya, that means "no work". Your karmas become akarmas. Now, talking like this, and why do you want me to kill these people - that is akarma? " Now, how you see, slowly removes from one point that you should fight for Dharma. Now, it's a very subtle thing: are you in Dharma or not, first of all find out? You are not, so what Dharma you fight, first?

Then, the second thing is karma. Again, see, He is a brainy fellow, the brains of God, extremely tricky.

The second trick He plays on Him saying that " You are working, all right? But if you are a Sthitha Pragnya, then you leave all the work at the lotus feet of God " or Him.

[Hindi phrase, UNCLEAR]

"Give up all Dharmas and follow Me. "

Now what is his Dharma? That problem is that people don't understand Him. It's all concentrated on Shri Krishna, and His own manifestation. [aside]

He says that " Do your karmas. But you put them at the lotus feet of the Lord! " - It's not possible unless and until you are Sthitha Pragnya, unless and until you are enlightened. Now, when you are enlightened, when you have got your realization, when you raise your Kundalini or anybody's Kundalini, you don't say " Mother, I am giving realization ". You don't say that, never. What you say: " It is happening ", in third person you talk. " It's not coming, it's not working or it's just moving on the side. This chakra is catching, that chakra is catching. " You never say " I am doing anything ", the 'I' is lost. When that 'I' is lost, then only you will put everything at the lotus feet of God. So, first, it should be done in Dharma.

Supposing, somebody murders somebody and say " Oh, I have done it now, so it is my karmas and I put it at the lotus feet of Shri Krishna. " Now, people can, I mean, people have special brains also to interpret Shri Krishna and Gita. But what He said for Dharma you should do it. So, first of all, you should be a Sthitha Pragnya, means an enlightened person, and whatever you do automatically goes at the lotus feet of God, automatically, spontaneously, Sahaj.

Now, the third thing He did: What about bhakti? People said " What? We are doing bhakti to God, this, that, then what is the reward for this? " There again He plays tricks. On one word He has made everybody dance, you know? He says " You do bhakti, but it should be Ananya, " - this is the word, Ananya, - when there is not the other, means when you have become One with Me, means you are a Sthitha Pragnya, means you are a realized soul. Just imagine, on this word if people pay attention, they will give up all this nonsense of bhakti and will first get their connection when they become Ananya and then do the bhakti. Because Shri Krishna knew human beings very well. I think, He knew them better than Christ - definitely - because Christ was straightforward. He said: " Take out your right eye, throw it away. Take out your left eye, throw it away. Cut your hand, throw it away." Same with Mohammed Sahib. Who will do that? So, Shri Krishna was very clever, He said: straightforward they will not understand, so give them in such a way that they will go on doing and doing, we are doing so much bhakti, so many people come into it. Even this Ram, Hari Ramas, they are developing now throat cancers. So, they are saying " Mother, why these throat cancer to us, we are saying the name of Sri Krishna?" " Because you are not connected. " Now supposing, I will even want to meet the president of this country. I'll have to go through such a protocol. I may not even meet.

But this One is the God of Gods. He is the President of all the presidents. If you have to take His name, if you go and take name of Lincoln, of Clinton, and go on saying " Clinton, Clinton Clinton ", they'll all arrest Me. So, if you go on saying " Rama, Rama, Rama, Allah, Allah, Allah, Akbar, Akbar, Akbar ", you'll be arrested. You have no connection. So, that Virata Shakti which we call, which is of course in Koran described as Akbar, this power also plays tricks.

As a Mother, I have to warn you that nothing will work out unless (and) until you are a realized soul. Nothing will work out. Now,

for realization, He has said: " You have to become ". But He didn't say at that time how you will become, what will work it out. Because you see, sort of, if you go to college, all the knowledge is not given in first year. Something is given, then something in second year, then in third year. Now in the seventh year, now Sahaja Yoga has come to tell you everything, totally. He is Totality, but He doesn't give total knowledge. The whole knowledge of Gita is nothing but trick that He has played with human beings who were stupid, and would never have understood Him if He'd told them about Sahaja Yoga. Even today I meet many like that, of course, but so many He could not have got at that time. So, they didn't talk about Kundalini this much, so far, and that's all.

Same with other people. The kind of disciples they had, the kind of people they had, they could not tell them everything about their ascent, because they were not ready, they were not of that level, their brains were not that developed.

Now in this Kali Yuga, when I am starting this work, I find their brains are overdeveloped, over. And so much so that overdeveloped brains become stupid and that's really. Overuse of anything makes you stupid, and they become absolutely stupid. Now, how can you tell them such a subtle knowledge who are stupid people? What is the way? If I talk like Shri Krishna it would have been just a waste of My energy and your energy. Half of you would have gone off to sleep.

So I said, first of all, let Me connect them to Divinity. If I could connect them to Divinity - little bit even, little bit - then they will understand. Because that will enlighten their brain a little bit, and they will know that there's something more than what we know. And that's how it is going to work out.

So the subtle system of trickery of Shri Krishna has helped a lot, no doubt, that people are realizing that there is something missing in it. Even of Islam - Islam means surrender - but surrender to whom? To mullahs - or to whom? The problem started when [Hijab, a name - UNCLEAR] he started like that. There are mullahs and there are this. So, the surrender part became surrender to these stupid mullahs. I've seen most of them are absolutely stupid. And they take a cane in their hands in the other, you see they beat, even women they beat. You are supposed to do Pujas five times and if you don't do them, Pujas five times, they call it silla [UNCLEAR], then they beat women. Every shop must be closed five times.

I tell you, they are such hypocritical people naturally, because if you are asked to do five times meditation, say, you will never do it, but you will just do it out of fear. Out of fear if you do something, what's the use?

Now, whatever Muhammed Sahib has said or Christ has said, it is only for angels, I can tell you, not for normal people. And where are the angels? Very few there are: those are born-realized people who have come on this earth are angels. And they are told not to do something they will not do. Most of them know what is right and wrong. Where are those angels, very few? And those who are angels are treated just like, you can call it, like packed people or lunatic people, - nobody believes them. One here and one there and one in some other place.

So this, what they preached was for the angels. Only the angels could understand. But Shri Krishna thought that these other people who are there, who are not angels, why not trick them? Many people come and tell me: " We take the name of Krishna every day like this, and we haven't received anything. " But first He said, " You have to be Sthitha Pragnya. " Sthitha Pragnya: 'Sthitha' means established, 'Pragnya' means enlightened, - you should be enlightened personality, absolutely established. First thing, first thing you see, in a second chapter. First thing is it. After that He says all these things, and that's why many people have misunderstood Gita. But His idea was: in one life they'll misunderstand, second life they'll misunderstand, third life they will start thinking " After all, what is this?" First, He has said "You become a Sthitha Pragnya", we have not become a Sthitha Pragnya. So, what's wrong with us? " So, some introspection will start. That was His idea, idea I should say.

But I have seen people who can give lectures on Gita hours together, but their brains are closed completely. Now, to say that He didn't say anything about Kundalini is there. That's why Gyaneshwara in the twelfth century took permission from his brother who was his guru that " Allow me, at least, to say about Kundalini. " And that is how it was exposed a little bit. Of course, before that also, we have had people like Adi Shankaracharya, the sixth century, and before that also Markandeya. But they talked about the Kundalini, that's all, praised the Kundalini. But that She passes through six centers, how will It raise and all that. And not about the future, that this will happen one day. So many have written, of course. But I would say that precisely the one who has

written complete description of Sahaja Yogis even is by Gyaneshwara in the poetry called Pasaydan in which he exactly said what will happen, how many people will get realization and he said that " You the people, who are the forests of the trees, boon-giving trees, Kalpakaruna, boon-giving trees, you rise and give it to others. " Then he says that " You are the oceans who are giving ambrosia talks." He has described you in such a beautiful manner that you should read the translation of Pasaydan and then you will know what you are, how you have been praised by him. And he said that you will loose other relationship and the only relationships will be these. They will be your real relations. To say all these things, to have such a vision, he must be a great incarnation himself. So, this is how in Gyaneshwari, which is a commentary of Gita, he has put in the sixth chapter, now is a commentary on Gita, but in the sixth chapter he said how you can get your realization. About Kundalini, how it will work out. So, gradually it was all unfolded. And gradually people also developed their spiritual state to understand.

Supposing, I had started Sahaja Yoga even hundred years back, I would not have even one single disciple, one single Sahaja Yogi. The reason was, the people were all right, they were on value system, all right. Their life was very much satisfying, they were very peaceful. They were just interested in some horses or something like that. But now, you find people are so much disturbed, so much in trouble, so much in chaos this in Kali Yuga, it's the height of Kali Yuga now. So much of immorality, so much of dissatisfaction in life that they have to now think where to go. Like a shock the future is waiting for them and now what should they achieve. So, the whole this Bhranti, illusion of life starts staring at them, and then they start thinking " What is this, what am I doing, what have I done, why is it so? Why everything in a chaos, why is it happening? "

Then the seeking starts and with their seeking now, you know what has happened, that you all have got your realization. Without the seeking it would not have been even possible for Me to talk to you at all about Sahaja Yoga. It is because you are seekers I can talk to you. And it has worked out, I am very happy that it has worked out in America.

Another quality, is a great quality of Shri Krishna, is that He is Gauchara [HINDI ?], means His element is firmament, what we call Akash, and He penetrates into everything. He penetrates into everything. He penetrates into the - what do you call that - anu, renu, paramanu, three things - atoms. Into little atoms it goes and it shakes them. Now, if you ask any scientist, he'll tell you that there is an asymmetric, symmetric vibrations even in atoms. Now, how can this energy be existing there? Because He can penetrate into anything and because of this, He's so penetrating, that He encompasses everything: into matter, into animals, into human beings, into realized souls He penetrates. In the matter it is just a vibrations, in the animals it is just a guiding force, it's tremendous guiding force.

Like birds from Siberia flying down to Australia: who gives them the sense of direction? We never think about it. There are so many things animals are doing. They have such a sense of understanding. Like a tiger in the, say, in the forest: all the animals know that there is a tiger in the forest, they are all quiet, respecting their king. He kills, say one cow or could be some animal, they just respect him. The thing what he has killed is left for one day, nobody touches it. See the protocol: now when he comes back next day, he eats to his own satisfaction, then the tigress, then the children, they eat. Once they have finished with it, then one by one, in the order of protocol, all the animals eat that animal, the last of all are crows which are perhaps vegetarians, I should say. But the protocol is maintained. If a lion is sitting, you can make it out there won't be even a little sound anywhere.

So, it guides the animals and animals keep their character. They are not like human beings. For example, a snake is a snake and a tiger is a tiger. But human beings can be snake, tiger, leopard - anything together. They might be dogs, they might be small little worms, they could be anything. Combinations of so many things, because they have passed through these Yonis, as they call them, these species. So, all these kinds of combinations, permutations, combinations inside of the past is existing. And if somebody can take you to your subconscious, I have seen this, people start barking like a dog, and sometimes they behave like tigers, this can happen. All this is within us, the past, with all these complicated personalities. Some are like owls, always very serious, you know, hawk-like, some are like chirping birds. But there are so many combinations they have in them, that it is very difficult, you know, to make them little straightforward.

They are so much entangled. First to remove all the entanglement. And then to raise the Kundalini. The best part of the organization is, which is made, that consciousness is vertically placed. Subconscious and Supraconscious sort. Supraconscious righthandside of yours and the Subconscious lefthandside of yours. And in the central the path is left on. This is the Sushumna

path. It is the Mahalakshmi's path. It is the path, which leads you to the state of Virat, to the state of your brain.

So now, the combination of three things work out. The brain is the Virat, heart is Shiva, and the liver is Brahmadeva. All these three powers are there. But at that time, when you are realized, then your brain surrenders to Shiva, to the principle of Shiva, that is the Spirit. Brain is surrendered, surrendered not by force or anything, but to absorb the power of the Spirit, the brain gets surrendered completely to the Spirit, so that the Spirit enlightens the brain. It is the enlightenment of the brain that gives you all this subtle understanding. It is to make your brain understand, there are so many blissful happenings, people are blessed: once, twice, thrice - then they are surprised, the brain starts thinking. " How did I get this blessing, how did it happen to me, how could I get my transformation? " So slowly-slowly they start trusting their heart, means they start trusting their Spirit, they start trusting their devotion. And this is how the bhakti is absolutely done without any desire, without any asking, without any obligation, just in oneness. Because the brain joins hands with the heart, we can say. Now, also the Brahmadeva becomes surrendered. As a result, what happens: that your liver is surrendered to your brain. When this happens - when your liver is surrendered to your brain - whatever you do is all enlightened work. Whatever you do: whether you sing, whether you're a government servant, whether anything - whatever you do with your brain, anything through the Swadishthana or through the Brahmadeva, it is an enlightened work.

As it is the brain which is enlightened, which is connected with this All Pervading Power, whatever you are doing, whatever your ideas are, being absolutely enlightened means that you achieve them. Enlightened brain, whatever it thinks, it is thinking as well as achieving - both together. It's a thing to be understood that an enlightened person has the power to achieve anything. But at the same time his desires would be Divine.

Like the other day we had very few people say in Saritos, so all the Sahaja Yogis were extremely unhappy as if somebody has died in their family and worse than that. Why? Because this was their own work, which they could not understand why this enlightened mind of theirs could not produce the result, achieve the results. And they felt extremely unhappy. This shows what identification there is for the spiritual work, or Divine work and their own lives.

(SIDE B)

To them this is the most important. And everybody is not like that, of course. For some people, something else is more important. They may use Sahaja Yoga for their own well-being or anything. But those who just think of Sahaja Yoga - that's again the brain which is enlightened. They achieve it. But it should not have any selfish motive behind it. It should not have any hatred behind it or anything, or for some sort of a publicity or some. But if it is just the thinking about the Sahaja Yoga work, it will be achieved, it will be achieved. One should never feel frustrated. That's what is said, that God is with you, He is your shepherd. And this is what happens when you become a surrendered lamb under the guide of this shepherd.

Then as a result of this brain becoming enlightened, you start having faith in yourself. Nirvikalpa, you become doubtlessly aware. As soon as you become, I mean the brain becomes doubtless. It's the brain that thinks, it's the brain that doubts, it's the brain that creates all conditionings, the brain that creates ego - one instrument doing all this nonsense. Hatred it will create, it will justify nonsense, it will criticize others, it will hate others, it will make fun of others. That is not the quality of Shri Krishna, because He is the collective. That's why He never said: " You are a sinner " or anything like that. He didn't criticize anyone. After all, I have to criticize, He did not. Now, if there was Kamsa, all right, kill him, finished. There are Sanda, kill him. Any rakshasa, Narakasura, kill him, finished, no argument., nothing. " I have no time for this nonsense. Finish him. " Straightforward. What is the use of criticizing anyone, just kill them. That was as straightforward.

But by killing them, they again come back in this Kali Yuga. So the best thing is to detach people from him, from these rakshasas where they are lost. That's the best way. Now, one way could be that I put it in your brains that this is a rakshas. But they won't believe Me, they won't. So, what happens when you go to them, you get all the kinks in your head. You start getting pins and needles on your fingertips. This is all the activity of brain that it acts on your nerves, and you can feel it. You start shaking. The other day somebody came and sat before Me for news just doing like this. " What is this - Stop it! " " So I can't, I can't, I can't ", he was going on. I wasn't doing anything to him, it's the brain. In My presence, the brain acts. Because as I told you, He penetrates

into anything, if I put my glance at somebody.

The other day, there was a boy, very naughty, beats people, he bites them, these things like that, very crazy. As soon as he saw Me ran away. He attacks every person but he ran away. Then you have seen people who are possessed, what happens to them? Just like this, they come to Me, they shake, they - sometimes I only worry that they should not faint in My presence in the programme, otherwise it's a headache. So, who acts in them, who acts on these people who are possessed, who makes all these gestures - is the brain. In the brain they have got these problems and Shri Krishna makes them shake. It's the tremors that they feel, the pins and needles that they feel, the heat that they feel - all this is central nervous system, run by brain.

So, after enlightenment, what happens that the brain is at peace, absolutely at peace with itself. It doesn't react as it used to react. Like I've seen people here so speedy, so nervous, so upset all the time, so jittery, irritable. I was reading the life of Mao and I was surprised: his physician, personal physician has said even. Absolutely like a tyrant and he used to keep up the faces very well. But according to this doctor, he was a cruelest man he had known. This is Mao, who obviously looked to be a very great reformer, he did so much for that country, this thing. But no, he was a hypocrite. How will you know somebody is a hypocrite or not - with your brain? Only if you are enlightened.

So, if Shri Krishna penetrates into your brain, then you become an enlightened person, Sthitha Pragnya, and you become knowledgeable, you know everything, whatever is necessary. You may not know who is number one Wimbledon, maybe. You may not know who is the actress, what is her life, you may not. You may not know who is the president of such and such place, maybe. But you will know whatever is necessary for you to know.

Otherwise people waste their energies. I know of somebody who knew the telephone numbers and the car numbers of two thousand people. What is the need? Something like that, all these stupid things is a waste of mental energy. But a Sthitha Pragnya does not, he is concentrated onto his own knowledge, onto the Divine understanding. He works really like a computer, and such an efficient computer.

Today I just started talking about Kabira. Immediately they said " Mother, vibrations! " Taking the name of Kabira you get vibrations. But to a normal person nothing, Kabira is nothing, another romantic fellow. If they don't want to understand something, they can say anything. But only the people who are enlightened, their nervous system is so charged that they can feel what is wrong, what is right, they can feel the Divinity, they can make out who are incarnations and who were not.

You don't know what has happened to your nervous system: a new dimension has come. Absolutely a new dimension in your nervous system has come, which is manifesting, and this is also the blessings of Shri Krishna. Because He is collectiveness within us, in the form of collectivity He works.

Unless and until this America is put right, Shri Krishna is not going to leave my throat, I tell you. So, as America, I say, is the place of Shri Krishna's auspiciousness. So, one has to understand what is Shri Krishna's auspiciousness is.

They said He had 16.000 wives, these were His powers, 16.000 powers He has. And to work out His incarnation He wanted them. So, they came on this earth as princesses and was married by a horrible king who married them and kept them in the jail. So, He fought that king and got them out of them and He married them. It's the best part of it: He married them. Because, you see, with a man, whatever may be his age, if he has 16.000 women around him, people will never understand that he is Yogeshwara. Men have this problem. Not the women so much. Because women become mothers, you see, I'm a Mother, nobody can challenge my character. Because I am a Mother. But the fatherhood can be challenged. So He married them. Then the essence of the five elements He married, as five wives. But His real sense of morality is seen in the case of Draupadi.

You know the story of Mahabharata, when She was brought in the court of Duryodhana (who) asked Dushasana to take out Her saris. At that time Tulsidas's written what happened. She was holding Her saree by Her teeth. She called " Krishna ", She could only say " Kri ", 'shna' means full stop, goes wrong. She is holding on with only 'Kri', and wouldn't say 'shna'. But as soon as She said " Krishna ", the saree fell down. Then He describes: "Dwarika yashoda jayo yashoda bhayo bari shankha chakra gada padma

garuda laisi dhary." [Unsure. In Shri Krishna Gitavali of Tulsidas]

What did He do? When She just said "Krishna", there was a big sound in Dwarika, He was in Dwarika. Immediately, with "shanka, chakra, gada, padma" - these are His four weapons - He came on the Garuda. The way it is said is tremendous, I mean, I feel really, it fulfils your heart with such understanding of Shri Krishna. For his own sister, He came all the way to save Her chastity. To Him the chastity of His sister was of the greatest importance. He could have said: " No, no, no, I am a king, I have to look after this, I have to do that, I have to " - nothing. If Her chastity is in danger, He came flying on the Garuda and supplied that. And this fellow got tired pulling out Her saris. I think, he must have borrowed saris from Me because I have too many saris.

One after the other, one after the other, he made a pile of saris and he got tired. He could not make Her nude. The chastity of Draupadi was of such a height. And how Shri Krishna tried to save it is remarkable.

So, this Yogeshwara Shri Krishna is also a Dhanvantari, means the doctor of doctors. He is the One who cures. You see, because it's all the brain - and the vibrations which flow on the nervous system. So, He cures people through His brain. Now, how? Say now, supposing somebody is having a problem, say on his heart. So as soon as he puts hands to My photograph, so immediately he gets problem on his left finger here. The brain is working.

So in your brain, My vibrations go of Shri Krishna and they start sending these messages. Because I am also Shri Krishna. So this computer acts and immediately you know what's wrong with that person is, he is a heart patient. You don't have to do any diagnosis, you don't have to do anything. Immediately you know. And who does this, it's the principle of Shri Krishna in the brain of the Virat. See this, also working for some people, I think. Now you are convinced about it, you know that it works, it acts like this, it happens like that, and how it communicates through you.

So, this computer of Mine communicates. Now, in a computer if you go, you can just press the button, of course they are all man-made, but whatever it is you then get the result. Here it is not like that. It is the brain automatically gives the result, immediately, through the other person. And also the same brain tells you what is to be done to such and such person, how to work it out. The same brain is emitting vibrations, and those vibrations are flowing through this brain, and they are the ones who tell you what's wrong with this person.

So, all this work of penetration is done by Shri Krishna, no doubt. He takes these vibrations, puts into another brain, and then that brain, that central nervous system starts working and then you get the result. But instantaneously, it's not so much time it takes, another way I have described it, it just works immediately. As soon as they put their hands before Me, immediately!

So how important it is for us to look after our brain, for Sahaja Yogis. I don't know in this America how far this brain is safe. Because if you open any television, wah wah wah, you look outside on the street, look out for the - some advertisements and you hear this music - it breaks your brain completely. Whole atmosphere is anti-Shri Krishna. No purity of understanding, no sense of morality. The way they make pictures, things, horrible violence, horrible, I should say, immoral scenes, all sorts of things - all created here in the land of Shri Krishna. The One who through His waves can completely purify, because He's Yogeshwara, because He is detached, absolutely detached, He cannot get attached to anything.

Only the brain makes you attached. Now see, supposing this carpet is here. This is a saree, is here. I look at the saree, and what a nice is this one now. Now, if it is mine, I'm worried it should not get spoiled and where it will be kept, what will happen to it. Goes on worrying about things. Here is any more road you walk, there are shops, shops, shops, shops, shops, shops, shops, shops. - Attention goes there, and in that attention this brain gets involved completely. It gets involved, it wants this, and wants that, and wants that, and wants that -for what?

So, the detachment from the matter is only possible if you know generosity. But many people are in Sahaja Yoga, but they are not. What is generosity now? Generosity is now if you like My saree, you'll have it. That's the real generosity. Whatever I am buying is for you, supposing. So you have it. If you have a generous detached temperament, then you can never get involved with matter. And whatever you are involved, it is love.

Say, I went to Russia, and there was nice fish eggs they call as caviar. There's one doctor who likes it very much in London. I said: " Please, let Me have some ". They said: " Why do you want to take this one? " " I want to ". They thought of the doctor who

needed it there who likes it very much and I felt very happy about that. And the doctor also was very happy: " Mother, you remember even such small thing like this? "

So, the matter has a sense of giving very great joy to another person. If you do it with love, again, I say: " Do it with love ", not with attachment, but with love which is detached. He's the One who is detached. So, what is the love that is detached, I've told many a times: Like the sap in the tree rises, goes to every part of the tree and is not attached to any part. And if it gets attached, then the tree will die, and that fruit, whatever it is, will die also. So, what is it a detached love is?

Detached love is the most beautiful thing. Firstly, by detached love you know what to give to whom, what will make people happy, what will make them joyous, what do they like. - In love only you know these things, - what do they like, what is their colour, style, what they want. Little, little things. As I told you yesterday the story of Shri Rama, whatever is done with love, even a little thing that you know you would like, I would like to purchase, may look stupid. But I know you like it, so I'll buy that. In the same way, you also do that. All the time you think " Mother, what will She like?" So, you look for little things here and there. But this detachment has to be full and complete. Then only you really get people attached to you, otherwise you cannot. If you are not detached, you cannot get that complete love for another person. Because if you are doing something, say, for money, or if you are doing something for lust, or for greed, or for some sort of a position, it has no meaning. People know " Oh, I know why he is doing it, because I am such and such ".

In Sahaja Yoga also many people come either to make money, either to get cured, all kinds of things. But if you are detached, then only Sahaja Yoga will spread. As long as there are attachments, you should know that you are not yet a Sahaja Yogi. I am not saying " You take out your eye or cut your hands " I didn't say that, to that extent.

What I'm saying: you should introspect and see: " How much am I attached to this or to that, and why am I so much attached, what does it matter? " Always, as a result of attachment you'll always find disappointments.

I've seen parents who have doted on their child, loved their child, this, that. Children mostly go astray. But if you have a detached love for your child, you do nice things for the child. At the same time, you know when to say 'no', when it is not good. " This I don't like, don't do it ", you must say that. But detachment is even wider than that.

Like some people are very fond of food. So, to say that you be detached from food is very difficult for them. Specially, at a certain age, I think, they are very fond of good food and all that. Gandhiji has talked about Aswad: you should not have any taste. But as you grow in Sahaja Yoga, you'll find automatically it will happen. All your fascination about food will drop out. That is another sign that you are absolutely detached about food. Now, today I had My lunch, I don't know whether it is dinner or lunch, 'cause I had it at about five o'clock, so I don't know which part of the day it is. And if I don't eat, it also makes no difference to Me, it doesn't make Me weak or in any way unhappy.

But thinking about food is just spoiling your brain. Many people just think about food. We went to their house: " Oh, they had made such nice things. "We went to this house " They've made such nice things. " What's the use? You already have eaten, finished, now, done. Now, why are you thinking about that? Or: " I went to somebody's house, they had given me a horrible food. " Why to think of food, I still don't understand. Whatever has happened has happened. By thinking you cannot get back what you have been eating, or what you are going to eat. It's there, whatever is there you have to eat, you see, what can you do?

For example, today, they asked Me: " Mother, will you have hot dog? " In Hindi language it means real hot dog - means: garam kupte - they call that. I said " All right, I'll have it ". They said " All the Americans eat. " " All right, I am an american, give Me ". But when you know something will not do good for your teeth or something, you should not eat. For example, the beef is very bad for the teeth, very bad. That's why you people loose your teeth very fast. Many people ask Me in the interview " Are your denture your own? " I said: " Of course, Mine ". They can't believe it's Mine. Because I know what not to eat for the teeth's sake.

But one should not be attached to an idea, that's even subtler attachments. That has really killed this world with so many problems of fanaticism, racialism, I don't know what. Now, here, see the contradictions people have: they go to the sea to get darker, and they have racialism. Why do you go to the sea? If you go to become darker, then why do you hate the people who are dark? Such a contradiction because the brain is not in balance. And for that you have racialism, you become racist.

If not that, you have another conditioning that there are different casts and according to the cast, you should go, in India. How can there be any cast when everybody has the Spirit in their heart. They won't eat from another lower cast, they are higher cast, this, that. This brain is the one which creates all kinds of conditionings, and all those great Saints who have lived on this earth, whether they were in India or abroad or anywhere, all of them have stood against this nonsense of discrimination. That comes from brain, you know, ask them " Why do you think like that, you are higher than others? "

Like the Germans think they are the highest race. Now, who will believe that bull story, I don't know? It is absolutely nonsensical story: Germans, the ones who have killed children in the gas chamber and enjoyed that, they must be the lowest race ever going! But they think they are the highest race! How can they be? Tomorrow, Rwanda people will say: " We are the highest race, because we can kill each other nicely in the open. "

So, to think yourself to be higher than others, to think that you're more beautiful than others, others are ugly - all this is the brain which takes you to ego, and the ego is the one who befools you completely all the time. That's the job of Shri Krishna.

The story you must have heard about Narada who never wanted to see, who thought he was a great man because he was never attracted to a woman, and he was challenging even Shiva. Then Shri Krishna played a trick on him, He always plays tricks. He sent two Gandharvas to tease him. They went down and they asked Narada. They said " You are such a beautiful man, such a handsome person, there is a marriage going on of a lady [Rupoghadi, UNCLEAR] she is very beautiful, she is a princess and why don't you go there, she'll definitely marry you. " And they pampered his ego, you see, such a lot, he started floating in the air. And he said " All right, I am going to go there, I am so handsome. " Ego. He went there, and this princess came out with a garland. She looked at him and she giggled first and then she laughed aloud and then she went away. He couldn't understand, looked at these two persons, they said " It's all right, now, it doesn't matter, maybe somebody is better looking, than you. " So, Narada was very angry, he went to the lake. When he looked into the lake, his face was like a monkey. He's become a monkey because this ego makes you a monkey. And you start thinking: ah, you are great, you are very beautiful, you are this thing, that thing... But you are not.

Because if you are, you won't think. Whatever you are, you don't think about it. You don't think: " I am a human being ", do you say that? Or do you say " I have no tails ", do you boast of that? Whatever you are not, then you boast: " I am very beautiful, I am very good looking, others are ugly, this thing ". Then Shri Krishna plays a part through the Maya, and He gives a big lesson to that person. It happens.

So, never think that you are something great, or you have achieved this in life and achieved that in life, and that you are something a big Johnny. Nothing, it's nothing but the ego that has moved on here and giving you these ideas, from the ego. And if you go even further with it, then Hitler may enter into your ego and you might behave like him.

Or if you are conditioned, impossible to tell you anything. Like this Hari Rama fellow I told you " Why do you wear dhoti in this cold weather? " He said " My guru has told me to wear dhoti ". " So what sort of a guru is it, that he makes you feel cold. I mean, I am a Mother, I don't like all this nonsense. " He said " No, but my guru has said ". What a conditioning! And conditioning for something which is absolutely absurd and ridiculous.

Now see, Americans are most vulnerable to such a thing. You start any nonsense, immediately the Americans are the first to jump on it, immediately. Drugs you start, you start some sort of a, I can say, fancy dress. It will start in Paris but will be sold in America. Immediately. There are on the look-out of something new. It might be a monkey trick, but they will do it. I don't know why Americans who are the residents of Shri Krishna's land have no discretion at all, what to accept, what not to accept. They are the worst, they are worse than children even, there is no maturity of any kind: " What's wrong? "

So, the discretion which is the center we have here of Hamsa which is ruled by Vishuddhi, is completely sometimes blocked.

Like one lady who came to America told Me very boastfully: " Have you been to the pubs in England? " I said " No. Why? " " Oh, my

God, what pubs you have here! You know, I went to the best " I said " Which one? " "It's known as Hermit's pub " " What is so special? " Very high class lady, very high class - she says: " You see, one man died, for one month nobody lifted the body, the whole thing was filled with the stink. So the stink is preserved and even the cowwebs are preserved as they are there. Such a great thing was this: in, when I went, and really I felt so spiritual there? " Then she started boasting " You see, we are free people. I allow my children to drink. I give them drinks. " I said: " Really? " " Yeah, I can give them any alcohol, anyone. I do not say 'not this, not that' - no, they can have ". The children who were hardly twelve and fourteen years of age. I said " All right, if you have been doing that, what can I say? You are a great lady, I would not do to my children or to my grandchildren, but you are great, namaskar ". After three, four months, we heard that there was a birthday party of the younger boy and she had given all these alcohols to them for the friends. God knows what happened - they had candles and this and that - the whole house got burnt and all the children, her sons and these two sleeping upstairs, all got burnt and died.

Boasting about nonsense, like: " I have had five hundred men with me ". Another will say: " I have so many women. " I mean, you are stupid fools because you are organizing nice way to go to hell, and you are all going to go to hell, this is what it is to be told to them. If you go on like this, what will happen to you? Accumulating everything that will destroy them, doing everything that will destroy. " Oh that's good!" I said " Why? " " You know, if you take that, then in two minutes you go off. " I said: " To where? To hell, or where? ".

Anything that is destructive, I don't know why the Americans should accept it, when they have Shri Krisna as their Lord. It is to be understood by Sahaja Yogis also, that you have to really transform you have to serve to such an extent that what it is, whatever is destructive should be given up.

First of all, I find some men and ladies with such long faces, you know. How can you be? You are living in the country of Leeladhara. He is the One who made everybody dance, and He is the One who sprayed Ras, Ra is energy, Dha is with - Ra-Dha. Ra is energy, the One who sustains energy. The One who did the mental energy enlightened and to sustain it, how can you people take to adharma, to immorality, and to destruction, I just can't understand.

I don't know what are His plans are, very well, but He has to really save people of America from all kinds of nonsense they do morning till evening. There's nobody who is sensible in the politics, nobody who has a good character at a very high positions, what sort of things! You cannot get one man whom you can say he is all right and he will do good to your nation. Criticizing others, they are very good.

Like we had this plague, this thing not much - this little bit came out, they have published it all over these media, they've stopped all our ships, stopped all our aeroplanes, made such a fuss, put us into so much trouble - what about your AIDS, which you are giving Prasad everywhere. It's very surprising that with your brain enlightened by Shri Krishna, how could people accept even mentally - person like Freud. How could you accept Freud? I just can't understand. And now you are all ruined. So, now we are worried. They don't what to do. Now they are breaking families, and all the logical conclusions they reach is just the opposite of Shri Krishna.

Like this Simpson killed his wife. All right, he killed, finished, this Simpson business. Now they are coming out big theories, see now: why psychologically he killed, because he was married to her. When you marry only you kill your wife or your husband. - So, you should not marry: what a conclusion! Tomorrow they'll say that people are killing each other, so allow them to have weapons in their hand. Now, they want to allow them to have some drugs also. Allow them to have homosexuality, allow them to have all this. Because, I think, these people in charge of affairs do not want anybody to live, think that " Let them fight among themselves, do what they like, we should have our own seats. " The way they are not worried about the immorality and all the destructive forces that are acting on American children, american youth and american people, not bothered about them.

So, tonight we are praising Shri Krishna who is Yogeshwara. He eats but He does not eat. He sleeps but He does not sleep. He has wives but He has no wife. Like this is the Yogeshwara, and that is what you are Yogis, and He is your Ishwara, so, you have to try to be like Him.

Let your brain be enlightened by His blessings. And you'll become that great personality that encompasses everything, that sees everything, that gives you discretion, that makes you understand what's wrong. And you feel enthusiastic about changing this America with all your efforts, with all the mind. That's the most important thing you have to do. As it is, He is a Kubera, He is the Lord of Wealth and He has given you such a lot of wealth all around, you see, just very near New York, you should have such a beautiful places. In every way, you are blessed: you have money, you have everything, you have brains. Everything is there. What is lacking is wisdom, with everything, with you.

Supposing, you have a car. You're having a car, you have got keys, you have got engine, you have brake, everything, but you don't know how to drive, so what will happen? This is what it is.

So, as Sahaja Yogis from America, you have a very, very, very special responsibility, very special responsibility.

Today we'll be saying His hundred and eight names which are well-done, have come from Poona all the way. So that we'll have it first and then a little Puja of the Devi.

May God bless you!

1994-1003, An enlightened personality

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3 October 1994

An Enlightened Personality

Public Program

Geeta Temples, New York (United States)

Talk Language: English | Transcript (English) – Draft

"I bow to all the seekers of truth." The other day I told you, that truth is what it is, it has been, it is and it will be. We cannot change the truth, we cannot challenge it and unfortunately at this human awareness we cannot know it. Something more has to happen to us in our evolutionary process to know the truth. That's why all the scriptures have said that you are to be born again. And in Sanskrit an enlightened soul is called as "Dvijaha" and a bird is also called as Dvijaha, means twice-born. But when the bird comes as an egg, it grows, matures and then it becomes a bird. Now this bird has no resemblance with the egg which it was. In the same way one has to know that when you are born again then there is no resemblance between you and yourself which was in the past. You get completely transformed into a very different personality. Which is an enlightened personality. You have been already told about the subtle system we have within ourselves. This subtle system has been created throughout our evolutionary process. And now the last breakthrough has to take place. And this last breakthrough has to work out in these modern times, as we call it in Indian language 'Kaliyuga' and this is the worst 'Kaliyuga', I mean the 'Ghor Kaliyuga'. At this time the people will get into illusions and they will be frustrated, and then they will seek the truth is already predicted by many people. But we have to know first of all what is the truth? You don't have to believe whatever I am going to say. But you should keep your mind open like scientist and treat it as a hypothesis. If it works then you must accept as honest people because this is for your well-being, for the benevolence of your family of your city, of your country and of the whole world. Because all the problems that we have are created by ourselves, by human beings. All these problems human being's problems come from their centres. And if these centres are in trouble you have physical, mental, emotional and spiritual problems. So we have to do something about knowing, what are these centres and what is their function in our body. These are the subtle energy centres about which you have been already told.

So the first truth is that you are not this body, this mind, these emotions, this intellect, these conditionings, or your ego. Because you say my ego, my conditionings, my emotions so who is the owner of this "My"? So what are you? I say that you are the pure spirit, you have to reach that state where you become the spirit. It is a question of becoming, not giving you a big lecture or sermon but it is the question of becoming. And this becoming can come in only possible if you desire it. It cannot be forced on you. So these days there are so many seekers of truth, they have been seeking the truth also without knowing what they were seeking? In that mistake or you can say in that misunderstanding they were misguided by many horrible people. Some also came from India. Am ashamed about it, but you also are responsible in a way to know that how can you get your higher spiritual status, your self-realization by doing all kinds of nonsensical things. The nonsensical things we have been doing are, there's somebody who came and said that you can all levitate yourself up to 3 feet and can go above it. So people pay thousands of pounds to do that. Something absurd, why should you levitate, I mean levitation do you become spiritual? This idea of levitation has come from 'Tantrikaas'..... They have talked about it and it's very surprising, I saw a man, who came to me who was possessed and he was just raising his body jumping up.... if they tell you how we can teach you how to move the pendulum of another person to control his mind immediately you jump at such nonsensical thing, why do you want to move a pendulum? People have paid so much money in this America, when I hear about it I am really amazed. Another fellow came here, and has made so much money, when he came back to India one doctor visited him and he gave him a real gold watch. It's very surprising. He said it's all American prasaad, American blessings. So they all came to America, I don't know under what impression, to make large amount of money. Another lady was selling her shawls in Australia. These are spiritual shawls as if God has woven them. And Australians bought them at such a high price. The shawl itself costs you about at the most 100 to 200 rupees in India and she sold it for 100 to 200 pounds. Such nonsensical things if people tell you and you believe in it then at least you should have gone and seen what sort of a lifestyle they have ? how do they live, how do they behave with other people, what is their moral standard? No, still you didn't bother to find out. You just jumped at them as if they are already descending from heavens. But you

will be amazed to know that some of them came directly out of the jail, and they could not settle in India so they have come to America. They wore those dresses and befooled you. Actually why they came here because they knew there are seekers, there is a market of seekers and so it was all marketing...

A seeking of truth was very strong in this country, even much more than in India. Indians take everything for granted. They are not the ones who will think what we have been doing, have been something sensible or not. Their forefathers did it, their great grandparents did it and they are doing the same thing. They don't want to take to something, they don't want to listen to something where we say that you have to transform yourself; but it came only in America this idea that we have to transform ourselves. So nicely a market was created...

The truth is that you are the pure spirit and there is an all-pervading power of Divine Love, which does all the living work. For example, these flowers you see are a miracle, very beautiful they are no doubt but they are living and it's a miracle. But we take them for granted. If you ask the doctor who runs your heart, he'll say it's the autonomous nervous system but if you ask who is this auto he will have no answer. So the second truth is that there is a power of Divine love which is all-pervading. All the scriptures have talked about it; for example, in our Sanskrit language it is called as "Param Chaitanya".... Patanjali has given him another name "Ritambhara PrAgya"...but in the Bible it is the cool breeze of the "Holy Ghost"...in the 'Kuran it is "Ruuh" also among the Jews it's the 'All-Pervading Power Of God'. But nobody bothered to find out what is this? We really sometimes take to science and we find it is a moral it cannot answer many questions especially the question 'Why are we on this earth'?

So we take to another kind of explanation that is the religion and when we get to the religion, first we find them all fighting with each other and if you go deep down into it you will find out they are not spirit oriented at all. They are money-oriented or power-oriented. None of them talk of the ascent that is awaiting you at this important time. This ascent is the easiest thing that can happen today and this is the special time because we are in a mood of a great deep seeking of truth. It could not happen otherwise before. It could not happen at the time of 'Shri Rama', 'Shri Krishna', or even at the time of 'Lord Jesus Christ' or even at the time as 'Hazrat Mohammed'. It was not possible. People were not ready, they were not seeking, they were not willing to take to anything that one was something so important. And also I feel that people like Moses or Christ or Mohammed sahab all of them were very pure spiritual people. They never understood what impurities human beings have...never. They didn't know what sort of human beings they are facing; so their laws were for angles not for human beings. Like Christ has said in his fifth chapter, Mathews, that if your one eye does anything wrong then you take it out and throw it away, if your hand does anything wrong then you cut it off...or if somebody slaps you on this side turn the other face, other side of your cheek, can you imagine? I am yet to come across any Christian who has lost even one eye... Now the question of Islam is another extremely difficult thing, nobody follows, it's just forsake, for example, first of all I think Mohammed Sahab must have thought that Christ was so strict with men so let us have some rules and regulations about women. So any woman who becomes immoral was to be buried in the ground halfway and to be beaten up with shoes or with stones; think of American women what will happen to them, if they follow Islam...It's terrible...but on top of that he accepted 'Shariyat' which is the laws, we can say, given by Moses to Jews in Jerimiah in our Bible, you can say that. Now these are even worse than anything else, if you steal anything then your hands should be cut permanently. I mean this one was the worst type of laws given by Moses when he found that the people who were supposed to be seeking the truth have become so decadent. This kind of I should say a understanding about human being was absolutely not the truth. See human beings are not angels, they are human beings and to err is human. If human beings don't make mistakes is God going to make mistakes?.... So on the whole what we find that all these religions based on books also have brought in a very big question before us that can human beings follow these religions? Then came our Hindu religion where the laws are tremendous which Hindus are not at all aware of. It is the love, that should be used throughout and except for God Almighty nobody has business to kill anyone. Then it was all also I must say 'Shri Krishna' was a diplomat very clever. He thought the human beings are not alright, he understood perhaps so he tried to say things in a very diplomatic way. He said that whatever work you do karma you put it at the lotus feet of God. Is not possible...is not possible unless and until you are a realized soul, it is not possible. For bhakti he said do " Annaya Bhakti". When there is not the other then you do the bhakti means you are a realize soul when you are connected with God. Unless and until you are connected how can you do any devotion to God? How can you pray to him? This ordinary thing like telephone if telephone is not connected, whom are you telephoning?

So they blamed God, see this God is so bad, we are praying to him, we are doing this, fasting, this that and still he doesn't listen

to us. Nobody has asked you to fast. There is no need to stand on your head either, there is no need for you to go to the Himalayas. It is all within yourself is said by all people like Gurunanaka, Kabira, Gyaneshwara all these great saints have said that it is within you, you seek it here, where are you going to the Jungles? But nobody listened to them even in India and now in Maharashtra, I have seen people walking miles together to go to a temple...and they don't eat anything and they don't wear proper dresses just some sort of a Gunny bag. For months together they walk and ultimately what they get is a Brahmin goes and hits their heads so they get off their heads and they say this is unmani, this is the one promise by God now what to say? So in every religion there has been all kinds of perverted nonsensical rituals and that's how people have lost faith in God and also in religion. But this is wrong, this is most unscientific, unless and until you have found out if there is God or not how can you lose your faith in God? It's a very unscientific attitude I think, that people say that I don't believe in God, because first you find out there is God or not...I say there is, you say there is not; so better find out. If you find if there is no God alright but you have done nothing of the kind and just off hand you cannot say such a big thing that there is no God. Now the time has come to prove the existence of God. The time has come to make everything very tangible, very sensible; because once you become a self-realized enlightened personality you start feeling this all-pervading power on your fingertips. On your fingertips, in kuran, Mohhamad Sahab has clearly written, at the time of 'Kyama', at the time of resurrection your hands will speak and they will give a shahadat meaning, witness against you and this is exactly what happens in Sahaja yoga that once you get your realization you start feeling this all-pervading power around. Then all these centres which are responsible of physical, mental, emotional and spiritual being, they all get enlightened, integrated and nourished. So all the problems which are physical, mental, emotional and spiritual disappear. Very simple. I have seen people getting rid of their diseases just in our programmes, very surprising. Even you don't touch them, don't say anything to them they get it. It's not because of me or because of anything else but it's your own power of Kundalini, which is your own. You have this power in your Sacrum bone that means it was a sacred bone accepted by Greeks and this kundalini when she rises she does the job. It is your own power which manifests and which works it out, is all placed there very nicely and she is your individual mother, she is your individual mother, she knows everything about you. It's like a tape-record you know she has recorded everything what are we been up to. She knows also your aspirations, knows your past, she knows everything about you. When she rises she gives you the second birth because she is anxious to give you your second birth. Now there are some books which are so funny that they say kundalini rising can give you some sort of a problem. It does not, never ...I have been working with the Kundalini Awakening for the last 25 years, I have not seen anybody getting any trouble at all. When you were born your mother took all the trouble upon herself, in the same way the Kundalini takes all the trouble upon herself and give you your self-realization. She is I told you, is your individual mother and she knows everything about you. So why should you judge yourself? Why should you feel guilty? Why should you try to put yourself down? Because she knows you and she will and she judges you and she is the one who is going to give you self-realization. So why should you try to judge yourself and find faults with you for nothing at all...or the other side of it is like this that all our life we are in such a stress, we are we cannot forgive people. The life in New York especially is such a hectic such a pressuring life that people would say that Mother how can you get your self-realization here, you can but then what happens to you, the whole thing becomes like a drama. If you are passing through the traffic you are watching and enjoying yourself, you are not bothered If you are going on the plane you think you are just sitting on your sofa set and nicely enjoying yourself. Can see me, I am 72 years of age and I travel practically every day and I travel and have a programme again travel and have a programme now tomorrow I am again travelling to Milano, but I don't feel anything. Because we think too much, I have seen many of your actors and actresses in a say films and things, as soon as they will sit down on the chair they'll say...Haa...God knows what has happened to them? Why are they so tired? because they think and think and think. This thinking makes them very tired so what we do normally is to we are always thinking about the past or the future. We cannot be in the present, cannot be. So our mind is jumping on the cusp of past and future on the thoughts all the time., but when this kundalini rises, she elongates those thoughts and you become, again I say become 'Thoughtlessly aware'. You are aware but thoughtless that is the present, Present is the reality.... not the past or the future. So you become one with reality. Thoughtlessly aware is the first state which we call in Sanskrit as 'Nirvichar Samadhi'...Second state you achieve is called as 'Doubtlessly aware' meaning 'Nirvikalpa Samadhi' where there is no thought, doubt in your mind, no doubt. You know there is a power that you are connected with it, that this power is flowing through you and then whatever you do is done by this power. This power is so full of blessings that if I tell you something you won't believe the way it has shown its effects different ways apart from, I don't know if they have shown you my photographs which are really remarkable but apart from that how they have protected and how they have guided, how they have helped, how they have made human beings dynamic is really unbelievable. For example, we'll say this Miss Universe, this, she is a Sahajayogini and she came to me and she said "Mother, can I go for a beauty contest? I said, why not, she said but, I said what's the matter? She said, I don't want to wear funny dresses, I

said, no you wear the swimming dresses naa, just think that you are going for a swim, then you won't feel it so bad. But she is a Sahajyogini, so she said first I am going for India beauty contest, I said you will be selected and you will become Miss Universe. She could not believe it and she became because I wouldn't call her a very great beauty as such from Indian point of view but she became because they asked her questions and they saw her poise and her behaviour and everything and they were amazed at the whole thing and that's how she's got this great award and she couldn't believe it.

So this is nothing, there are many artists who have become great artists and musicians from India and abroad also we have so many talents coming up and there are so many aa.. painters and sculptures who have come up. It helps in every way because when kundalini enlightens your brain, you become a peaceful personality, absolutely a peaceful personality and also you become so dynamic. You understand your thought is enlightened and you understand much more than you could ever understand about any subject because you become subtle and subtler and subtler and that's how you understand about everything in such a manner that normally people don't see that. Then your attention, what Christ has said that take out your eye. Now what Mohammad Sahib has said, that supposing you have looked at a woman, alright, till then it's not a sin then you turn your head, alright, but if you again look at her then you have committed a sin. Just think of it. Here I find in New York everybody's eyes going like this, like this, like this...really....I don't know what they are looking at? But they see nothing, because they go on like this you see like some dolls you know you must have seen, if the screw becomes loose the eyes go on like that....so, by this happening you become so innocent, now I must tell you that your innocence is never lost, never lost, it is there all the time, it is eternal but there are some clouds on it as soon as you get your realization, your innocence is re-established. This Sri Ganesha, the one she danced, Shri Ganesha is the symbol of that innocence. Your attention becomes devoid of lust and greed, but not only that your attention becomes enlightened. In that enlightened attention what happens you see what is destructive for you, what is constructive for you. For example, now I am a very say obstinate person, it's all darkness here and I have a snake in my hand and somebody tells me I have a snake in my hand, I will not give up because I am obstinate you know. Till that snake bites me I will be holding on to it, but as soon as there is some light I'll throw it away. In the same way when attention is enlightened immediately you know, my goodness what have I been doing this, it's all wrong so you take a U turn, absolutely a U turn and your life becomes so moral, so virtuous, so righteous that you start suspecting yourself what's the matter with me? I was not like this I just can't do the things...firstly you must have tried not to do something, tried I shouldn't do this, I shouldn't do that, but there was no courage but now that courage has come, that strength has come and you are doing exactly whatever is benevolent for you...I don't have to tell you don't do this, don't do, in the modern times you tell somebody half of them will walk out so what happens you yourself become your own guide, yourself become your own master and yourself you know what has to be done for your ascent. Then this enlightened attention is so powerful that wherever you project it, it acts anywhere you project it; it acts. Any place about anyone it acts. And it definitely improves and cures that person on which or that community or that area on which you have put your attention. Such an enlightened attention comes and that is your own, is within you in a potential state just starts manifesting after your realization.

Now you can feel your centres on your hand. Fingertips that's the self-knowledge. You know about yourself what's wrong, where. It's the Parasympathetic nervous system you can say, if your doctors will understand that you know where is the problem and also you can feel the centres of others, because now what has happened that you become 'Collectively conscious' in Sanskrit it is 'Samuhik Chetana'..Samuhik Chetana; that means you can feel the centres of others. Now if know how to correct your centres, you can correct your centres and you can correct the centres of others. Is very simple, it is extremely easy to know, what to do, how to do it and it works out. It's very - very simple, it's too simple that people can't believe it. Of course I must tell you that we have seen people getting cured of cancer of all kinds of diseases even Aids with Sahaja yoga. Even Aids, but there's a little Psychological problem of the Aids people that they think they are Martyrs you see. They don't want to get cured they think they are Martyrs of a very big sort of a principle for which they have fought, so it's difficult to handle them; but there are people who have been cured, but the problem I have told you that they think they are great Martyrs, it's impossible to talk to them. So all kinds of diseases can be cured through your own Kundalini, except for those which are like dead things like, supposing they have put a steel in your hand, then it's impossible to remove it or else there's a cataract in your eye it's impossible, somethings like that, but otherwise you get automatically cured. One thing that your diagnosis is the easiest thing, a child can diagnose it immediately he will tell you, what's wrong with what chakra. So you can find out from people what's wrong with them, only by just putting hands towards themselves.

[English translation from Hindi]

All Indians got up and left immediately...most of the Indians do not have concern for anything...son, very few are remained. I am watching since long Indians get up and leave from here. Such a situation in London, you listen, they will sit in front, because I am An Indian and they have right on Me. And they leave in between. So I have informed, if Indians come, let them sit backside, then they said You all are racist. Say whatever but sit backside. Really Indians' minds are spoilt after they come out. Money is filled in their minds or something else has happened to them. Same Indians, if you see, there are 16000 Sahaja yogis in Delhi. They are in thousands all over in Ghaziabad. But here Indians condition is like this, tomorrow if their children start taking drugs, then they will come to me....yes their heads are spoilt...you are saying right, But you should know the adverse effect of money also...with this all disease also will come...but some people, who are truthful, see how they are settled, they know, what better is going to happen then this! We Indians don't think, what we will do with this money...tell me..they were singing Marathi song, I don't see any single Maharashtrian here because Saints were born at their places hence they think God is in their pocket. Is there a Maharashtrian.

[Shri Mataji speaks in English]

You are from where ?...achha,surprising....ye toh Gujrat manje Gujrat aahe...all right; I am sorry I had to say something in Hindi Language. All right, so now this attention which becomes enlightened can help yourself off course but wherever it is projected it will help that person, that locality, that community everything...So you can cure people, you can raise their Kundalini. So many things you can do which you have never done before. In this small lecture, I don't know how much I can tell you because I tell you I must have given at least three-four thousand lectures only in English language and I know other languages also and I don't know how much I can tell you about this great thing. But this is all mental, this is all mental you have to go beyond mind and to go beyond mind. This Kundalini has to rise and give you realization which is a happening which has to take place and it is very easy to get this realization. It is Sahaja, means spontaneous, 'Sa' means with and 'Jah' is born with you, is the right to get this union. That's what it is., above all I must tell you, you jump in the ocean of joy. You have seen these people right from Russia, India, Romania, America from all over are here and singing Sanskrit songs you know. English could not say one sentence though they lived there for 300 years in our country. I mean they spoke, we didn't know what language they were speaking and now look at these people, even Indians are amazed the way they can sing these songs. This is all the blessing of Sahaja yoga and this joy that I am talking about is a singular thing, happiness and unhappiness are the two sides of one coin, if your ego is punctured you feel unhappy, if it is pampered you feel happy. It's an artificial thing but Joy is something where you become a witness of the whole thing, the whole thing becomes a drama and you start enjoying. Now we have in India sometimes seminars, in Russia seminars of thousands of people, now Sahaja yoga is working in 60 nations, I think 65, but I have never seen them quarrelling or fighting never, off course they pull each other's leg sometimes and enjoy some jokes, that's all right, that one has to because there's fun. For them there is no need to have holidays there is no need to spend in money in cinemas and all these entertainments and all these stupid things that are going around. They only enjoy each other's company of pure love. There's no lust, there's no greed, there is no expectation. This is the new race and the new age. Just by branding something as new age it doesn't become. It has to show its validity, how it's a new age, what new things have happened, how these people have become something different. And this is the time when you have to enter into the 'Kingdom of God' to enjoy his blessings. All these stupid ideas of austerities and fasting are not necessary. There is no need to fast because he is God Almighty who is our Father, who loves us very much. Which father would like his son, I don't know about America, but normally, which Father would like his son to suffer to meet him. Not possible; So this is the Father of all the fathers. With all that Fatherhood why should we torture our lives, It's all right you can fast if you want to do it for your health sake or something but don't blame your 'Father The God'.

Now as it is we have all these things just built in within us, like a seed if you put it in the Mother earth sprouts, the 'Kundalini rises' but the 'Kundalini' is the power of pure desire, all our desires are impure, for example you want to have a house, you want to have then carpets, you want to have furniture, you want to have a car, then we want to have a big car. They told me that people borrow money here to buy a big car, but I said why? because they want to show that the car should be big, I said why? One gentleman told me why, his secretary's car is four times bigger than mine, but why? They said, because they want to show but to whom? Nobody sees, nobody knows, who is the owner of the car? It's a Myth. Another thing, I was told in this country everybody is indebted. I mean then how are you rich. I don't understand...Indebted person cannot be rich isn't. But what they do is spend their

money on holidays. For holidays, it's a crisis in their life if they cannot go for a holidays. They'll borrow money but go for a holiday, for what? To make their skins dark, it's another madness. Here they are racist they don't like black people then why do they want to make their skin dark...What a contradiction? I can't understand!! They waste money like this unnecessarily, I tell you in this America about 25 years back nobody used to go on holidays. I am an old woman and I know. This is some entrepreneurs have started a craze that you must go for a holiday. So any craze they start, they start doing it. Why not have your own ideas about things, Why not? For example, they have parties of dogs, I was told can't understand. They are particular organisations which fix the funeral for you, I can't understand!! All kinds of stupid things they are wasting money; anything stupid comes out your 'Halloween' is another very great stupid nonsense. It is celebrating the birth of all the dead bodies, I think who have become Ghosts, it's a ghostly thing, I wanted to buy a house, I went with my daughter and they had put a Halloween lady there, she said, don't buy this; this is inauspicious. There is a devil in the front door. So to do anything nonsensical they are willing. What's wrong?? What's the wrong, anything even aids people, you tell them this is wrong, What's wrong?? Who are you?? All right go ahead with all this Tomfoolery...but I am sure now some people must have matured and have become wiser, very important is to mature and to become wise and to get your self-realization. So many problems you have in this country of which you are not at all aware, I mean in India 18 people died in a place, they stopped all our ships, they stopped all our aeroplanes, everything, what is it, here with Aids how many people are dying, not only where ever they go they are spreading Aids everywhere, do you know that? They have given Aids to everyone. In Calcutta they have given Aids to thousands...So whatever little is told by the Media is accepted and people just go mad about it. Now let us think, why? why? you have to be in, in the Lunatic asylum. There is something more that you have to achieve, so that you save this country. You won't believe, I have been coming to this country for the last 25 years, Russia I went only 4 years, Russians are not conditioned people, they are like clean sheets, there's a joke, we had one programme in Tolyatti once and one American sahajayogi was there and a Tolyatti sahaji was there, He asked him how many sahaja yogis you have in America? this is three years back, so he said we have 56, oh My God, you have 56 thousand and we have only 21 thousand, because to come to Sahaja yoga you cannot pay. You cannot purchase me, you cannot purchase your self-realization, so you forget that you have money. Then you have to become something, it's not just a brand. Like the other day I saw 'Hare Rama' people walking with their dhotis. I asked them why do you wear dhotis in this cold, it's so cold, you will get very cold winds. I am a mother you know. They said my Guru has initiated that I should wear dhoti, I said what sort of a Guru is this one? that he has initiated that you wear dhoti in this terrible cold...Oh yes! because then I will get my 'Nirvana'. I said in India at least 80 percent people wear dhoti, because it's so hot, they are all going to get 'Nirvana' before you. All such things are there which they accept which are nonsensical so I feel that now all those people who are here should understand the responsibility as Americans, whatever it is, this is one of the richest country, it is such a blessed country. God has given you so much here...now the time has come to realize that it is on its way to destruction and the destruction is coming from within not from without. So awaken now! and try to save this country through Sahaja yoga. It's not difficult at all. You'll have all your powers, you will know everything about it, don't have to pay for anything. You'll realize your identity that you are a channel of God's love, and first time you will be using this Divine Love. If you use this Divine Love, you will be surprised that how foolishly we have been using the power of hatred. So this is my last lecture in America this time and I have seen very sensible, nice people sitting before me. So I request you all to take your self-realization seriously which you'll get tonight here. Understand your value, understand what you are, what you have to do now for your country, what is so important for your children, for your progeny for your family life, haan this Simson fellow, he killed his wife, so now they are giving articles all over the world because you see, Americans think they can write about everything that one should not marry because when you marry only you kill your wife, or your husband. If you don't marry there won't be any killing, imagine! Such an article is appearing, now what I am saying, that is very important, my concern is very much there, and some Sahaj yogis told me "Mother, you come and stay here, then it will work out better". I wish, I could do that, but you are all there, you are wise people. It is your responsibility to see that you save this country, otherwise you will be held responsible, that you did not do anything for it. It's no use talking politics, this, that nonsense, nothing. Now you are in the kingdom of God, so what you have to do is to get more people into it, you don't have to pay anything for it. But little time has to be given. I assure you, your health will be all right, off course your wealth will be all right also and apart from that, you 'll be absolutely peaceful personality. We talk of peace, peace, peace. I have seen people getting peace awards, they are so horribly hot-tempered, that you can't touch them without a barge poll. So, that kind of a peace I am not talking, but a real peace, which comes from within and this real peace that comes from within emits peace for others. So this kind of a peace we can establish very easily if you all people take it seriously about it...Many people told me, "Mother you don't take money, so Americans won't take you seriously." I mean, this is too much, I said. What can you pay? What can you pay me? It is invaluable, can you pay for love? You cannot, so even to say such a thing you know, shows that people have not understood the value of spirituality. Or what

did we pay to Christ? We sold him.... So, we will have now ten minutes programme, only ten minutes and you will get your realization, only ten minutes. For that I have to tell you one thing, I cannot force Sahaja yoga on you, if you do not want to have, I cannot force it. Off course, it is not for idiots also. You cannot give realization to idiots and lunatics. You cannot give realization to people who are extremely arrogant. It doesn't work out, but all those who want it will have it. It's your desire, your freedom to choose it and to get it and that's how you all are going to get it. It's not going to be difficult at all. So if anyone wants to go out, I'll give one minute, you can go out, but when we are doing this self-realization, please don't get up and walk.

1994-1007, Friday Evening Program at Navaratri Puja

View [online](#).

7 October 1994

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Navaratri Puja, Friday evening program, presented by Switzerland, Cabella Ligure (Italy)

October 7th, 1994

But this drama is such an identification of these people I feel as they call in Sanskrit language "Sahaj avastha" [unsure], the oneness.

That, at the time when Shankaracharya was here, there was some intellectual, his name was Sharma and he started arguing with Shankaracharya. He said: "You are not married, you have no life as a married man, you are not belonging to the samsara, and what are you talking? It's not so practical what you say."

So, he argued and argued with him, you see, as I have to argue with many people sometimes. [Shri Mataji is laughing] And then he gave it up.

So he said: "Forget everything. Just praise the Mother." So he wrote this. "Saundarya Lahari" was written because he said: "Everything is useless to talk, talk, talk, talk, talk and discuss. Better sing the praise of the Mother. That's how this "Saundarya Lahari" has come.

He was so fed up of the intellectuals, the people who read

[Shri Mataji is laughing].

This is what they have felt such a manifestation of the whole whim of mind this way. I can't imagine how could people from Switzerland can do such a thing. But they have!

May God bless you all right.

May God bless you.

[Applause]

1994-1008, Concert of Nishat Khan, Eve of Navaratri Puja

View [online](#).

8 October 1994

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) - Reviewed

1994-10-08 Concert of Nishat Khan, Eve Of Navaratri Puja, Cabella, Italy

Shri Mataji: His name you all you know, Nishat Khan, but somehow or other he has such a fascination for playing here, there is something very, I feel miraculous and kind of a holy alliance that I cannot explain. And he is not only a very good player and all that - artist - but very humble man, very humble. And I must say I feel shy sometimes the way he is humble to Me. You see this artist is a very great example also because many people are against each other in the artistic world very much. And some people said that he is a Muslim so why should he play anything, they are not allowed in the Koran. I said I don't believe that. Mohammad Sahib could never have said such a thing. It is all nonsense, how could he have said such a nonsensical things, He was a very sensible personality. So all kinds of arguments people give. It shows the smallness of their mind, and also in a way they are insulting Mohammad Sahib. I feel that this kind of a taboo and nonsense has to go away. I have told many a times how difficult it is to follow the Christianity. Because Christ has said that if you commit sin it's your one eye, take it out. Take out another eye if you make mistakes, then cut your hand if you do any wrong thing. So to Me, I have not seen any Christian without two eyes and two hands! It's very difficult to follow Christ, because Christ told, 'You do it!' But Mohammad Sahib, said no, no, let others should do it. Mohammad Sahib said that it should be done by others...If you do anything wrong, if you have a bad eye, even to look at a woman twice, is a 'Gunah' (sin) according to him, so take out your eyes and cut your hands if you are a thief, or he says that, I mean a very interesting thing he has said about also women because he thought that Christ was only talking about men. He was so restricted on men, why not about women also. But both these people never knew what human beings are really. I think they were too great, too pure and I think all these punishments are for saints or Sahaja Yogis and not for normal people. Normal people will be without their eyes in no time, isn't it if a man looks at a woman or a woman looks at a man. So it's a very, very difficult religion, both of them. And the Jews are no less. All these three people I mean, three religions are not easy to follow for a normal person. They have to be first saints and Sahaja yogis so that it becomes easy for them to follow. That's why I will tell them that first you become Sahaja yogis then become Muslims. Otherwise, you can't follow them, the punishments are too much. Even Guru Nanaka had punishments for people, like we had our minister who had to clean the shoes of all the people who were coming to the Puja, so I didn't understand. He said, 'No, it is written that if you do such and such thing, you better clean the shoes of all the people (or 'Sadhakas') who are coming there.' But in Sahaja Yoga, we have no such punishments. It's love, it's forgiveness. First you become a saint, then we will do the punishment part. First you have to become the saint. So there is no punishment, it's only Love. As you have seen that. Because when I see...I went to America, I said, 'Baba! All these Americans will have to lose their eyes and hands, because...and the women will have to be put in the... [above the ground?] and will be hit because the way they have no morality sense at all.

And these people talked of morality, morality, morality... And there is no sense of morality. So Sahaja Yoga is a very right thing to do because with that you become a saint, and after becoming a saint, you automatically become Dharmic - automatically become a good Muslim, a good Hindu and a good Jew, good Christian and a good Sikh... everything. Because you just become. You can't help it. You become 'Dharmic'. So you have to take first of all to your realisation, and then talk of religion. Before that I don't think anybody can follow such religions where you have to take out your eyes and have to take out your hands. So also when they say there is no music, should be no music... I mean God can't live without music, one has to understand. God has to live with music and this kind of absurd ideas...there are many people or other austerities. The other day I met some other people, in say Chicago. So one fellow was there, he was a 'Hare Rama Hare Krishna'. And it was very cold like this, you see, and he was wearing a 'dhoti'. So I said, "Why are you wearing a dhoti?" I felt real pity for him you know, the way he was wearing dhoti. He said, "My guru has initiated and he has told me I should wear the dhoti". I said, "Your guru has no kindness for you. You are in Chicago, you are not in India." See in India, people wear dhoti all right. So he said, "No, Guru said if you wear 'dhoti', you will get

'Nirvana." I said, "Then 80% Indians will get Nirvana also. Use your logic. Only by wearing 'dhoti' if you are going to get nirvana then it is the easiest way to do." I mean, he wouldn't like it... He got into temper with Me.

I said, "Krishna has said one thing, not to get to temper because temper is the worst according to Him." And he was quite surprised. He said, "Have you read 'Gita'?" I said, "Perhaps I have...But you better now wear something to cover yourself and this dhoti won't do. Because I am a mother and I can't see My children like this in a dhoti shivering here, sitting down." They couldn't even listen to My lecture they were so cold. I mean, I just don't know why...by wearing dhoti, I never heard that you will go to heaven. Who has said this? Such stupid ideas they have. So we have no austerities. Austerities are against Sahaj. 'Sahajiya' is the one where you live in a Sahaj way, you get your realisation. Like Guru Nanaka has said, 'sahaja samadhi lago'. It should be Sahaj. You see all of them have said the same thing. Even Mohammed Sahib had said the same thing. The problem is this that, this kind of restrictions if you put on a person who is just a normal person who's not a saint, it's going to be terrible. I mean, how many people will exist with this kind of things that go on? So to understand them, first you must get your realisation; that is very important. Must get your realisation, so you will understand what Mohammad Sahib is. You will understand what Christ is. You understand what Krishna is. Before that... you see, you can just go on criticizing, you see this kind of punishment is there... Punishment of wearing a dhoti also... I think it's a punishment. Why should you wear a dhoti in a cold like Chicago where people are freezing, you are wearing dhoti. So this kind of a nonsensical ideas are not in Sahaja Yoga. You dress up the way you like. You wear proper dresses. You will be looked after.

Now as it is, you see, our artist is feeling rather cold, so I was thinking bring them one heater there so they will feel better. [Some Hindi] There's one heater there, this one.

9:12 'Sahaj bhajai', sahaj - spontaneous [more Hindi]

[Shri Mataji showing artist's sitar to Sahaja yogis] You know, can you see a Rakhi tied to the sitar? That's how they respect the instrument that they have.

This is Mother's court. Be comfortable first. [Mother speaks to artists in Hindi]

He told me that he will be playing Shankara for the first time, as it's a very beautiful raga. Today is Navaratri. Had forgotten? [Shri Mataji asks the artist and laughs] For the Navaratri, he said he will play 'Shankara' and I remembered it! And 'Durga' too.

Nishat Khan: I had said that Shankara is a raag, which Shri Mataji knows, that Shankara is a raag which normally is played in the second half of the performance in 'drut' - 'Sa Ga Pa Ni...[continues in Hindi] Sa Ni Dha Pa Ga Re Sa...

Shri Mataji: He's saying that this is a raga always played in the second half, and is a raga of only actually five notes and while going upward - as we call 'Aroha' - there's only four. And 'Avroha' is five. So it's a very limited, it's a very limited raag, in the sense. There are many others also, like Durga, I would say also 'Gunakali'. All these ragas are also like that. But you will be surprised to know that the Japanese play 'Gunakali', and when we play before them they are amazed that how can you extend it to that limit... [In Hindi - So you play relax-fully 'Shankara']

And he also says that Alap means the slow movement - what we call 'vilambeat. It is difficult in that and still, he will manage I know... [Mother smiles. Artists continue to tune their instruments]

What is the name of the person on tabla?

Nishat Khan: Sukhvinder Singh.

Shri Mataji: Sukhvinder Singh - means the one who gives you joy and happiness. So, I have never heard him before I must say. I have never ...I have heard his name but I never heard him... And we are all very fortunate that he is here and we are all going to enjoy him very much. Thank you!

[Performance starts 15:51]

[Shri Mataji comments on their performance...]

1:36:18 - Most of you must be remembering when we were in Austria once, we saw the Grace coming down, just like very spun out rain. We all saw it, and that is what it is – the Grace, the shower of Grace pouring on us. Thank you very much, thank you.

1:47:57 - You see every university is called as a family - is a Gharana as you call it. Now he comes from a Gharana which is very well known. His father was a great...He is still there, he's a very great sitarist and his uncle - I have heard him also a very good sitarist... I mean, they are really great people, the whole family. And the... what we call is a Gayaki style is, means based on the...like a, we can say the...more a song... On the song it is based, you see sort of a thing. So it is a very appealing song, but if it is without 'gayaki' then you feel it's very dry. So this whole Khan family has dedicated to the sense... See the beauty that he has of the song. But song, you cannot sing like this, you see. In the song you cannot sing like this the way you can play it on sitar.

[Performance starts again]

2:12:30

We are very thankful to Nishat Khan sahib, I should call him Ustad because now he has reached the stage... [audience applauds] and Sukvinder Singh sahib have been...[more applause]very kind to give this recital from their heart. It's a very deep, subtle, experience we all have enjoyed because of their hard work. Now I think you people are understanding Indian Classical Music more than Me and so I need not explain to you. But only one or two points which are important, always to note is the offbeat when he was playing. To understand offbeat playing, he was playing offbeat, going slow sometimes.....suddenly fast, suddenly... It's a very mathematical thing. They must be mathematicians you see, both of them, otherwise not possible because it's all...like what you call...as a 'Bandish', means it is in the Maraydas. Now suddenly he would go fast, in the same 'avartan' - means, when the tabla is in same 16 beats, suddenly in the 4 beats he'll go fast, then he'll slow then he'll fast. It's something very remarkable... With that, the tabla is also moving... Now it is a great mathematics, which works it out, because he has to come to the first note in any way. And in this coming to the first note, he should know how to multiply, and how to divide, you see... It's very intricate work and some of you are professors of mathematics, here are sitting, you can also see how it has worked out.

So it is also creativity no doubt. It's a natural creativity, but also a lot of homework. They work very hard - it's called as 'Riyaz'... Without that you cannot achieve this every day to day, perfection the way they have. And the mathematics part of it is so genuine and so innate but they have studied it. It's not that just that it's coming to them, just they are sitting here and singing, it's not like that. Of course, they have creativity and they are showing every time a new pattern and all that, but is all built-in before. And they have worked very hard with their Gurus, and you see, they have done so much of 'riyaz', means 'the practice'. This is the science, a very subtle science, of mathematics and of music and the sweetness... otherwise you cannot do it. If it's mathematics then it becomes very dry! But if it is without mathematics, also it could be irrelevant. Now you are all enjoying it so well and next time you have offbeat music, try to see how they manage the mathematical calculation. It's more than calculus, I can tell you this much. And sometimes I get lost Myself. So this is something... it's a very intricate science of Indian classical music which of course you can see in your classical music, also and I enjoy that very much, and all of them were great composers. But here there is no composer, no composer. It is... they compose all the time...you see the rapport between us and them. And they compose all the time though they know, I mean like an aeroplane is fixed you see, so they are fixed first of all nicely by the guru and then they fly. And then they can fly anywhere because their aeroplanes are fixed, you see. So all the melodies are fixed. The systems are fixed. But they can go to whatever height they want. I mean, this is something a very Divine music, because it's not possible in any other music ...You have to have always something written down before you, you have to see what are the notings are and you have to play accordingly, it's already been everything composed. No. But they had their such deep training from their Gharanas and from their gurus. This dedication to gurus has brought this. There are something, you see I always feel that Indian musicians are something 'Gandharvas' because this music nobody can sing, nobody can play. It is impossible. Try! I mean he

must be also having some disciples and so... It's difficult but at least you people are enjoying it, is a very great thing. In next life, you might become great musicians possibly, but just now I think you know. I also... I am nowhere compared to them. I can only listen, appreciate, understand, enjoy and that's what we have to do. And we must thank you very much for bringing this great music to us in this farfetched place called Cabella. And every time he plays in a different manner, in a different creative mood he creates. I don't know what to say more because all these ragas you know very well, and the way he has rendered it is remarkable actually. All the permutations and combinations, I never saw him repeating even once the same line, never... This is the biggest thing and the same with, I must say with Mr Sukhvinder Singh. He too never repeated the 'mukhdas'. Every time he played different, it's very remarkable you see, very remarkable. Well, you see I told you that My family was very... They had addiction of music, all of them. Morning till evening in My family, nothing but music, music... And I knew 4 o'clock in the morning they used to get up to practice, and this is how they achieved lot of things but these are something, rare birds I should say in the realm of music. I really congratulate you very much. And all My blessings, all My blessings for you to get to the deeper and subtler side. We need it very much because this builds up our 'Maryadas'. This builds up our 'Dharma'. It builds up our ascent. So such musicians are to be really respected and appreciated. I know My father, he would not eat his food if he has to go to the music program. He would never sit before the musicians have sat down. He had such respect for this art, and he said, "You don't know one day will come when the whole world will understand that India has such a divine Music." And now you can see how you all are enjoying. It's My dream being fulfilled you know. I feel that this music should spread everywhere. Also, you have classical music too, but nobody wants to hear it. Nobody wants to listen here. [UNCLEAR] is also very great. We had great musicians here... [speaks in Hindi, about Vivaldi in Italy?] They were really such great musicians; I mean you just get lost with them. Next time when you will come we will give you the present... It's really remarkable. So we all enjoyed it very much and there's no amount of praise can really express our feelings and the joy we have. So again I thank you very much. Again, again, a hundred times.

1994-1009, 5th Day of Navaratri

View [online](#).

9 October 1994

Navaratri Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) - Reviewed

Navaratri Puja, Cabella Ligure, (Italy), 9 October 1994.

Today we are going to do puja for Navaratri. Yesterday you saw, beautiful description of Navaratri and how the Mother Goddess has created all kinds of powers within you. It's not that only She has the powers, but you all have the powers, and you can all work it out, you can all find out whether these powers are there or not.

With us, the realisation is very important, but there the Kundalini has given you this realisation. Of course Kundalini is a part or, we can say, reflection of Adi Shakti, and also the Jagadamba is also part of Adi Shakti.

She's placed in the centre of two hearts, which is a very important point. Now all these powers are placed in that chakra. So you imagine how many of these powers must be there, and Her powers are expressed through the centre heart in all the Ganas you have around your body. Now these Ganas are the ones who do give you the protection, give you the sleep, give you the energy, give you the blessings. All of them are at work all the time, and these bodies are extremely dedicated and connected all the time to the Mother Amba, we can call Jagadamba. Now She is the Mother of the Universe, so you can imagine, how busy She has to be to look after the whole Universe!

When this centre becomes weak, that means Her connection with the Ganas is reduced; Ganas also are weak and all the powers that could be exercised cannot be done because of this weakness. It's a very subtle centre because it is Mother's centre. It is impossible to understand the love of Mother, it's absolutely impossible. When the girls get married and they become mothers, then they start understanding how much their mother must have done for them to come up.

In the same way, when sahaja yogis become good sahaja yogis, like Ganas, they realize how much the Ganas had to have patience, had to have love and intelligence to fight the negativity.

So all the forces of the Jagadamba act towards hitting the negativity of all kinds. That is Her first and foremost nature, is to destroy all the negativity that is in this world and is against Sahaj, against you. Her destruction takes place in so many ways. First of all we have to know that if you sin against the Goddess then all kinds of physical problems start, like psychosomatic diseases, all kinds: we can say cancer, AIDS, all of them. But some of the diseases have got also mixed up with the Ganapati.

Now Ganapati is the Lord of all the Ganas, so the Mother has Ganapati and She controls all these Ganas through Her son Ganapati. It is so connected.

So the sin against the Mother, when we do, means when we become immoral. Immoral means - when we start indulging into things which are not permitted by dharma. By dharma, whatever is permitted is the legal. Now you people understand Sahaj dharma innately, from within, I didn't have to tell you. Now you know this is wrong, is wrong, this is right, this is right. So any such things when you try to do, because She's a Mother, She takes time to punish you. No doubt.

But if you commit a sin against the Father, like boastfulness, talking big, being cruel, harsh and all that, immediately the punishment comes in, but from Her, She being the ocean of compassion, the punishment is more delayed and a full chance is given to the person to improve himself and guide himself. But when the punishment starts, then you get into diseases which are of a very serious nature.

So, it comes from one thing what we call as fear. When somebody frightens you or aggresses you or becomes like a mosquito, as they say - somebody who is oppressed by aggressive people or is threatened, intimidated, then a person starts losing faith in the powers of Mother. As a result, such a person-

[A child is talking loudly and disturbing] The child is talking too much. Can you take away the child from there? Where is he? Outside? Ask them to control the children. You must control. This is negative child who is talking. Who is the child? Whose child it is? Who is that? Please look after your child - is not normal. Normally, children who are all right become very quiet during My speech. [Child is still talking] Now take him- take her out, ask her to take her out.

So, this Centre Heart is to be looked after. Out of fear, if somebody's thrown onto the left side, away from the Mother, because She's the one who gives us confidence, who gives us courage and bravery, but if you are frightened, or if you are under fear, also you can be thrown to the left side and you can get into all kinds of diseases which are very serious, incurable as they call them.

Another thing is, if you are driven by your senses into indulgences without any dharma, then also this central path throws away, you can say, you to the left side because you are not worthy of being at the lotus feet of the Mother.

Now this centre is the one which, when we are afraid, the sternum bone starts moving like a remote control and informs all the Ganas that the attack is coming. But when you deliberately go to the left side and get into indulgences, then they're not bothered, they said, "All right, go ahead, do what you like, you can behave the way you want to behave."

All these different types of movements towards the left takes you away from your Mother.

I'll tell you a story about somebody in America. He's a very old sahaja yogi, Indian. He came out of his shop where he was working, and got into his car. There was one man sitting with a dagger and he hit him with the dagger on the centre heart, and this fellow started bleeding. He said, "I don't know what happened to me Mother, I got such strength, I caught hold of him and I started fighting with him and I took the dagger from him. He had the handle and the dagger came into my hand, and the fellow ran away. But still, I was not worried about my bleeding. What I did, I called my colleague, who was coming out of the car. I ran after him and he took me in his car for half an hour searching that fellow." They didn't go to the police. And then they went to the police, the police were surprised, the whole shirt was full of blood. They said nobody would believe, even the police was shocked. "For half an hour we were searching this fellow, why didn't you come to the police?" He said, "It would have taken half an hour for you to come, so we thought better do it ourselves." See the courage!

Then, of course, he was taken to the hospital and he was alright. They stitched him up but he's alright. That is the sign of a person who can never get any one of these horrible diseases, because there is no fear in his mind, of any kind. And he's an Indian. He said, "I've never even slapped my own children, I've never fought with anyone, I'm not a wrestler by any chance, nothing of the kind, but it happened." He says, "I don't know from where I got this Shakti, and how I did it, I just don't know."

There are many stories like this, I can tell you, about sahaja yogis, and about so many saints; how they were never afraid of attacking someone when somebody attacks them, or of protecting themselves from all kinds of horrible things with their courage. This is something one cannot believe sometimes, but it is happening every day, I get letters from people, how they have been courageous.

If you believe in the Goddess, then know that She's extremely powerful, She's very intelligent and if She has to protect you She'll protect you out and out, in such a way that you will not know how you have been protected. But this faith has to be developed.

Faith has to be developed by experience also; how you have been protected always, how you have been helped always, how you came out of so many crises. But despite that, if you get upset, worried, if some clouds appear in the sky of your life, then if you get upset, that means you are still weak.

So first thing, if you are really worshipping the Goddess then you should have no worry at all, of any kind, and you should have no fear at all. Go ahead! Fearlessly! Whatever you are doing, do it fearlessly. But at the same time I have to tell you the other side, that one should not go about like a zombie. It doesn't mean that. Saying all kinds of nonsensical things of the right side. But if you have to do something, do it with clear cut ideas and also without any fear. So, all Her powers will start manifesting in you.

A man who is fearless has nothing to worry about his sleep, his well-being, nothing. He's fearless. Again, I say 'fearless' doesn't mean that you go on hitting everybody, saying all kinds of things, no! It means that, [if] you are fearless, anybody who attacks you, you can always protect yourself.

I mean this story I told you, because this was not a protection which was from within, like Goddess protecting them, but actually he protected himself. So? the power had started working through him. You should allow your mind, your body, to project these powers. Otherwise we say here pujas, everything, alright, and the power is there, but your mind, which tells you "No, no, no, this is not so."

There are so many stories, so many miracles people have described about this, so first of all you should not have any fear about anything. If you have done nothing wrong, if you are on the right path, you will be always protected. Now remember this: you will be always protected. Remember this and believe in this, that "I am always protected." This is something very difficult, because perhaps our mind gives ideas. "Oh God, what will happen, now what is going to happen, this thing, that." So, first and foremost thing, as I said, is - to be fearless - to make the Goddess express Herself.

Supposing now, take it like this, now all the Ganas are following you. Now if the leader of an army is a frightened personality, what will others do? Thus you become dependent upon yourself. This faith also must be developed. I have seen people who are sick, so they must come and see Me, because they do not depend upon themselves. They can cure themselves. There's no need for them to come and see Me, and there are many cases where people have cured themselves, cured others, just with prayer. But the faith, when it is not mature, then they think I should treat them, I should touch them, I should do this, I should do that. Now I've stopped it! I used to do once upon a time. Reason is now you depend upon yourself. Not only that you can help yourself, but you are going to help others.

But if you do not have faith in yourself that you can cure, you can look after yourself, you can protect yourself, so the whole thing becomes like a, all the time the Mother has to do the job. Now you, first of all, you have to feed the little baby. Alright you can let him eat, look after him, do everything, but when he grows up, then he doesn't want his mother to feed you. In the same way, the sahaja yogis, now: how many years I have been working here? You have to grow up, dignified, and you should mature so that you can yourself do things properly.

This maturity is there because your Mother has blessed you. All Her powers She has given you, every. But one power of patience is difficult. You have to be patient like your Mother. You might think it's very difficult but try to be. Must have patience, first of all, with yourself.

I have known many people who think they are spiritually nothing and they have not achieved anything - this is absolutely a sort of escapism, that you want to escape your personality. Just see, if you introspect you'll find out that you have developed into a real spiritual giant now! Nobody can touch you, you can do everything, you can look after yourself, you can support others. Whatever are the powers of all these that they were singing yesterday, all these powers are manifesting in you, but still you leave it to chance, and I should say, you leave it to others, not to yourself.

Now this is one point, that no one, so far, has done this kind of a job, is to connect all the disciples to the Divine Power. Because it is the Divine Power of Love, you must know how to love others, that's very important!

But again, when it comes to love, they will love their child, love their wife. I mean it's very common in Sahaja Yoga. They're too

attached to their children. Before this they were known to be absolutely selfish, had no attachment for children, or wife or anything, but now it is like a glue! Children are glued to them, wife is glued to them, and the family [is] very important. This is another temptation from which you have to get out. I am not saying that you have to give up your family or child, but again I say - the detachment. The detachment is your power. Watch everything with detachment.

Now don't think that, "Oh, I came only a few days back in Sahaja Yoga." No. Don't think, "Somebody is higher than me, I'm no good." No. You just introspect yourself and see for yourself how many powers you have already got. And the more you'll know, the more you'll become humble. It's very surprising. You will become humble! No fear of any kind. You can have fear if you have some, say, lot of money with you. If you are very well educated you might have fear of jealousies. If you have other wealth like ornaments and things, you'll be afraid of big thieves coming round. If you are a politician, you might be afraid that somebody might take away your seat when you are away. But when it comes really to Sahaja Yoga, it's the other way round. Who can steal your Self-realisation? Tell Me. Who can steal your powers? Who can steal your vibrations? Think of it! And who can steal your love? Because it is coming from the Spirit, which is eternal and the flow is all the time there. Only when you go away from your Spirit, then only, you feel all these things which one feels in the darkness.

Then another power of Mother is that She gives you the state in which you are a sakshi, you are a witness, watching everything. You have tremendous patience, tremendous patience. Whatever has happened, is all right, let it be. This will be alright, that will be alright, this and that. So, you get rid of horrible thing called anger and this gives you such a peaceful witness state that you start becoming younger and younger.

I will tell you some Sahaja Yogis, whom I gave Realisation, say last year. This year I met them, I could not recognize! They have suddenly become ten years younger. It's very surprising, and I was, Myself, had to confess that I, really, I can't recognize you are the same people, or are you the son of that fellow?

So then, what happens to you is that you become a peaceful personality. Why? Because your Mother is there always. This faith, She's always there, She always with us, always protecting us, but now we are grown up so She has given us all the powers. All the properties She has given us. So what? What is there to be afraid of?

But this faith has to be not just a blind faith but an enlightened faith. And this, the difference is, in blind faith you have faith but no powers, in enlightened faith you have faith and all the powers.

When that happens to you, you start growing very much fast. First in your dharma. And you are not afraid of your virtues. You tell people, you talk about Sahaja Yoga, everywhere and it works, it clicks. Once you don't have any fear, the whole picture will be clear to you because you become a visionary, what we call in Sanskrit 'drashtas'. Like, see how C.S. Lewis could see our position, how could William Blake predict our future, how could Gyaneshwara wrote about pasaigar, which is description of all the Sahaja Yogis? But all the time He's saying, "Now you get up and work and do this because you are that, and you have got it." He is trying to assure people all the time. How could Rabindranath Tagore see our going to Ganapatipule? How could it happen? It happens only when people are in enlightened faith. In enlightened faith your Mother gives you another very great power, is of discretion. Of discretion.

Somebody came to Me, "Mother, you see this gentleman is very good, this, that, and you know, nobody has looked after him this, that, he's very well educated, very moneyed person, this, that." I said, "All right, show Me the photograph." I saw the photograph, I said, "No, it's better keep him out, absolutely, keep him out." He was amazed! How She's saying "Keep him out, absolutely"? I saw the photograph and from the photograph only, how could Mother say that? I could feel the vibrations! Immediately I said, "Is wrong."

One gentleman came here and told Me that some Nigerians have written letter to him that you put £35,000 in the bank, or something like that, and we'll put our money, quite a lot, in millions, and then you can have one third of that. He came and told me the story. I said, "Really? Keep out of it." So, he said, "Why?" "It's a scam!" When he went back to America they found it was a scam. He said, "Mother, how did you know?" I said, "You can feel the vibrations, so hot! So it is a scam."

You have got vibrations, you can feel your vibrations. Now if you don't want to use this new awareness, what's the use of coming to Sahaja Yoga?

He was very upset when I told him "forget it." He thought, "Why Mother is saying so?" I said, "Now what do you need money for, you need money? All right, we have, don't, don't take these things." When I told him it's a scam, he got a shock, and when he went back he found out it was a scam. So, at the airport only he was on My feet, prostrated, I said, "What happened?" "Mother, You are the limit, what You said is there." But I said "It was the vibrations which told me that he is a cheat, so if he says so, that he's going to give you so much money, it's not correct," because his vibrations were so very bad.

In this way you can gradually experience. With the experience, try to put the experience in your heart, and have faith in that experience. What were you? What have you become now? How many experiences of Sahaja Yoga you had. Of the Mother's attention on you? Now if you have that enlightened faith, enlightened faith in you, you become powerful. You are powerless because your faith is like this. But if you become really a evolved, matured, realised soul, then all your powers will work.

There's a fisherman in India who is, I mean he's a graduate, though he's a fisherman. So one day he was going on a boat to another island to do Sahaja Yoga, and when he came out of his hut he found huge, big clouds, black ones, hovering, and the Vishnumaya playing. Just he stood on the shore and told Vishnumaya, "Please tell these clouds to behave themselves! I am going for the work of Mother, and dare not trouble me on the way!" Just stopped! The people who were with him told Me that this Harishchandra was talking like that. They got into the boat, they did the programme, came home. When he went into his boat, rain started. So, you control all five elements by your enlightened faith, for which you don't even have to say anything, the powers are so great that they act.

See now, today when the puja was to be done, suddenly it became pleasant. I didn't ask, just it became pleasant. Much better than yesterday. Could have been very cold. But this should become, again, a faith which is reality. If you remember last time we had a horrible rain and the whole thing was jumping up and people had to pull all these pillars down. As soon as they started saying My 'jai,' it stopped. Now this experience should make you... there was no need for you to pull these pillars, but you had to just sing My 'jai,' that's all. Instead of that you were busy with pulling, all of you, that thing. I was just looking at you, I didn't know how to say anything, I said "Let them try!"

So, these ordeals also come to make you mature. These ordeals, if they are not there...these ordeals if they do not come, then you will not supersede them, and if you'll not supersede them, you will not know what is your faith. A person who is standing on the shore will say, "I don't know how to swim," but supposing you made him jump into the water, and he swims, then he knows that he can swim. Because you do not know what you have become, you do not know that you can swim. You do not know that you can also save others. You are still busy with small, small, little, little things here and there. But if you just know what type you have become, then you are going to completely change. Your smallness, which looks like a little particle, will cover the whole sky.

But this power, that is within you, will not give you ego. One thing, the test is - it makes you humble. This is one of the things, that it makes you humble and extremely loving and compassionate. You'll not hurt other people with these powers, that's the sign it is Mother's love, the power of Mother's love. A person who has a Mother, very loving and nice-is a psychological fact - becomes a very nice person. It's a psychological fact. So now if you realise what you are now, what you have become.

Navaratri Puja is, that's why, is a very, very powerful puja in a way, because it manifests, opens out, the channels of your power. That's why it's very, very important, and since morning, I've been just flowing with vibrations, tremendous! It was like a waterfall of vibrations. And the whole time I'm seeing light, light, light, I was thinking, "Now I don't know what am I going to speak also!" That's why I closed my eyes because all the time there will be something else I will be seeing and not you people so better, I thought I'll close my eyes.

But now you are the light. You are the light. Light is not afraid of darkness, is it? Because it can remove the darkness. That's what

you are, but you don't know what you are, and you live with very small, very small ideas about yourself. I'm not saying that you should become like gurus that go around talking big with two horns in their head, no! What is your decoration is your humility, is your kindness, is your sweetness, and the way you handle people. You'll be amazed, I also tell people when I find there is something wrong with them. I also do it, no doubt, but in a way that the person understands it is for the benevolence of that person.

So, the whole personality, the whole temperament, everything changes. The whole face changes, the whole movement changes, the style of talking changes. Automatically as if, you know, the machinery has changed within. So you develop the qualities of a real Mahayogi. This Mahayogi condition is achieved by many people also before, but they had to go through very circuitous life. They had to give up everything, not to show, but really from the heart they had to detach. They had to get out of it, go to some far-fetched places, and live on ordinary food. All kinds of, even Buddha suffered so much. Christ suffered so much. They were incarnations but still they had to suffer. Rama suffered so much, Sri Krishna suffered so much, imagine! But you people didn't have to suffer. On the contrary you all came out of the suffering - enjoyment, music, everything.

But, to enjoy Sahaja Yoga in Nirananda, absolutely without anything else but joy, then one has to know that he should give up all the myths with which he's living. All kinds of myths there are. Some people have myths where, "We are poor." Some have myths, "We're very rich." Some have this thing that, "We are very unhappy" Some have that, "We are very happy." All kinds of myths these are. These are all myths.

What is the thing is the complete emptiness. Complete emptiness. That is joy. This emptiness is filled with joy. Complete emptiness. Then you don't expect anything from anyone and this emptiness from within is actually, gives chance to compassion and love to enter into you. Supposing there's something in a pot already, what can you pour into it? What can you give it to it? So, if you are completely empty within, nothing of this nonsense of the past and the future, the aspirations, the ambitions, all those things, and falsehood. If you just become empty, it is filled in with nothing but joy, and joy of such an eternal nature. You never ask for it, you do not look forward to it. It is there all the time, and this is what I wish today you people can feel it.

As you know, the Devi's things are so very deep and subtle. How She took a form of a Mother, and how She looked after Her bhaktas with love, how She fought demons and also negativity. But now the demons have entered into your hearts. These false gurus have entered into your brains. Through these horrible books so many things are coming, all the time attacking you. Even if you kill those demons, still they'll be lingering in your heads. They should be actually killed when they, once they are reflected into your mind, have gone away. Then only it's possible to eliminate them, otherwise they'll go away but leave their bhoots into your heads.

So, these negativities which come from wrong type of following you have had, from wrong books that you have been reading. Also in Sahaja Yoga when you come, you can be misled by some people, it's possible. In that case also, forgive that person. That person may improve, but you may continue with the same ideas and funny things, and [those ideas] may suddenly come up.

So, the quality is of compassion and love, fearlessness and courage, and the complete emptiness. In this emptiness then you are not worried about what we have to achieve, how many people you have to gather, how many must come to Sahaja Yoga - you're not bothered about that. Automatically it will work out, but you will not desire for it, and you'll not hanker, "Oh, my God, see there's not many people, what to do? This...that." It's good for us in a way, because where is the place in heaven for so many stupid people? So we should not run after people who are negative and useless, but we must definitely take over the people who are genuinely good.

One thing more I would like to tell you, that automatically such people are dropped out in Sahaja Yoga. In one shot they will go away. They don't stay because they don't deserve to be there. They don't deserve to have the Mother's powers. So, this happens in a very beautiful, subtle manner, and I see, I go late always, to any programme, so those who are useless just disappear, and some of them disappear half way through because nothing goes into their head, you know. They don't understand anything. So they go away. So now the ones which are left are the real seekers of truth and they get all of them Realisation. In Sanskrit they call it 'shayen' means 'selection'. This is a natural selection that takes place, and how people go away, and how they come back

to Sahaja Yoga, it's very interesting. This is a common happening in Sahaja Yoga you know. You should not get upset.

Now if you get too many people, say from Russia, and not so much from Switzerland, maybe you might think that way, but now it's not that bad. Then, we should not worry because we are no more Russians or Swiss. We are super-human beings, we are sahaja yogis. Whether they are Russians, or whether they are Indians, or from some African land, it's alright. As long as they're sahaja yogis, you should be happy. If the Swiss are coming to Sahaja Yoga, we should be happy. So this attachment in a way is good to begin with, that you want to bring more Swiss, because you want to have company - now you can't live with one person in a jungle with all the others, non-sahaja yogis, you see, difficult. So you want to have company, so you want to have more and more and more. But doesn't matter. As many as there are, sufficient and we shouldn't worry about those things, the number. But when we want to share our love, then we do feel the dearth, not because we are Swiss, but because we cannot share.

That time a new personality rises, and this new personality is the one which works. I mean we are not giving you any money, there are no awards for you, there's no way there's much encouragement. Like we have your, sort of a picture hanging here, nothing of the kind. Can you imagine, in any organisation anybody would work like this, the way you work? Nobody would. They give you awards, they give you bonuses, also they give you promotions. They do all kinds of things, you see, to keep you going, but we don't do anything in Sahaja Yoga.

So, what makes you work so hard in Sahaja Yoga, what makes you spread Sahaja Yoga? Only thing is that you want to share. You can't help it. It's like a drunkard, you see. If he has a bottle he must have at least one person to share with him, because he thinks that it would be sinful. "As it is I'm doing sin, why not share with somebody else? So it would be half-half divided." (laughter)

But in Sahaja Yoga you share it, you want to spread it. Is because you are collective. You have become collective, that's why. You want more to come in, more to join, to enjoy. You become a very noble person, you see. Like, of course drunkards do that, but supposing somebody has a lottery or some, he gets a very big business, he won't like to share. But you think that, why not? If I am so much enjoying, why not others? "Why not people have the same bliss as I have?" So, because you become extremely noble, so noble, you work so hard, so very hard to achieve it. I mean no words can describe My joy when I see you people working it so spontaneously.

Yesterday I saw the film, the whole drama, and I was really very much amazed and touched that this Marathi music has come to Cabella. Can you imagine any Italian thinking of it? Even hundred years to come, he would not think. But how it has come so spontaneously and is working out? Because there is a sense of collectivity. The New Age people talk of is here, no doubt, this is the New Age, and new consciousness is also there.

But what is the new now, is the new collectivity, and that collectivity acts that you want to spread it, it acts. Like your hunger, it is another kind of hunger, that you want to create more sahaja yogis, you want to have more brothers and sisters, and you want to help them so that they could come to the pujas and all that and become good sahaja yogis. Now this kind of an ambition or a joy, or whatever you may call it, is, the whole plan shows that in your heart the collectivity is prospering, and that's why you cannot enjoy Sahaja Yoga alone, sitting in the Himalayas. No! You want to have other people.

This is now the sign of how the Mother's love has taken roots in your hearts, and how you are all going to spread Sahaja Yoga. Of course, I am told that somebody in Australia, [is] making money. Australia has been always a problem. They are making money out of this, so I just don't know what to say. Because, this is, I can't understand! How can they think of making money or doing all kinds of things, and doing all kinds of asahaj things. Some sort of a headache comes up, doesn't matter. Leave it to Me, I'll manage it, whatever it is.

But you just become great lights of your Mother. That's what I have to request you tonight. You have all the power flowing in you. You have the light, which has enlightened it, but, you must expand. Expand it more and more and more and you'll be surprised what Tukarama has said that, "I am like a small little particle of dust, and also I am the whole sky." This is what is your personality.

May God bless you all.

[During puja]

It's getting all warm now, you can remove your shawls.

First take out My socks if you don't mind.

(looking at puja thali)

My goodness. That's not good! What did you do with it. It's all black. Shine it. No it should not have done. You see there's a very simple way, putting some tamarind and washing it off. Should we ask [who washed it]? Chintze ka apla kade chintze?

Do not use polish for this!

In the kitchen they must have done it, if it was in the kitchen. You can see the black coming off. Polish? You see there's no need, with a little bit of tamarind you can do it. Just learn it, it's very simple. Or with lemon, immediately washes it off. It's kept in the kitchen ah, the ladies must have done it! Just bring it.

Now should we ask for the children say 5 to 10 years the children, ask to announce.

(looking at children come to do puja) These are all ganas you know, all ganas!

You tell them in the kitchen not to clean with this thing. Don't touch this brass polish at all. They have silver polish and brass polish but there's no need, no need at all. This tamarind will do and what else is the lemon, but you should just wash it fast, that's all.

Now how many are going to sahaj school? No one?

1994-1011, Evening Program and Talk to Sahaja Yogis

View [online](#).

11 October 1994

Evening Program

Barcelona (Spain)

Talk Language: English | Transcript (English) – Draft

Music Program and Talk to Sahaja Yogis

'It was really very heartening to meet you all here. I know we are growing slowly in Spain but there are deep roots that take time. I can see my love and your love growing so strong. I've got to find out why in Spain it's difficult to make people understand that spirituality is very important. Somehow you Sahaja Yogis should show in your life that to you, life is fun because I think the Spanish are very fun-loving people. But fun which is just a temporary pleasure is not lasting. So through your lives you can show them that fun is everlasting if it is the source of Spirit.'

'You all have to go all out, as they have done in Italy and many other places. You know Italy was so much under the impression of the Catholic Church and the Christian Democratic party, and also they had a combination with the mafia. Despite that, now everything has become different. The Sahaja Yogis started going into the districts, into the smaller places, and started talking about Sahaja Yoga, telling them that they are in darkness and they have to take to light. They worked together, emphatically together, and told people emphatically that we have to be all of us to be awakened. They started giving also concerts, like you are giving, in different smaller villages. So they would use only Italian language because if you sing in Hindi or Marathi they won't understand. So the best is to use Spanish songs, meet people, talk to them, tell them about Sahaja Yoga and that the time has come for us to be resurrected.'

'I heard that there was a tremendous influence of the French culture on Spain. Naturally the morality part was sort of feared. If you talked about morality, people didn't like it. On one side they say that Christianity has adopted France as the eldest daughter; on the other side, they are just anti-Christ. You must have read Bible, and Christ has said in the fifth chapter of Matthew that if your one eye does a sin, take it out, and if your one hand does anything wrong, cut it out. I haven't seen any Christian anywhere doing that. They call themselves Christian, but they are not; it's a very difficult religion to follow. If you religiously follow the religion, you will be without both the hands and without the eyes. Also Christ has said that if they slap you on one face (cheek), then you turn another face. I mean, you know about Christian nations. I need not tell you what they did in America, the Spanish especially. All the names are Spanish, so many speak Spanish, but they are so aggressive and so arrogant, I don't know how they call themselves Christians.'

'The way they like bullfighting shows they are nowhere near Christianity. And then came Mohammed who thought the whole strictness is for men, so better do something for women also. So they (the incarnations) were actually such pure people they didn't know they were dealing with human beings. They thought they were dealing with Sahaja Yogis. But in Sahaja Yoga there's only love, and also forgiveness. Nobody's punished; only they're asked to leave Sahaja Yoga. Nobody wants to lose the love of Mother so they get punished automatically. And again and again they ask, 'Should we come back to Sahaja Yoga?' The main thing is we are not power-oriented and we use the power of divine love.'

'We are not people who are hypocritical. What we say and what we do is the same. That's how you can enjoy reality because you like it. Whether it's a small number or a big number, what is needed is our depth in our heart, and the sincerity to ourselves. When I hear your songs, I can see how deep you are and how you understand Sahaja Yoga. Believe Me, one day these roots will sprout into big trees in Spain. I bless this country, again and again, and all Sahaja Yogis from My heart. Thank you very much.'

1994-1011, Public Program - incomplete

View [online](#).

11 October 1994

Public Program

Barcelona, Torre Catalunya (Spain)

Talk Language: English | Transcript (English) - Reviewed Public Program, Barcelona, Spain, 11-10-1994

I bow to all the seekers of truth. At the very outset, I would say that truth is what it is. We cannot change it, we cannot describe it. Unfortunately, at this human awareness, we cannot feel it.

In the evolutionary process, we have come to a stage where we can say we are human beings. But still, we do not know the absolute truth. That's why we have so many discussions, arguments, fights and wars. But it is important to understand that most of the world's problems come from human beings. And most of the global problems come from these centres, the subtle centres within us.

Whatever I am going to tell you tonight, you should not take it for granted. We have had lots of problems with blind faith. But keep your mind open and excited. And if it is truth, then you have to accept it as honest people. Because it is for the benevolence of your being. For the benevolence of your family, your country and the world at large. Because all your physical, mental, emotional, spiritual problems come because of the centres.

This is a special time - well is promised by all the scriptures, that you are going to ascend into a new awareness, into a new dimension. This is the last breakthrough of your evolutionary process...

1994-1015, Respect your Realization and grow into it

View [online](#).

15 October 1994

Respect Your Realization And Grow Into It

Public Program

Escola Nacional de Música da UFRJ, Rio de Janeiro (Brazil)

Talk Language: English | Transcript (English) – Draft

1994-10-15 Public Program, Rio de Janeiro, Brazil

I bow to all the seekers of truth. At the very outset we have to know that truth is what it is. We cannot change it; we cannot transform it. Also, unfortunately, with this human awareness we cannot know it.

[to Yogini who is translating] Can they hear, all of them? Ask them can they hear, all of them.

Yogini: He is saying that with the fan it is not helping, Shri Mataji.

All right, then put it off. [To a yogi in Hindi] If you move the fan further away, it will be all right.

Better. It makes too much sound; fan was making too much sound.

So now we have to know that our awareness is not sufficient enough to know the absolute Truth. Actually, we don't know the absolute Truth. That's why there is a problem. Somebody says this is good. Somebody says that is good. There is a quarrel, fight, arguments, and ultimately wars. That means we have to evolve more. Whatever I am going to tell you today, you should not accept it blindfolded, but accept it as a hypothesis. And if it is proved, then you have to accept it as honest people. Because it is for your benevolence, for the benevolence of your family, your country, and for the benevolence of the whole world.

At the very outset, I would like to tell you that the truth is you are not this body, this mind, these emotions, intellect, conditionings, or your ego. But you are the pure Spirit. There is another truth is, you see all these beautiful flowers and we take them for granted. Actually, it's a miracle. If you ask a doctor who runs your heart, so he will say, 'It is the autonomous nervous system.' But who is this auto? Also, if you take to science you will find they cannot answer all the questions because it has its own limitations. For example, science cannot tell you why are you on this earth, what is your identity. So we take to religions. But in the modern times, religions have become money oriented or power oriented. Also, it was great incarnations who came – like Christ, Mohammed Saab, Moses. They were very great, pure incarnations and they did not know what sort of people they were facing. The way they were tortured and crucified. They preached to people who cannot follow their principles. For example, Christ has said in the fifth chapter – Mathews – that if your one eye commits a sin, you take out the eye. If your one hand does some sinful thing, you cut out the hand. If somebody slaps you on this face, turn the other face. I haven't seen any Christian without eye and without hands. It's an impossible thing and very difficult. It was easy for Christ to say that because He was so great. Actually, you have to become a saint to follow His principles. Ordinary people cannot follow Him. Then I think Mohammed Saab thought that He was so strict with the men, so He made lots of laws for the women also. And so strict that any woman who looked at any man with any lust, she should be buried halfway and should be stoned. Imagine what would have happened to American women. So the principle of morality was really too much for normal human beings. Also, the Sharia which was brought in by Mohammed Saab was given by Moses for the Jews. In the Bible in the Old Testament, in the Jeremiah, it is described clearly. But Jews thought it was too much, so they didn't bother. But Muslims think they can do it; I am sure they can't. So, they believe they are Muslims, but they are not. Christians believe they are Christians, but they are not. First you have to become a saint. You have to become an enlightened personality so that automatically you become righteous, automatically. In Sahaja Yoga, we don't have any punishments. We have to accept human beings as they are. There are no confessions, and no physical or mental punishments. At the most, we can ask them to get out of Sahaja Yoga. As this Power lies in the sacrum bone, it's your own. She

is your Mother, your individual Mother. She knows all about you and She is very anxious to give you your second birth. It is in the real sense of the word [that] you have to have your second birth. It is not just a make-believe that you are twice born. It becomes like any other brand like you are a Christian or a Hindu or a Muslim or a twice born. But anybody can commit any sin. So one has to become innately righteous, innately moral. It's only possible when you become the Spirit.

When this Kundalini rises, She passes through six centers which are responsible for our physical, mental, emotional, and spiritual being. Thus, our physical being improves, or sometimes absolutely in perfect condition. In India there are four doctors from Delhi university who have got their MD in Sahaja Yoga. Many incurable diseases can be cured with Sahaja Yoga. For diagnosis or for treatment, you don't have to go to hospitals because you know self-knowledge. You get self-knowledge because you start feeling on your fingertips your own centers. You start feeling this all-pervading Power on your fingertips. So, this is the second truth that you have to know that there is an all-pervading Power of divine Love. In the Koran, Mohammed Saab has clearly said that when you will get your resurrection, your hands, your fingers will know about you and they will tell you about you. This is the time of your resurrection. I call it a blossom time, but in the Bible it is described as the last judgement. You have to choose; you are free to choose. If you want to go to hell, you can go. If you want to go to heaven, you can go. From the day you get your realization, you start the transformation within yourself. In the light of the Spirit, you become your own guide, your own master. You give up everything that is destructive. You give up everything that is not for your progress. All bad habits drop out automatically. And these bad habits just remove all the diseases, all the destructiveness from your body. It's like this: if I am holding a snake, and there is darkness and I can't see, and I am obstinate, I am not going to believe if you tell me it's a snake. And unless and until the snake bites, I won't give it up. But if there is little light, even little light, immediately I will throw away the snake on my own. That is why enlightenment is the most important thing. If you want to save the world, it is important that we should take to our enlightenment and give enlightenment to others. As a result of this, your attention becomes absolutely innocent, devoid of lust and greed. Innocence is an eternal thing, but we have covered it with some clouds. It is never destroyed, and it comes back as soon as you get your enlightenment. So your attention becomes not only innocent but very powerful and active. Wherever you put attention, it acts. Such a person emits joy and peace. Then you know the absolute Truth. That means everybody knows the same truth. Supposing if you have ten children who are realized souls and tie their eyes, and ask them what is wrong with this person, they will all lift the same fingers. So in our awareness, a new dimension is created called as vibratory awareness. Many people don't believe in God. But if you want to know, you just put your hands and ask, 'Is there God?' And immediately you start getting tremendous cool breeze in your hands. And if you, say, want to find out was Christ the son of God, you just find out. And it is true because you get the cool breeze. But if there is falsehood, if there is a false master, you can immediately make it out because you get heat, sometimes pins and needles. Everybody knows the same. Then the greatest thing that happens to you [is] that you become collectively conscious. Because you can feel the vibrations of another person, and you can feel the chakras, the centers of another person also. Then who is the other? Like a microcosm becomes the macrocosm. Like a drop becomes the ocean. And such love, pure love and compassion flows in them. Then you understand the value of another person also, and also your own value. But you become humble. You can give realization to others. You can cure others. That is how one enlightened light can enlighten other lights. It's a natural process. Just like a seed. If you put it in the Mother Earth, it sprouts by itself. Because in the seed it is built in to sprout and it is in the Mother Earth – the power is there to sprout. This is how everything is built in within you. It is spontaneous, means Sahaj. Means it is born with you, this right to have this union, yoga, with this divine Power. When we think, we think about the past or the future. We cannot be in the present which is the reality. Because the past is finished [and] the future doesn't exist. But when this Kundalini rises, She elongates these thoughts and establishes the silence in between them. That time you become absolutely thoughtlessly aware. You are aware but you are thoughtless. You want to think, you can think. You don't want to think, you need not think. But inspirations start coming. This state is the state of peace within yourself. You become a witness of the whole drama, and you become extremely peaceful within yourself. There is no stress, there is no strain. You become so free of all these things. Actually, you become your own master. Last of all, the greatest thing that happens to you [is] that you jump into the ocean of joy. When you are happy or unhappy, these are two sides of a coin. When your ego is pampered, you are happy; when it is punctured, you are unhappy. But joy is singular. And it's a state in which you transcend all these limitations of your conditionings. For example, we have huge gatherings in India of people who have become saints and it is surprising [that] I have never seen them quarreling, fighting, nothing of the kind. It's a state in which you realize your importance, your glory and the glory of others. It's all your own. It's all within you.

This power, what we call Kundalini, is in the sacrum bone – that means the Greeks knew it was a sacred bone. Now this power of

yours is the power of pure desire. All other desires are not pure. Today we ask for a house, we get it. Then we try to get a car, then we want to have a helicopter, then an aeroplane... I mean there is no end to it. It is not satiable. In general, they say, wants are not satiable. Economics says so. So whether you are aware or not aware, this power of pure desire is within you. And once you get connected with this all-pervading Power, all your problems get solved. Even economic [and] political. Because most of the world problems come from human beings. And all the human problems come from these chakras, from these centers. If these centers are somehow or other corrected, the whole world can be a beautiful place to live in. By talking about peace or having organizations of peace, you cannot have peace. I have known people who have got awards in peace and [are] absolutely very hot tempered, very. They never even smile. And if you have to approach them, it is better to go through a barge pole. I don't know how they get peace awards. You have to have peace within.

In this short lecture I don't think I can tell you everything about it. But like in this beautiful hall you have so many lights... Only you have to switch on, that's all. But if I go on telling you about the history of this electricity, how it came here, it is so boring. So why not get it – [your] enlightenment? It is so easy. You can't pay for it, you must understand this. God doesn't understand money. He doesn't understand banking – that's our headache. I don't know how people can sell God in the market. It's all right [that] you can pay for this hall, all right. But not for your Realization. It will hardly take 15 minutes for you to get your Realization. You are feeling warm, but after that you will feel very cool. But as I said, I cannot force on you. If you don't want, I cannot do it. So those who do not want to have, have to go out. It is not mental; it is beyond the mind. So even My lecture is just an introduction, but it is not the happening. Happening is the actualization, I would say the actualization of your baptism. It's the experience, it is not just talking. And you all can have this experience, not at all difficult. You don't have to think about it, just it will work automatically. There is no problem of any kind that you will face. I feel Brazil can do very well in Sahaja Yoga because people are faithful and simple-hearted. As in Russia – I found they have no conditioning of any kind. At least 65 to 70 % people are very sensitive to spirituality. The rest are stupid I must say. They are taking to American culture of Coca-Cola and all that. They want Marlboro cigarettes. In Russia, in one place called Togliatti, we have got about 21000 Sahaj Yogis. And also the government is very good there, I mean the universities. They have thrown away all other false gurus from there, everyone. Surprisingly, they awarded Me the award of the St. Petersburg university, which was the oldest university, as the honorary academician which were only ten so far. I am the tenth. And one of them is Einstein. I was quite surprised, you know. I said, "Why do you include Me with Einstein? He was such a great scientist."

So they said that, 'Mother, what Einstein has done is only on the matter. You are working on human beings.' So they have given Me such a high award.

I said, "I am not doing anything. Actually, they have their own powers, and they are getting awakened to it. What am I doing about it? I don't know."

But they are very sensitive people. There were 2000 scientists in that conference. They don't have much conditionings. I think they are people who are like clean slate. And it has worked really wonders there.

So, I would request those who do not want to have their Self Realization should leave the hall because it is not proper to disturb in-between. But after Realization, one should not sort of get dissolved into that and do not grow. Because it is... In the beginning you will feel really on top of the world. But you have to grow. You have to grow in the collective. You cannot grow in your houses or your homes, or in your rooms. But you don't have to give up anything. You don't have to go to Himalayas and stand on your heads or go to Gobi Desert to get nirvana. Here, on your seats, you will get your Realization. Don't have to give up your family, don't have to give up anything. You don't have to change your dress or anything. In Chicago I met a gentleman, the head of the 'Hare Rama'. He was wearing a dhoti, what we wear in India, a dhoti. Specially that day it was very cold in Chicago. I said, "Why do you wear a dhoti in this cold? It's terribly cold. As a mother, I feel concerned."

He said, "My guru has initiated me like this."

I said, "Do you think that by wearing this dhoti you will get your nirvana?"

80% people in India wear dhotis and go on saying, "Hare Rama, hare Krishna." Are they all going to get nirvana? I mean if they all go to heaven, where will you be? It is the internal change that is needed, not outward. I think you all are intelligent people, and you will understand what I am saying. We don't have any organization. We don't have any priesthood. We have no hierarchies. Nothing of the kind. Everybody is equally the same. I have no secretary. I travel every day, practically. Tomorrow I am going to Sao Paulo and then I am going to other places. Everyday practically I am travelling. But I don't think I am travelling. I don't think. I will be 72 years of age [but] I don't feel tired. I am the same because I feel tremendous love for all of you. That compels Me to travel. And that love itself is so nourishing and so joy giving. Same thing you all can have. You all can have the same powers. These are your potential things which you must get.

Now, this mother Kundalini, She knows everything about you. Like a tape recorder, She has taped everything. She knows you. She knows what mistakes you have committed, She knows what are your aspirations, She knows you. So please don't judge yourself. She knows and She is anxious to give you your second birth. So just understand that you should not feel at all in any way diffident. You must have complete respect for yourself. That means you should not feel guilty at all. This is the first condition that please don't feel guilty about anything that has happened in the past. Past is finished, we are in the present. So this is a very important condition because if you feel guilty, the center on the left-hand side is in jeopardy. So you may get Spondylitis, you may get Angina, you may get Tuberculosis or, could be, lethargic organs. So what is the use of feeling guilty and troubling yourself like this? The second condition is that you have to forgive everyone even without thinking about them. As this center is caught up, the Kundalini cannot rise above this center. Whether you forgive or you don't forgive, you don't do anything. It is a myth. Because if you don't forgive, then you play into wrong hands and torture yourself. Specially at this moment. The center on the optic chiasma is like this, absolutely constricted. And if you don't forgive, it won't open out. And at this moment, you will miss the great opportunity of Self Realization because Kundalini won't be able to pass through that center. Also, don't think about people whom you have to forgive because it is a very painful, I think, sometimes. You get a headache. In general, you have to forgive. The third condition is very simple. You have to take out your shoes. In England, first time I said "please take out your shoes," so half the people walked off.

You have been already told about the subtle centers and the channels that we have within ourselves. So now we have two powers – left and right. The left one is the power of desire, the right one is the power of action. Is a mundane desire, everyday desire. Now, so those who are sitting on the chair (not those who are sitting on the ground – they are all right) have to put both their feet apart from each other. And put the left hand on your left lap, that's all. And we have to nourish our centers with our right hand. Only for tonight we have to do, is not to be repeated. Now we will show you what is to be done – is to put the left hand like this [towards Shri Mataji], which symbolizes that you desire to have your Self Realization. All right. So please put the left hand like this. Now the right hand you have to put it first on your heart because in the heart resides the Spirit. If you become the Spirit, you become your own guide, your own master. So, we work only on the left-hand side. Put your right hand on the upper portion of your abdomen on the left-hand side. This is the center of your mastery created by great prophets and seers. Now you take your right hand in the lower portion of your abdomen on the left-hand side. This is the center, surprisingly, is of pure divine Knowledge. Now you take your right hand to the upper portion of your abdomen again. Then take it on your heart. And then in the corner of your neck and your shoulder and turn your head to your right. This center is not all right. Please don't feel guilty. Now, take your right hand on top of your forehead across like this and bend your head slowly. Now take back your right hand on the back side of your head and push back your head. Without feeling guilty, without counting your mistakes, you have to ask for forgiveness from the divine Power. Now the last center is important. Stretch your palm as far as possible. Now put the center of your palm on top of the fontanelle bone area which was a soft bone in your childhood. Now push back your fingers as far as possible. Now please put down your head. Here you have to move your scalp slowly seven times clockwise. Please push back your fingers otherwise there will be no pressure. And bend your heads please. Please move it seven times. That's all we have to do.

Now we will start by closing our eyes. Please don't open your eyes until and unless I tell you. Please put your feet apart from each other and let hand on your left lap. And put your right hand on your heart. You can take out your spectacles and close your eyes. Please don't open till I tell you. Here resides the Spirit. So you have to ask a fundamental question about yourself three times to Me. You can call Me Mother or Shri Mataji, whatever you feel like. So please say it three times in your heart, ask the question, 'Mother, am I the Spirit?' I have told you already that if you become the Spirit, you become your own guide, your own

master. So now please take your right hand in the upper portion of your abdomen on the left-hand side and press it with your fingers. Here you ask Me another question in your heart, very fundamental, about yourself. Please ask, 'Mother, am I my own master?' I've already told you that I respect your freedom and I cannot force on you your Self Realization. In the same way, I cannot force pure divine Knowledge on you. So please take down your right hand in the lower portion of your abdomen on the left-hand side. Here you have to say again... I mean you have to ask six times because the center has got six petals. So ask six times, 'Mother, please give me pure divine Knowledge.' This is the knowledge about the science of divine Laws, which you get spontaneously, automatically on your nerves. As soon as you ask the question for divine Knowledge, the Kundalini starts rising upward. So you have to nourish the upper centers with your full self-confidence. So now raise your right hand in the upper portion of your abdomen on the left-hand side and press it hard. Here you have to say ten times with full confidence, 'Mother, I am my own master.' I've already told you that you are not this body, this mind, this intellect, these emotions, these conditionings, this ego, but you are the pure Spirit. So now raise your right hand on top of your heart and here you have to say again with full self-confidence. Say it with full confidence, 'Mother, I am the pure Spirit.' That you are, have faith in it and say it, 'Mother, I am the pure Spirit.' This all-pervading Power of divine Love is the ocean of knowledge and bliss. It is the ocean of energy of compassion and love. But above all, it is the ocean of forgiveness and whatever mistakes you might have committed can be easily dissolved by the power of this ocean of compassion and forgiveness. You must have faith in yourself. So, forgive yourself and put your right hand in the corner of your neck and your shoulder and turn your head to your right. Now, with full confidence you have to say sixteen times, 'Mother, I am not guilty at all.' Have confidence. I have already told you that whether you forgive or don't forgive, you don't do anything. But if you don't forgive, then you play into wrong hands and torture yourself. Specially at this moment if you don't forgive, the center of Agnya won't open and your Kundalini will not be able to penetrate. So now raise your hand to your forehead across and put down your head as far as possible. Here you have to say again with self-confidence – but not how many times – from your heart, 'Mother, I forgive everyone in general.' Now without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from this all-pervading divine Power. So now please raise your right hand on the back side of your head and push back your head as far as possible. Here you have to say (again from your heart, not how many times) just for your justification, without feeling guilty, without counting your mistakes, 'O divine Power, if I have done any mistakes, please forgive them.' Now the last center as I said is very important. You have to stretch your palm fully and put the center of your palm on top of the fontanelle bone area, which was a soft bone in your childhood. Now stretch back your fingers as far as possible and please put down your head as far as possible. With a pressure you have to move your scalp seven times clockwise slowly. Here again I cannot force Self Realization on you. So you have to ask for it saying seven times while moving your hand, 'Mother, please give me my Self Realization.'

[Shri Mataji blows the pranava into the mike.]

Now please take down your hand. Slowly open your eyes. Put both the hands towards Me like this and watch Me without thinking. Now put the right hand towards Me like this and put down your head, and with the left hand try to see if there is a cool or hot breeze-like vibrations coming out of your fontanelle bone area. Now, please put the left hand... Also, bend your head, it is important. Now again see with the right hand. Not on top of your head, away from your fontanelle bone. If there is a cool or a hot breeze-like vibrations coming. Sometimes they are cool, sometimes they are hot. They could be close or away. But if you have not forgiven yourself or others, you get the hot breeze. So now again please try to forgive everyone, yourself also. Now please put again your right hand towards Me and see with the left hand. You have to move your hand because sometimes it is far, sometimes it is closer. It is coming out of your fontanelle bone area, so please have faith in yourself. Please bend your head, otherwise... Now please put both your hands towards the sky like this, push back your head. Now, here you can ask one of these three questions three times, one of them. The first one is, 'Mother, is this the cool breeze of the Holy Ghost?' Ask three times. Second one is, 'Mother, is this the all-pervading Power of divine Love, Ruh?' The third one is, 'Mother, is this the Paramachaitanya?' Ask any one of these three times. This is the first time you are feeling the cool breeze of the Holy Ghost. Now please bring down your hands. All those who have felt cool breeze on the fingertips, or may be hot, same on the palms or out of their fontanelle bone area, please raise both your hands. What do you say to that [on seeing most seekers raise their hands]? I bow to you all. Most of you have become saints now, so I bow to you. Please put down your hands.

All those who have felt the cool breeze, this all-pervading Power of divine Love, have to grow into it. Some of you may not have felt. Maybe something physically, mentally wrong with you, maybe spiritually. Or maybe you are thinking too much. Or maybe you

did not forgive yourself and others. Whatever it is, everything can be corrected. Respect your Realization and grow into it. Most surprising thing is that when I come, so many of you come here and get your Realization. But I am a foreigner, I am an Indian and you trust Me so much. But we have here very beautiful Sahaja Yogis. They will not take any money and you can grow. They'll tell you all about it, complete knowledge. So when I go away, you should not just give up, you have to grow. Otherwise, it would be like the parable of Christ that some seeds fell on the barren land and some on the marshy land which just sprouted and were finished. It's a very great responsibility that you are born in this special time. Then you have got your Realization. And it's only you, the enlightened ones, who can save the world. Make the world beautiful for your children. So please understand your own worth and value. Now, please know your identity that you have entered into the kingdom of God. Life would be full of blessings. But please grow and give it to others. Have faith in yourself. My message is, now enjoy yourself and enjoy others.

May God bless you all.

[The audience claps.]

Thank you very much. Thank you.

[Announcements in Portuguese by a Sahaja Yogi follow.]

1994-1016, Pure attention becomes very powerful

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16 October 1994

Pure Attention Becomes Very Powerful

Public Program

São Paulo (Brazil)

Talk Language: English | Transcript (English) – Draft

1994-10-16 Public Program, Sao Paulo, Brazil

I bow to all the seekers of truth.

At the very outset, I have to say that truth is what it is. You cannot change it. You cannot challenge it, and unfortunately, with this human awareness you cannot know it. In our evolutionary process, we have become human beings but still we don't know the absolute truth. Something more has to happen to us that we all know the absolute truth. Because we don't know the absolute truth that's why we have arguments. We have problems, we quarrel and fight, and ultimately we have wars. In all the scriptures, it is written that you are to be born again. Whatever I am going to tell you, you should not take it for granted. This blind faith has brought lots of problems to us. But, you should keep your mind open as scientist and if you find what I am saying has been proved then as honest people you have to accept it. Because it is for your benevolence, for the benevolence of your family, for the benevolence of your country, and for the benevolence of the whole World. Unfortunately, most of the problems come from human beings in this World. And almost all the problems of human beings come from these centres being in jeopardy. These subtle centres are responsible for our physical, mental, emotional, and spiritual being.

You have been already told about this power kundalini, which resides in the sacrum bone. That means the Greek knew it's a scared bone. This power is the power of pure desire within you. All other desires are not pure because we want to have, say for example, today we want to have a house, then tomorrow we want to have a car, then we want to have a helicopter, it goes on like this from one to another. According to economics, wants are not satiable in general. But, whether you are aware or not, the pure desire to become one with the divine is within you. In modern times, as predicted, many people who are seeking the truth have been born. I call it as a blossom time but they have called it by many other names. In the Quran, it is called as Ruh. No, I am sorry Qiyama, is Qiyama. Is called as Qiyama. And in the Bible, as the Last Judgement. So, it is left to your freedom, whether you want to go to Heaven or you want to go to Hell.

If we look at the science, we should know that it has its own limitations. And while seeking the truth, we will not know because it is so limited. Firstly, it is amoral and secondly, it cannot answer many questions. It cannot say why are we on this Earth. It cannot say what is our identity. So, people are changing their dresses, changing their hairstyles, all kinds of things they do thinking that is their identity. But, the identity is within you. That is, you are not this body, this mind, this intellect, these emotions, these conditionings, this ego. But, you are the pure spirit. When we say my intellect, my body, who is the owner of this 'my'? The second truth is that there is a all-pervading divine power of love, which does all the living work. We have never felt this divine power before. It is also called by different names. Some call it the cool breeze of the Holy Ghost, and some call it as the all-pervading divine power of love. And some call it as Paramchaitanya. So, the second important thing at this time is that you have to become the spirit. And you have to feel this all-pervading power on your central nervous system. If this does not happen, you will be restless. You'll have all the problems and you will never feel satisfied in life. People have been seeking everywhere in these special times. They have been taking frantically so many things but they have not been able to understand what they are seeking.

Firstly, we must know that it is a living process of evolution. You cannot pay for it. This is your own power and is your own potential glory has to be manifested. When this power rises within you it passes through six centres. It nourishes your six centres by which you get your physical, mental, emotional, and spiritual problem solved. In India, in the Delhi University, there are

four doctors now who have got their M.D. with Sahaja Yoga curing. It cures many diseases and is by your own power. Is very easy to know what diseases you have. Or, to know if you have mental problems because on your fingertips you can feel your centres. These centres are, he has shown as it is, even a child can make it out. Now, if you know how to cure these centres, you get alright. You can also feel the centres of others. Thus, you can cure others also because you develop a new dimension in your awareness, which is called as collective consciousness.

Second thing that happens to you, that you become absolutely thoughtlessly aware. If I say you that pay attention to yourself, you cannot pay. If I say that you stand in your presence, you cannot - present. We only think about the future or about the past. The past is finished and future doesn't exist. So, to be in the present, something more has to happen because present is the reality. So, when this kundalini rises, she elongates our thoughts and we become thoughtlessly aware. We are fully aware but there is no thought. If you want to think, you can think but actually you get divine inspirations. When you are thoughtlessly aware, you are absolutely peaceful within yourself. You watch the whole World like a drama and you are a witness. All your worries disappear. All your problems disappear. You get out of them. As if the divine power takes over. Like this instrument [the mic] has no meaning unless and until it is connected to the mains. In the same way, our life has no meaning unless and until we are connected to this all-pervading power. Your attention also becomes very innocent, devoid of any lust or greed.

When we take to religions, we should understand that today the religions have reached another state of perversion. They are money-orientated or power-orientated, and are fighting among themselves. One may call yourself as Christian, Hindu, Muslim, anything, anybody can commit any sin. Also, people like Christ and Mohammed Sahib, all such great people were really so pure and did not know what sort of people they are facing. Whatever they have commanded is for the saints, for the enlightened ones but not for normal human beings. Normal beings cannot, normal human beings, cannot follow them. Like Christ has said in the 5th chapter of Matthews, that if your one eye commits a sin, you take it out. Or, if your hand does any sinful thing, you cut your hand. If somebody slaps on one cheek, turn the other cheek. I haven't seen any Christian without eyes and without hands, so far. That means Christians are not Christians, they are not following Christ at all. Even Mohammed Sahib was worse. He thought all the rules and regulations are only for men, so do something more for women. So, he said any woman who has bad intentions about any man should be buried in the Mother Earth half-way and should be put to death with stones. Now, please tell me in America, how many would live, American women? So, this kind of serious, very strict rules were made for ordinary human beings. Because they did not know what human beings are like, that's why they crucified him. They had no sensitivity of spirituality. So first, one has to become an enlightened soul, a saint, then only one can follow Christ or Mohammed Sahib. A normal human being is full of weaknesses and it's too much to follow these great great people.

In Sahaja Yoga, we have no punishments. There's only divine love. Because we understand as human beings as they are. But with the kundalini awakening, you become exactly what Christ has asked you to be. That is, your attention becomes absolutely innocent - devoid of lust and greed. And this pure attention becomes very powerful. With this attention, which is so pure, the person emits peace and joy. And creates a very holy atmosphere. It's not talking but it's a happening. It is no sermon but actualisation of the baptism.

One has to know that you cannot pay for this living process. God does not understand money. You can pay for this hall but you cannot pay for your self-realisation. Or, for your enlightenment. If you just apply this test, to people, you will know who are false and who are real. In this short lecture, I may not be able to tell you all about Sahaja Yoga. Saha means 'with' and ja means 'born'. Born with you is the right to have this Yoga, means the union with the divine power. This is your right; this is your birth right to have it. Last time, when I was driving, I went over Sao Paulo. And I felt there are many seekers here because there were holy vibrations. And I asked them, please organize some program in Sao Paulo. Because there are so many real seekers here. And I am happy that you all have come for your self-realisation. Above all, you jump into the ocean of joy.

Happiness and unhappiness are the two coins of one coin...should say two sides of one coin. When your ego is pampered you feel happy and when it is punctured you feel unhappy. But joy is singular, where you witness the whole World and you see everything as a beautiful creation of God. And your attention is so powerful that you can solve so many problems of the World. You reach another state, which we call as doubtless awareness, where you get all the powers to raise the kundalini of others - give them their self-knowledge. You can cure others; you can create peace on this Earth. Because you become innately

righteous. I don't have to tell you; don't do this, don't do that. It's like this, if I have a snake in my hand and I am very adamant; if you tell me there is a snake, I won't believe, I'll say it's a rope. Because, because there is darkness, I can't see. [repeats for translator] And I am adamant, I don't want to believe till the snake bites me, I don't believe. But as soon as there is some light, I myself throw away the snake. All that is destructive in me, I give up. Nobody has to tell me. Such a state of righteousness, you have within yourself, which is manifested. And then you come to know that all the religions were born as beautiful flowers on the same tree of spirituality. We pluck the flowers and we are fighting with the dead flowers. Thus, you transcend all these limitations of racialism, of communalism, of all kinds of nonsense that we have been adhering to. All this is your own.

Tonight, you all can get your enlightenment. You all can feel the all-pervading power of divine love. Only thing you have to have the pure desire and full confidence in yourself. Of course, I cannot force it on you. I respect your freedom as human beings. If you don't want to have, you can leave the hall. It will hardly take 10-15 minutes. I know the people here are seekers, earnest seekers. And is your right to have your ascent.

Firstly, this kundalini is your own mother, is your individual mother. She knows all about you. She knows what mistakes you have committed and also she knows your aspirations. And she is very anxious to give you your second birth. So, you don't have to worry about yourself, please don't judge yourself. Let her judge. So, you should be pleasantly placed towards yourself. So, the first and the foremost thing we should have is self-confidence. And should not feel guilty about anything. This guilt is a horrible thing. This creates a problem on the left-hand side here on the left centre [showing left vishuddhi] and can give you lots of troubles. It gives you spondylitis, angina, it gives you lethargic organs, diseases like tuberculosis. So, why to have guilt? Whatever was wrong in the past is over now, finished. We are talking about the present. Please don't feel guilty. Because if this centre is in problem, the kundalini won't pass through. As I love you, you have to love yourself.

Then another condition is that, you should not, you should forgive everyone. Some people think it is difficult. But logically, whether you forgive or don't forgive, you don't do anything. But if you don't forgive, then you torture yourself and play into wrong hands. But at this moment, it is very important to forgive. Because the centre at the optic chiasma is constricted like this, like a cross. And if you don't forgive, it won't open like this [shows square-shaped opening with fingers]. And at this important moment, kundalini can pass through. As it is, you have tortured yourself with this myth of not forgiving. And at this moment, you should not miss this great important thing of your life - is enlightenment. Also, you need not think about people whom you have to forgive because it's a headache. In general, you have to forgive everyone.

The third condition is that you have to take out your shoes. I know it is very simple but in London, first time when I had a program, I asked them they have to take their shoes, they walked out of the hall, half of them. So, Sahaja Yoga is not meant for stupid people. Is not meant for idiots, I should say. Also, it is not meant for arrogant people. You have to ask for your self-realisation, otherwise I cannot force it on you. But firstly, you should be humble. With so little advertisement and everything, so many of you have come, it's very encouraging for all of us. You will get your sprouting, I would say, like a seed sprouts. Because it is all built-in within you. But it is a collective happening. You cannot be working it out in your homes and houses, you have to come to the collective to grow. What surprises me that when I go to any country, there are thousands who come. I don't know how they have so much trust in me, I am a foreigner for you. But later on, they don't trust their own people who are here to help you. They can help you to grow. Because after this, who is the other? [repeats for translator] You become collectively conscious. The microcosm becomes macrocosm. A drop becomes the ocean. Such love, such friendship, such pure relationship develops that our society improves tremendously. There's a lot to be said but I think first let us have our enlightenment. There are so many lights here, you have to just switch on and they come out because it is already built in. If I have to tell, you all the history of electricity and how it was brought here, you will be bored stiff. So, is better to put the lights on first.

Now, it's very simple as I told you. I am happy you all have taken out your shoes without any grudges. [audience laughs] You should be very pleasantly placed towards yourself. As I have told you, you don't have to do anything, it's spontaneous. Only for tonight, you'll have to nourish your centres with your self-confidence which I'll tell you how to do it.

[self-realisation starts]

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18 October 1994

There Are So Many Powers Of Love

Public Program

Teatro Nacional – Sala Villa Lobos, Brasilia (Brazil)

Talk Language: English | Transcript (English) – Draft

Public Program, 1994-10-18

I bow to all the seekers of truth.

At the very outset, I have to tell you that truth is what it is. We cannot change it. We cannot describe it. Unfortunately, at this human awareness, we cannot feel it. Absolute truth has to be felt on your central nervous system. Now, whatever I am going to tell you tonight, you have to take it not for granted at all. We have had inner problems of blind faith. But if you treat it as a hypothesis and if it is proved, then you have to accept it as honest people. The truth is that you are not this body, this mind, this intellect, these emotions, these conditioning and ego. But you are the pure Spirit.

Here now you see beautiful flowers and we take it for granted. Actually it is a miracle. Many living things, we take it for granted. Who runs your heart? If you ask the doctor, he will say: "It is autonomous nervous system." But who is this "auto"? So the second truth is that there's a All-Pervading Subtle Power of Divine Love that does all the living work. We cannot feel this Power on our fingers, but it exists. Today for the first time you all are going to feel it. It is called in the Bible as the cool breeze of the Holy Ghost.

In the Koran, it is called as Ruh. And in the Indian scriptures, it is called as Paramchaitanya. Patanjali has called it as Ritambhara PrAgya. So in all the books, this Chaitanya has been described by different names. So "saha" means "with", "ja" means "born", is the right to have this yoga, this union. You all have this right to have this union with the Divine Power. Specially at this time, it was to happen. It's already been predicted. They called as Last Judgment, in the Koran they called it as Kyiama. And the great astrologer, the pioneer of Astrology, Gehrig has written that at this time, thousands will get their enlightenment.

I call it a blossom time, where there are so many seekers of truth who have a right to get their enlightenment. So it is through the evolutionary process, the last breakthrough. This Power that connects you to the All-Pervading Power is called as Kundalini. "Kundal" is different circles. That's why it is called as Kundalini. It rests in the triangular bone which is called as sacrum, that means that Greeks knew that is a sacred bone. When this Power rises, it passes through six centres. All the problems of the world are mostly from human beings. And most of the problems of human beings come from these subtle centres within us. Thus when this Kundalini rises and passes through six centres and enlightens the fontanel bone area, passes through it, then it enlightens all the centres.

It integrates it and also it corrects it. These centres are for our physical, mental, emotional and spiritual being. Thus all our problems on physical, mental, emotional and spiritual being are solved. In Delhi, there are two doctors who have got their MD for curing incurable diseases in Sahara Yoga. All over the world, we have doctors who are curing people of incurable diseases. The second thing that happens to you that your attention becomes innocent. Innocence is eternal, it's never lost. Of course there are some clouds on it. But with the awakening of the Kundalini, your innocence is established. And your attention becomes innocent devoided of lust and greed.

Such an innocence, innocent attention is very powerful. And wherever it goes, it emits peace and joy. The another thing that happens to you automatically is that you can feel these centres on your fingertips. Is not going to people at all, is not, they can't hear Me. Is alright? This attention is innocent, but also is active. You can cure your centres by your pure attention. Also you can

feel the centres of others on your fingertips. In the Koran, it is written very clearly that at the time of Kyiama, that is the resurrection, your hands will speak and they will give witness against you. So your attention, whenever you put it, is so pure that it acts on others also.

But who is the other? Because you become, you become again collectively conscious, that you can feel the attention of others very clearly on your fingertips, the centres of others on your fingertips. Thus you have self-knowledge on your central nervous system. For example, we go to religion to find out a solution. For example, people like Christ and Mohammed Saab, very highly evolved Incarnations came on this Earth. We could not understand Them and They could not understand human beings. They did not know what sort of people they are facing. For example, Christ has said in the fifth chapter, Mathews, if your one eye commits a sin, take it down. And if your hand commits a sin, cut it out. If someone slaps you on one cheek, you turn another cheek.

I Myself was born in a Christian family and I never see any man doing that without two eyes and without two hands. Christ was talking to saints. That's why He talked, that He was talking to angels. And Mohammed Saab was even worse, because He thought Christ has been very strict on men, why not on women? So He also said horrible things that have to be done to women. That if a woman looks another man with lust, she must be buried half in the Mother Earth and should be stoned till she is dead. Imagine what would have happened to American women, I can't understand. Where they could have been? On top of that, Shariat, which was given by Moses to the Jews, who were very decadent, greed took it over, because Jews defied it. So we can see that these restrictions are for people who are enlightened.

And not for ordinary human beings. So first ordinary human beings have to become enlightened. They have to enter into the Kingdom of God. There only they can be punished like this. But in Sahaja Yoga, we have no punishments. Forgiveness is the only remedy, up to a point. And even after that if people continue to do wrong, then they are requested to get out of Sahaja Yoga. But once you get enlightenment, you become righteous, nobody has to tell you: "Don't do this, don't do that." In the light of the Spirit, you become your guide, your own master. Whatever is destructive, you give up and take to constructive for your life.

This is like this, supposing I am an obstinate person and I have a snake in My hand and there's darkness. And you tell Me that there's a snake, but I will not give up because I am obstinate till the snake bites Me. But if there's a little light, immediately I will Myself give up. Nobody has to tell Me. You yourself become virtuous and righteous. So your health becomes first class, your mind becomes first class, because of that, your financial problems are also solved. We actually live in a relative world. Either we are thinking about the past or about the future. We are jumping on the cusp of these thoughts. But past is finished and future doesn't exist.

We have to be in the present. And that is very difficult. When Kundalini rises She elongates those thoughts and our attention stands in the middle. And we become thoughtlessly aware. Means you are fully aware, but there's no thought from the future and the past. That is the time you grow spiritually and we get inspirations from the Divine. So we are in the present, which is the reality. And we know the reality, we become absolutely confident. Now the another thing that is very remarkable is that you know the absolute truth. That too on your fingertips.

Many people don't believe that there is God. Many people don't believe that Christ was the Son of God. But after enlightened, you just put your hands like this and ask the question: "Is there God?". And you feel a tremendous cool breeze flowing. Supposing there is a man false who comes and meets you, you just put your hands towards that person and you immediately will know what sort of a person he is. By recording the sensations on your central nervous system which is indicated on your fingertips, you can know everything. Such a person is blessed by the Divine Power. To such an extent that once they get Realization, they write letters to Me what miracles have happened to them. I've told somebody: "You better compile", and within one month, he telephoned to Me that: "They have come up over my head, I don't know what to select." When you become thoughtlessly aware, you become absolutely peaceful within yourself.

I have seen people have got awards of peace, but what I know that they have no peace within themselves. And if you have to meet them, better take a barge pole. They are so hot-tempered. So egoistical and arrogant. How can you have peace if you have

no peace within yourself? With Sahaja Yoga, it has been created a new race of extremely peaceful, loving, dynamic people. Sahaja Yoga is working in 65 nations. Of course in India is not difficult, but Russia has been a wonderful place for Sahaja Yoga. Russians are extremely sensitive to spirituality. At least 65 to 70%.

The rest are materialistic, they want Malboro cigarette and all kinds of things. But they are all very well educated and this people has such a sense of spirituality. For example, Saint Petersburg University, which is one of the oldest universities, gave Me an award of Honorary Academician. And the tenth person to get it so far. And one of them is Einstein. And I was surprised, I asked them: "How do you put Me in the same line as Einstein?" So they said: "What Einstein has done is on the matter," but You can work on human beings." In that conference there were two thousand great scientists. And they gave the subject of Medicine and Self-knowledge. But there were many others who spoke on morality and health.

Morality has become a prime subject for these people. I was surprised scientist talking of morality. Because science is unmoral. And that is what they said that there is a gap with the science. I must tell you that I've been there only four times and in one place only, one place called Tolyatti, we have 21.000 Sahaja Yogis. There is a joke that they went once and one of the Toliatti Sahaja Yogi asked an American one: "How many Sahaja Yogis you have in America?" He said: "There are fifty-six." So a Toliatti Sahaja Yogi said: "Oh my God, "you have 56.000, we have 21.000 only in Toliatti." Because Americans lack maturity. They lack wisdom.

They live like Hollywood actors and actresses, in the imaginary world. Like a one lady married eight times and ninth time she was going with a very young man for her honeymoon. And there were four, five thousand people just to see her going for her honeymoon. Not only that, but there were ten helicopters from where there were parachute down taking photographs They fell on people and some on trees. I must say India may be a poor country, but you won't get even one person to see such idiotic things. So Sahaja Yoga is not meant for idiots and for superficial people. It is of course not meant for arrogant. But it is meant for people who are true seekers of truth. In this seeking, people do go to wrong things. They have gone to false gurus, doesn't matter.

You should know that we cannot pay for your enlightenment. God doesn't know money. He doesn't understand banking, that is our headache. So, if somebody ask money for your enlightenment, you better understand that he is a cheat. Also enlightenment doesn't mean some sort of a dressing up or shaving your hair. A great poet Kabira has said: "If by shaving your hair, if you are going to get your Nirvana, then the sheep who it is shaved every year will go there first." This time in Chicago, you will be surprised, I saw a Hare Rama fellow, the leader who came with a dot, that you wear, very light cloth. It was really very cold and as a Mother, I felt concern what is he after all. Then I asked him: "Why you are wearing a dot? It is so very cold, you will get troubles."

So he said that "My guru has initiated and I am supposed to wear only dot, whether it is cold or not." And he said, "That is how it is I am going to get my Nirvana." I said, "In India, 80% people wear dots, if they are going to get Nirvana, then where you will be?" There is another really shocking thing. In Cabella, one fellow came and he told Me, that "I have become a very poor man, because all my money I have given to Dalai Lama." So in the name of God, how many types of people there are who are cheating, I have to tell you all these things because I am your Mother. I am not afraid of them. I am only afraid that you people are great seekers and you should not be lost. Guru Nanak has said, "The one who is a real master is the one who makes you meet the Divine." Christ also said that "You are to be born again."

In Sanskrit, we have the word called "dwija" for a bird and also for an enlighten soul. That means a person who is born again like the bird. The bird is first an egg and then it becomes a bird, it has a second birth. In the same way, we have to have our second birth, where you get complete transformation. As it is, several people have that, "we are born again, we are Christians, Hindus, Muslims", these are nothing but brands. You maybe are a Christian, Hindu, Muslim, anything, but you can commit any mistake and can commit any sin. In Sahaja Yoga, you become, becoming is the point. And when the Kundalini pierces through your fontanel bone area, is the actualization of your baptism, actualization. It is the experience of feeling the Divine. Is not a lecture or it is not a sermon.

But the greatest thing that happens to you that you jump in the ocean of joy. Happiness and unhappiness are two sides of a coin. But joy is singular. Where you become the source of peace and you witness the whole world as a drama. But you yourself

become the light of peace and joy. Sahaja Yoga is working in 55 nations now. And I am amazed that I've never seen anybody quarreling, fighting or even arguing. They all enjoy each others company. Such pure love, friendship that you really feel a new age has started. Very pure relationships of husband and wife, sisters, brothers, I've never heard somebody running away with somebody's wife or somebody's husband in Sahaja Yoga.

I really know there are so many great souls who want to be born on this Earth. And if they are born to non Sahaja Yogi, they will never understand their children. Moreover they are anxious to be born to Sahaja Yogis. In this lecture, I cannot tell you everything about Sahaja Yoga, I'm sorry. Only in English language, I must have addressed five thousand lectures so far. But it is like this, we have so many beautiful lights here. And we have to just put on one switch and all the lights come in. Because it is built in. In the same way, it is built in within you. This is your own power.

This is your own glory. All your protection powers will manifest. So many artists, musicians have become world famous today. You will be happy to know this time, Miss Universe was a Sahaja Yogini. She is going to see Me and she said, "I don't want to wear funny dresses." I said, "No, you can wear, if you can wear swimming dresses, is alright, doesn't matter, you go ahead." She is a very simple, intelligent girl. I wouldn't say she is a beauty or anything according to Hollywood standards. But her innocence and her pose or her intelligence has achieved this wisdom for her that she is today Miss Universe. So is a very remarkable thing that we don't know what qualities we have, what potential we have, how dynamic people we are.

It is like a candle which is not get enlightened but a enlightened candle can enlighten the one which is not enlightened. This is like is a seed, if it is embedded in the Mother Earth, it sprouts spontaneously, sahaja. Because the seed as well the Mother Earth has the built in quality to sprout. So believe Me, all of you have got this. And it will work out. Please have no doubts about yourself. Another thing is that this Power that is in the triangular bone is the Power of Pure Desire. All desires are not pure. You want to have house today, then you want to have a car, then want to have a helicopter, I don't know, goes on like that. There is no end.

According to economics: wants are not satiable in general. Because they are not pure wants, pure desires. So you should have full confidence and also should have desire to be one with the Divine Power. I cannot force on you, you have to ask for it. Because I respect your freedom. This Power is your individual Mother. She knows everything about you. Like a tape recorder, She knows what are your desires, what are your aspirations. And She is very anxious to give you your second birth. And as when you were born, your mother took all the troubles, this Mother of yours takes all the trouble and you get your Self-Realization.

It will hardly take fifteen minutes. But those who don't want to have it should leave the hall. Because they cannot get it also. On the contrary, they will disturb you. If you have faith in yourself, I'm sure it will work out. You have to respect yourself, Because you are a human being at epitome of evolution. Now as I told you that this Kundalini, your Mother, knows everything about you. Please do not judge yourself. She knows, She judges you. So first condition is that you should not feel guilty at all.

Whatever has happened in the past has happened. Why carry the guilty on your left side, this centre? As a result of this mythical behaviour, you get spondylitis, or you get angina, or you get lethargic organs. You might even get diseases like tuberculosis. So why to carry this myth of guilt? You have to really forgive yourself. And should be pleasantly placed towards yourself. Even in My lecture, if you think that I have said something that makes you feel guilty, forget it. The second condition is even simpler if you understand it. You have to forgive everyone even without thinking about them, because it is a headache to think about it.

Now, logically whether you forgive or don't forgive, what do you do? You don't do anything. But when you don't forgive, then you play into wrong hands and torture yourself. All your life, you tortured yourself. But at this moment is important to get this centre and the centre in the optic chiasma opened out. If you feel guilty, this centre won't open and the Kundalini won't pass through. But the worst is the centre on the optic chiasma which is constricted like this. And it won't open unless and until you forgive everyone without thinking about them. As it is you are playing into wrong hands and by not forgiving you will miss the most important thing that is your enlightenment. Third condition is very simpler that I request you to get out your shoes I'm sorry I have to say that because in England, first time I said: "Please take out your shoes", half of them left the hall.

This help us to be in contact with the Mother Earth, which help us a lot. Now, you don't say any prays, any mantras, nothing. Please don't try to concentrate. Kundalini Itself will take your attention upward. Alright. Those who are sitting on the ground are alright. But those who are sitting on the chair have to keep both their feet apart from each other. Please all of you do it, otherwise you can go. Because the left and right are two powers. The left one is the power of desire And the right one is the power of action.

First we tell you how to nourish your centre with your self-confidence. These exercises have to be done only for tonight, afterwards you don't have to do anything. Now, so please put your left hand towards Me like this on your lap very comfortably sitting. Why he is not doing himself there? What is the matter with you? If you don't want to do, you can go out. What is the matter? Alright. Now please understand that you have to be comfortable in your chair, but not slouch, not put one foot on top of other, but comfortably sitting. You don't have to go to Himalayas and stand on your head.

You don't have to give up anything. I have told you it is not outside, but inside something has to happen. So please put your left hand on your lap, which is symbolizing that you have a desire to have your Self-Realization. Now put your right hand on your heart. We use our right hand for nourishing our centres on the left hand side. In the heart resides the Spirit. Please put left hand towards Me, try to understand, left hand towards Me and right hand on your heart, please. Now, we put our hand on the heart, where resides the Spirit. Now we take our right hand to the upper portion of abdomen on the left hand side. I've told you that if you become the Spirit, you become your master.

So this is the centre of your mastery, which is created by prophets and seers. Now, we take our right hand to the lower portion of abdomen on the left hand side. This is the centre, surprisingly, is of pure divine knowledge. Now we take it up again in the upper portion of your abdomen. Then we take it on our heart. Then in the corner of the neck and shoulder and turn our head to right. I've already told you about this centre. And quite that is in today with you, please don't feel guilty at all. I tell you, you have done nothing wrong. After all you are human beings and only human beings can commit mistakes, you are not gods.

In Sahaja Yoga, there's no confession and there's no guilty. Is only love, compassion and forgiveness. Now, raise your right hand on top of your forehead across and put down your head. Here you have to forgive everyone without thinking about them. Now without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from the All-Pervading Divine Power. So take back your right hand on the back side of your head. This is the centre for asking forgiveness. Now the last centre, you have to stretch your palm fully. And put the centre of your palm on top of fontanel bone area, which is a soft bone (...) your scalp. Now please, put down your head.

And move your scalp seven times slowly. That is all you have to do. Now you have to close your eyes. Before that, see that you put your both the feet apart from each other and your left hand on your lap. Now, please close your eyes and don't open them till I tell you. Take down your hands now. And now put your right hand on your heart. Close your eyes. Now, here you have to ask Me a very fundamental question about yourself. You can call Me Mother or you can call Me Shri Mataji.

So please say three times, ask a question: "Mother, am I the Spirit?" I have told already to you that if you become the Spirit, you become your own master. So please take your right hand upper portion of you abdomen on the left hand side. And here, you have to ask another fundamental question about yourself three times. Please ask Me in your heart three times: "Mother, am I my own master?" Now, I have already told you that I respect your freedom. And I cannot force on you the Pure Divine Knowledge. You have to ask for it. So please put down your hand in the left hand side of your abdomen, in the lower region. Here you ask again six times because this centre has got six petals.

Here you have to ask: "Mother, please give me Pure Divine Knowledge." Now, as soon as you ask for Pure Divine Knowledge, your Kundalini starts moving upward. So we have to nourish upper centres with your self-confidence. Please now put your right hand the upper portion of your abdomen on the left hand side. Here you have to say ten times with your full self-confidence: "Mother, I am my own master." At very outset, I told you that you are not this body, this mind, this intellect, these emotions, your ego or your conditionings, but you are the pure Spirit. So now please raise your hand on your heart and say again with full self-confidence

twelve times: "Mother, I am the pure Spirit." This All-Pervading Divine Power is the ocean of knowledge of bliss. Ocean of bliss. It is the ocean of compassion and love.

But above all, It is the ocean of forgiveness. So whatever mistakes your might have committed can be easily dissolved in the power of this ocean of forgiveness. So please, forgive yourself. And put your right hand in the corner of your neck and shoulder and push your neck to your right. Here you have to say, again, with full self-confidence sixteen times: "Mother, I am not guilty at all." I have already told you that you have to forgive everyone. Logically, whether you forgive or you don't forgive, you don't do anything. But if you don't forgive, then you play into wrong hands. So it is very important to forgive everyone without thinking about them. Leave them to the Divine Power to deal.

Then you all raise your hand on top of your forehead across and please put down your head. Here you have to say from your heart not how many times: "Mother, I forgive everyone in general." At this moment, if you don't forgive, then this centre which is so constricted won't open and the Kundalini cannot pass through it. Now without feeling guilty, without pointing your mistakes, for your satisfaction, you have to ask forgiveness from the All-Pervading Divine Power. So please take your right hand back side of your head and push back your head as far as possible. Here you have to say, again, from your heart, not how many times: "Oh, Divine Power, please forgive me if I have done anything wrong knowingly or unknowingly. Now the last centre, which is very important. You have to stretch your hand fully, the palm fully and put the centre of your palm on top of your fontanel bone area, it was a soft bone in your childhood. Now please put down your head. Please stretch your fingers outward.

Here again I cannot force enlightenment on you, you have to ask for it. So now move your scalp seven times slowly clockwise, saying seven times: "Mother, please give me my Self-Realization." Now please take down your hands. And open your eyes slowly. Put both the hands towards Me like this. And watch Me without thinking. Now please put your right hand towards Me like this. And put down your head. See with the left hand if there is a cool or a hot breeze like vibrations coming from your fontanel bone area Please bend your head. And don't put your hand on top of the head, but away from it, near it.

Now please turn, put the left hand towards Me like this. Again bend your head and see with the right hand, if there is a hot or a cool breeze like vibrations coming out of your fontanel bone area. Some people get it further. But if it is hot, then you have not forgiven yourself or you have not forgiven others, so please do that now. Now again, lastly, put your right hand towards Me and try to feel if there is any cool or hot breeze coming out of your fontanel bone area. Now do not doubt you, is coming from your own head. Bend your heads, bend your heads. Now, raise your both the hands towards the sky like this and push back your head. Here you have to ask a question three times anyone of these three questions. Please ask, first question: "Mother, this is the cool breeze of the Holy Ghost?"

Second question: "Mother, is this the All-Pervading Power of Divine Love, the Ruh? Or "Mother, is this the Paramachaitanya?" Ask anyone of these three questions, anyone three times. Now take down your hands. All those who have felt cool breeze on their fingertips or on their palm or out of their fontanel bone area, even maybe hot, please raise both your hands. Brazil! I bow to you all the saints of Brazil. May God bless you all. May God bless you. Specially Brasilia.

May God bless you. Please, one thing I have to tell you clearly, that whatever has happened to you is a collective happening. You can only grow collectively, not in your homes, but you have to come to the collective. You don't have to pay for anything. As you know that we don't take any money, we don't have elaborate places, we are humble. So please make it a point to respect your Self-Realization. You don't have to pay, but you have to respect your Self-Realization and give little time to it. If you have any problems, they can be solved in the collective. Also they will tell you all about how to meditate, hardly for ten minutes every day. Gradually you will come to know everything and within one month time, you can become a master of Sahaja Yoga.

You will have powers to raise the Kundalini of others. You will have powers to cure others. There are so many powers of love and compassion and dynamism, that you will get the answer which science cannot give you, why are you on this Earth? Firstly you enter into the Kingdom of God and secondly to be the channel of this All-Pervading Power. This is for your benevolence, for the benevolence of your family, for the benevolence of your country and for the benevolence of the whole world. Thus we can create a very peaceful world. And this is the Truth you have been seeking. May God bless you all. Thank you very much.

1994-1020, Give up everything that is destructive

View [online](#).

20 October 1994

Give Up Everything That Is Destructive

Public Program

Teatro Astral, Buenos Aires (Argentina)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of the truth. At the very outset, we have to know that the truth is what it is. We cannot change it, we cannot describe it, but unfortunately, at this human awareness, we cannot know it. Something more has to happen to our awareness. I have to tell you that truth is to be known through the real experience of it, that to all your central nervous system. So whatever I am telling you, you need not take it for granted. We have had enough problem ?? blind faith. But please keep your mind open like a scientist and treat this as a hypothesis. If it proves then you have to accept it as honestly. So the truth is that you are not this body, this mind, the emotions, this intellect, your conditioning and your ego. But a ??.

If you ask who runs heart? The doctors will say its autonomous nervous system. But who is this auto? They can't answer this question. Science cannot answer many questions. It cannot say why are we??. It cannot say why we ?? Moreover, science is amoral. And so one can go any limit using it for destruction of humans. So we think of religions. But we don't know that Christ or Mohammad Sahib or any one of them, are very evolved souls. And they did not know what sort of ?? And ultimately they were killed or crucified by the ignorant people. Actually, they thought people are very enlightened, seeking, desiring for something for higher ??. ... slaps on one face, turn the other side. I haven't seen any Christian without ?? so far. I was also born in a Christian family and I saw such a difference of level between Christ and who were following him. And Mohammad sahib ?? it further. He thought that Christ has said everything for men, he should say something for women. So, it was that any woman ?? lust, that ?? man should we put half-baked put the mother earth and should be killed with stones. I was thinking about American women, what would have happened to them! This was too much of a sense of morality. Moreover Mohammad sahib thought of sharia, which was actually given by Moses to the Jews, which Jews gave it up. Because Jews are very money oriented.

So Jews in their wisdom gave it up. But Mohammad sahib ??. I was once travelling from Riyadh to London and I went off to sleep. When I opened my eyes. All different people were sitting there in the plane. So, I asked the air hostess, I said " did we ?? some other airport before London"? No she said this is a direct flight. I said who are these people. Ladies were so smart and they had only six inches of skirts and makeup. And men were half naked. And they said this always happens. They are the same people when they are going to London, they do it. And they were all drinking. And women were smoking and drinking. And they were supposed to be following Mohammad Sahab. I don't blame them because it is too much to follow Mohammad Sahib or Christ. Human beings are ??. And they should not be ??, they cannot. So that we have to have full understanding of why people are ??. If you see with compassion you will understand that this ruling/?? Were for enlightened people, for saints, for angels. It was not for ordinary, normal people. Now by the awakening of this Kundalini?? You can feel this all-pervading power. Sahaja, saha means with, ja is born. Born with you is the right. You have with you this yoga, this union with the all-pervading divine power. This is your birthright. And is very easy and spontaneous. It is the last breakthrough of your evolution.

It is a living process so it is spontaneous. Like in the mother earth we put a seed and it sprouts by itself. Because it is built-in in the mother earth the capacity to germinate and built-in in the seed to be germinated. In the same way it is built in you all. All this within you. Now this kundalini resides in the triangular bone called sacrum bone. That means the Greeks knew it was a sacred bone since long. And is Sahaja to get ?? and is going on in many places since thousands of years. Especially in India we had ?? who used to give realisation. But only one person would give realisation to another. What I have done if it is something, that I tried to find out a method by which thousands can get realisation. One person, even if it discovers anything, is useless if it is not available to everyone. This is what is available to you tonight. When the kundalini rises she passes through six centres and pierces through your fontanelle bone area which was the soft bone in your childhood. Thus you get the actualisation of baptism. Actualisation! You can feel the cool breeze of the holy ghost coming out of your head. Kundalini is the reflection of the holy

ghost. Surprisingly they say there is father god and the son god and never about the mother. But the holy ghost is the primordial mother. In India we call her the Adishakti. In many religions, she is described. But in the bible, this Paul didn't like a woman. So he never wanted to mention about women. Still the ?? is the image of a mother which was created by normal people. And Christ mother is better described in Quran / koran than in this bible. Thus we have to know that the way women have been kept out of the bible. The situation of women is very bad in the west. And so the women all the time be apologetic and please the men, do all sort of nonsense ?? as if they have ?? . But the primordial one is the holy ghost. And she is reflected as kundalini within you. In every person she exists as the individual mother and anxious to give you your rebirth. And when she rises she enlightens your centres. Most of the world's problem come from human being and all the problems of human being comes from their centres and they are in jeopardy. But when this Kundalini, your own mother passes through these centres, she cures them and enlightens them. Thus your physical, mental, emotional and spiritual problems get solved completely. So in India, we have now four doctors who have got their MD in curing incurable diseases. In Russia also 200 doctors sometimes ?? Sahaja yoga. Because Russians don't have money just now and this the thing for which you don't have to pay at all. Actually, for your self-realisation how can you pay. It is invaluable. Moreover its a living process. How do you pay to mother earth for creating giving us flowers. In the same way, when it happens, it happens spontaneously. And no harm is done to you. Like when you were born, your mother took all the trouble on herself. The kundalini takes all the problems upon her. Secondly, it makes our attention absolutely innocent. You become completely void of lust and greed. There ?? Christ has said, Thou shall not have adulterous eyes. In the west, it is very hard to find somebody without adulterous eyes. But automatically it becomes. You become innocent. We must know innocence is ?? , it cannot be destroyed. And when little clouds that are covering are removed by kundalini, your attention becomes absolutely innocent like children. Thus you become extremely dynamic and extremely compassionate. Somehow people appreciate innocent. The Indian, who got Miss Universe is a Sahaja yogini. She came to me and she asked me, mother, can I go for this beauty contest. But I am too shy to wear funny dresses. I said you need not, you need not wear it. In any case you wear swimming suit, if they ask you, can wear a swimming suit. She was a I would ?? scholar, a big beauty compared to the Bollywood actresses. But she was very innocent and the same time extremely intelligent and wise. She has ?? and balance and little ?? . So one can become very very dynamic and so many of your potential capacity starts ?? . We have many great musicians in India who were nothing till they came to sahaja yoga and today they are world famous. In Australia, we have many beautiful painters who have got a big name. There are so many qualities potential within you. Also we have very few capacities of our brain used. I have seen people who brought their children, because they were not good at schools, getting to first class ?? . Because within you is the glory with all this potential. But we don't know ourselves. That's why we have no identity. People just go on like mad, whatever ?? entrepreneur ?? . 20 years back no body used to go for holidays anywhere. All the money they earn is wasted on holidays and who becomes rich are those entrepreneurs. And everybody who goes for holidays come as a broke. This holiday business is really waste.

In India, people go from south to north, north to south. Surprisingly you cant go out in the air on Friday, Saturday and Sunday. Whatever these people come out with, we will go mad. Every year they change dresses and we pile up with clothes in our house. I ?? in Italy and I was surprised that all these great people called as designers are in trouble. Say in a country like India, thank God we are poor also, we never accept such a thing. Such an inferiority complex. Here in London, a street called ?? , here they charge 10 times more for a scooter. And now they have to stich here (on shoulder) ?? all the time. People are brainless. They can easily be fooled by these people. But after realisation, you get discrimination, Divine discrimination. You develop your dignity and you know what you are. You don't take to these nonsensical things. The best part is you give up everything that is destructive. I have seen young people giving up drugs overnight. How it happens is that, supposing I am a ?? person and I have a snake in my hand. I am in darkness, I can't see and if you tell me there's a snake, I will not give up till it bites me. But with a little light, I'll throw away myself. With this enlightenment, you get so powerful that you throw away everything that is destructive in life. Every year we have 100 marriages ?? and all these marriages are absolutely successful except for very very few ?? . And we get beautiful children, mostly born realised. A Jung society has been formed now of very wonderful people. This is really the new age where people have a relationship of pure compassion and pure love. We have not seen anybody running away with somebody's wife or running away with somebody's husband. Such beautiful relationships emerge out of such beautiful people.

Now this innocent affection extremely addictive. Wherever you put this enlightened attention it enlightened. It becomes the fault of peace and joy. Such a person emits peace and joy. We are all the time thinking of peace and joy. And our mind is jumping on the cusp of future and past. The past is finished and the future doesn't exist. But we cannot be in the presence. And be in the

present is the reality. So when this kundalini rises she elongates thoughts and its ?? in between them. So you become thoughtlessly aware. You are fully aware but you are thoughtless. That is the present where you grow spiritually and divine inspiration comes into you. You know the absolute truth after realisation. Even if you have 10 children who are realised souls and you ask them to feel the vibrations of a person, they will all raise the same finger. If you want to find out if somebody is false person or a truthful, only thing you have to put hands towards the person and ask. And you will be amazed that on your fingertips you can feel the ?? bits of a needle or maybe you might feel cool breeze. That means you can feel the absolute truth on your fingertips.. In the quran/koran its written very clearly at the time of resurrection, that is qiyamah, your hands will speak. And they will give witness against you means they will tell you what's wrong with you. They will tell you what chakras are in trouble. They can also tell you about anybody whether dead or live. Then you start speaking the language of chakras as centres. Now if you can cure these centres, you can get cured and you can get others also cured. Thus you become collectively conscious because you can feel others. Who is the other. The microcosm becomes the macrocosm. And you can become a drop in the ocean. When you become thoughtlessly aware you become absolutely peaceful. And you never get tired. I am now 72 years of age and I am travelling every day that way. But I am quiet alright. Because I don't think I am travelling. But in that state, you become absolutely peaceful. You see the whole world, witness the whole world without getting disturbed. You get out of your problems. Supposing you are in the water, stormy water, you are afraid of the waves. Happiness and unhappiness are two sides of a coin. If your ego is punctured you feel unhappy, if your ego is pampered you feel happy. So then you become a realised personality. You enjoy everything. And understand the stupidity of the people. You understand the negativity of the people. In Sahaja yoga, we have no hostility, no punishments, no confessions. But if somebody goes out of order, does wrong thing, we just ask them to get out of sahaja yoga. You may be Christian, Hindu, Muslim anything, still one can commit any sin. But with enlightenment you become sinless. There are so many things that happen that I cannot tell you there is a shortage. But as you have here so many lights, you have to just switch on and the light comes. Because it is built in. But if I have to tell you all the history of this electricity, how this made ?? too much. So the best thing is to get the enlightenment first. It will take hardly 15 minutes at the most. But if you do not have a pure desire get it, I would request you to leave the hall. Because I respect your freedom. I cannot force it on you. Now this Kundalini is your mother and she has been your mother. She knows everything about you. She has tape-recorded everything, your mistakes and your aspirations. So you do not have to judge yourselves. She will judge you. Leave it to her. So the first condition is that you should not feel guilty at all, because whatever has happened has happened. Why should we carry all our life. On the contrary, if you feel guilty you catch on the left-hand side of this centre which is very dangerous. Because you will develop a horrible thing like spondylitis or may be angina. You might develop a lethargy organ or maybe tuberculosis or cervical cancer. So why to have this guilt to torture yourself? Its a fashion also to feel guilty I think. It is a myth. Another myth we have that we cannot forgive. Logically you forgive or don't forgive you don't do anything. But when you don't forgive then you play into wrong hands and you torture yourself. At this moment you must know the centre of optic chasma is like this, absolutely constricted. If you don't forgive you ?? and the kundalini wouldn't pass through ??.

As it is you have tortured yourselves very much and if you do not forgive at this important moment you lose the chance of self-realisation. You to just say that you forgive. Even not to think whom you are forgiving. That is also a headache. so you have to forgive in general. This is the second condition. And the third one is ?? to take out your shoes. Why I say because when I asked in London first time, to take out their shoes; half of them walked out. Now you have been told about two channels who have within ourselves. One on the left and one on the right. Now, the left one is the one for our power of mundane desire. But kundalini is the desire which is pure. Because every day, we desire say for a house and for a car, then for a helicopter... I don't know ?? . and we are never satisfied. Economics says that wants are not satiable in general. So this is a desire which is pure because it gives you complete satisfaction. You cannot be aware of this pure desire but it exists. And the desire is to be one with this all-pervading power. As the left side represents the mundane desire, you please put your left hand towards me on your lap and put your feet apart from each other. Because these are two separate desires. I mean two separate channels. Now those who are sitting on the ground are alright. They need not bother. First, you see how you are going to direct your centres with right hand. First, put your right hand on top of your heart. In the heart resides the spirit. If you become the spirit, the light of the spirit; you become your own guide, your own master. We are working only on the left side. Please put your right hand down in the upper portion of your abdomen on the left-hand side; which is the centre for your mastery created by great prophets and saints. Please take your right hand in the lower portion of your abdomen on the left-hand side. This is the centre for surprisingly pure divine knowledge. Now raise your right hand in top of your abdomen on the upper part of the left-hand side. Now on your heart. Now in the corner of the neck and shoulder and turn your face towards right. Please take your right hand on forehead across and put

down your head. This is the centre for asking forgiveness. For Forgiving everyone.

Now please take your right hand in the back side of your head and push back your head as far as possible. Here without feeling guilty, without counting your mistake, just for your satisfaction, you have to ask forgiveness from all the pervading divine power. Now stretch your hands fully, your palms fully. This is the ?? the last centre. Now put down your head as far as possible. Now put your right hand on, right palm on top, the centre of the right palm on top of the fontanelle bone area. Now, please put down your head. And here you have to move the scalp, put a pressure, 7 times clockwise. so please push back your fingers. Thus we will have good pressure and move clockwise 7 times, put down your head please put down your head. That's all we have to do. Now please put your feet apart from each other. The left hand on the left lap. You can take out your spectacles. Please close your eyes. Please don't open them till I tell you. Now put the right hand on your heart. Here now you have to ask a very fundamental question about yourself. You can call me Mother or Shri Mataji. So please ask the question 3 times in your heart, "Mother, am I the spirit"? I have already told you, if you become the spirit, you become your own guide your own master. So please take your right hand on the upper portion of your abdomen on the left-hand side and please ask me another question, fundamental about yourself from your heart "Mother Am I my own Master?". Ask this question three times. "We have to have our full self-confidence that we will become enlightened people ??. Moreover, I cannot force on you pure divine knowledge. I respect your freedom. You have to ask six times the question or you have to say six times because this centre has got six petals. So now raise your right hand in the lower portion of your abdomen which is the centre of you pure divine knowledge ask this six times. Here ask Six times "Mother please give me pure divine knowledge". As soon as you ask for pure divine knowledge, here kundalini starts rising upward. But we have to upper centres with our self-confidence. So now raise your right hand in the upper portion of the abdomen on the left-hand side, and here please say ten times "Mother I am my own master". Say it with full confidence. At the very outset I have told you that you are not this body, this mind. [bad video]. Now put your left hand towards me and put down your head again and see for yourself with the right hand, if there is a cool or hot breeze like vibration are coming out from your head. Please put down your head. If it is hot that means you have not forgiven yourself or even not forgiven others. Please do it now. Last time again, once again please put your right hand towards me and with the left hand you see if there is a cool or hot breeze like vibration are coming out from your head. some people get close to the head and some away. You can move your hand and see for yourself. And bow down towards yourself. ??. Now it please raise both your hands towards the sky like this and push back your head. Here you have to ask any one of these three questions. The first question is "Mother is this the cool breeze of the holy ghost. Ask three times. or Mother is this the all-pervading power of divine love; or "is this the paramachaitanya"? Ask any one of these three questions three times. Now please take down your hands. All those who have felt cool or hot breeze ?? on fingertips or on the palm or on the fontanelle bone area, please raise both your hand. I bow to you to you all saints. May God bless you. Please put down your hands. The whole of Buenos Aires has got it. God bless you. First time you have felt this cool breeze. Now please take down your hands. One thing only I have to tell you that this is a collective happening. It is important to understand that it is not individual. Just now like a seed, it has sprouted, and kundalini has come up. But now you have to grow. For that we have very good sahaja yogis here, ?? and good. You must respect this self-realisation. You don't have to pay anything, whatsoever. But, you have to give sometime ??. So please come to the collective. They will give you all the knowledge for your subtle being. And at the most within one month you can become master. You will feel very happy now. But it should not be the ?? . You all can become great trees of divinity. Have faith in yourself and your self-realisation. You will be amazed that you have power to raise the kundalini of others. You will have powers to know about everybody's chakra and also you will have powers to cure yourself and others. There are so many powers and so many blessings that You will be amazed yourself. Please know that now you have entered into the kingdom of God. And you all will know what miracle has happened. It will be a complete transformation within yourself. In this world we need a new society a new people who are the source of ??. It is your responsibility You should not fail.

1994-1104, Evening Program, Eve of Diwali Puja

View [online](#).

4 November 1994

Evening Program

Istanbul (Turkey) | Transcript (English) - NOT needed

Qawwalis, 1994

1994-1105, Diwali Puja: Lights of Pure Compassion

View [online](#).

5 November 1994

Lights Of Pure Compassion

Diwali Puja

Mövenpick Hotel Istanbul, Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

Diwali Puja Talk. Istanbul (Turkey) - November 5, 1994.

[This talk was translated to Russian and Romanian as Shri Mataji spoke.]

Today we are going to celebrate the Diwali, which means the rows of lights or, you can say, group of lights.

We need somebody to translate into Turkish also. It's all right.

This Diwali has been a festival of very ancient times in India. I already told in My previous lectures what are these five days are. After killing Narakasura. Diwali was celebrated when it was the darkest night of the year. So now, it is very symbolic of these modern times because the worst time, as far as morality is concerned has been in these modern times. We call it the Ghor [??] Kali Yuga — Ghor Kali Yug, the worst modern times. That means a complete darkness and, as you see around, you'll find out that there is complete darkness as far as morality is concerned, but that's why there are all kinds of crises. Because of that, also, there are many who are seeking the light, the truth.

In the dark age of ignorance, people have no knowledge as to what they should do, why or they are on this Earth. As you know very well, that thousands and thousands of real seekers who are born at this time, that is why this job was given to Me is to create Diwali in this dark ages of ignorance. It's not an easy job because, on one side, we have all the dark forces acting against the truth. Also, on the other side, we have to fight the false people who are taking advantage of your seeking. Firstly, people don't know what to seek, so all these false people have been money-oriented and they tried to work out marketing of their falsehood and they have the expertise to do it.

Somebody asked Me about that, television lady, what about the cults who are killing people and doing all sorts of things that they did in Switzerland. So I said it's true, they are crooks, they are horrible, they are criminals who call themselves as spiritual, but the mistake lies with the people who follow them. So a person who is absolutely immoral, absolutely dishonest, who launders money to Swiss banks, cannot be a guru. He used to buy these drugs and sell them. He used to buy weapons and sell them. He was worse than his disciples, much worse. They have used a kind of a suggestion from the books of so-called Guru Gita or something where it is said you should surrender everything to your guru. That means it was to suggest that a disciple should be willing to surrender everything to the guru.

So, it was for the disciple, but for the guru, he should not grab anything, he shouldn't ask for anything, he should not be greedy. All these things are already written down. But nobody reads what is required of a guru and only they see that you have to surrender everything to the guru.

Why I'm telling you all this, because how the darkness is so deep and so dangerous. Moreover, the other day I read an article which said that in Milan there is a very, very organisation, a global organisation of Satanism. Many politicians and many people in the government, very highly placed ministers, prime ministers are involved in it. Many people who are bank managers or bank owners and also the people who call themselves social workers and also those who have got peace award and this award, that award. So this is what is the worst times of Kali Yuga, modern times.

Now, the second day of Diwali, last day, is where a brother and sisters celebrate together for relationship which is so pure and protective. That is to show that, after putting the lights, morality must be the first priority for the society. I need not tell you today immoral side of modern times. It's horrible. Immorality is the greatest darkness of modern times where people do not know how they relate to each other for which, as I told you before, Christ has suggested that you take out the eyes of a man who looks at a woman twice because He found, at that time, people were horrid. Who can follow Christ in these modern times? Both the eyes, both the hands will be cut off. On the whole, if you see, I haven't seen any Christian like that, so far.

Mohammed-sahib was even more strict. He thought nothing has been done for the women, so he passed through some regulations about women also. So he said that any woman who looks at a man with bad eyes should be [??] halfway and should be killed by stoning. I don't know what would have happened to the American ladies if they follow this.

So when I came to this Earth I discovered that these two are very difficult, specially in Kali Yuga. These laws are actually meant for not normal human beings, but for angels. So modern man is even worse than a normal human being because they want something destructive all the time, like the Spanish ask the bull to hit them.

Now the description of modern times is there to show you in what times we are living and I realised it's not an easy thing to talk to them about anything that is good without giving them realisation. Unless and until you give them realisation, nothing can penetrate into their minds on just mental level. And also giving only lectures and sermons, the whole thing will be at a mental level only. And also the religions which are so-called are really very harmful for the spiritual growth of human beings. I felt that enlightenment is the only way one can save this world. In this darkness of ignorance, the darkest night of the whole history of this world, we needed light and lights, many lights.

(the translator ask Shri Mataji about the meaning of Agni)
Agni, yes, Agni means fire in Sanskrit language.

All right. So the world divided into so many countries, so many races, so many languages and also their own thinking — think of a global religion was only possible when people got their realisation.

So, I had to tell you, human beings, what are their problems. So, in a light, in India, we have the pot or the container which is made of clay, then the oil, and then the wick. Now, this body, this mind, you can call all that is visible and is within, is all the pot and the oil is the compassion, the love and the wick is the Kundalini, the pure desire, and the spark is the spirit. So, first of all, the container has to be all right. It should be all right. It should be able to contain the oil properly and should not allow it to ooze out. Now there are two holes that cause problem. One is your ego. Another is your conditionings. So, if a Sahaja Yogi thinks of his conditionings, that "I am a Christian or, you can say, that I come from this race, I'm this community," so all these limitations with which we build ourselves are so flimsy that they break out because there is no reality in them. There's no substance so they fizzle out. They all act like possessions and a person becomes absolutely blind.

After coming to Sahaja Yoga, I've seen Christians will adhere to Christ, Muslims will adhere to Mohammed-sahib or to Ali and others will adhere to the conditionings from which they have come, but they don't adhere to Me, so they cannot see the integration of all these personalities in one person. One has to know, on this point, that you have got the light. You are enlightened. You are not an egg. You have become a bird. So you have to give up all that is falsehood. If you are fully enlightened you will give up automatically, you don't have to be told. When the light is enlightened, it automatically feel responsible that it has to give light. Nobody has to tell that "You please give light" because it is light. Because it is eternal light, nothing can kill it. I will say a Sanskrit Shloka, [Hindi spoken ???] — means it cannot be killed by [???], not air can blow it away, nothing can destroy it. Even if you want to suck it, you cannot. It's such a powerful light you have got within yourself. You can verify whether it is eternal or not. You should introspect and see for yourself. You've got such a unique light within you. Not in the history of this world of spirituality so many have got realisation, such light within them..

So how could these stupid, flimsy, useless conditionings dominate you now when you are the carrier of eternal light? But if you

don't respect this eternal light, then the conditionings will put it out. This is the only problem, that you have the freedom. You want to have the eternal light, you'll have it, otherwise this light can be damaged completely.

So, the another hole is that of ego. One side, conditioning can be resolved by the sense of responsibility. The same sense of responsibility, when asserted through ego, could be very dangerous. This light can become fire and it can burn the house of Sahaja Yoga. A normal life, we know that light is for giving us light, not for burning houses, but when you get to ego in Sahaja Yoga, you can think that you are responsible for Sahaja Yoga, but this responsibility should not give you an idea that you are in charge of Sahaj Yoga. So, gradually then, you become so right-sided and people are surprised that how this man who was normal has become like a bull in the china shop.

So you are not in charge of Sahaj Yoga. It's like government servants. They are suppose to be servants, but they are the bosses. They become bosses.

So, the whole understanding should be of complete wisdom in Sahaj Yoga.

The second part is the oil, which is compassion, which is natural, innate and joy-giving. This oil has to be pure. The compassion has to be pure. I have seen many Sahaja Yogis try to trouble the leaders. They oppose the leader and try to hinder the work of Sahaja Yoga. Now, these are suppose to be Sahaja Yogis and they don't understand if their compassion is pure they will appreciate their leader because the leader is doing such a compassionate work. Of course, pure compassion, one must understand, has nothing to do with greed, with temptations, nothing to do. One has to feel such nearness with the leader and appreciativeness of the work that he or she is putting in. So Compassion cannot be impure. There cannot be lust in it. More over this compassion should be express in such a descent manner that nobody should doubt your compassion. Thank God, this one good thing has happened, people don't kiss you. First time when I went to western countries, I was just bombarded with kisses. I didn't know what to say — I mean horrible. There may not be anything wrong in the mind, but it's so indecent and stupid. Long time back I was told that it was written on Indian airports, "Please don't kiss the custom officers." In modern times a man can kiss a woman, but he can't kiss a man. I mean, it's absurd. Even if they make a goal in the match of football, now they don't hug, poor things, they just touch with hands, each other.... So, and now I've seen many who make a goal and they're excited, so they run out of the field. They don't know what to do....

So, for Sahaja Yogis, you should know men can kiss men and can hug them — there's nothing wrong — and same with the ladies. Otherwise, in excitement, they might run out of the field of Sahaja Yoga. Men need not touch women, women not touch men. It's all right. What is this nonsense? You can't express your love? Say for India we have a rule that a lady can touch the younger man and a man can touch a much older women, who could be a mother, sister-in-law, anyone, which I think is a good rule because it has worked out.

So, for compassion, it has to have decency as fragrance in the oil. So how do we express our compassion? We have Rakhi sisters, Rakhi brothers, but I know of a lady who became friendly with rich boys as Rakhi brothers. Or the other way round also, that many boys became Rakhi brothers of rich women.

So one has to understand that it is not for money that you should become Rakhi brothers and sisters and to exploit, but for compassion. You have to express your Rakhi relationship just for the protection of each other. The compassion is so joy-giving that you should have not such conditions of money or any other stupid conditions which will kill your joy. But another thing also is that you express your love you use some things as presents that gives you joy. That doesn't mean, by any chance, that you just give it to your Rakhi sister and not even to your wife, some present.

So, the sap, as I always say, of compassion has to rise in the plant, giving love to different parts, indifferent ways, whatever is required and that then evaporates or go back to roots ??? . Attachment is the killer of pure love and compassion. So always try to find out, introspect. Are you attached to your children, to your wife or to your Rakhi sister or to anything? Attached? Then there's a danger that you may get into a kind of a stagnation. You'll be amazed, when you are absolutely detached and nourishing the different relationships that you have in a proper way, your joy is perfect. Ambition is another killer of joy. So, if you have to be

ambitious, you have to be only ambitious only about Sahaja Yoga, so that you humble down. One promise in Sahaja Yoga is that your life will be full of joy. There is no need to take out your eyes, cut your hands, no punishments. If you have too many holes, need not come to Sahaj Yoga. You have to become real holy person, not full of holes. I must say that you are all "your holinesses." I am not because I've not become. You have become. Supposing, somebody has to call you as a man, will they say, "Oh, man, such and such"? No, because you are a man. Whatever you achieve is attached to you, whatever you have achieved.

[commenting on translators:] Russian seems to be long transgression and sometimes very small and sometimes Romanian sometimes very short, sometimes very long.

All right, so now the another thing that is promised is bliss. What is bliss is the experience of joy. It can come from anything. Maybe you find you were in an accident and you were suddenly saved, protected. You are amazed and everybody feels the bliss. You also feel the bliss.

[commenting on translation:] To be very frank, I cannot translate. I know languages, but from one language to another, I cannot translate. There's something wrong with Me.

[Yogi: "But you understand very well, Shri Mataji, what we say."]

That is very easy. See the thoughts, first is an abstract form.

[The Russian yogi gives a very long translation.]
That's an abstract form, that's all I said. [laughs]

[The Romanian yogi gives also the translation. [laughs] "This is the reverse, Shri Mataji."]

All right, but thank you very much.

So, it is — you see, at that point anybody can know what is the thought is because later on it becomes a language, takes words. All right, so if you can jump at that abstract, then you know that, but you have to put attention quite a lot.

[To translator:] So, you have to say "attention to that abstract point [???]."

All right, so now, to solve this problem, I would request you all, to learn, at least, English language. I'm not saying Sanskrit, but English.

Now, it is the Kundalini, which is a pure desire, is already existing, you don't have to do anything. Maybe the cotton is not clean. It has some problems because it has passed through dirty hands, but it can be cleaned. The cotton of the wick may not be clean, but it can be cleaned. Cotton wool, I mean. Kabira has said something very beautiful about it. He says that when the intestine of a goat are inside the stomach, they say, "May, may, may," means "I, I, I." But when they are pulled out and made into strings and put on an instrument for cleaning the cotton wool — put on the instrument that cleans the cotton wool. You know, in India we call it "[Doona, Doonit???]." And when it is being strung, it says, "Tuh, tuh, tuh," means "You, you are, you are, you are."

[Shri Mataji and the translators discuss these words.]

All right, whatever it is. So, it means that when your Kundalini not working out well because there are problems in your chakras, what you have to say, "You are, you are." You say that. "You are Sakshat this. You are Sakshat that." Sakshat means "in reality." In reality. You don't say, "You are Her Holiness something." You say, "You are Ganesha. You are this." That is how you cleanse all the dirt or all the problems of your chakras. By this, you also correct your conditionings and your ego. Then you do not take the credit for anything. You do not feel you are doing something and the whole personality changes into a complete instrument like the flute in the hands of Shri Krishna. Then you see your work, everything as the work of the Divine. That is how you become

enlightened. That is how you become the light of joy, of peace. [??] said about what you are. That is how, see, is whatever is described about, you become that. If there is a light you don't have to say that it is a light, it is. It is not a stamp that you have to use.

So, today we are celebrating a Diwali of the lights of Sahaja Yoga. I don't know what to say, in what state of bliss I am. All the ripples you have created of joy are overwhelming for it. No words can describe. I cannot compose poetry. Keep this light burning beautifully through meditation and you can become very strong because of light.

May God bless you, Happy Diwali to all of you.

I must say Diwali Puja is a very short one and my lecture have been three times said so you can imagine the time is been more spend than normal. Lastly there are many invited in India free. Most of them may not also pay, those who cannot pay for travel should let us know. .. No no, we have invited many people to India. They should give their names and those who are free for Ganapatipule but who have paid for the travelling and those who have not paid for travelling should also give their names. Also some of the [??] who cannot paid are invited.

May God bless you.

1994-1105, Shri Mataji's answer to award

View [online](#).

5 November 1994

Talk to Sahaja Yogis

Mövenpick Hotel Istanbul, Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

Professor Voronov's talk and Shri Mataji's acceptance of the award, Turkey, 1994

[Audio 1994-1105 Talk After Diwali Puja Istanbul Source NITL]

[No sound. Abu Bakr?] killed two more Khalifas and became Khalifa himself. And the last Khalifa before him was killed and his liver was eaten by his mother (her name was Hind bint 'Utbah), mother of this Abu Bakr (Shri Mataji means Mu'awiyah- first Khalifa of Umayyad Caliphate). What a horrible fellow he was! And just to become the Khalifa, he did this. By that time, nobody had written Bible of this Koran (Koran, as a word means to gather, to bring together, pages brought together). Because it was not written down anywhere. It was remembered by heart because Muhammad Sahib did not know how to read and write. So, this fellow went round all the people who were the sons of the people who had learnt or who had remembered by heart, who had carried this for forty years.

After forty years, Koran was edited by this horrible fellow Abu Bakr and he did according to the way he was. He was something like our great mister Paul. But he hated women, he hated women and that is why he did a lot of nonsense in that – actually, how much of original Koran is there? One doesn't know.

But he made it like this, that Koran is the last word and whatever is in the Koran is all right. But just see, despite everything, how the truth has come! Whatever we see, even today, is there. But the most important thing that Muhammad Sahib himself, never separated himself from other religions. He described about Moses, Abraham, he described about Christ and then he described about himself. He never separated them. He did (not) say, there are three religions, or he is the best, nothing of that kind.

Only the point where these Muslims have taken a wrong view is that he put a seal. He said, "I am the seal of the Masters of the Prophets". Here he said, "I am not Divine". Then he said, "I am the seal". Now, two points in them: seal means not necessarily that he has sealed it, but it means also a style, the same style as Abraham, Moses, Christ, he is the same style. But he said, "I am not Divine". Because if you say that you are Divine, everybody gets after you. May have said, may not have said because maybe, the great mister Abu Bakr must have done.

But if he has said that he was the seal, he was the last word, then why did he talk of the twelfth (imam) Al-Mahdi (first one was Ali and second one was Hasan) who is going to come and give you resurrection. Now, what about that?

Now you ask a question, "Mother, are you the twelfth Al-Mahdi?" That's the test. See the vibrations! So, I'm the one who has to give resurrection and the one who has come. These, all these little things, if somebody can read it carefully, one would understand that he never said that, "I am the last one" firstly. He never said that Bible is the last word or Koran is the last word. He continued, you see, he showed one after another, all of them recontinue in that line of Divinity which he clearly said.

And the one who has edited, it's a well-known fact that he is Abu Bakr. And my father told me all these things and then I verify from others, it's a fact. But who dare say anything? Because they are violent people and if you say anything they'll just come and kill you.

That too, I would say, among Muslims, there are two types. One, who are educated, enlightened people, who have read other books, they would always like to take the brighter side of the whole thing and would like to consider something else. But those who are uneducated have to be fundamentalist because they don't understand, they are absolutely ignorant.

But now we are in Turkey where a great, another great soul came, Kemal Pacha Atatürk. He is the one who shattered all this. He could see clearly. He changed so many things, he brought about so many laws, and he brought women and men on the same level. Still, there are people who are trying to go back and change the laws and all that. What is happening is this country is suffering because they are giving up what Atatürk told. Now for us it is to reestablish that great vision of Atatürk in this country. Not only that, but to help them in every way first.

You see, they are so simple, so innocent, that they are attacked by three, four forces I find here. Firstly, Islam is a very moral religion, over moral, I told you today. So, the women were sticking onto men, men were sticking onto women. But I'm told that now many prostitutes are coming from other countries, especially Russia, very surprising. They come here and they are spoiling the family that's one thing. Another is Kurdish people, they are still of the same level as the- we can say these tribal, just like tribal. I met them so I know. They are absolutely tribal, they don't understand anything, quarrelsome, fighting cocks. Thirdly, at the time of Muhammad, life was so miserable and so oppressive that he had to fight. But that doesn't mean that Muslims must also fight everywhere, wherever they go, they must fight, they must spread Islam.

Now the point is: what has Islam given them? Where are they? What it has given them? They are very immoral, extremely cruel, why? Koran never said so. Koran never said of conversion, never said that you convert people. This is a Christian madness. And from Christian, it has come to Koran. Even Christ never said that you should be converted. He said, "You have to be born again". And Muhammad also never said, "Convert people".

But in India, you 'll be surprised, the way they were so cruel in India, you have no idea. It cannot be described the cruelty there. So, one feels pity for them. They are following God, following religion. You are taking the peace, you are taking to the joy, you are going in the way of complete destruction! One way they are, say, they are against the Westerners because they are immoral. So, immoral people also are getting destroyed. And so-called moral also are getting destroyed. They are fighting among themselves. All the time, they are fighting among themselves. Wherever you find a Muslim, the father will fight with the son, the son will fight with his brother.

In our country, when Aurangzeb was ruling, horrible he was but his sons, they killed each other! Four of them. They did all kinds of things. There was one fellow who was a Realized soul, he was also killed. So, the killing to them is a religious thing, a ritual.

I would say that after seeing what they have done in India, no one can believe that Koran can do any good to them. They are the poorest people in India, poorest. When I see them, I really feel like crying. Because one man has produced say, twenty children, twenty-four children, one man. And they are left on the street because "Talaq, talaq, talaq" finished. This, never Muhammad Sahib has said. If you understand Divinity, you understand him.

Can I do such a thing? Will I permit such a thing? Will I allow such a thing? Then you judge him by Me. So, no use criticizing Muhammad Sahib because he was divine, he was divinity, no doubt about it, but the people who followed them are really mad. Like the Christians who followed Christ are mad too. If you are to judge Christ, judge Him from Me. Will My Mother do that? Will She do this? She will never do it.

So, if you start judging them by my standard, you will understand that none of them were wrong, none of them were against Divine laws. They were all together. They came to change the world to help me in such a big way. Without them, I would not have been as successful as I am. Because they have definitely created chakras within you, in a very subtle way. And their chakras, we worked out. So, don't judge Muslims, Christians, Hindus, or Sikhs, the way they follow their religion, but the way the people who created them lived.

So, for you, an example is here. I can't do many things which are described about this. Impossible. He had to marry all right, five wives or four wives, all right. Because that was the time when there were very few women, very few, and many, many men died very, I would say, very few men, and very few men who could marry. So, the women didn't know what to do. He married even, he said, "You marry even a young girl doesn't matter, but marry them. He was for marriages. He wanted that there should be marriages and that women should not become prostitutes. Now, what the Muslims grudge is that the Christians are immoral. They are nowhere less, I can tell you, they are nowhere less.

I've seen them. I was travelling from Riyadh to London and I went off to sleep. When I got up, I was surprised to see that they were all different people. I couldn't understand these dandies fandies [unsure], from where they have appeared? They were all wearing these things on their heads, you see, what I call as the Italian table cloth. And suddenly, they became very great you see, dandies. Bodh eyes, this, that, smoking and drinking, and women also drinking. So, I thought, "It must have been some other place. It might be Paris we might have touched. So, the air hostess said, "No, no they are the same people". I said, "They were the same? " "Yes, absolutely the same. We never touch any other port".

This kind of hypocrisy cannot be any religion. In Sahaja Yoga, one thing, you cannot be hypocritical. If you are there you'll be corrected, corrected, corrected till you are all right. You cannot carry on with your chakras. All kinds of defects they have and they start emitting bad vibrations and spoil the Vishwa Nirmala Dharma, means the innate pure religion we have to have.

If you follow a religion, you have to be a perfect member of that. You cannot be a hypocrite, that's the point. In Sahaja Yoga, anybody who thinks that he can be till I live, I will know who they are. Till you live, you will know who they are. So, it's a new race we are starting. It's a race of Realized souls, who know what is right and wrong and who'll go out of the way to keep the right path all right. So, the responsibility is much more. As you said, you have light, you are enlightened, now keep the lights on. You must know that you have a very big responsibility, a very big responsibility to keep this path of true, pure religion enlightened for others also.

If you say something, and do something, then we are not religious at all. That's hypocrisy.

So please try to understand, so many Sahaja Yogis we had to ask them to go away because you know they had funny problems: Agnya, sometimes this, sometimes that. They had to go away. But still, there is forgiveness in Sahaja Yoga, there's redemption in Sahaja Yoga, there are love and compassion and it works. The only difference is that there is no punishment, no physical punishment, no mental punishment. We just say, "All right, you cannot fit here, so go away". Instead of having any punishment. If there is any difference between other religions and this religion is this: that there is no punishment for whatever you may do to Me or to anyone. Though maybe Christ might punish, that I don't know. Deities might punish, that's different. But as far as I am concerned, I am not going to punish. I'll say, "All right. Thank you very much, you can go away". And that becomes the greatest punishment now for people.

So, you have to keep your health all right, wealth all right, your temperament all right. Everything should be pleasant and joyous. That's all. Automatically it can be. How we enjoy today thoroughly and how the beautiful singing, dancing, everything is so nice, so beautiful. There was nothing that was ugly or funny.

Even the modern dancing and modern music were so beautiful, you know. It was so beautiful. That, normally I got a headache from that but nothing, my headache has gone, it's so good. So, if it is done with that purity, that understanding, the creativity takes every form in a beautiful way. Like many flowers, every flower is a beauty. So, I would request you all to remember that you cannot be hypocritical. Hypocrisy is not going to help. Don't support any hypocrite, in no way. That's all. You don't have to punish, not have to say any word, nothing. It is not my job to punish them. There are so many who can punish them, so why worry?

I really feel very happy today that we have entered into that area, where I was longing to enter and that is it. And I must also say, Guillemette has done so much research work and we should give her a hand for this.

[Applause]

Whosoever has written this, I don't know who has written the whole thing [the scenario of the play].

Antonio: It is Guillemette, Shri Mataji.

Shri Mataji: Guillemette has written. I could see that as I know her. She positively feels, she has married a Muslim, she positively feels that Muslims can be brought to Sahaja Yoga and can be redeemed. They should be, they are human beings, after all. I feel the same way. And this is how we are now going to enter into a new era and you'll be happy to know that Tunisia government has invited Me, government.

[Applause]

Also, in Brazil, you'll be happy to know that when I went to Brazil, at the airport of Brasilia, the mayor himself brought the key of Brazil, and gave it to Me and requesting me "Mother, we give this key to you, please look after Brazilian".

[Applause]

Of course, Russia has done so much honor to Me. I was really feeling very shy about it. But, they are very sensitive and very wise people. How they could see that, this is the greatest saving for the whole world. And the way they have taken up! I tell you one day, they'll be regarded as the greatest scientists, because they have seen the point, you see, so easily, while in other countries, I cannot expect these people to really understand what is Sahaja Yoga is. So, now it's for you to manifest it and to think about it with a very great understanding.

You'll be surprised that we came to Turkey because of Carla. She's another dynamic lady. Such devotion she had. She said, "Mother you come to Turkey? " I could never have come to Turkey. I mean, it's an unknown place to Me in every way. But I always read the life of Kamal Pasha and I've such tremendous respect for him.

As soon as she said, "Mother can you come to Turkey? " I said, "I will ". Then she's the one who started all this. And the way she identified herself completely with it. Now she has gone to Malaysia and everybody is very happy with her. We have many great Sahaja Yoginis who have done such great pioneer work also.

But I must say that Gregoire is the one who started it. Wherever he was posted, he felt lonely so he wanted to have Sahaja Yogis and he got them. [Laughter]

So, we have many people who are pioneer and also now they are going to South Africa to other African countries and I am surprised at the way they are daring at things, working it out. Like Dulio went to Brazil and Horacio went to Argentina. And Gregoire sister, Marie-Laure, she went to this very difficult place, Bogota, and she worked it out for that country.

So, like that, we have many who are doing it and I cannot name all of them today but really, they stand out for their ability to create. Like Philippe has gone to East Germany which I suggested to him, he immediately agree. He is working it out there. And also, we have, somebody in Hong Kong who has started, doing very good work. Everywhere I was surprised that these people went there and worked it out. They did not get contaminated or they didn't try to assert themselves. And that is how Sahaja Yoga has spread.

But the person who started with Gregoire is Rajesh who is here, who's a very shy person himself. I don't know how he told the address, my address to Gregoire, and Gregoire came to Me.

So, everything has worked out so beautifully like a small little stream flows and then becomes a big river and meets the ocean of the world. In this way, it has happened.

On this day of Diwali, you should really feel very happy and joyous that we have been blessed so much. That so many of us know the truth, and so many of us are enlightened. We are a strong, strong collectivity.

Thank you very much.

After two minutes, professor Voronov is here and he wants to give Me some special award from St Petersburg University. So, I will request you all to be seated, it will take hardly ten minutes for the whole thing.

So, before that, I must say the weddings went off very well despite the fact it's Turkey and it's very different from India where you can get everything very easily. And you all are looking very happy.

Keep this joy all the time and be kind and gentle with each other. As I've said you have to soothe others. You have to take up the problems of each other and don't discuss your past, don't talk about your past. That's one thing very wrong, that makes life unnecessarily miserable. Past is over and, now, the reality starts. Enjoy each other's company, try to find good points of another person.

If you want to find bad points that's not going to give you any joy, it's not going to help you. But if you start finding the good points of another person, that not only that you will be very happy, but also you'll imbibe those good points. Always try to see each other's good points, never criticize each other for small things, for petty things. We are Sahaja Yogis. We are saints, we are angels, we cannot be like ordinary stupid people who fight and create problems in their life. We are here to make each other happy and to make everyone happy; all the Sahaja Yogis to be happy.

The whole society of Sahaja Yoga should be of a very different type. And there are so many children who are Realized souls, who are great saints, seers, who want to be born and they'll be only born to Sahaja Yogis who are Sahaj by temperament and who are peaceful, who try to seek peace everywhere, and who are very large hearted. All such people will have very great children.

May God bless you all.

Gregoire: Shri Mataji Rajesh has asked me to say a few words. Shri Mataji, You could have saved the world and You could have met your purpose, staying in India only. We don't understand and never will how much care, tenderness and compassion and hardships you have gone through to save us in all those countries.

This place, here, is a very historical city. It was called Constantinople, then Byzantium, now Istanbul, but I think it should be called Nirmalpur (city of Nirmal) because you have opened such a dimension of joy and such a powerful Diwali. Shri Mataji, they would like to thank you very much.

And now we pray that your holy feet will touch Africa and that they will be victorious there. Jai Shri Mataji

[Simultaneous translation of professor Voronov's talk from a Russian Sahaja Yogi]

[Audio 6]

Simultaneous translation of professor Voronov from a Russian Sahaja Yogi.

It is a great event which happens on this planet. The scientists of Russia and especially of St Petersburg pay attention to this event which happens in the society. What happened? Recently, less than two months ago, a conference has been held in St Petersburg entitled, "Medicine, Self-cognition and morality".

With regard to this question, there was a sort of an agreement of two directions and the agreement was of love and friendship. Actually, the direction of religion and science.

Morality and knowledge, these are two things which make the whole world think ahead. [unsure]

There are wars now on the planet and civil wars, the blood of human beings is shed. And during this period, our holy Mother raised quite different questions of love and peace.

[Video starts here]

Our scientist, by my initiative, unanimously elected our holy Mother, Shri Mataji Nirmala Devi, an honorary member of our Academy.

[Applause]

[Audio 7]

Last time, in Moscow, we hand it over to our holy Mother a diploma made by Sahaja Yogis, loving Sahaja Yogis. Now, this is a diploma of the Government of Russia.

[Applause]

I would like to say a few words about what is actually this Academy, and who is a member of it. There are members, among the members we have painters, scientists, musicians of different directions. But we have also honorary members of our Academy, but they are very few in number. One is Antonio Juan Samaranch who is the president of the Olympic Committee of the world.

Two or three Ministers who, in their own countries, liquidated the illiteracy in the population of their country. All of them are men. Shri Mataji is the only lady on the world who has been elected an honorary member of this Academy.

[Applause]

I have to say a lot. I know that here we have the best representatives of the nations of the world. But there are some exceptions. We have to put our love first to our self-perfection, self-cognition, to put our, first, the love to our countries. We need to do everything so that the victorious ideals of our holy Mother should not have any hindrance at all. And for that, we should self-perfect ourselves. Yes, we do have something negative besides the positive things.

For example, me and also our Sahaja Yogis from Turkey, they can see how the pieces of bread are spread on the floor. It's very bad, I consider it very bad.

My daughter by name Svetlana, she is also Sahaja Yogi, she said, "I've been living for a long time among the Muslims and I know their attitude towards bread. If a piece of bread has been falling on earth, then they pick it up, they kiss it and put it somewhere for the birds to pick it up". We also have to feel respect to the laborious people who are producing this bread, to peasants.

I address to all the Sahaja Yogis who are working in the press media, who are journalists: we need to disseminate the ideas of our holy Mother everywhere, on press, television and magazines.

If we do so and behave properly, we can be a real example, we can make real examples for the nations of the whole world. But maybe, today, they started to call Sahaja Yogis who were not perhaps quite satisfied with it. Still, we have to make it better.

Taking into account an energetic activity of Shri Mataji, it gives us an idea to propose to elect Shri Mataji Nirmala Devi, a laureate of the Noble Price winner for peace.

[Audio 8]

For that purpose, we have to work hard in our own countries for Shri Mataji's ideas to be really realized, understood beyond the level of consciousness. To reach that level for the Noble Price, we need to make an example, we need to make the society, the publicity, press, to realize the ideas of Shri Mataji, how beneficial they are for the whole humanity. In Petroski Academy of Arts and Science, we have many outstanding people and perhaps we shall publish a special article for that in Nirmala Yoga magazine.

But, with all my heart and in the name of all members of the Academy of Arts and Science, I would like to make a sort of present to Shri Mataji Nirmala Devi. This is a reproduction of Dona Latte, it's a – [aside] sorry, sorry, no, no, Mona Lisa is different. It's Dona Latte, Madonna, from Leonardo Da Vinci, which you can find in State Hermitage by Leonardo. (Madonna del Latte) It's different. Not Jocund, it's different.

And the last. We have really to watch our own behaviour, not to do any negative things. For our compatriots in all our countries would say that, "Sahaja Yogi is really the best representative of humanity in all the countries". That is our purpose. [Applause]

[Shri Mataji's answer to this award.]

[Audio 9]

Shri Mataji: I don't know but, how to say as to the Russian scholars and scientists. Scientists are amoral people because science is amoral. But I was surprised that in Leningrad [St Petersburg], thanks to professor, we had about two thousand scientists – I don't know, ten thousand probably – who honoured Me so much. And I told about one centre only there, that is Swadishthan. How Swadishthan they are ruining your life.

And they were listening to Me, absolutely, with the right attention.

[You translate?] All right.

Very surprisingly, I've never seen such scientists, because they cannot see something beyond science and Sahaja Yoga is meta science, it is beyond science. And when I told them so many diseases are caused by one centre, they were really amazed at it. But they were open, open-minded people and a scientist means an open-minded person.

I was amazed also, the way they gave Me awards. The first award when they gave Me, I said, "What is this? I'm the tenth member of such an old university where very, very great scientists have got this award. So, how can you give Me such a honour?" So, professor Voronov told Me that, "Mother these scientists have only worked with matter. But you have worked with human beings and transformed them". I was surprised the way he saw the point. It's not easy to see this point that transformation of human beings is most important today. If I have achieved it, it's nothing great, I think, because I knew how to do it. So, it's nothing great.

But I really feel very proud of you that you have achieved it. I have not achieved anything. I was born like this. But you have achieved it. So many nations here sitting, enjoying the same beautiful feeling of your Spirit. And they are from different nations, different places, different religions, and genuinely they are feeling the joy of their Spirit.

And this is something, was my dream and vision. But I never thought of Noble Price or anything like that. [Laughter]

Because my husband has got all kind of prizes and he always, says, "All due to my wife".

But what I really treasure is this, that in a great country like Russia where science has reached its heights, that they should accept Me as a great scientist and academician, is something really very remarkable, though I don't know if I deserve it or not. But that's what they feel about it.

Professor Voronov: There's no doubt about it.

[Applause]

Moreover, all the false gurus are banned in Russia. But I was surprised also that they did not ban us. Apart from that, the patriarch, who is like a pope of Leningrad of the white order, he himself invited me to be there. So, we are entering into the realm of religion also. It's something – not only science, but also religion which is, which has to open eyes and see what have they missed, all the promises that the Prophets gave, that the incarnations gave are to be fulfilled. If they can just see this point, it will be so great. I was surprised also that patriarch himself invites Me to this conference.

So, two great things, I feel, that not only in science but also in religion, Sahaja Yoga is entering and will remove the darkness of ignorance.

Another thing I must tell you that when I went to Brasilia which is the capital of Brazil, the Mayor of Brasilia came to receive Me and he gave Me the keys of Brasilia saying, "Mother, please look after Brazil". I was really amazed.

So, on the political side also, if we start entering into, our problems should be solved. We should have no problems, we should have no quarrels, no fights, nothing. But let us live with happiness and joy.

I'm sure with this [award], I can see that vision coming through. This vision of mine of seeing the whole world in peace and joy enjoying themselves. All of you, as he said, have to help Me, have to come up as real great Sahaja Yogis.

I don't know Sir, how to thank you very much because I have no words. But he has been meeting Me for three, four years and I was surprised, he is such a learned man, such an educated person, and how he could see the subtle side of life! And that they discussed about morality! All the time, all the subject was that of morality.

There was a gentleman who was a surgeon who is –

Shri Mataji, aside: How old is he? Eighty years.

Sahaja Yogi: Ninety-three.

Shri Mataji: Very old, but he is still doing operations. He is still doing operations and he is the one who wrote against alcohol. And I was really surprised.

Professor Voronov: Academician Fyodor Uglov.

Shri Mataji: What's that?

Sahaja Yogi: The name of the man.

Shri Mataji: All right. He wrote a book against alcohol in a country where Vodka is so common. But just imagine! And these

people listen to their elders. They are not like Western people who do not care for their elders. They listen to their elders who are very wise. One day, I'm sure, Russia will be one of the most important religious country. It will have such a big name one day because they have taken to truth and not to some nonsensical things. And I am sure this will prove to the whole world that truth is what we should ask for.

We should not get in anyway dominated by untruth because untruth will never bring joy or peace.

Actually, I am overwhelmed by what he has said and I'm happy he has made you so happy also by saying these beautiful things about Me.

But I must tell you, I'm a very humble housewife. That's all I am. But if you think I'm more than that, I'm not going to challenge it. Now we have to thank the Turkish people, the French people, for organizing this beautiful program and these weddings, despite all the problems. And also, to every way, work so hard because there were only forty Sahaja Yogis in Turkey and they have done such a dedicated work. And so capable they are! I'm amazed to see this kind of industrious, I should say, or very hard-working people, very hard working. And all the problems are solved here, they say, "Mother, you have solved all of the problems."

Now I would say the marriages have been done very gracefully. Now, don't spoil your marriages and create problems for Me. That's all I want to know that you'll have very nice children, and that you create a society and help the society of great peacemakers.

Thank you very much.

Thank you [to the professor]

1994-1106, Marriages

View [online](#).

6 November 1994

Wedding

Istanbul (Turkey)

Talk Language: English | Transcript (English) – NEEDED

Marriages and Talk after Russian Award. Istanbul, Turkey. 6 November 1994.

[Main audio]

Today, people have come here to attend the weddings of their brothers and sisters [unsure].

It's important to understand that marriage is a very important thing in Sahaja Yoga because the principle established in [inaudible] and our society is [inaudible] so it's very good to have it. That's why [inaudible] and that you should make good marriages.

But sometimes, people are very cunning [unsure] and they don't understand what the marriage is. They try to find fault with the partner. And within two, three months they are going out of the marriage. In the sense that they want to have their second chance, third chance, fourth chance, [unsure].

Then I think that my attention has been used for nothing [inaudible]. If they don't like their first choice, they should have their own. Why to bother us? They should not [inaudible]. Very surprising those things that have been going on.

One of them is, they are all right for two, three months and suddenly Gods knows what [inaudible] that they get divorced on a small issue.

They don't understand how important is for them to have a good marriage. They can't go after three, four months. I don't know what happens to them. And they even harm the women [inaudible] and still they don't understand how sinful it was. In their own land country, they are doing like that. They'll be punished, not only punished but they'll have to bear a lot. But they take advantage of Sahaja Yoga, marry someone and then try to be funny [unsure]. Such people, really, I can't understand.

In the beginning only, when we are selecting the people, [inaudible] I could say from the photograph which girl, which boy will say "no". But I say, "You try".

Exactly the same girl and boy have said "no". Thanks God they have said [unsure]. But once they have said "no" they should not candidate anymore. They can see themselves. We are not going to have five, six [inaudible]

It's a serious thing. If you haven't got that [inaudible] you should not [inaudible] for anything. Then, after marriage you find faults, [inaudible] here and there. Otherwise, you're just like other people. You go on divorcing [inaudible] especially for Western Sahaja Yogis I must say [inaudible] they illtreat their wives very much and they treat them just as slaves. It seems to say that so many Western girls [inaudible] and I asked them, "Why are you single?" [unsure]. Some of them say, "We are not married, we don't want to marry because [inaudible]." Secondly, some of them have said, "We are married, but our husband treats us as [inaudible]."

It's such a large case

21:09

[Inaudible]

21:14

In Islamic countries, the men can say, "Talaq (divorce, release someone), talaq, talaq" and the marriage is over. And they marry, so-called, [inaudible] Because of these marriages, so many women have really suffered [unsure] and then they have big problems. They don't know what to do with their children how to do it.

[inaudible]

How dangerous it is, that men [inaudible]

I'm surprised there are many people, even in the Western countries and Eastern bloc who treat their wives very much as slaves. When I heard their stories, I was ashamed. I used to think that Western countries were sensitive [inaudible] How could they illtreat their wives who are part and parcel of their life?

You cannot be unkind to your wife, let her do all the work and dominate, because you are the [inaudible] people. The woman who is working in the house, looks after, is doing a much more important and difficult job [unsure]. For men, it's not difficult. But for women, it's very difficult to run the house, look after the children, look after the husband, to manage the whole society. And you must know that the countries where women are not respected, God do not reside. And in those countries [inaudible; 23:30]

1994-1106, Visit

View [online](#).

6 November 1994

Visit

(Greece)

Note from Natalie: 1994 - Shri Mataji visited Greece for a week, right after the Diwali puja in Istanbul, Turkey. She stayed in the house of the next leader after Boudouris, Nikolas Chrysakis.

1994-1110, Arrival and Talk

View [online](#).

10 November 1994

Arrival

Tunis (Tunisia)

Talk Language: English | Transcript (English) – Draft

Welcome Talk

Shri Mataji: This is the first time I have come to Tunisia. I am so much enamoured by this kind of invitation and I am thankful to your government, thanking you all for inviting me and message from all of you for our benevolence. Tomorrow, of course, I will talk about it. I am so very thankful to you all to have come. And I hope tomorrow you will listen to me with an open mind. Thank you very much.

1994-1111, We can not know the truth through reading

View [online](#).

11 November 1994

We Can Not Know The Truth Through Reading

Public Program

Tunis (Tunisia)

Talk Language: English | Transcript (English) – Draft

Public Program Day 1, Tunis (Tunisia), 11 November 1994.

[42:39. This is a TV interview just before entering on the stage at the public program. It will be transmitted on the national news.]

Interviewer (Lady): Shri Mataji, did you find a nice welcoming audience in Tunisia?

Shri Mataji: Yes, very much so, thank you very much, very kind of you.

Interviewer (Lady): Which are your impressions, your feelings coming here?

Shri Mataji: I mean, it's one of the many places I have visited like this. I like the architecture

Very much and the climate is very good. And the ladies here are really very powerful I should say, very good ladies.

Interviewer: Sukran, thank you.

[Cut in the video]

[Short introduction of Shri Mataji in Arabic by the Tunisian interviewer.]

Interviewer (Lady): Shri Mataji, which are the benefits one can get from Sahaja Yoga and what is special about this technique?

Shri Mataji: First of all, one has to know that it is the breakthrough into a new awareness and the last breakthrough of our evolution.

Interviewer (Lady): Which is the audience and the reaction, the welcoming you found in Tunisia?

Shri Mataji: [Smiling, Shri Mataji puts Her hand on the mike] I've told all this.

[The lady interviewer explains that Shri Mataji has not yet finished to answer]

The benefits are, first of all, that the fundamental energy centres within us are called are charkas, and they are responsible for our physical, mental, emotional and spiritual being.

So when this power, which is a Kundalini in the triangular bone called as sacrum- that shows the Greeks knew it was a sacred bone- which is awoken and passes through six centres, as a result, these centres are integrated and are nourished and enlightened. So your physical, mental, emotional and spiritual problems are solved. As a result also your financial, political and income problems are also solved, because you become a transformed personality. And when this transformed personality starts behaving in a manner that is so congenial to spirituality, people are amazed!

Now our problem is that we don't know the absolute truth. By this you know the absolute truth and you become empowered that you can give Realization to others. You can solve their problems. So it is something that, like one enlightened light can enlighten many. This is Resurrection as described in the Koran.

[Interviewer asks in Arabic and in French what are Shri Mataji's feeling about Tunisia]

Interviewer (Lady): Shri Mataji, what is your feeling coming to Tunisia?

Shri Mataji: I think it's a very spiritual place. Then I heard that there was a great saint who died here. That is, I could feel it that his blessings are here on this country.

And there is such a balance, I've seen, the women are treated so well in this Islamic country, it's very remarkable. And a thing of hope for all the women of the world in Islamic countries who are really suffering very much.

Interviewer: Thank you very much, "merci".

50:15

[Talk starts at 59:09 on video]

I bow to all the seekers of truth. At the very outset, we have to know that truth is what it is. We can not change it, we can not transform it and we can not know it through reading. Reading is just a mental activity. You have to go beyond the mind to realize the truth and hence you have heard already that there is a subtle system within us, built-in for that task. This is very important because we do not know the absolute truth. Some people believe that this is the truth, some believe that is the truth, and there is a war going on with all these ideas which are absolutely mental. Now it's not possible to go beyond the mind, because whenever you try that, you go into wrong direction. To get to it, this process of Kundalini awakening has to take place.

For example, this instrument is here, and it has to be connected to the mains; otherwise it has no meaning. So we have to know the absolute truth, and absolute truth is that in which everyone believes because he has the awareness. All the religions have talked about your second birth. In Koran, Qiyamma is the resurrection already described. Resurrection has to take place that you become a navi, you become a 'waliy'. Before that, it's very difficult to follow Islam, or Christianity, or any one of these religions because Hazrat Mohammed Sahab, or Christ, or Moses, they were all very highly evolved incarnations. For example, Christ said that, "If your eyes are doing something sinful, you take out your eyes". To look at a woman twice is a guneah.' So you take out your eyes, according to Christ. And, "If your right hand is doing something wrong, cut it out". They thought all human beings were angels and these laws they made for angels. I haven't seen any Christian who has lost any one of his eyes or hands anywhere.

Then Mohammed Sahib came in; He thought that only the men are being, Christ had been strict with only men. He was another pure incarnation of Divinity and he didn't know that what sort of human beings He is dealing with. So then He passed, He, He had made some laws for the women also, which were quite difficult. For He said that if a woman looks at another man, who, to whom she is not married, can be buried in the Mother Earth; can be stoned. If this rule is applied to American women, I don't know, there may not be sufficient place to bury them (all?). What about the French ladies? Most of them are now in Arab countries, enjoying a nice time, without getting buried.

So, one must understand that we have to become, first of all, angels, so that we can follow these great people. Also, Shariat that Islam are saying is important, was given by Moses to Jews, not to Muslims. If you read one of the (INAUDIBLE) you'll have five (INAUDIBLE): he's written this that this was given by Moses, Moses, to Jews, not to Muslims, because Moses found such a decadent society when He brought these ten - can you do it afterwards? Just, if you sit down it will be better (Mohter speaks to one photograph-taker from the audience) - because Moses found such a decadent society that He passed these laws that you should cut the hand of a person who steals, such strict rules and then the Muslim adopted it. Whether they are Muslims or Christians or Hindus or even Jews, they are all normal human beings.

So, with these normal human beings you can't have these strict rules. They are not yet capable of following them. By this, people become absolutely hypocritical. What can they do? I don't blame them. I'm a Mother, so I understand. First thing is to make them angels, to make them navis. Then, they will not do these things at all. Automatically, they will be very religious people. You don't have to stand them anything. So this is the purpose of Sahaja Yoga: that you all have to become first angels.

I'll tell you an example. I was coming from Riyadh to London and I went off to sleep. When I got up, I found absolutely different people on the plane. All the ladies who were travelling were dressed up in a very orthodox way, also the men and then I opened my eyes, and I saw extremely fashionable ladies, with all thing exposed, and the men, like dandies, smoking, drinking... I said, 'What's this?' So I asked the air hostess, 'Did we touch some other airport?' She said, 'They are the same. What makes you think...?' 'I mean, I can't recognize them,' I said, 'I'm really sorry. How are they changed like this?' So she told me, 'They always do like that.' Just imagine: from Riyadh, where people are cutting hands and are punishing women to such a great extent, how could they do this in the plane, without any fear of God? I was amazed and I was thinking, 'What's the matter with them?' Then I realized they are normal human beings. They are (confronting?) temptations of life and their personality is such that they take to these things very easily.

I mean, in the West, especially I have seen that men or women have no personality. Anybody can befooled them. If there is one gentleman called Armani, he makes a particular dress, everybody wants to buy that. And in England there's a shop called Saville Row's, I mean, there's many shops. So expensive they are. Now they put the Saville Row stamp here. Thousands, thousands and thousands of pounds they spend to buy that suit. Indians, I must say, they may be poor but they won't do such stupid things. They'll say, 'Get lost; we have nothing to do with this.' Can you believe, in India, there is no shop where you can buy anything that is imported? (Yogini translator: Sorry Shri Mataji, I didn't hear.) Can you believe that in India, there is no shop where you can something imported. They are very patriotic. They export but they never will buy anything imported in a shop in India. You see, perhaps maybe three hundred years we have lived under domination of the British and we developed such a ridicule for them because, not because they were dominating us, but because of their culture. Horrible. Like one grandmother ran away with the fiancé of her granddaughter. Such horrible things happened, in our times, when we were young. That's why we have no fundamentalism, because they can not say, 'We follow Westerners.' We are so much grounded in our own culture, that nobody can say that we are following others.

I'm sorry to say that I was surprised now how the Americans and also German, French, are exploiting the poor countries. Say in South America: all these countries are so poor. Russia and all Eastern Block: still not come up and all the junk of America which doesn't sell there, because of recession, and Germany and also France, is selling all that. In Russia one dollar is equal to three hundred roubles and they are spending all their savings on these junks that are selling there. So what we have to do is when you get your Self enlightened by your Spirit, you see all this nonsense. You don't have to worry about anything, but you have to become the Spirit. Then you become so powerful, you don't want to be following all this nonsense. You have your own personality. I think this is the greatest thing that has happened to Western people; who, by getting Sahaja Yoga, have got back their personalities because we develop respect for ourself, respect for your country, respect for your country's culture, which was ancient, and with that respect you become such a powerful personality, that you don't take to all this nonsense.

So first is to find out your identity. As I said, if this is not connected to the mains, what is the identity of this instrument? But once you are connected with that, then nobody can befooled you like this and make money out of you. You have in your hands, this cool vibrations which is Ruh. In the Koran is called as Ruh, in the bible as the Cool Breeze of the Holy Ghost, and also in Sanscrit it is called as the All-Pervading Power of Divine Love: Chitanya. Once it start flowing through you, you can know on your fingertips the absolute Truth. You can know what is wrong with you, on your centres, physical, mental, emotional, spiritual; you can find out on your fingertips, and when you want to know about anybody else also you can find out. If that person is dead also you can find out. If you know how to correct these centres, by Sahaja Yoga technique, you can cure yourself. So you go into the centre in a balanced way.

One way we can say that Western world is one extreme and the fundamentalists are another extreme. You have to come in the centre and to come in the centre is very easy. Once you come in centre, you give up all bad habits, just like this. You'll be surprised: in a country like England, people gave up drugs overnight. Just how? There's a very good simile I will say. Now supposing is all darkness and you have a snake in your hand and you are obstinate, I am obstinate, supposing I am holding the snake, and you will tell Me that, 'See, Mother, there's a snake in Your hand; it will bite You,' but I hold it because I'm obstinate and conditioned but as soon as there is little light, I'll throw away the snake. That's how it works.

So first we have to have the light of the Spirit within us, shining, that makes our attention so powerful and enlightened. Whatever is described in all these books, like Christ has said: 'Though shalt not have adulterous eyes.' Imagine it: the French believe in it, the English believe in it, Americans believe without doubt. I haven't seen anybody before realization didn't have adulterous eyes, but after realization they become so innocent, so innocent. You have to know that your innocence can not be destroyed. It exists eternally. You might have got some clouds because of some misdeeds, but it can not be destroyed, and after realization it just expresses itself, manifests. Such a person becomes extremely harmless, compassionate and innocent. All the fears drop out because you become one with the Divine which looks after you. This is the real actualisation of your resurrection. It's not just talks, sermon, nothing, and the energy of this Divine starts flowing through you, and so many blessings...I need not tell you because it is too much in first lecture to tell you.

Now you must know, I am going to be 72 years of age and I travel practically every second, third day. I do not feel tired, anything, because all the time this energy is flowing, so what is there to feel tired? People go to these beauty clinics, this thing to become young, to get rid of wrinkles; there's no need to have wrinkles at all after realization. You keep perfectly alright; everything is perfect, and you don't indulge into all these things at all because you are so much satisfied of your (power?).

So this Kundalini is your own power, is your own Mother. She is the reflection of the Primordial Mother within you. In Greece it was called as 'Athena.' 'Atha' means 'primordial.' Also, in ancient times, people believed in the Mother Goddess. In the bible, Paul, because he hated women, he didn't want to talk of the Mother at all. As a result, he made women look very small and worthless. Imagine, in England they are still fighting over whether the woman should be priest or not. Compared to Indians, I would say, they are very primitive in spirituality because in India, the woman is the power. She is the potential power, and man is the kinetic power and also it's said that 'where the women are respected and respectable, there reside the Gods.' I find in Tunisia, that women are respectable and respected, that's why you have such a good atmosphere.

Now, we have to understand that this Mother of ours is our individual Mother and She knows everything about us, so we are not to feel guilty about anything. Let her judge you. This is also a Western fashion to feel guilty. They will drink and feel guilty, they'll smoke and feel guilty. You don't have to feel guilty because you catch on this centre here and you can develop very serious diseases like angina or spondylitis. First thing we have to do, not to feel guilty. After all, you are normal human beings, you are not Gods, you are not Incarnations. Also you are not angels. So you are human beings and as humans beings it's alright to make mistakes, doesn't matter. Also, if you have done some mistakes, face them at that moment. Don't carry it all your life.

This enlightened personality has such an attention that when such a person pays attention to anyone, he can bring joy, peace, and health because he himself becomes the source of joy, peace and health. Such a person emits joy and pure love. In the Koran it's written that when you go to Heaven you will meet (INAUDIBLE) and (INAUDIBLE). It's true. Means very beautiful men and very beautiful women, you meet, but you don't have dirty feelings towards them. There is no feeling of, we can say, of carnal love but very pure feelings. Is a fact. Now we are working in 65 countries and I haven't seen anybody running away with somebody's wife, or running away with somebody's husband. Is so simple and so spontaneous because you also get a new dimension in your awareness called as 'collective consciousness.' You can feel another person on your fingertips. If you can cure yourself you can cure others. In Delhi we have four doctors who have got their MD in Sahaja Yoga, MD. They have cured incurable diseases. Today I was reading in the newspaper, they're trying to find out cure of cancer. Sahaja Yoga definitely cures cancer. Of course in a very galloping state may not, but so far, so many have been cured, even of blood cancer but you have to become a Sahaja Yogi. Unless and until you are a Sahaja Yogi, it doesn't work out.

In that state of Sahaja Yogi, first thing that happens to you, that you become thoughtlessly aware. That means all the time that your mind is producing thoughts, from the future or from the past, but you can not stand in the present. The past is finished, and the future doesn't exist but the reality is in the present. So when this Kundalini rises, She pushes these thoughts, which are like this, and makes the space for the present and it makes you thoughtlessly aware. Means you are absolutely aware...there's no word in French for 'aware.' (To Yogini translator:) Alright? Say what you like. (Laughter.) In that state you become absolutely peaceful within yourself. You witness the whole world as a drama. You become the source of peace. I've met many people who got awards in peace, and what I've found; there is no peace in their heart. They are so hot-tempered, that if you had to reach them better take a barge pole. I don't know how they got this award. The peace has to be within yourself. But in the second state, you become doubtlessly aware, when you have no doubts about it - about yourself, about Sahaja Yoga, about God, about religion - no doubts at all. You know so many things which really surprise you that you did not know them before. Luckily, we have people who are realized souls, but they are not aware of it.

So with Sahaja Yoga you will scientifically know what are your centres, what work they do, how you have to achieve the highest state in spirituality. Mohammed Saheb has said that after you have become a mali, after resurrection, you don't have to follow Shariat or anything. For that you don't have to go to Himalayas, stand on your head, give up your family, nothing is needed. One can only understand Islam, Mohammed Saheb, Christ, Bible, only when you have got your subtle identity of a spiritual personality. You become extremely dynamic, as well as you become extremely compassionate.

Above all, you jump into the Ocean of Joy. Joy is singular: it is not like happiness and unhappiness, which are the two sides of one coin. This is the experience of Self, of your Being. Otherwise say, you say, 'This is my idea, this is my thought, this is my emotions, my, my, my..., ' but who is this owner of 'My'? Who is the owner of this 'My'? That is the Self, the Spirit.

I am sorry there are so many others who are going to speak on this subject, and in this short time, I can only tell you that you are the best people for Sahaja Yoga. In English language only I must have given at least 5000 lectures, at least. So you can all listen to those lectures, but it's not mental. First you have to go beyond the mind and that will take hardly any time. You have waited for so long, and I'm sure it's going to work out tonight. Just you have to have full faith in yourself. There is one thing: I can not force this experience of Self on you but the truth is that you are not this body, this mind, this emotions, this intellect, your conditionings, your ego, but you are the Pure Spirit. The second truth is that there is a All-Pervading Divine Power which does all living work. You see, these...(tape changes side here...may be words lost)...but we take all living work for granted.

(Another break in tape here...may be words lost)...doctor who runs your heart. He'll say it's autonomous nervous system. But who is this 'auto'? They have no answer. Science has no answer for many questions. Moreover, it is amoral. It's not bothered about your morality. Only recently I was surprised in Russia; they wanted to put morality above science. First of all, it can not say why are we on this Earth? That's what you have to know; to be the instrument of the Divine.

I don't think I should answer any questions today, what you think? I'm working like this, for last 25 years, and had lots of intellectuals of the West on my head. Now I've become expert; I can answer any question. That is of no value. It is a mental acrobat. So, best is to have your enlightenment, but if you don't want to have, I can not force. This is the last judgement. You have to decide on your own. Now if you don't want to have your Self-realization, you should leave the hall now. Nothing bad will happen to you, but you'll get your benevolence (right/light?). Is for your benevolence, for the benevolence of your family, for the benevolence of your country, for the benevolence of the whole world. So if anybody wants to leave, I wait for one minute.

This is your own right, to have this Realization. There is no obligation, and you can not pay for it because it's so spontaneous. But after Realization, you have to know everything about it, and grow into your spirituality like a great saint. You have to be normal, normally dressed, and living normally; nothing abnormal should be done, but inside you get a complete transformation. So no one wants to go, I'm very happy.

Everybody has to be seated. If there are one or two chairs, if you can bring in, all the people should be seated. Now the first condition, as I told you, you are not to feel guilty. Now, the second condition is, as you forgive yourself, you have to forgive others. You might say it is difficult, but logically it is not. Logically, whether you forgive or don't forgive, you don't do anything. But, but when you don't forgive, then you play into wrong hands and torture yourself, and at this moment if you don't forgive, the centre here of optic chasma is like this, absolutely, like this. It is constricted, so when you forgive it opens like this, and then only this Kundalini can pass through. So don't say it is difficult, it's very easy. Just say, 'I forgive everyone,' and don't even think about them, that's a headache. Now third condition is very simple, that you have to take out your shoes. In England when I told them first time, half of them wanted to leave. The English are attached to their shoes. Now please put both your feet on the ground, parallel. I must tell you, this Mother Earth sucks your problems.

Now, now just try to understand. Put both the hands towards Me as you do for Namaz. Now see if there is a cool breeze, like vibrations, or hot coming in your hands. And don't doubt. You're Muslims, that's why. With the Western people, I have to struggle. Feel it? Now, watch Me without thinking. Forgive yourself, forgive yourself (INAUDIBLE), and forgive everyone without thinking about it, in general. (Pause.) They are like Indians. Alright? Are you feeling? Just see, don't doubt.

Now, just put your right hand towards Me like this, and put down your head, and see with your left hand if there's a cool breeze like vibrations, maybe hot, coming out of your head. Some people might get it hot because you have not forgiven yourself or you have not forgiven others, so now do it. Now please put your left hand towards Me, and now put down your head and see for yourself if there's a cool breeze like or maybe hot coming out of your fontanelle bone area, which was the soft bone in your

childhood. Sometimes you get it close to your head, sometimes away from it. Now once more, feel it. Don't put the hand on the head, away from the head. Now put the right hand towards Me, and put down the head again and see for yourself.

Now please raise both your hands towards the sky, push back your head, like in a Namaz. Now ask a question: You ask Me - you can call Me Mother or Shri Mataji - ask a question, 'Mother, is this the cool breeze of the Holy Ghost?', that question you can ask. Or you can ask, 'Mother, is the Ruh?', or you can ask, 'Mother is this the Paramchaitanya?' One of the questions you ask. 'Mother is this the Ruh?' Ask three times. Now take down your hands.

Put your hands like this towards Me little higher, and watch Me without thinking. It's coming from here for some people. Put the hand like this and bring it up if it is coming like that. Alright, now see. Watch Me without thinking. You feel very relaxed. Now, those who have felt cool or hot breeze on their fingertips or on their palms or out of their fontanelle bone area, please raise both your hands. (Pause.) Whole of Tunisia. May God Bless You.

I bow to you all now, you have become saints and in it, but you have to grow into it. First of all you don't have to pay. You can't pay because God doesn't understand money and it is so invaluable. Most of you, I think 99.9% people have felt it. Now we have people who will be talking about it more elaborately tomorrow, and I hope you'll enjoy that. Also, we are trying to arrange a program for the ladies on the Sunday evening if that is (INAUDIBLE). Yes. Thank you very much.

1994-1112, Namaz is nothing but kundalini awakening

View [online](#).

12 November 1994

Namaz Is Nothing But Kundalini Awakening

Public Program

Tunis (Tunisia)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2, Tunis (Tunisia), 12 November 1994.

I bow to all the seekers of truth. Yesterday I told you that truth is what it is. You cannot change it, you cannot transform it, and you cannot know it by reading. Whatever I'm going to tell you also now, you should not take it for granted blindfolded. It has already caused us so much trouble all over the world by blind faith. But I would request you to treat my lecture as a hypothesis. And if it, if it works out, and you discover it, and it's proved, then you have to accept it as the truth. As I told you yesterday, it is for your benevolence, for the benevolence of your family, for the benevolence of your country, and for the benevolence of the whole world. Most of problems in this world come from human beings. And I think all the problems of human beings come from their centers, the subtle centers.

When these problems are in trouble, these chakras are in trouble, these problems of the chakras get you into problems of physical and mental, emotional and spiritual nature. So, these centers as shown here exist within you. They are seven in number. Now the first center, which is the red center below the kundalini, is the center of your innocence. This center is very beautifully placed under the kundalini, not above. This center is to guard the chastity of your mother, which is the kundalini. So the power that we have as our mother is guarded as chastity. But there have been many false people who have been teaching all kinds of wrong things. And they said that through sex you can awaken your kundalini. This is all nonsense.

There is no religion has taught that you have to be immoral to achieve your self-realization. So morality is a very important thing which helps a man to keep him in the center. Now this morality cannot be forced on me. Normal people can become immoral. They can get to some sort of a temptation - it is possible - because they are not yet evolved souls, they have not reached the state that they know the absolute truth, they can become immoral. That is why all the religions have said that you should follow some code of lifestyle. That will keep you in the central part. This was prescribed because human beings could go into wrong parts. But once you become enlightened, then there is no need at all to tell you what has to be done. You become your own guide, your own master.

I was so surprised when I came here that especially Tunis I felt was full of Divine vibrations. I just didn't understand what was going on in this beautiful holy place. Then I discovered there have been three great souls, very highly spiritual, who were born in this place. I was absolutely restless to see those places. I think their souls also are restless to see me. I hope tomorrow I will visit all these places. There is a special relationship that exists between saints, and it's very joy-giving. You feel you are not alone in this place - there are many others who have lived. But they could not do much because people were so ignorant. Most of the saints - even [Mohammed-sahib] was tortured. [Hazrat-Ali], who was a great incarnation, also was killed. His two children from Fatima also were killed. Horrible things happened to them. That does not mean that spiritual people do not have the protection of the Divine. But it was all done to show how these people could sacrifice their life for truth.

All this is done for us. All these sacrifices are going to help us. Gradually we'll realize where they exist within our body. If they are enlightened within you, you get their blessings. You have to have connection with them. Even the Namaz is nothing but kundalini-awakening, for kundalini-awakening. But without the connection, if you do something, it doesn't work out. There was a Muslim - I met him - he said that his knees are broken doing Namaz. But it was just an exercise because he never felt the joy of the spirit. Then he came to Sahaja Yoga and then he realized what was Namaz, and he got rid of his problems on the knees. So, even to understand anything about Koran or about [Mohammed-sab], you have to have your self-realization. It all is knowledge

around us, it is like a bird who is thirsty in the presence of the ocean.

So whether we are fundamentalists or not, we are still ignorant. To bridge them together, we have to have our self-realization. It's very simple - like your telephone: if it is not connected and you go on telephoning, it will be spoiled. So we have to have connection with the Divine. This connection is called as Yoga in Sanskrit language. This is the real Yoga, not the physical one where you do all kinds of exercises. This was taught by Pathangeli thousands of years back. But this is a very wee part because [ashtanga] there are eight parts out of which one part it's a very wee part of that. And that, too, is very scientific. Even that exercise is connected with the centers. We, too, use these exercises, but at the right time, for the right people. Everyone does not need. So when the light of the spirit shines within us, we become our own teacher, our own master, our own guide. We become very wise and we understand others. We become very dynamic, at the same time extremely compassionate. Whatever work we do or whatever we do, we don't think we are doing anything because our ego disappears.

As long as there is ego, we think you are doing this, you are doing that. And when this ego is pampered, we feel very happy. But when it is punctured, we feel unhappy. Before realization we think we are doing this work, that work, how much I am doing work, I'm so important. But after realization, you see the ego there collapses. This center here sucks in the ego (Aghnya). It sucks in the ego. So the feeling that I'm doing this, I'm doing that doesn't come. Now supposing a Sahaja Yogi is raising your kundalini, they will tell me it is not going, it is not working, it is working - they talk in third person.

All these Sahaja Yogis who have come from France, from Austria, Algeria, they have come of their own; I never asked them. They feel responsible, especially for Africa. They have been after me, "Mother, you must go to Africa, you must do something for Africa, but that's the only continent we have not touched so far". And they were overjoyed when I said, "All right, I'll go to Tunisia."

There is a special subtle understanding of a great tremendous joy in giving realizations to others. You don't feel you have done anything. You don't feel you have redeemed others. But such joy is felt within yourself. That cannot be described unless and until you yourself achieve self-realizations of others. They are all very intelligent, educated people. Also there are very simple, uneducated people. But they know about the centers, they know how to decode the centers on their fingertips. They won't tell you what's wrong with you. They speak the language of centers. Even if you have ten children who are realized souls and tied their eyes and somebody faces them, they will all raise one finger, all of them, or two fingers, all of them the same.

Once one gentleman came and asked Me, "Why are they asking me, what is your relationship with your father?" I said, "Because they must be catching on this finger. This is the center of your father." Very surprising, you will be amazed, that if this finger is catching, that means you might get asthma. Maybe your relationship with your father is not good, or maybe he is not good or you are not good to him. Now there is one doctor who has done research on this and he has got his MD in Delhi. And now he's gone to America to do the research. I don't know - Americans are not so wise as you are. They are not easy people, but still we have thousands there. Now this they were talking about many other diseases, but today I'm going to tell you about one center because you are very active people, and what complications you can have.

So we have this center here - Swadishthana - it's very simple to understand. This center is for our action, whether it is physical or mental. But the main job it has to do is to give energy to our brain cells, which are called as gray cells in our brain. Sahaja Yoga is meta-science. It gives you an explanation and you can verify it. Of course in medicine they don't know this - so far. So when you think too much, this center has to give energy to your brain. Even when you do physical work - like I was told it's a sport club which has invited me. So when you are doing even sports too much, this center starts working and gives energy. Now for example if anybody who is a tennis player or a squash player: he's using the energy of this center. Now if he is at the same time drinking too much, then most probably - at a very young age - he will get a fatal heart attack. So at least the people who indulge in sports - especially these days - should not touch alcohol because at this age the heart attack you get is absolutely fatal, you cannot [???]. Also people who do jogging, too much dancing and drinking at any young age can get a heart attack. It is very serious. But the worst is for people who think, plan, live for the future.

The stress which is the modern disease is coming to them because of this center only. Too much thinking, too much worrying takes most of the energy of this center. And this center also has to look after other organs, mainly the liver. And the liver is the

one which gives out the heat which is the poison of the body into the blood. But when all the energy is exhausted of this center, the liver-functioning is neglected. So the heat starts rising from the liver. And that heats your lungs, giving you asthma. Especially your energy is wasted for the relationship of your father. Then this heat can pass to other side and can give heart attack to people who think too much. At a very old age of course maybe, but people who die of heart attack are mostly the people who are futuristic, like bureaucrats, politicians, we can say also the writers, poets, all such people.

Now, another organ which is looked after by the same center is the pancreas, which is also neglected. So people develop diabetes. Diabetes is a disease of people who think too much and are sedentary. For example in My province in India, when they take tea, they take so much sugar that the spoon has to stand at right angles. This is in the villages. Otherwise it's not for them tea. But they never get diabetes because they don't think, they don't worry about future, they don't insure anything. They work the whole day in the village and come home and sleep nicely. They enjoy their life.

The only people who get diabetes are the people who are sitting on the table and working out. And most of the plans fail, why, because they don't know the reality. Whatever you plan without knowing the reality, it fails completely. And the third of which this center is supposed to be responsible is what we call is the spleen. Now the spleen is like a speedometer in us, speedometer. It looks after our speed, nowadays we are very speedy people. We try to compete with the machine, so the lifestyle is very different. For example we get up in the morning; now this spleen is the one which, when there is emergency, produces red blood corpuscles for emergency.

Now for example supposing you are eating your food and afterwards you run, you get a pain because this center produces red blood corpuscles for the emergency. So in the morning you get up, you read the newspaper, it's a shock, they never write anything good always something, somebody died there, so many drowned there, so many killed there. Nothing that is really satisfying or good, joy-giving. At the most horrible scandals, something sensational. That upsets this poor spleen of ours. As soon as she knows about the emergency, she starts pushing out red blood corpuscles. Then you get into the car, you don't take your breakfast, you are taking your breakfast in the car. In America they even brush their teeth in the car. You will be amazed that even in the office they go to bathrooms because they sleep very late and then get up early in the morning and just rush to the office. So this poor spleen again gets upset.

Then we are slaves of the watch. You are getting delayed to your office work, you are worried there is jam. You don't know how to get over the jam, so you go on worrying. Again an emergency is created, again this poor spleen has to go on pushing out these [red corpuscles???]. Then sometimes in the office the boss starts shouting at you. The whole life is a struggle. Even in sports that's the problem - such a struggle. After that, this crazy, this spleen doesn't know how to cope with your lifestyle. It goes mad. At that time, any shock, anything from the left side, you can get blood cancer - leukemia. I have seen some architects who get it. We have cured many architects in India of leukemia though they were certified by doctors that they're going to die within one month's time. Now one of them has lived for ten years, another for nine years, another for six years, nobody has died.

So how do we change this speedometer to a quiet rhythms? That I'll tell you later. Then it affects your kidneys because kidneys also are looked after by the same center. So it happens that your kidneys also with the heat coagulate and they cannot work - so you are put on the dialysis. Dialysis is the sure way of becoming bankrupt and dying. It doesn't cure you.

We had a very good doctor in Delhi who was well known for dialysis, and he got kidney trouble. He didn't do dialysis, he came to Sahaja Yoga, and I've told him on one promise I'll cure you that you will stop dialysis and cure people with Sahaja Yoga. He said, "Yes, yes, of course". He was completely cured but still he's doing dialysis. I asked him, "Why are you doing dialysis now?" He said, "I've got these machines from abroad with such high prices, now what am I to do?" So that's how he's still making money.

Then the last horrible thing that's happened to you is that you can get into constipation. And this constipation can be very, very dangerous to the health. Such people are very hot tempered, very irritable, very nervous because they can think sometimes they get peace award. So - and then they create lots of nonsense and they get peace award. So - one thing is to be understood: that it is in the balance one has to live. Now as I told you it can give you massive heart attack, but also it gives you paralysis, paralysis of the right side. But you see the movement of this center is all on the right side. Also it can end up into coma.

All these things are curable, absolutely curable, without any money being spent. It's very simple. When we understand how to cool down this center, we can cool down the whole right side. Now when the kundalini rises, she pulls down this center. For example, left and right, both meet like this, and the center is strong - left and right. Now if you are working too much on the right, I'm telling you how cancer is caused. You are working too much on the right; you are taking out the energy from any center like this, till the center becomes constricted. And the energy starts getting exhausted. And suddenly, if it breaks by some movement of the left side, the connection with the main is lost. So when there is no connection with the main, you are on your own; so all the cells start gradually working on their own. Of course there are some proteins which affect that from the left side. Like a person who has no connection with the whole community can go the way he likes - like a madman. He can become egoistical, like Hitler. He can influence other people by his ego. So the cells become egoistical, means malignant, and they start growing - like a nose will start growing like that, an ear will start growing like that, without any connection to the whole. That is how cancer is caused.

To get rid of everything, we have to be in the center. When the kundalini comes, she brings them back and they fall into one line, connected with the Divine. When the Divine starts pouring down into your being, you start feeling it as cool breeze on your fingertips. This is the [ruh]. Now, if you know how to handle this and to use this, you can get rid of all your problems. In this state, you are a witness of everything. You are absolutely peaceful; you are in the center, where you know the absolute truth. Now, see, though [Mohammed-sahib] had said that he was not Divine, he was Divine. He didn't say that because he was surrounded by horrible people. I also never said that I'm Divine. It's only they have discovered. I have never said, and I never say. But you can find out on your fingertips what's wrong with you, what center is catching. Now if this one is burning, then this center on the right is in problem. If this is burning, that means center on the left, because it moves. Actually it comes out of the nabhi - Swadishthana. It's not shown properly, comes out of the nabhi - nabhi [....???...it goes around...???].

If it is on the left side, then something wrong emotionally with you, means that you have got into some sort of a possession or black magic, mesmerism. These false gurus and false masters give you this. But if you know how to cure these centers, you get cured. And if you know about others also and want to cure them, you can cure them. All these centers are responsible for physical, mental, emotional and spiritual being within you. So the right-sided people are futuristic, and left-sided people are - we can say - are of the past, live of the past. Slowly, slowly you will understand everything. From the left side comes your conditioning on the left side. But when kundalini rises, she also absorbs your conditionings.

Say for Muslims there are so many conditionings. For example, [Mohammed-sahib] has talked in Koran - though we do not understand it in a whole way - that he talked about Abraham, he talked about Moses, he talked about Christ, and especially about Christ's mother. He never denounced them, he never said their religion was wrong, he never said that Islam is the only religion, he never said it. He respected all of them. But how could then Muslims say that we are different, Jews are different or Christians are different? This is all created by human brains. According to him, all these religions are evolving one after another.

My father - as I told you - was a scholar of Arabic and Persian - scholar, and he translated Koran into Hindi language. He was a scholar of Sanskrit. Fourteen languages he mastered. But he himself said that I don't know why people get these ideas that [Mohammed-sahib] created a separate religion. He was himself a realized soul and he had tremendous respect for [Mohammed-sahib], for [Hazrat Ali], for Fatima, for Hassan Hussein. He told Me all about Islam. But how to talk to Islamic people? Because if you tell the truth, there will be a fatwa on Me.

You see, you cannot be religious if you have fear. To know the truth, you must not have any fear; you have to have the courage. That's the point because a special time of [Kyama] is here now. And I feel so worried about the Muslims that they'll miss the point. All these French have got realization. All these English have got realization. All these people, who I would never call religious, have got realization. Imagine these Americans got realization. And what about the Muslims, are they going to be left high and dry? They are created by God and guided by [Mohammed-sahib] - they should understand that truth must give you positive results. Instead of that, they are killing each other. As a mother I feel terrible about it because they're all my children.

So you are all very intelligent, open-hearted Muslims; I appeal to you: you must show your courage. Supposing your children take to the Western style as the way children are there, who are killing their parents, taking to drugs, I mean horrible they are. I mean everyday you read newspapers about the Americans; you can't understand to what world they belong. They are so ignorant about the Divine that they're doing all kinds of nonsense. And they are very stupid - I tell you - very stupid, idiotic. They are good at computers, but themselves no brains. Imagine a woman divorces her husband eight times. Her name is Elizabeth Taylor. She is going for a honeymoon. So there are four thousand Americans standing there to see her going for her honeymoon. She has married a man who is twenty-five years younger than her, who is a laborer, ordinary. This is her eighth husband. And so many people go to see her honeymoon - as if some Divine person is going into ascent. And there are ten helicopters which are hovering around it. And there are parachutes which come down - to take photograph. And they fall on people or on trees. Such a stupid thing - there won't be one Indian will go there.

I must say, Indians have a traditional wisdom. Of course a wee bit of Americanization has come to it, wee bit. For example they brought mini-saris. It only came up to Bombay for eight days - and the Indian women said, "Get lost, we have nothing to do with it". They think we are very dull people, we cannot take to something very modern, you know, we are dull. I told you that three hundred years these English lived in India. We learned their language at the most, but never their ways and their lifestyle. You see, we could see the idiocy and stupidity of the Western mind.

They take to everything that is self-destructive. First the fashion started in France that they should have six inches of skirts - only six inches. So everybody started wearing six inches. My granddaughters came, they said, "No, no, we don't want six inches, we want full skirts, if possible". They couldn't get even one skirt, and everybody said, "Are you Turkish? Why do you want to have long skirts?" They said, "We feel cold, that's the point." Then they developed varicose veins, these French. So the fashion came of long skirts - but open, open. In that horrible cold, what is the need to do all this? And they have junks and junks of clothes everywhere. Go to some house, you don't know where to sit because there's clothes here, clothes there, clothes there. It's all stupidity and idiocy.

These entrepreneurs are very clever; they are making fool of everyone. We just laugh at them. But it's serious. All our good human energy is spent where? We don't know our glory, we don't know what great thing we are, we don't know what we can achieve. You can completely transform the whole world if you have a little wisdom. It is predicted that after Sahaja Yoga, there will be no doctors needed, no hospitals, nobody will get sick. It's a fact. There are people who have been suffering so much, but once they came to Sahaja Yoga, they are cured completely. Mr. Gregoire had pain in the molar tooth. Doctors frightened him - they wanted to take out all his teeth, God knows what. So I told him, "You somehow come to America - I am in America". So he had to tell some lie, of course, that I have a friend who is a doctor or something, so he came. And he was cured in half an hour. All his teeth are intact - he's all right. There have so many... She was a very sick person. Her little child died in the cot - cot death. And she was very upset, like a mad person. "But why", I asked her, "why do you make your little child sleep in another room?" That is their culture.

An Indian woman will never accept such a culture. She can't sleep without her child till the child is at least ten years of age. And then she got completely [???], now see, she's before you. There are many, all of them can tell you stories. Germaine, everyone. But for that, you have to know that you can become that yourself, it's your own power, without any payment, anything, no obligation. It's your right, and you should get it. Yesterday you got it so fast, you can imagine. These French didn't get it that fast, nor the English.

Americans are not at all possible, very difficult. They are saying that after ten years, sixty-five percent people who are white-skinned in America will become mad. Be careful. Whatever I have seen now is such wrong ideas we have about progress and modernism that we should learn a lesson from these stupid people who have fallen into ditch. Same thing about fundamentalism. These people who think they are a very high race because they are white-skinned are destroying themselves because they take to only destructive things. Nothing to follow them. With all appreciations of the Sahaja Yogis from Germany, I have to tell you that Germans think they are the highest race because they think they have better IQ. Who are the highest people in this world - are the saints. What is this IQ that you don't understand that to kill children in the gas chamber is the greatest sin.

So kill the Jews in the gas chamber, what right they had? Under the wrong thing that they killed Christ. I think they are lowest of lowest. They have no idea because Christ was killed by Roman government. Have you heard of anybody who is a judge will ask the multitude of people whom he should kill and whom he should release? So the Roman government killed, from where came Mussolini later on, but not the Jews. Jews are tortured for nothing at all. Now they are becoming the same style.

Still I don't understand why there is problem between Jews and Muslims, I don't understand. If we go on like this, there's no end to nonsense. They are all becoming disciples of Hitler, whether they are Jews, Christians or Muslims. Hindus, that's one advantage - we have not one book and we have no organization of religion. Thank God. Of course, there are all kinds of atheists and all that, but at least they don't form a fundamental school. They may oppose someone because somebody is torturing them, but they don't form under some sort of a fundamentalist nonsense.

I was Myself born in a Christian family and I was quite surprised how these people were Christians. Then I found out in every religion there is hypocrisy because the rules and regulations are so strict that normal people cannot follow it. So first they should know the truth that it's very easy, very, very easy. Nobody has to tell you. You'll just do what is the best for you, the benevolent for you. I am very thankful to you all particularly to the party which has invited Me here. This is the first experience that a political party has invited Me. And I have nothing to do with politics. But there is Divine politics, which works. See, you had no rain for seven months, and you had rain - that's Divine politics.

So, one has to understand that unless and until you know the absolute truth, you cannot take decisions on anything. And you all can know it. Yesterday I think you all felt the vibrations. Today again we'll try for five minutes. Only thing you have to take out your shoes. [...garbled] [as per French translation: As I already told you there are three conditions.] First one is that you are not to feel guilty. After all, you are human beings. And if you make mistakes, doesn't matter. What's the use of carrying the mistake on your head all your life? You should have faced your mistakes earlier and forget it. By committing this kind of a state of feeling guilty, you catch on this center, and you develop diseases like angina or spondylitis.

So it is a myth to feel guilty. You have to know that this all-pervading power of Divine love is the ocean of knowledge and bliss. This [ruh] is the ocean of compassion and love. But above all, it is the ocean of forgiveness. So whatever mistakes you might have committed, will be completely dissolved by this ocean of forgiveness. So please forgive yourself. Second condition is that you have to forgive everyone. Whether you forgive or don't forgive, logically you don't do anything. But if you don't forgive, then, what happens is that you play into wrong hands. So, why should you torture yourself? Especially at this juncture, the center of agnya is like this, absolutely constricted. It's on the optic chiasma.

Now, if you don't forgive, it is so constricted it will never open. As soon as you forgive, it opens like this. That is how the kundalini can pass through. All your life you have tortured yourself by not forgiving. And now, if you don't forgive, you'll miss the great chance of becoming a [nabbi], a saint, an angel. So don't also think about those people who have troubled you, but just forgive them because it's a headache to think about them. The third condition I've already told you - it's to take out the shoes.

Now, you just put your hands like this. That means you should be pleasantly placed towards yourself. After all you are human beings at the epitome of evolution and have understanding that you are here to discover your glory, your greatness, which is innate - here. They're already feeling it. Now feel it on your head also. Bend your head and see with the right hand towards Me and with the left hand you can see if there's a cool or a hot breeze slightly coming out of your fontanelle bone area, which was a soft bone on your head.

Now, please take your left hand. Now bend your head and don't put the hand on top of your head, with your right hand you can feel it, not touching the head, but away. If it is hot, then know that you have not forgiven yourself or others. Please do it now. See with the right hand now and put right hand towards me and the left hand on your head and see for yourself. Bend your heads please. Now, please put your both the hands towards the sky like this.

Push back your head and ask one of these three questions - any one of them - three times. [missing text] [as per the French translation: "Mother, is this the cool breeze of the Holy Ghost?"]... or "Mother, is this the [ruh]?" or "Mother, is this the

Paramchaitanya?" Ask any one of these questions three times.

Now please take down. When you don't think, you are in the present. You're aware, but you're in the present. All those who have felt cool or hot breeze like vibrations on the fingertips or on the palm or out of their fontanelle bone area, please raise both your hands.

May God bless you.

Thank you very much. Some have not felt because they were just laughing. Some of them didn't feel it because they might have been to some other guru, some other method of meditation, or maybe some might not have felt because they are not well, or some may be doubting themselves. Everyone can get it. I hope you will be able to open some center of Sahaja Yoga here, where we have some people who will look after you. So now the message is enjoy yourself, and enjoy others. Thank you very much.

1994-1113, Address to Tunisian women

View [online](#).

13 November 1994

Talk to Sahaja Yogis

Tunis (Tunisia)

Talk Language: English | Transcript (English) - Reviewed

Shri Mataji: You can't see? You can come here.

Yogi: ... ladies, Shri Mataji, they all say that they have got used to You, and they love You very much...

Shri Mataji: Thank you.

Yogi: ... and they want You to stay in Tunisia (Shri Mataji laughs), they want You to buy a residence - they want to buy a residence for You, so You can come more often (applause).

Shri Mataji: I see here, these are the kindest words I've ever heard. I've been here for a short time, but I really felt so close to you. You are so sensitive and so sensible and you didn't mind whatever I've told you. I'm a Mother, and I have to tell you the truth and you shouldn't feel bad if you think that I'm your Mother. That is a Mother's job; she has to have patience, love, affection and also wisdom.

Perhaps we women don't realize how important we are. Men can do politics, economics and all the mess of it, but women are responsible for the society. They can make the society or mar the society.

Wherever there are good societies, where children are good, families are good, and there is peace, there the women are responsible. The woman who has the job of rocking a child can rule the world. In no way a woman should think she is less than man.

Woman is like this Mother Earth and man is like the sun. Look at the Mother Earth: how She bears us, how we torture her, and how She looks after us. So the greatest quality of a woman is her tolerance, her love and her wisdom. I forgot to bring a newspaper which I wanted to show you, in which English newspaper they have shown a woman looking like a man and having few hair here coming on the face, like a man.

I would hate to be a man because a man has to please so many bosses and fight in life, while woman has to please only one; that is her husband.

So the society can only be made alright by human beings who are not men, but women.

You all can play a very great part, and a great role in your country also. Like when we had to fight the British I was only about 17, 18 years of age and I was very active. They gave me electric shocks, they made me sleep on the ice, did all kinds of things, but that time our country had to be free. But now, we have to be free from our ego and conditionings.

I'm very happy to see that you ladies here in a Muslim country, so intelligent, so advanced and so free, but in My own country there is another law for Muslims.

There's not a common law and the condition of Muslim women is horrible. Once I was going to a place in My car and it failed on the way. And I got down from the car and there were many ladies, Muslims, ill-clad, very poor, were standing for the water from a tap.

They were all Muslims. Then I started talking to them. So they told Me that each one of them had been divorced by their husbands, they had “talaq, talaq, talaq”, finished. And some of them had even 24 children and they were just left on the lurch.

They have no way of eating any sensible food, no house, no water; so they live on the street. There were more than hundred women there and their children, and only one tap of water.

Then there was one lady called Shah Bano.

She was divorced like this and she had no way to live. So she went to some reformers [She repeats to the translator: “Reformers”], and requested them to put her case in the court, I mean, charitable organization. And this case went up to the High Court.

The High Court decided that her husband has to support her because when she married, her husband was a poor man so the man had - was very little amount; but then he became very rich, and drove her out with all her children. So now she had no way where to go. So the court decided on the common law, that she should be given one third of the income and one house should be given to her to live, because she was on the street!

Though the High Court did that, our Prime Minister who was Rajiv Gandhi, he was threatened by Muslims that “if you give money to Shah Bano we will not vote for Congress”. So the Shah Bano case was dismissed and Rajiv Gandhi said that even if one Muslim man says that ‘Alright, Shah Bano should get the money,’ then I will support the case. But no Muslim man in India supported this poor lady, no Muslim. Immediately she was helped by some charitable institution. Such fear in the minds of many also that if they had supported her case they, they would have been killed or fatwa on them.

Worse is the case in Bangladesh, [She repeats to the translator: “worse is the case in Bangladesh.”]. In one week, four ladies were buried half-naked into the Mother Earth and were stoned by people because their husbands said that they were looking at other men, you see.

Ultimately these women committed suicide. Then that you must have heard about a lady from Bangladesh; Talisma (should actually be ‘Taslima’ - ed) She’s now hiding in Sweden because she said that it’s better that we revise Koran and this harshness on women is too much and we have to work it out. So she had to run away to Sweden. Now they want her back in Bangladesh to prosecute her because there is fatwa on her. They may kill her the same way.

If you see, all over the world, Muslim women are the most tortured ones. It could not have been Mohammed Sahib who would have allowed such nonsense. He talked of Rahim and Rahimat.

The condition of these women, even in Arabic countries, is very bad. There are thousands of French women as keeps in Riyadh, thousands and the poor Arabic ladies are tortured. There’s a reaction to it also. In Arabia there are some rich widows who actually take away young boys and imprison them in their palaces. And also horrible things.

Once an Indian boy, married to one, was captured and he was arrested and kept with these ladies. They used him for one month and he came out like a mad man. We know him.

This kind of thing still going on in modern times. Now when I went to Turkey I was happy to see that Kemal Pasha Ataturk, Kemal Pasha has done a good work for ladies there. He really gave them dignity and equal rights, but unfortunately – I don’t know why – the German culture has come in Turkey; German culture.

So they import even the cakes from Germany, even the cakes, while, while Turkish food is excellent [Repeats to lady translator: “Turkish food is excellent”]. They import their clothes from Germany; everything from Germany, as if Germans are something

coming from heavens. I asked them 'Why do you do it?' so they said, 'If we are like this then our men will respect us.' I couldn't understand because after all men are created by mothers.

What discipline you give to your children should be Tunisian or Turkish, your children. They must respect your culture and not that of Germany or of France.

Whatever dress we wear is traditional from days together, thousands of years we've been wearing sari. Actually by travelling it's little awkward with sari. But I can never wear jeans, whatever you may try, because this is our tradition and in our tradition, the way a woman is respectable has to be in sari.

In some cities before marriage they do wear every kind of dress, but after marriage they assume the position as a Gruha Lakshmi, meaning the goddess of the household.

She is the goddess and if she is the goddess, then all kinds of blessings come on that family. We have seen our experiences that if the woman is a Gruha Lakshmi in the pattern of Fatima, then all the good can come to that family. I went to your bazaar and bought some traditional dresses and all these girls from all over the world are wearing these dresses. Not only that they look very nice, but also, they look like ladies, you see.

There's nothing to learn from French. If you want to know about French you'd better read Moliere or you can read Maupassant or Emile Zola. They have brought out the nonsense of French families and the woman are so aggressive that men have to go on dancing behind them. We can see from these, from these writers; they have brought out so many things. As a result, men have become very ugly in a way, because Sartre, a horrible fellow, you must have heard his name, Sartre, he's written such horrible things that you can't even read one page.

French women have ruined their society completely. You see the first time when I went to France they told me, 'Mother, You look so happy and joyous, but you shouldn't look like that, because French think you are ignoramus.' So I started my lecture with 'Les Miserables.' I said, "After every lamppost you have a pub, and after every 11th lamppost you have a prostitute. Then what will happen? You are going to be miserable". I've heard recently that the housewife could be partly a prostitute in France. (Inaudible words)

They say they are very tolerant society. No wonder there are so many children taking to drugs, to violence, to AIDS; all kinds of things. I blame their mothers because they are busy with their own decorations and things. They have no time for their children.

After I started Sahaja Yoga I was surprised: were many people coming from France, many girls; and they told Me that, 'Mother, in France we have been always around the hotels.' 'For what?' To, to go into the hotels and available to their customers, from the college and they were on the list of many girls who could accompany men for their holidays.

Absolutely common, it's nothing new, it is I'm telling you at least ten years back it was going on. I mean, in such an immoral country of immoral mothers, what would happen to children?

There was one bank robber, and this bank robber was shown on the television before the magistrate and he was boasting how he went through a tunnel into the bank and then he stole. What was his name?

Yogi: Spaggiari.

Shri Mataji: They say, you see, he's famous like Mahatma Gandhi. (Laughter, Shri Mataji laughs.) And then he was telling, he was, he told that, 'I went to the window and opened it and jumped out'. And he told the magistrate, 'Should I show you how I do it?' We saw it on the television, saw it on the television. He went to the window, opened the window, and jumped down, and escaped! (Laughter.) And there was one fellow waiting for him on a motorbike down below. And he became a hero; national hero. (Laughter.) Next year I went there, all the young boys and girls were wearing his photograph on their t-shirts. The French women

don't realize what they have done to their own children, to their own family.

We, we started a school in India just for children who are in these Western countries and are suffering.

And we had one French boy, Johan, and his grandparents reported to the police, so five newspaper people came, entered inside the premises without permission and tortured that boy: asked thousand questions and the government forced us to send that child back to France. Then the boy told Me, 'Mother, I don't want to stay in France.' He wrote to the magistrate, 'I don't want to stay in France,' and he was asked questions by Freudian psychologist, Freudian.

You must be knowing that Freud used to teach that the first relationship, bad relation, starts with mother and they said, 'This boy is no good as a French one, because he has no open heart.' But this boy told me that in the school when the children go to the bathroom they open their clothes and do all kinds of things which he doesn't like. They take drugs, hashish, everything, in school and still they want to keep the child there.

But these five newspaper people were brought to courts in India because it was trespass, and they are fighting their case in India. They made hell for our life. All the French countries were informed that we had a school where you take children from Europe, as if it is – as if it is a crime, because, you see, we are not Europeans, you see. But our Indian children studied in England, everywhere, no objection.

Now they have made it compulsory that if you come to France you must speak in French. No other language, as if French language is the last word on literature. All this should tell you that nothing to learn from French. They have ruined their society completely, entirely. No marriage is successful, children are immoral, mothers are immoral, husbands are immoral... I used to say it is the gate of hell.

You won't believe, in the beginning, every year I used to go three times to Paris. Now we have thousands who are Sahaja Yogis because there were so many who didn't want this, who didn't like this. There were so many who didn't want their children to be ruined, who wanted to have a happy married life.

So now we have lots of people who are Sahaja Yogis. And it's surprising; they are very great Sahaja Yogis.

Why I'm telling you this, that do not get enamored by the culture of these people. This is the best way you can put down all the fundamentalist, you see. What they are saying, that these are not traditional Muslims, they do not dress up like traditional Muslims, their lives are not like ours and all that.

They say they are French; they are not Muslims. So if you show them that we respect our culture and we don't care for other cultures, immediately you'll be amazed that they will have no platform. What will they fight? What will they say against you people who are sensible? As I told you yesterday, we cannot have fundamentalists because we Indian women are extremely traditional.

We, we respect our culture and our chastity (inaudible words), not in the history alone, but even today. So nobody can say, even Ayatollah Khomeini used to say that Indian women are more than Muslims, used to say that, because we believe in all the auspiciousness of religion, auspiciousness. Thank God there is a word for 'auspiciousness' in French (laughter, Shri Mataji laughs).

So I'm just telling you that this is just the beginning. Djamel came to Sahaja Yoga long time back. And I think about 16, 17 years back he told Me, 'Mother, there are dangerous things are happening in Algeria.' I said, 'What?' 'That the women and young girls are taking to French style of life; that women want to expose their body, and do all kinds of such things.' I said, 'Very dangerous! Because fundamentalists will take advantage of this'. And that's what exactly has happened after that. Now, Algeria is in the grip of fundamentalists. They don't know what to do, how to get out of it.

So imagine if you people decide to live like traditional Muslim living, just for the sake of it, or, as in American language: 'for the heck of it.' (Shri Mataji laughs) So they cannot say. What objection they can have?

And with Sahaja Yoga you can beat them hollow. Sahaja Yoga is the middle path. Neither it is the extreme West, and nor the extreme fundamentalism. It is a very essence of religion, that we don't do anything wrong. We don't take to anything that is wrong, or bad, or irreligious. In this country the women look very sensible and you can take a lead for the whole world of the Muslim women.

Poor one Talisma is there, who is suffering, but here you are so many. If you take up upon yourself that "we will show them that we are really religious people", you can solve the problem of fundamentalism all over the world. This is in your hands.

Also, to bring your men-folk to the central path. They should not go to the extreme of the left side. Like Mohammed Sahib has said, you should not drink alcohol.

Now what Christians say, that Christ went to attend a wedding and there He made water into wine. So among Christians it is not sinful to drink wine – very nice, you see. (Laughter, Shri Mataji laughs) That may be the reason Mohammed Sahib has said, 'No wine, no alcohol.'

Now, I, I had an interview, in Italy, and the gentleman is a very famous man, who interviewed Me, and he said, 'Mother, first You give me realization, then I'll interview You'. Romano Battaglia his name is. I said, 'Alright, get some water,' and I put My hand in it. He drank it, he said, 'This tastes like wine!' I said 'That's what Christ did.' Wine, which is described in the Bible, is the grape juice – fresh grape juice. In Hebrew, in Hebrew language, it's called wine.

Now, you can't make alcohol instantaneously, can you? It has to rot, rot, and rot. The more it rots, the better it is. The more it smells, the better it is.

What about cheese? Horrible. There are some good cheeses, but some of them, some of the French, are horribly smelling, I tell you. And the mouth also smells (laughter), and they have a habit of kissing you (laughter) Oh, very difficult. Their hands smell because they don't use water at all, their mouth smells.

You know My husband was Secretary General, General, of the International Maritime Organization and sometimes we had to shake hands with 700 people at a time, going in, and coming out of a drunken state, imagine it. [She repeats to lady translator: "Shake hands. "]. And my husband would say, 'Baba, please press my hand; it's paining.' I said, 'Mine is paining also.' (Laughter.) I said, 'Why can't you say 'namaste'? They said, my husband said, 'They'll think something wrong with you, you are mentally upset, if you say namaste.'

You see, they don't like anything like that and men kiss and women also kiss. I don't mind the women but men also kiss, you know? (Laughter) I don't know what to say. For us, it's absolutely absurd.

Now the new trend has started in the West, as you know. Not very new, but about ten years back, first time. Is you must have heard of horrible things of homosexuality, I can't understand.

You know, if they make a goal, the fellow gets very excited, is the one who makes the goal, but he can't hug others; he has to touch with the hands. Sometimes after making the goal, he is so excited that he runs out of the field, but he can't hug anyone, you know, he cannot express.

The women can't hug men. Women cannot hug men. They can only hug... no, women can't hug women, they can only hug men.

If you go to a hotel with your father, you can't stay in the same room. With your brother also you can't stay, but any other man you

can stay, that is allowed. Such absurd people they are. (Shri Mataji laughs)

Now there was a law in England that a man can stay only with a woman, but no woman can stay with woman. Especially with parents it was so absurd, that a girl, daughter, cannot stay with the father.

We Indians can't understand. We are not, we are not so advanced. We don't know, we don't know these things (laughter). They cannot trust a father with the daughter, but then I saw on the television that so many fathers and mothers and sons and daughters were fighting, that they should be allowed to have relationship with each other. These are parallel: English ones.

There was a protest and a big strike of these stupid people. In thousands mothers wanted to have relations with their daughters, and the fathers wanted to have relations with – no (?), mothers wanted to have with the sons, and the fathers wanted to have with their daughters. It is the worst decadent society. And anything stupid comes like that they accept, because they are very self-destructive.

Now there are so many, 80 persons, who have come from Western countries. For them it's a historical event to have a breakthrough in the all kinds of problems the Muslims are having.

They all will not object to what I'm saying because they've seen it; they know what it is. There is no respect of women. They want to put them as nude women everywhere and women also accept. Even the parents accept. Just making money out of their body all the time. No self-respect, no sense of decency.

Women have no respect. They want everybody to look at them all the time. In India any man tries to look at a woman she'll go and give him two slaps. That way, I must say, they have saved our country.

So, with such a decadent society, who have no moral values, who are getting destroyed, we have to learn a lesson. It starts slowly and then it, they start slipping down.

So now you have to realize your importance as the mothers of this country. Whatever Mohammed Sahib has done is to respect women. He has written more about Christ's Mother than it is written in the Bible. For Her chastity, nobody should challenge, He says.

In Sahaja Yoga you will know who They were: who was Fatima, who was Hazrat Ali, who was Mohammed Sahib. You will now everything. All the subtle side of these great Incarnations you will know, and you will get proof. It is a tangible thing, absolutely tangible. Thus you have to believe, but for that, first you should grow in Sahaja Yoga. In India women are regarded as the Shakti, the power.

I can see it here that, you see, because of you people showing your personality, this country is very balanced. So just think of your responsibility. You can do a lot to change the fate of many women who are suffering.

I was very happy to come here. Not only that, but the vibrations were so great and flowing, that I just couldn't even sit. So many were there, these Divine vibrations.

You are people of great Divine value; respect yourself. Respect your value system. Tell your children how to be respectable. You can do it. I know you have great capacity.

I am all with you. As you have suggested, I may buy a residence here for Myself.

(Great outbursts of joy and applause from audience.)

I have few presents for you, very few, because I didn't know I'll meet so many ladies here.

You see, I couldn't get something very nice but whatever I have, this is for you, and this stone is what you call the golden topaz, and this is for the guru, is the master. All the leaders are given this.

What's this?

Yogini: ...Mecca...

Shri Mataji: I know.

Yogi: She wants to give You this from - this is from Mecca, here. From Mecca.

Shri Mataji: I know, beautiful. Thank you very much. Now. This one is... no, no, for the other lady, what's her name? The one who has organized this. The behind... (Applause). This is the thing...

(The yogini says in French that, as Mother has said that we have be loyal towards ourselves, therefore she has to be also loyal to the other participants, and starts listing the ladies who have helped in the organization of the seminar. Then distribution of the presents starts)

These are all Indian, Indian, this thing, but this is also Western... (applause as Mother gives gift). You see, (mossia?) they call it, a kind of a small flower.

Who... She likes roses? This is a rose. (Applause) Good? This is musk, musk, musk. Musk. (Applause.)

Now who.... This is sandalwood. (Applause)

No, no, no... This you can give lastly... even gargar.

Now we have so many, for all the ladies.

This is lotus. For the younger girls we'll give the Western... for the younger girls (Shri Mataji laughs).

[End of audio]

1994-1129, Public Program - Kundalini Ek Mahan Shakti (Kundalini, a Great Power)

View [online](#).

29 November 1994

Public Program

New Delhi (India)

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

1994-1129 Public Program–Kundalini Ek Mahan Shakti (Kundalini, a Great Power) New Delhi

I bow to all the seekers of truth.

At the onset, we must know what is the truth.

Whatever I wish to speak about, must not be taken as blind faith. I say this repeatedly at every place, that blind faith has caused lot of damage to us and this country. Those great souls who said many things of immense significance and departed after working out several noble tasks, have long been forgotten and those who want to make money in the name of religion and those want to mislead seekers in the name of religion, have in fact, destroyed the works of all those great incarnations.

And all of us being innocent seekers, trying to find the answers in darkness, have a tendency to cling onto anything and do not even think if that is leading us to the path of truth or pushing us towards evil.

These people are hankering after our money as they believe money is everything and they can take away a seeker's money by fooling and conning them, by mesmerizing them. It is important to note that God does not want our money nor does He understand our banks. These are all manmade institutions.

There are several evil people like these, who have come in this Kalyuga (modern times). And in this terrible time of Kalyuga only, the lights of Diwali (festival of lights) will have to be illuminated. There cannot be a darker night than this. Even in our country, these evil people have spread darkness and several people are following them.

You must understand what have you found in this quest, what did you become, what knowledge you acquired or have your pockets been emptied leaving you in disillusionment? There are several evil and adulterous people such as these, who have established themselves and taken advantage of your innocence. That is why I advise that you should not have blind faith. You must hear and then understand. Only if it is proven, then you must embrace it as a scientific hypothesis and believe in it once proven right.

If you are a genuine and honest person and interested in your own well-being, then you must believe (Mother). Without understanding this truth, we can never find the solution to any problem. Because truth is the light and in the light of that truth, we can see clearly what is benevolent & essential for us, for our society, for our country and for the whole creation. All your questions are because of imbalances in your chakras.

These chakras are the milestones of our evolution wherein we transitioned from several stages to become humans of today. In spite of reaching the human stage of evolution, we still do not know the absolute truth. Some say this is good, some say that is good, some say your karmas are bad and their karmas are good but one doesn't know the absolute truth. Only when one attains the absolute truth, one can clearly understand that all of one's beliefs are nothing but darkness and will drop those beliefs instantly. There are so many false beliefs that people have created, but even then people choose to believe in them. This is why I ask you and those who are new here, not to believe what I say, but keep your brains open like a scientist. If you believe in your own well-being and when you believe that it is your responsibility to look after the well-being of the world, you will awaken with that sense of responsibility and will realize that we must understand and believe only in the absolute truth.

Many foreigners came to India for centuries but we did not take them seriously. Their ways were not acceptable to us. We did not find anything to learn from them except, may be, English language. Even Mahatma Gandhi who led the revolution (of Indian Freedom) emphasized that we must be completely dedicated and faithful to our country and our culture. It was not a question of religion such as Hindus, Muslims, Sikhs and Christians but we had the blessings of this culture, which is now getting lost. I notice advertisements of wine and liquor on television these days. Earlier we could not even imagine this. Someone asked me how does one say 'cheers' when wine is served on the table. I replied, "we never keep wine on our tables".

However now, people consider drinking as a gentlemanly conduct and everyone wishes to be a gentleman. This is why I am advising if you become a gentleman, you will have to become an Indian again. What is the need to be a so-called gentleman if you have to come back here?

Especially the type of Indians I have seen abroad, they appear like uprooted trees. They do not come to Sahaja Yoga at all and even if they do, they disappear after few days. It is only because of our great traditions that Sahaja Yoga is decorated.

Sahaja Yoga remains decorated because we kept our belief in all the great sages and incarnations. I do not want you to believe that this great work has been done only by me. Sahaja Yoga has been in our country since ancient times. Markanday Swamy who was born 14000 years ago here spoke of the Kundalini.

There has been a discussion about Kundalini everywhere. However, it was possible only between one Guru and one disciple. It was concealed in such a way that one Guru would have only one disciple. In the 12th century, Gyaneshwar took the permission of his Guru and wrote everything about the Kundalini in the 6th chapter of his book Gyaneshwari. But the so called protectors of religion discouraged people from reading it proclaiming it as forbidden, since they themselves did not know much about it. This is how the knowledge was suppressed again. Then in the 16th century, Guru Nanaka, Kabira and several saints of Maharashtra clearly described about the Kundalini, and that man's benevolence and ascent is not possible without the awakening of Kundalini. (But) several tantrikas arose and claimed knowledge about the Kundalini. People started hovering around them. When I came to this earth, I found that most people are in a state of turmoil and disturbed. For instance, my own father was an extremely pure soul, even my mother never told a lie. I have seen such people.

Our country became distracted after independence and people started getting influenced by money. The country that was sustaining itself with the blessings of great saints and sages had now started functioning on money. Money is not a blessing of Lakshmi, it is something weird. On the other hand, let me tell you about those countries that are considered affluent. I notice the influence of those countries coming to ours. You don't know that even the westerners are still immature in their growth. For example, a woman there may have married eight times. In our country, no one would look up to such a woman. A woman who married the eight time attracted a crowd of over 5000 people who just wanted a glimpse of her. 10 helicopters were flying around with people jumping from these, trying to take pictures and falling on trees and on people on the ground. I would say even in a city like Delhi, not more than two persons would stop by to witness such a sight. There is something still righteous within us. So why do we run after those who are imprudent in their actions? There is a lady who once said she would give people a shawl that is vibrated and spiritual. How can a shawl (piece of cloth) be spiritual? Surprisingly, people started following her.

Without understanding the innate religion, how can one follow such people? There is nothing to learn from them. People innocently start running after people who produce objects and things using tricks. These are baseless things. These people (who play tricks) are crazy about money. In some advanced countries, a woman can enter into prostitution for money. How can the Creator bless a place where the women become so unrighteous. No one is leading a comfortable life in those places (advanced countries) either. Everyone is after money and everyone is burdened with loans because things are so expensive there. Several members of parliament too are in jail for money related acts. It will become like this here as well. People are fooled to extract money. A woman's modesty has no meaning if money is everything. Only devils will be born in such places. Even children kill their parents there. A woman in order to make money, killed her two children by drowning them.

We must be watchful where our attention is. I am surprised looking at advertisements and how women dress up in them. We have such a beautiful country . Why are you running away living behind such an enriched country.

I had to say these things today because our mental state is not stable anymore. We just don't understand. Being born in a great country like India is the result of punyas (good deeds) of several lives. Even if the meaning of punyas has been lost, it is still those punyas that will save the day for you.

Whatever manifestations we see of Sahaja Yoga today, these are because of you and not me because you have accepted Sahaja Yoga whole heartedly. I witness it spreading in the whole environment. I see that the times are transforming and it is through all of you, that the love of God is getting established.

In order to understand anything, we must first understand what we want. It is important to realize that we are not the mind, body, ego or emotions. We are only the pure spirit. It is no longer difficult to find the pure spirit (within ourselves). It is very easy. Saha means 'with' and Ja means 'born'. It is that right to get realization which is born with you.

We must get it and attain the final milestone of our lives. When in the state of Yoga, that union is established with the all-pervading power of God's creation, we are no longer individuals but we become one. This power of love (God's Love) is the truth. People ask me how can love be the truth?

If you love someone, do you not know everything about that person? When you get to this truth, it showers upon you as love. People often believe that it is better to think twice before approaching a truthful person because such people can sometimes be difficult (to approach). But this love of God, which is nothing but the truth, brings us all the blessings. One may think that one has committed so many mistakes but if you have come to seek the truth, all mistakes are forgiven. One may say that one has problems. All the problems will be resolved. Even the biggest of problems are solved so easily that one is completely surprised how did those problems get resolved without doing anything.

It is an amazing thing when you receive the blessings, you are protected. One lady came to me and said she was full of fears but later she said I have completely forgotten what fears are. As the saying goes that truth can never be destroyed, this is true. If you are standing on the truth then you do not have to fear anyone. You are no longer afraid to speak the truth. It is because of this truth that you are blessed. I receive so many letters every day where people state how many blessings and miracles they have witnessed. This is not a miracle but this is the love of God, your Father. Every father wants his son to sit on His seat. Similarly God loves you and His love is so powerful that no other power can match it. We should have that space in our hearts to be worthy of accommodating His power. It is through you as a medium, that many miracles have happened and shall continue happening. You don't know yourselves so far. You can know yourself through Sahaja Yoga. The moment you realize this, the all-pervading power starts manifesting in your fingers. This are not merely words but it actually happens. Until the time it happens, you will continue to remain restless (in life). If anyone asks you to chant something, you start chanting it. Will anything happen by mere chanting?

One must receive it (vibrations), on fingers. It is possible to find which chakras are caught up (on fingertips) through this self-knowledge. If you make use of this self-knowledge , you can get rid of any illness and solve any problem. All the problems are because of chakras.

You start speaking the language (of chakras). One gentleman said to me, "Mother my Agnya is caught up". What he meant was that he is consumed by ego. Will anyone say something like this? When you speak the language of chakras, you detach yourself (from your ego and conditionings).

Once you are able to understand and correct yourself, you can then understand and correct others (their chakras) as well. When you understand this and correct (cure) others (their chakras), they will also be realized and become alright.

This is how Sahaja Yoga will propagate. It is beautifully established in 65 countries today. No fights or misunderstanding, such beautiful friendships and no desires whatsoever, just pure joy. When I was coming here, I missed my flight. I boarded another flight. Many people were upset at the airport but others (Sahaja Yogis) were instead in joy, singing and having fun, They made an occasion out of it.

So far, we have mostly experienced either differences or attachments with others. At other times we also feel proud and believe we are something. All of these drop off (after Sahaja Yoga) and you evolve into such beautiful personalities that you become the source of love.

But I will not hide this from you. While it is very easy to receive self-realization and experience it, unless we go deeper in this understanding, the tree (of Sahaja Yoga) will not grow and its benefits will not reach many. If you truly believe that India should not deteriorate further into Kalyuga but rather Satayuga (the age of truth) should be established, then all of you must go deeper (in your awareness). Until the foundation has been strengthened, how will you realize the benefits of this truth?

You will be surprised that it is possible (to establish Sahaja Yoga) in this country. Probably we are a little poor, but are the rich happy? Probably we do not have many resources but what we have is the light of our spirits. The whole world can be yours if that depth can be achieved. In the year 1942, I worked with people relentlessly. I was quite small. My parents gave away their wealth and property for India's freedom. Such a movement never happened again. In the same manner, if you have to get your freedom (within), you have to work hard like those times. But now you do not have to forgo your money or wealth, you do not have to fast or go to the Himalayas or shave your heads.

You can continue to be the way you are, without giving up your families or household. Just hold on to yourselves. I say this because Indians do not realize how powerful they can be (spiritually). If you understand this, seek this and establish this, then India will attain tremendous glory and beauty.

And all the sources of filth that are here, will disappear. When this inner (individual) cleansing happens, collective cleansing will also happen simultaneously. All the physical, mental and spiritual problems will be resolved. You will attain a higher place in your life. You will dissolve into the ocean of joy. Many people understand the concept of happiness and sorrow. When there is happiness in our lives, our pride (ego) also elevates. When the ego falls, we feel sorrow. Therefore, happiness and sorrow are merely two aspects of the same thing. But joy is eternal and only one. In that joy, you just witness the whole creation (in detachment).

It is not possible or appropriate to explain all the benefits in one lecture. But you must seek it, receive it, understand it and grow in it. So many people have assembled here today but it is difficult to say how many will grow into Sahaja Yoga. However one who is determined, will easily go across. It is a humble request that you must become determined. If you experience the awakening of your Kundalini today, you must grow into the experience and extend the same experience and benefits to others too.

It has been explained in today's lecture (earlier) what is Kundalini and the (subtle) system. Even this is for mental consumption. Sahaja Yoga is beyond mental understanding. Even what I have explained now is understood mentally. One has to go beyond mental (thinking) and it takes very little time in India. It is surprising even in Delhi, Sahaja Yoga is getting established.

I earnestly wish that you appreciate that Mother has requested something from us and we will get to it with determination. There is no thought process, debate or science to be discussed here. It is above and beyond these things. I just want you to know it, experience it and validate it properly. If you find it to be the truth, then it is such a great thing.

This work used to happen earlier as well. I have worked out and shown how this can be worked out at a collective level. However, collectivity does not mean that quantity should go up and quality should suffer.

(Mother says in English) : I am sorry I have to speak in Hindi Language because if most of them knew English language, I would

have spoken in English language. But some of them do not know (English language). They have come from villages and smaller places. I hope you people will not mind. You have listened to so many of my lectures much more than all these people so please forgive me.

(In Hindi) : I have said this all-pervading power of Almighty forgives everyone. This is an ocean of love. It is also the ocean of knowledge and blessings. But most importantly, it is the great ocean of forgiveness. All your mistakes are forgiven today. You must be pleasantly placed towards yourselves. It is less in our country, but people have a tendency to feel guilty more often abroad. I am surprised sometimes they feel guilty for something that is happening in another part of the world. What has happened is over. What is the point of feeling guilty now. By feeling guilty, this chakra catches (Mother shows left Vishuddhi). One ends up with angina and spondylitis and many other illnesses. What is the point of feeling guilty then? Mother loves all her children. Secondly, you must forgive others too. You don't do anything whether you forgive or don't forgive. But if you don't forgive, you play at the hands of others. What is the point of remembering someone who has troubled you? Why not remember God instead. It (not forgiving) only increases our anger and problems. Just don't think about it. Simply forgive everyone. First forgive yourselves and then forgive others. Nothing else is to be done.

If you are wearing shoes, please take them off. Please raise both your hands up (towards Mother). All of you must do it. If anyone does not desire, they may leave as this is not forced on anyone. This Kundalini is your pure desire and if you do not have the desire then She (Kundalini) will not rise. She is your Mother, everyone's Mother and She knows everything about you and She is very keen to give you, your (second) birth.

Now with the right hand raised, bend your head and see if you can experience cool breeze coming from your fontanel bone (crown) on top of the head. Please bend your heads. See if you experience cool or warm breeze coming out from the top of the head. One will experience warm breeze if one has not forgiven (themselves or others). Bring the left hand closer to the fontanel area . Some may even experience it slightly higher (on top of the head).

Now place the left hand towards me and bend the head downwards. Check with the right hand this time if you experience cool or hot breeze coming from fontanel bone area. If it is not, this means you have not forgiven others and you have not forgiven yourself.

Now bring the right hand in front of me (Mother). Check with your left hand (again) if you experience any cool or warm breeze on the top of the head. Bring it close (to top of the head) and take it far (from top of the head).

Now raise both the hands towards the sky. Bend the head backwards. Here, ask one of the three questions.

(First question): Mother is this the power of Gods' Love? Ask three times in your heart.

(Second question): Mother is this Param Chaitanya?

(Third question): Mother is this the Rooh (the spirit)?

Ask any one of these three questions in your heart, three times.

(Mother in English)

(First question): Mother is this the cool breeze of the Holy Ghost?

(Second question): Mother is this the All-Pervading power of Divine Love?

(Third question): Mother is this Param Chaitanya?

Ask any one of these three questions in your heart, three times.

Now place your hands toward Me. And don't think.

In your journey of Sahaja Yoga ahead, you will realize that you attain thoughtless awareness first. It was earlier considered very difficult to experience. Then, you will attain doubtless awareness.

You will soon become experts. Within one month, you can unite with your Mother (Kundalini).

Now those who have experienced the coolness or warmth on their fingers, at the base of the palm or on top of the head , may raise their hands. (Everyone raises hands)

(Mother says) It appears the whole of Delhi has received it (self-realization).

I bless all the children. Please respect your self-realization. You have now arrived on the path of saints. Wherever I conduct a public program, you must surely come.

We don't charge any money for this. So, we cannot build big places(to meditate). Whatever small places we have, you must come there and awaken in collectivity. This experience is to be worked out collectively. It does not work out individually. Please meet collectively and meditate together. It does not require a long time. You can meditate at home but meditate collectively as well.

All the seekers must humbly come and receive it.

Thank you.

1994-1130, Public Program - Paise Ke Peeche Daur

View [online](#).

30 November 1994

Public Program

Noida (India)

Talk Language: Hindi | Translation (Hindi to English) - Draft Public Program - Paise Ke Peeche Daur, Noida, India (Hindi), 30.11.1994

Translation from Hindi:

My salutations to all those saints, who are seeking the truth. Because of the several virtues of the previous birth, human seeks the truth. While seeking the truth he doesn't know, (later on), he doesn't know what exactly the truth is. But from within him, a very powerful feeling awakens, especially in foreign countries. This feeling flickers from within, which wriggles from within, some peculiar strong desire like this is found in them. These are the seekers from previous birth. These people search the truth in mountains and caves. And this is mentioned in our scriptures that, in this terrible age of vices, people who are seeking their Spirit in the mountains and caves, will come to this world, in the form of householders, and these householders only will achieve the knowledge of the Spirit. This is the destiny.

In the text named "Nadi Granth" which was written by "Bhriгу Muni", it is very clearly mentioned that in this era of vices (Kali Yuga), you will attain the Spirit. That is why you find that a large number of people have taken birth in this era of vices, although, this era is so terrifying that, even to desire to be born in this era is very surprising. But the only reason people have taken birth in this era is to gain knowledge of the truth. But after taking birth, they forgot why they had taken their birth, what was the reason behind it. In this kind of world where theft, cheating, decoity and all kinds of black market occupations, all kinds of violence, all kinds of mischieves are prevailing, to take birth in this era of all vices, is really terrific.

The effect of this era (Kali Yuga), is more on foreign countries, than you all. We sit here and think that people abroad are very comfortable, and if we go to two foreign countries we will be very happy. It is nothing like that. The circumstances prevailing there cannot be explain at all. Such dirty situations, such lowly people have taken birth there. Like I told you yesterday that a lady, put her two small children in the car and drowned them, and told everyone that some man came and took the children, killed them and she made money out of that. only made money. This craze for money which has begun, if it is not supported with moral laws, wonder what may happen? Before this the time was such that, people worried about "who won how many countries", "which place can one rule"? Hitler came and put a fullstop to this.

After Hitler, people were a bit in shock, that it is so terrific that whenever you try to acquire some power or run after power, some or other trouble arises there. By running after the power, many people died, and many vanished. And because of this, people became cautious that they should not run behind power anymore. By running behind power, the condition of the people has become so bad that many people died in the process, and many children became orphans, and all the precious principles of the world went down the drains.

So now it did not seem right to run after power. So, the next thing came up that, 'run after money'. After this, people started running after money. And while doing this, they never thought of anything else, there is no harmony. No one thinks whether it is right to do this or not, but just go behind the money. Even if the sister's pride is to be sold, even if mother has to be on streets, even if parents have to be thrown out, anything can be done, as long as money is in destiny. In our country, in the name of money, many surprising things happen and this way the whole society runs after money. In foreign countries, the situation is worse.

I was in London also. There, on television I saw that, a girl who was 14-15 years old, who used to dance in a hotel, was caught by the police. The police took the girl to her parents and told them she is a minor and she is earning money doing this job. Parent said we have no objection in this, she earns money and brings home, what more do we need? And they (parents) understand

this. So, the police thought, if the parents have no objection then what can we do?

Slowly, these immoral deeds are growing so much in foreign countries that one feels surprised, how these things are happening, not secretly but very openly, and I cannot explain to you the filthiness of it. So, when you are behind money, then you start following a different path. And because of this, the worst thing will be, the human will do worse things than an animal. If he gets money by doing that work he will be ready to do that. A person who doesn't have principles within him, who doesn't have the fear of God, can go to what extent, is something worth watching. I had told earlier in Secunderabad that the principles of Muslims, principles of Christians, and that of yogis is only for namesake. In Christian religion, Jesus-Christ has told that if you commit a sin with one eye, then remove that eye. And the sin means, if a man looks at a woman even twice, that is considered to be a sin. So, you remove your one eye. And the second time, remove the other eye also. If your hand does any sin, then cut off your hands. Till date I have not seen any Christian with a cut hand. Because people cannot do this. Who will accept that "yes, I have done a mistake so cut my hand".

So, then Mohammad Sahab, who was the person with high principles, he wouldn't know about the human condition, said that if you commit a sin, others will cut your hand. If you steal things, then others will cut your hand. Apart from this, Jesus-Christ had told for women that if a woman looks at a man with adulterous eyes, then she should be buried in the ground, and she should be beaten with stones. This is a very tough principle. I don't think anyone can follow this principle. It is very difficult.

You may say that you are Muslim, or Christian but you are not. And the third type of people are Yogis. The "Shariya", (The law in Islam) was made for them. But they said this is beyond our capacity, so give it to Muslims. So, this is how Shariya was given to Muslims.

Now comes Hindu religion. In Hindu religion a very subtle thing was told that within every human being, the spirit resides. The same god, the only God, resides inside the heart of every human being. If this is true, then how did the caste and creed arise? this dispute of cast and creed has spread to the extent that the election also take place according to the caste system. Now, for the cast (jathi) it is told that "ya Devi Sarva bhuteshu jaati rupena samsthita". The meaning of Jathi is "which is your stage? What is your growth?

Where is your inclination. If you are inclined towards God then you are considered to be a Brahmin. Whoever was inclined towards the power was called as "kshatriya". Whoever was inclined towards the trade was called "baniya" or "vysya". Whoever was inclined towards doing small services was called as "shoodra". This is a matter of inclination. Not that, who is somebody's son. For example, a brahmin's son is a brahmin. It is not possible at all. Nowadays brahmins are ruling like Rajputs (rulers). [inaudible line]. But still they are proud of their cast. Still people have lot of trust over their cast. He belongs to this caste, he belongs to that cast, he does this work, he does that job. His cast should be known. Whatever work he does, his cast should be known. And on the basis of cast dog fight, riot, everything happens. I tell you, all these are completely against the Hindu religion, absolutely. There are more examples of this.

Krishna, whom did he choose to write his Gita? Vyasa. Vyasa muni. Who was Vyasa? Vyasa was the son of a fisherwomen, and that too, an illegitimate child. She was not a married lady. A son born to this kind of a lady was made the cause by him (Krishna) to write such a great scripture like Gita. Shri Rama met a tribal woman, perhaps you must have seen a (bhilni), tribal person. These people belong to Madhya Pradesh and are very ignorant people. Sri Rama ate, that kind of an old women already tasted berries. He not only ate them, but also described them and gave them to his wife saying, "You also eat them, they are so tasty". Lakshman ji also agreed to eat them. Shri Krishna used to go to Vidur's house and eat food. Vidur was a "daasi Putra", (son of a female slave). But he was a Realized soul. He (Krishna) used to eat his food in his (Vidur's) house but not in Duryodhana's.

Today there are people in front of us, who would not mind, going and licking the boots of so-called ministers, however bad they may be. They do not have any respect for their own. Can this be the Hindu religion? this is how the Hindu religion also has become junk. As far as other religions are concerned, I would say I was very proud of them (Sikhs) once upon a time, but when I went to London, I was astonished to see the Sikhs. Drinking liquor is completely prohibited in Sikhs. Absolutely. One Sikh called me to his house for lunch. We climbed the stairs and reached the landing when we heard them asking in their language, "Ye hai jii

sadda pub, kaun si piyoge". Meaning 'what would you like to drink?' We said, "Forgive us dear brother, we don't drink". All of them drink there. Then we were called to an association here and told us the Sikhs there, were refusing to wear helmets. they were saying " how can anyone go without a helmet, if they fall some where they will be hurt". So, the minister asked me what is the remedy for this. I told him "there is a very beautiful remedy for this". Tell them, whichever Sikh doesn't consume liquor will be allowed to go without helmet because he is blessed by God, that he does not drink. But if he drinks then he will have to wear helmet because he is not protected. surprisingly, not a single person came forward.

So, by this it is very obvious that whichever religion you follow, it should be awakened within you. Whatever we see from outside as dharma or religion is not religion at all because we can commit any sin that way. We can do any wrong thing. Sahaja means which is born within you. This union, which is all around you, happens when you unite with the power of God's love. It is nothing like I am telling you something new. In sikhism Gurunanaka, Kabira all have told this. For Hindus, God knows how many saints and sages were born. They have told so many subtle things but no one is awakened in that religion. But they claim we belong to this religion, that religion etc. same situation with Christians also, and what can be said about Muslims? They are fighting among themselves, killing one another.

I went to Indonesia, and Tanzania. I thought even half of these people will survive or not? Can this be any religion? Then what is Dharma or religion? Religion is form of Spirit, which is truth, which is pure and which is real. The religion which is within us can be awakened only with the awakening of Kundalini. Only in the light of that, one can become religious. Now when you have become religious, then what is the need to cut your eyes, what is the need to cut your hands? What is the need to face any kind of problem, when you yourself are enlightened? You are standing in your own splendour. This splendour, which is in dormant state within you, will be awakened. Then whatever all these people have said (all the saints), you will know them, that it is present within us and flowing inside us. And the light from this is spreading everywhere.

What are the advantages of Sahaja Yoga? What can I say about that? But the greatest thing is people have achieved infinite marvels. They have achieved all kinds of health, happiness, joy and peace. The children who were not studying properly, have become so clever that they have started getting first grade. The kind of people, about whom people used to tell me that are very bad, have become saints.

If the world has to be changed, then the people in it should change. And Sahaja Yoga is the only way by which you ascend spiritually and you reach a state, where you are called saints. It is not like, you are saints and you are doing wrong things. You will be transformed by yourself. Your heart opens up, and countless blessings of the God starts flowing on you. You, yourself dont understand, "What is happening to me?"

Supposing, you take the television to a village, where there is no electricity and if they are told, that in this television many photos can be seen, and you can watch films, then they will say you have come from city and are you taking us for a ride, it is just a box? we also think it as a box but when it is connected to the mains, then we understand what exactly is that. Just like this, God has made you very subtle.

Within you, he has created all the chakras very beautifully. And, he has created all the procedures by which you can attain the Spirit. For that, where is need to pay any money. Look here, all these flowers have blossomed so beautifully. And do you ever think how did this come, where did this come from? It is a miracle that this land has given you such beautiful flowers, all in different shapes, sizes and different colours. Is this not surprising? Who performed these live actions? The same eternal action which is done by the God's love, is achieved by you. And after you have attained this, you yourself will see that you get enlightened. For example, a lamp which is not lit does not have any importance. But when the same lamp is lit, then the same lamp can enlighten many lamps.

Today I was being told that Sahaja Yoga is growing fast in Noida. very happy to hear that. This means, people here are especially sensitive that, they have accepted Sahaja Yoga so fast. I have hopes that you all will understand Sahaja yoga fully. It is very easy. But not with your mind but by your heart. When a person gets into it wholeheartedly, then he settles down in this and he starts enjoying this. I have already told you about Kundalini, and this kundalini is present within you and she is your own individual

mother. You do not know about this kundalini that she knows everything about you and she is very anxious that you attain your resurrection. You will not face any problems due to this. No problems at all. As your mother faces all the problems herself while giving birth to you, similarly Kundalini takes all the troubles upon herself and pushes you in the ocean of joy where you find yourself lost. As a drop becomes the ocean, then who is the other one remaining? You can clear your chakras, and you can clear other's chakras. You become an epitome of peace, a source of peace and wander in this world.

And above all, Sahaja Yoga is happening in 65 countries and this kind of love, friendship and this kind of joy, You will not find in any other society. This blessing is your own right. To attain this is your right. because of this whatever shortcomings you have within you will clear out, the only thing is, you have to know yourself. "What mistakes I have done, What mistakes have I been doing"? You don't have to demean yourself for this, you don't have to make yourself unhappy, but you should pay attention about the mistakes you have committed. And now that you have come here, all your mistakes will be destroyed by the All-pervading power of God's love which is spread all around you. Because this All-pervading power of God's love which is spread all around is an ocean of love, ocean of joy, ocean of knowledge, but above all it is the ocean of forgiveness. So, all of you forgive yourself. And you forgive others also. Time and again, I have told you, whether you forgive or not what do you do? You do nothing. But if you don't forgive, then you cheat yourself, trouble yourself and play in other's hands. What is the use of this? This is a myth. Why are you troubling yourself for this myth? So, you should not even think of people who have troubled you or bothered you. Just at one time, from your heart say that, "I have forgiven everyone, Mother, forgiven everyone". You will feel very light. And the second thing is, this cannot be forced on anyone. For the Self-realization, you have to accept it yourself. In your heart, you should have the desire that, "Mother, at any cost, I should get my Self-realization. Mother, give me my Self-realization". I cannot force this upon you. Because you are independent. And I completely respect your freedom.

Whoever does not want Self-realization, may kindly go out and oblige. Because why should you trouble whoever wants it? Whoever wants to go out can do so. No one is hurt by this process. And you feel the experience within 5-10 minutes. After that it is essential that you grow in the collectivity. I have been very busy myself in so many things. I was thinking of coming to the camp and talking to you but somehow it never worked out. I hope you are all very comfortable and happy. Very happy to see you all here. such a, such a good meeting, really my heart gets filled up with such joy to see all of you coming from [inaudible words].

May god bless you all.

Now all of you have to extend your hand towards me like this. You are born in this India. This has happened because of your great virtues. You do not know that this is a holy land, and you all are sitting in this sacred land, so it is very easy to give you self-realization. But don't have any doubt in your mind that "how will I get Self-realization, how will I achieve it, I am such a bad person", don't think any such thing. Be cheerful towards yourself.

Now keep your right hand towards me, and bend your head, and check with your left hand that cool breeze is coming out of your crown or not. Cool or hot. Please bend your head, and see for yourself with your left hand if there is a cool or hot breeze is coming here. If it is hot, that means you have not forgiven yourself or you have not forgiven others. If the hot breeze is coming, it means that either you have not forgiven yourself or you have not forgiven others. Check with your head bent. Don't doubt. From inside your head cool or hot breeze will come. It will come from your fontanelle bone which is called as Brahmarandhra. From that fontanelle bone this breeze will come.

Now keep your left hand towards me. And bend your head again. And check with your right hand if cool or hot breeze is coming from your fontanelle bone. Sometimes this breeze comes near the head and sometimes away from the head. Please see with your right hand on top of your fontanelle bone area, if a cool or hot breeze coming in. Please bend your heads. Now, right hand, again. Bend your head properly and check. Please bend your head properly and see with your left hand now if there is cool or hot breeze coming from your head. Whenever if it is hot, you should forgive yourself and forgive others. If hot breeze is coming, then it is essential that you forgive yourself and forgive others. Sometime breeze comes near the Crown and sometimes far away from the crown. Now. Now please raise both your hands. Raise both your hands up and bend your head backwards. Put back your head in the sense that towards the sky. Now ask one question three times. Anyone question. " mother, is this the all-pervading power of divine Love"? Second question " mother, is this the cool breeze of holy ghost"? Third question " mother, is

this the rooh"? Please ask one of these three questions three times. "Mother, is this the cool breeze of the Holi ghost"? First question. Second question " mother is this the all-pervading power of divine love"? Third question " mother, is this the param Chaitanya, rooh"? Ask any one of these questions three times. Now put down your hands. Now bring down your hands. Again, keep both your hands towards me. Please again put both the hands higher than before. put your hands like this a little higher, look at me and become thought less. Just become thoughtless. This is the thoughtless state which we consider as first stage. first position. The second one is doubtless state (nirvikalpa Samadhi), in which a human becomes a complete sahaja Yogi. Thoughtless awareness is the first stage of Your ascend, and the second one is the doubtless awareness, where you become a master of sahaja Yoga.

Now whoever is getting cool or hot breeze from the fingers, centre of the palm or from the Crown, put up your hands. All those who are feeling cool or hot breeze out of their hands, out of their palm, out of their fontanelle bone area, please raise both your hands. My salutations to you all. Now all of you have become saints. Your become saints so fast. This is an amazing thing of Noida. All of you have become self-realized. Now you go home and enjoy the bliss of this. This is a collective work. And in a collective work, it is essential that you attend the centres. It should not happen like, you come today because I am there, and vanish tomorrow. Then you will come and tell I got this disease and that disease. everything is meant for you, all you have to do is come to centre, learn this completely and master this.

Now, Sahaja Yoga spreading fast here. It's not known what will happen next year. I am drowning very much in happiness and in joy. And I don't understand what to say. The way you all have all understood and accepted Sahaja Yoga, is a very big fortune for me.

My infinite blessing to you all.

1994-1202, Public Program - Satya Ki Khoj

View [online](#).

2 December 1994

Public Program

Faridabad (India)

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

Public Program - Satya Ki Khoj, 21 february 1994

Translation from Hindi:

Jai Ganesh Sri Ganesh Jai Sri Mataji

I bow to all seekers of truth. Today, the search for truth is in full swing. Besides our Country, other countries are also in search of truth in full swing. But while searching for truth, we do not know the actual matter which has to be searched. Groping in darkness, we do not know which wrong path we are taking. While searching for truth, my advice to the seeker is not to trust anybody, including me, with blind faith. Blind faith may cause losses. Many eminent people came to world and gave important advice. People started spreading blind faith and because of this, they got lost. People started fighting with each other, and as a result, humanity has gone down. All great incarnations, great gurus, and munis clearly mentioned that you identify yourself and realise about your Atma, (another matter which is most important). Without understanding yourself, you do not know what you are. Another thing which is very important is this. Prem shrushti which has spread all over is explained in various ways, like in Bible, it is mentioned as cool breeze of Holy Ghost. In Quran it is called as Rooh, in every discipline, it is described as Chaitanya. What is spread in all four corners, is called as Shrushti. The meaning of this is that we should achieve one thing from all. This is our foremost important duty. Meaning of this is that we should achieve a higher level from that of human level. Now, we are at human level and we have to raise to the next higher level, being called as Yogi, Budh, evolved soul or realised soul. Message, which is said in various forms, contain the same meaning that you should attain the inner knowledge. The word Nastik, which came from the letter NA from the word Nastik. Previously, Christians used to be addressed as Nastik, which made them revengeful and they would indulge in destruction.

Now the question before us is this inner knowledge is of which form? God Almighty has created in a beautiful way this entire Shrishti. You cannot get a better creator than God Almighty.

If you have to travel by plane, there is a way to go, and in between you are having an open route to pass. In similar manner, God Almighty has given you a mid-way to pass through. In order to pass through this mid-way, he has made an arrangement, which is called as KUNDALINI. Just like in mike, unless the wire is connected to the main, mike is of no use. In the same manner, unless our relationship is connected with

Param Shakti, we are not perfect. From morning to evening if we only eat, sleep and If some body pampers our ego, we feel we have achieved something big and great. On the other hand if our ego gets hurt, we feel sad. The reason for this is that we have not yet recognised our real self. We do not know our strength, and what we are able to achieve in our life, is not known to us.

There is no morality in science. It is simply science. We can only see what is actually visible to our eyes. It does not say what our Dharma is, and what is human dharma. And that is why so many battles took place, like Hiroshima. When we look at Dharma, we see that there are many pakhandis. As and when they come out of jail, we observe that they have become something great, and innocent people go after them, without even thinking about their authenticity. It requires a lot of boldness and artificial strength to attract people to their side. First of all such people are not afraid of God Almighty, and secondly, in order to make money, they resort to various types of unholy methods. And, surprisingly some innocent people also run after them in a mad rush and fall

prey to such bad people. It is not the mistake of the innocent, because they are only trying to seek the Almighty. Being seekers, they do not suspect anything wrong. Ultimately how many people fall prey to such wrong people and how many try to come out of their clutches, is not known. Like in Nagpur, one person came and announced that he will dig the earth and the water will come out. It so happened that the water did come out, but it was later found out that it was from the hidden water connection. In this manner, innocent people are getting mesmerised by some body or the other, who is fooling them by bringing precious things like diamonds from Switzerland. In our country, our people are so innocent that they start cheering such people. If there is no miracle to see, it is said that this group belongs to this dharma or that dharma and there are only arguments to prove the authenticity of the person's so called dharma. We can help the seekers irrespective of whichever Dharma they belong to. Now, I tell you about Jesus Christ. What did he know about people, thinking that they are Sadhu, Sant. And in Bible, Chapter V, it is said that if you see a woman with ill will, even with one eye, your one eye will be removed, and if you still continue, the other eye also will be removed. Then they said that similarly if right hand indulges in any bad act, it will be cut and the same is for left hand also. I have seen only one eye being taken out.

After that, Mohammad Sahib came and he was more strict than all others mentioned above and said that this is all for males. He said that if you see any woman doing such things, you just dig a pit and put the woman in that. Now if such a thing were to be done in America, they would have been just buried.

High class people are of no use to us. They are stars in the sky. We cannot have any relationship with them. Nothing can be done about it.

Then came Mohammad Saheb. He said whosoever looks at ladies with bad intention, just remove his eyes and put him in a dugged pit. Now if you see this rule in America, they will be just buried.

Where is this world going, to whom are we speaking, we do not know anything about it. The world is so confusing. We actually do not know what we are doing, whom we are talking to. Rules and regulations are made, but not knowing how it will work out. Gurunanak Sahib made certain rules, which were very stringent as nobody would admit that they made mistakes, and if caught, they would face punishment. After making these rules also, people remained as before. In the beginning, Isa Masiha said that the sinner should take his own eyes. But Mohammad Saheb said no body will do this. He said you do not do anything, people only will remove eyes and throw them.

In this world, so much is happening, no body is aware. But, being a mother I understand what the matter is. Man is sitting in darkness and he is being told about all these atrocious things. But, when and how the man will react to all this. And, if he is told to cut his hands, he will agree. Some things were told to Yahudis and they followed and later they stopped it. But Muslims took it over.

Then came shariat of Muslims. Moses had told about Yahudis. He told them to be away from this. He said that this was not for them. I have understood that this type of action was not for Muslims, and nobody can pressurise such things. If Dharma is imposed on people, it will not go far. Dharma should be inborn and that is Sahaj Yoga. In Sahaj Yog, your Kundalini gets activated. Kabir Sab and Nanak Sab, Ramdas Swami have all written on kundalini. Sri Ramdas Swamy and even Markandeya Swami have also written on Kundalini. But inspite of all the above, Kundalini yoga could not spread. Sit and sing songs, accompanied with chimes. They would be standing on their heads, and did not know what all they attempted to do in the process. Because, some people resorted to only People should be naturally connected with God Almighty and we should not do anything abruptly. If somebody just takes the name of Swamiji, we immediately rush to touch the feet of Swamiji and this is not proper. Many people have fallen prey to various things for no fault of them. It is not their fault actually, but It is mainly because they are searching for truth and God Almighty. For, these seekers have 'Adhikar to obtain pure Atma', one should have

Gurunanak Sahib made rules and regulations, which were very strict and stringent. Also nobody confessed to have committed the crime, because of the fear of having to bear the punishment. Even after making rules and regulations, people remained as usual.

In the beginning Isa Masiha said that a sinner should take his own eyes. But Mohammad Sahib said that no body would do this. He said that people only will prick the eyes and throw it. A lot of things are happening in the world and being a mother I understand what is happening. People are in darkness . They are being told about all the atrocities that are taking place. But when and how the man will react to all this? Man is sitting in darkness. Many atrocious things are being told. But, when and how the man will react to all this. If he is told to cut his hand, he will agree. Same things were told to Yahudis, and they followed it strictly. Mohammad Sab stopped it.

If you impose Dharm on anybody, it will not be taken smoothly.

Dharma should be inborn, and this is the salient feature of Sahajyoga . Through Sahajyog, Kundalini gets activated naturally. Kabir Sab, Nanak Sab , Ramdas Swamy and many others have all written on Kundalini. But, inspite of all the above, the knowledge of Kundalini could not spread much, because people resorted to only shaving their heads, sitting and singing songs , accompanied with their chimes, without actually knowing the real purpose of search.

In Chicago, in a very cold weather, I saw a one Sant shivering in cold, wearing only a thin dhoti. .When I asked him, why he was wearing such a dhoti in a cold weather , he said that his Guru had told him that he will attain moksha only by wearing dhoti. On hearing this I told him that 80 per cent of our people in India wear only dhotis. And if you and sit there, who will identify you . If all start wearing dhotis, how will you find space for all to get a vision of God? Then I asked him, why he had shaven his head, keeping just a tuft , which is available bazaar, he said that his Guruji told him that by doing this, he will get moksha. This formality is undertaken twice a year, and such devotees occupy first place in following rituals.

But, what is actually important is to realise and note that it is not possible to obtain Moksha by doing all these external activities. One should be clean from within. With this you will be clean and clear in understanding and with that you will come to know the truth. It is only when your Kundalini gets activated, you are able to get Moksh, because your inner system gets purified and negativities get dissolved and you will stand firm on your faith and truth inner systems gets purified .You will stand firm on your dharma and truth.

Such purification is essential in current times, because of the prevailing abnormalities and impurities . Everybody is trying to fight each other in the name of Dharma.

You may be aware that a cult was found in Switzerland, where a Guruji beat up about 57 followers and ran away from there soon after. Some people asked me whether we have any cult like this . False Gurus are alway around. In most of the cases, the mistake is that of followers . People should check up properly before following any cult or Guru. So called Gurus are found having bad qualities, indulging in relationship with women, possessing weapons , spurious drugs , collecting money in the name of poor, and sending it across the world. One such Guru ran away with money worth 90,000 Dollars .Whose fault is it . If you happen to follow such a person, who has no purity and who loots you, you are only wrong. You only are encouraging him. You now have to understand that you have to be your own Guru, and also you have to obtain Gnana.

I have already told you about Chakras. People should have no doubt about Chakras. It is a hypothesis and if you are honest , you will agree to this truth about chakras. With this, you, your family, your surroundings, your country, all are safe and accordingly, the whole world becomes safe and secure.

In order to understand this, as Sri. Ramdas Swamy said, you should have proper people to spread awareness, and the receipient should have proper awareness to learn all this, in his own interest.

Isa Masiha also said that many people have asked, who were such people, who happened to be like seeds. The answer was they were like seeds , some of which had fallen on mountains, some on martial land, and some seeds got destroyed and few of them fell on marshy land, and some seeds went into the Earth, which sprouted into plants

Like-wise, there are people who do not settle down , but keep attending lectures and programmes of various Gurus as and when they come to know about it , even after having already attended Sri Mataji's programme. Such hoppers have no place in Sahaj Yog. When you reach stay put in one place, a well can be dug and you can gradually see pure clear water . Sahaj Yoga is meant only for such devotees, who know themselves, who understand others and who are able to reach their destination.

Today there is need for such people, who are not involved in infighting , quarrels , misunderstanding. Country needs people endowed with pure love and knowledge. In order to obtain these qualities, one needs to be interested in seeking truth

To day , my coming has been delayed a bit. Regarding Aatma, I need to tell you something related to Chakras. Through fingers, you can also know about the

Chakras of others, through Sahaj Yoga. Through Aatma, you can know which chakra is activated. You can also identify your problems through chakras and similarly, you can identify the problems of others also, through this Chakras. It is also true that many. Diseases of people, have been cured through Sahaj. Yoga., including like that of Cancer. There is no doubt about the same. Because, when Kundalini gets activated, it cleanses the chakras and makes it completely vibrant. It binds them together. And when it raises upwards, it takes note of the God Almighty's presence. On account of this power , we have seen that many Artists, Musicians, have appeared, but none of them had any pride.

Just today, one gentlemen told me that after I bought one sari from his shop, his sales increased, and he wished that I would buy more saris from his shop. This is possible, because there is Lakshmi Tatva in this, and there are many things like this Mind becomes so purified that one becomes innocent like a small child. Even when you look at others, you see only innocence. On account of this, whatever kamukta

You have inside, whatever disease or illness that may be there , will go away from mind, and you will become very calm and peaceful when you stop thinking of past or present. When your kundalini gets activated, whatever space is there in between such thoughts, there is Vilamb, and the mind becomes peaceful. And when we get peace ourselves , we can also give peace to others, and there will be calmness, happiness and peace at such a place and you have such an experience that you are mentally activated. Now the people present here, look like Yogis. They have not told you what has happened, and who has experienced what and what all miracles have taken place . The miracles have lost their existence, like bringing out something from nowhere, and giving the same to you, or making you catch hold of an iceberg, or a mountain and all such wonders. But, the wonders should be such that they are real, like what you experience in your life , how your problems get solved, and so on. Otherwise, people are made to see miracles, like in movies, and people start getting used to it.

Now in Sahaj Yog, you do not see others' Chamatkar, but see your own. You feel that you were nothing, but now you realise that you have a lot to see and know about yourself.

Now, I have to tell you so many of you have come here. Now, when I come, you all come and do meditation here. But, what is important to know is that when I go away, how many of you come and do meditation here. In other place like Russia, I have seen that there is not less than 16000 people minimum, and they stay put, and nobody gets disturbed. They are those people, who do not know the existence of God Almighty , whatsoever. They participate in Such a manner, leaving everything else behind. How is it possible. But this has happened and very greatly. Even the Government of Russia has given award for this. Our Government has not done anything for it. It is a wonder as to their interest in truth, and so many have been sent away. Lastly, I have to say something very interestING. After all this, you get interested in Anand. Anand is such a thing just like comfort and trouble, which are such friends that they can be visualised. Once, when I was returning from my tour, I reached very late , because of the delayed flight. had become worried and frustrated. They Said that they were enjoying singing, discussing and keeping themselves occupied.

Now, so far I have not seen any sahaj yogi quarelling or feeling bored at any time. So far it has been like that, I do not know and cannot say about future, they have never complained or never been angry. There is a lot of love. You know people came from

various countries, nearly 65 countries. Even heads from Muslim countries like Turkey, Tunisia, Algeria and France have also attended Sahaj Programmes. There has never been quarrels or competition regarding religious matters. I was so surprised to see the Foriegners , who never before indulged in religious matters, getting interested about the same. Amidst themselves, they were telling their people not to smoke and , drink , though they are used to it always. But they gave it up all this for a day. I was really surprised how this happened. But this showed that they became evolved within themselves. Good power got enlightened.

I would like to advice you to ignite your Kundalini, but you cannot impose it on people. Who ever opts for it , should be given . It is shubhechha, it cannot be forced on any body. Whoever does not want it, can be left alone. You do not have to give any money to obtain it. Money does not matter in Sahaj Yoga. This is the strength of love and how much can you pay for it. Whoever desires to come in Sahaj Yoga, may stay here, others can go back.

Please come in and sit down. Please occupy the chairs. All of you sit down, adjust yourselves , so that all can be accommodated. Yuva Shakti , please help people to settle down. Sorry, I have been speaking in Hindi, National Language. I hope you do not mind. People feel nice, when I speak in Hindi and Marathi, when asked why, they said ,because it sounds like Mantra.

Hindus do not even know that when you are born in Bharat Varsh, it is on account of good deeds of the past janmas, which you may not even be aware of.

Please put both your hands towards me. For the Indians I do not have to do all of this exercise. I am sorry. Now keep your right hand towards me. Now bow your head slightly and check with your left hand on the top of your head if any cool breeze is coming from the fontanel bone area. Do not doubt. Either it may be hot or cool air. If it is hot air then please forgive everyone.

Bow your head slightly. Now keep your left hand towards me and, now bow your head and check with your right hand. Is cool or hot air coming out of the fontanel bone area? It will come from the top of your head.

Now right hand towards me. Again try with your left hand on top of your head. Bow your head. For some it comes when your hand is near the top of the head and for some when it is far. If you are feeling hot air it means either you have not forgiven yourself or you have not forgiven others. So please forgive now. Forget everything.

Now raise both your hands with palm facing upwards towards the sky and push back your head slightly upwards towards the sky. Now you should ask one of these three questions:

First question you should ask is - Mother is the all pervading power of the divine love? Ask three times.

Second question you should ask is - Mother is this the Paramchaitannya?

Third question you should ask is - Mother is this the cool breeze of the Holy Ghost? Ask three questions.

Now put down your hands.

Put both your hands towards me. Like this. Now become thoughtless (Nirvichar).

Now whoever felt on their hands, on their fingers or on the center of their palms on one of the hands or both of the hands or on top of the head on the fontanel bone area feeling the hot air or the cool air, please raise both of your hands.

All of you have got your realisation. My namaskars to you all. My namaskars to all the yogis. Lots of blessings.

You have to go deep in this. You should know that today's Sahana Yoga is Collective. Only keeping my photograph at home will not help. You need to come to the collective. You will only grow in the collective. Otherwise you will not grow. The reason is that this is a collective work. Please pay attention here. This is collective work and it will work out only in collectivity. Everything else

is on one side and on other is your spiritual growth. You need to understand this and come.

My blessings to all of you.

1994-1203, Release of Sir CP's book on Shastri

View [online](#).

3 December 1994

Talk to Sahaja Yogis

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Sir CP's talk

For me it's a very moving day, a very moving moment and if you find me stopping from time to time to regain my emotions, I hope you'll kindly forgive me.

I want to begin by sharing with you a secret, a well kept secret for a long time and the secret is, the third of December, which is the day today, is by far the most important date in my annual calendar. Have you guessed it? You have!

It was on this date, forty-eight years ago in 1946, that I first came face to face with this Divinity. That was a day of my transformation. That was the day when a Divine Will enveloped my being. From then on a Divine Force emanating from the source that you know has been constantly with me, helping me, guiding me and that is the secret for whatever you may have heard today.

After third December I did not lose much time and I'm sure you'll agree, I shouldn't have. We got engaged on the 18th of February, 1947 and we got married on the 7th of April, 1947, and then events began to move very rapidly, events which might have seemed impossible in normal circumstances. Within a matter of months, as Rajesh mentioned to you, I was selected for both of India's top [don't understand]service, of the diplomatic service and the administrative service. I first joined the diplomatic service and when I was offered the Indian Administrative Service also, there were a lot of debate in office, my friends saying, some say, "Lovely to become an ambassador" and some saying, "No, no, join the home service." So I came home that evening and I mentioned to my wife and She didn't take even a moment to make a decision. She said, "No, no. Ambassador? No. Let's remain within the country. Let's serve our country here, and that was the decision which eventually lead to what we are doing today. It was as important as that and I'll explain to you why. Because I changed my service from diplomatic to home civil service, called India Administrative Service, and my first posting was to Lucknow, and the first V.I.P. in Lucknow that I met was Shri Lal Bahadur Shastri.

She had foreseen, She knew what was coming. I didn't. I only obeyed. I said, "Yes, you want I.A.S., okay." Well and for those who have read the book or who will read the book, will read about this, but I'll tell you about two instances. When I went to him first, I'd been given an appointment at 6 pm on a summer day in Lucknow. I reached his house on time, my habit is to be on time or a little before that, and I saw that the minister's car was ready, one of the doors was open and he was about, obviously about to go somewhere, although he had an appointment with me.

Of course, I knew that in India's political affairs appointments with ministers don't mean very much. You can go and you can be asked to come again and again. But here was something different. Now what happened was there was one person ahead of me who had come and the personal assistant told both of us, "We're sorry, the minister is going to a meeting, cabinet meeting, so you may have come, you have to come again." I said, "Okay. I'll do that." And, as I was saying this - I was some distance from the door of the house, and I saw a petite figure, five feet two inches, as you now know, coming out dressed in spotlessly clean khadi dhoti, kurta and cap, with a smile on his face.

He first went to the person who had come ahead of me, talked to him very politely. He was a common man and I was watching. I had come from Delhi, civil servant, bureaucrat. I said, "He's a minister talking to this man, who looks so ordinary, with such attention," I said, "There must be something wrong somewhere, anyway." He talked to him for a moment then that gentleman went away. And then the P.A.. came and whispered into his ear something about me. I didn't know what he said. Obviously, he

must have said, "This is the new city magistrate, I.A.S. officer who has just come. He has come to meet you, but I've told him already to go away because there's no time today." Normally, he would have got into the car and gone away, but not Mr. Shastri. What he did was he looked at me and moved a few paces towards me. Now, ordinarily I should have been wise, I should have moved ahead, wished him, but I knew that he was in a hurry and I did not want to impose myself on him, so I stood back where I was.

Then he saw, he moved another five, ten paces, came nearer me, then he did what no minister on Earth, not in India, would do ever do, he raised both his hands to say this to me, "Namaste, aaiye. (means please come in)" I was aghast - minister to a junior civil servant saying "Namaste"? It doesn't happen in my country. Anyway, so I said, "No, sir, but you are busy. You are going away. You have a meeting. I understand. I'll come again." He said, "No, no, it doesn't matter. We can talk for two minutes." I am telling you because there's a secret to that. So he insisted that I should go inside his house. I went with him, sat down and he asked, "Have you got a house? Are you well settled? Is your family all right?" I said, "I came to ask for instructions about some official matters." He said, "Yes, yes, it's an important city and you know the problems and your district magistrate will tell you. But are you happy?" I said, "I'm very happy, sir. I have no other questions to ask." Again I got up. I said, "I don't want to detain you" and we came out together. Then he moved towards his car and this time I was a little cleverer, so when he moved, I did that simultaneously with him. He's still first. I did namaste.

I had learnt a lesson, but, I'll tell you, not yet fully. I was a bureaucrat, but I had begun to improve because of Her, so I said, "Okay." Then when he sat down in car and as it moved away, again wished me, I wished him and he went away. And then, my dear friends, I just stood there wondering what kind of a human being he is, such an important cabinet minister, such humility. Is there something in me? Why should he be so kind to me? Then I said, "No, no," because he was very kind to the other fellow also. "So it's not me. It's him." Anyway, I thought for some time. Before going, he said, "Have you a transport?" I said, "I have." Then he went away. And after eight months of that - he said, "Please come again." I said, "Well, I will." But after eight months of that, I was transferred from Lucknow to Meerut and I never met him because there was no reason. And then something else happens and that is the second incident I'll tell you.

Two years after that I was still in Meerut. In the meantime, he had resigned from U.P., Lucknow. He had gone to the centre. He had become a central cabinet minister for Railways and Transport. He had become a national figure, a very eminent national figure. I had gone to Delhi railway station to receive my wife and my two daughters, who are sitting here, Kalpana and Sadhana. They were coming from Nagpur, they're little kids at that time. So I went to the railway station and the train steamed in. They arrived, I received my wife and my daughters. A lot of crowd there, and, but on the other side of the platform I saw a lot of railway officials in their uniform waiting for someone and I didn't know what it was. Another train steamed in and from one of the compartments came out Shri Lal Bahadur Shastri, and the distance between me and him was as from here, to say, that row. So I held on to my children and my wife said, "Let's stay here because there's a lot of crowd. Let them go away, then we'll move."

So I stayed like that. And there is Mr. Lal Bahadur Shastri with surrounded by big officials, general managers and so on and suddenly, after moving out five paces, he looked in my direction. When he looked in my direction, I looked at him and I'd still to learn more. I just stood still. I said, "How can I go to him? He - two years ago, two minutes conversation, he must have forgotten me." So he moved another ten, twenty, fifty paces, thirty paces and looked again. So when he looked again in my direction, I looked this way, I that way. I said, "Who is he searching?" Then he moved a few paces again, but since he found that I was doing nothing, he left the group, came about ten paces and my wife is a witness, She was there, he did this to me, he said, "Namaste, Srivastava-sahib. You did not recognize me. I'm Lal Bahadur."

I just didn't know what to do. I was lost for words. I just fumbled. I wished the Earth had taken me in - so ashamed. And then he said - I said, "Well, the whole country recognizes you, but how did you recognize me?" "Oh," he said, "Remember two years ago when you came to Lucknow, we met and I know now you are in Meerut. How are you? Everything all right?" I said, "Yes, I am fine." I was absolutely stunned. And then he went back to his group and went away.

That was the most important lesson that I learnt - humility. It was not the humility that you see when someone meets a Prime Minister. You know, you are very humble. No, when he meets a junior official, then he's humble. And that was a very great quality.

I once put this to a very senior civil servant in India when he had become Prime Minister or after he had passed away. I said,

"People say that he was very, very respectful to civil servants." And the answer, you know, I got was, "Mr. Shastri was respectful to every human being." What a wonderful quality is. I'm not aware of any individual, in politics at least, about whom truthfully you can say that he's respectful to every human being.

But, that was Her decision that I should go to I.A.S., Indian Administrative Service, led me to this contact and then, when he became Prime Minister, I had served with him when as transport minister. But when he became Prime Minister, then again my wife played a very, very major role. I was in London attending a conference, shipping conference, when Panditji Nehru passed away and he became Prime Minister. I returned to Bombay and my wife said almost immediately, She said, "You know, he trusts you. He has confidence in you. You go to him, offer your services. A new Prime Minister needs support, needs help. You go immediately, meet him, offer your services, and I said, "How can I do that? It's not done. I'm a civil servant and the code of civil servants is that you don't go and seek jobs. You are given jobs and you do them. I said, "He knows me. If he wants me, he'll ask for me." But again, like the earlier occasion, She knew what She was telling me. She knew the future. She was foreseeing the future. So She said, "Okay, there will be other ways. I'll have my way." I didn't understand what other way that could be.

Well, next day came a message from Delhi saying a meeting has been convened by my Ministry, Shipping Ministry - a very important meeting. Please come along. I had to go to Delhi. Now, when I went to Delhi, I knew that he was not well. He had had a mild heart attack. He was in bed and my understanding with him earlier was that whenever I came to Delhi I must let him know and I must meet him. I said, "Now, if I don't meet him, that will be sheer arrogance on my part. Because he's ill, it is my duty to go and ask how he is, just pay my respects." Now, who created this situation?

Well, then, then what happens? I went to his house. There are two P.A.'s standing. Of course, they knew me. They knew my connection, so they would not be rude to me. I said, "He's unwell, I know. He may be in bed, I know. Doctors may have told you not to admit visitors, but I just want you to go and tell him that I am here, I have come to pay my respects and if he wishes to see me for a moment, I will, otherwise, I will go away." And the P.A.'s thought that very soon they'll come back, tell me, Go away. He doesn't want to see you or It's not possible.

Well, very soon they came back, saying, Please come in. So I went in. But before I went in they said, Mark you, one minute, sixty seconds and no more and before sixty seconds are out, you should be out. I said, "Yes, sir," in short. I went in. He was lying in bed, smiling. I wished him. He said, "I am feeling better? I am almost all right." And then I didn't know what to say, so I just said, "I came to offer my felicitations, congratulations and to wish you well, a speedy recovery." Full stop. Nothing more. I didn't offer my services because I was a civil servant, mind you.

So the P.A.'s were apprehensive about me. They thought I might come and a man like me not always, you know - anyway. So they were worried, standing there, both of them looking at me and I was looking at my watch. When it was fifty seconds, I did this to him. It'll be the road to leaving. Then what he does is, he says, "Nahin, no, no, no no. You sit down and told P.A.'s [Sound like : could you close the door]{sounds like - will you be withdraw).", and the P.A.'s very surprised. He says, "What good is going on now?" And then a beautiful conversation, he said, "You know, you like Bombay I know," because I was posted then in Bombay. I said, "Yes, sir." He said, "How long do you intend to be there? Are you leading to something?" I said, "You are the Prime Minister. I'll be there as long as you want me to be there. I'm a government official." Didn't still come to the point. Then he said, "I think you should now come here and help me", and all I said was "Yes, sir." And that was it.

So She had Her way, in Her own way. And I, so I joined him and probably, in public affairs, in public life, there has been no greater honor, no greater privilege than to have had the opportunity of serving Shri Lal Bahadur Shastri, and I'm grateful to Her for having given me that opportunity.

The book is there. I don't think I'll take you too much into it, but what I would say is, as time passed, we became close, his views were known to me. He was truly wedded to dharma, to righteousness, to truth, to morals. There was no posture in him. There was no dichotomy. There wasn't a Mr. Shastri inside, different from a Mr. Shastri outside. He was absolutely one: one inside, one outside, beautiful inside, beautiful outside. It was marvelous to work with him. It was very hard work. He gave everything that he had to country and, if you were close to him, you gave everything, not because he forced you, but because you loved the country

and you loved him, and we worked very closely together, midnight, one o'clock and it was that kind of a thing. But during that time our family also came very close to him. You'll find photographs in the book which will show that. But whenever my wife and I went - we never went uninvited, we were always invited and when Mr. Shastri invited us to dinner he would say, "Would you like to eat a little worse food than you are normally accustomed to?"

That was his humility because he was a vegetarian, I am a non-vegetarian, so we would go and eat good food. He was very, very kind. And then he would talk to Her during dinner time, not to me, but to me he talked all the time otherwise. But then he would talk at the book sales of saints and sages, of economics, of politics, various subjects and he had understood what She was and he had understood that if I was anything, by way of help to him, it was because of Her.

So he gave Her tremendous respect, tremendous respect, which you give to a Holy person, which you give to your Mother. He would come out of his bedroom or drawing room, out to the, to the outer area, then go to the car, open the door of the car for Her to sit down - Prime Minister of India. That was the respect that he gave Her. And he gave tremendous love to my family, my children. I remember once, my - he invited his children and my children only to Mussourie for one night out and, in the hotel where we were staying, at eleven o'clock he comes to see whether my children have proper blankets or not - Prime Minister of India. That was his humility. That was true, true, genuine humility.

Anyway, we worked together and we faced many situations. It means he faced many situations, but when I joined him - when should I stop, now or little later? All right. When I joined him I said, "Sir, what are my duties? What should I do?" He said, "You'll do whatever you use to do previously as my private secretary." And then he said something which is very interesting. He said, "The job of Prime Minister of India is very difficult. Let us try." Now, let us try." If we succeed, well and good. If I fail, I'll resign and go. See the difference. If we - if it is success, it's "we." He shares success. If we succeed, well and good. If I fail. In failure, he wants all the blame for himself. I listened to that and I remember those words, and then we began to work together. Many crises came, but he was totally unruffled, always firmly on the path of truth, righteousness. The food shortage, food prices rising, language problem, all kinds of things and he stood very firmly. And then came a war.

Now, I want to tell you he was the most peaceful man you can imagine, embodiment of peace. He wanted peace with Pakistan. You know what he did? The day he assumed office, in his first message he said, message to Pakistan - "We must live together as peaceful neighbors. Peace." Then later, within a few months, he sent a message to Ayub Khan, saying he wants to come and meet him. Ayub did not invite him. He said, "I am going to Cairo. On returning, I will come to Karachi, if you allow me. I want to meet you." How could Ayub say no. He invited. Ayub was also a very good man and they met, but there was a clique somewhere in Pakistan which was assessing, judging him and since he was a short-statured man, dhoti, kurta, smiling, they thought this, "He's a weak Prime Minister. That's the time to attack India, take away Kashmir." They didn't know him.

They didn't know his true stature and he repeatedly told them. He said, "You know, Pakistani's our brothers. They're our kith and kin. We don't have to fight with them. Why should we? No quarrel's on. Let's live peacefully." But they - while he was talking of peace, they hatched a war which is explained in the book and they attacked. Now, when they attacked India, then this man of peace stood up like a colossus. He said, "No. I'm a peaceful man, but I'm man of honor. It is my duty as Prime Minister to defend the country." But he told armed forces, "You must attack, but in a very measured way. We don't want people of Pakistan to be killed. We don't want bombing in East Pakistan. They're our people. We must destroy the machinery which is threatening us. We don't want destroy people."

So he was a very wise man, brave, stood up. He ordered. He said, "No, we marched an hour. How can they attack us? How can they take away our territory? We must attack, but attack not with the view to killing people, attack with a view to destroying the machinery." Pakistan had Patton tanks and Sabre jets. "That should be destroyed." And because he was a holy man, he was pure - small knat of India, small aircraft destroyed Sabre jets up in aerial battle and, eventually, what he wanted was done. But when war was ended, came the question of peace. Now, there again, the Russians invited Kosygin. He invited Mr. Shastri and Mr. Ayub and he went there. He said, "Yes, we don't want to have war all the time. Let's have peace, proper peace." And after two or three days of talks, he transformed Ayub, as you are transformed.

If you look at the book, look at the photographs, you will see Ayub first a gruff man, huge, tall, angry. Within five days he's a picture of meekness. Who did that? Shastri. He transformed him. And who gave that power from behind, power of transformation?

I was in touch with Her, telling Her things are not moving. She said, "Don't worry. Things will move" and here is transformation. Ayub, an adversary of yesterday, a friend of today. Have you known many examples of that kind? That is a power of truth. That is a power of dharma, as Nigel was saying. Very powerful, you cannot resist it. The man changed. He said, "Sir, we must have mutual contact, a hotline. I will install one in my house. You'll install in yours. We must live as friends, not as warriors. That was a very big achievement, transformation.

The Russian professor, Dr. Varnov was talking about Kosygin. When Shastriji went to Russia, people had conveyed the message, "He is not a, you know, leftist. He is probably a centralist or a rightist." You know how extreme people are. When he went there everything was nice, but not quite very effusive. So one evening, when we had all gone to see ballet - Shastri was not too keen on that. He said he was worried about his talks, so he went to Kosygin. He said at interval, "Can we have talk, the two of us." So "Yes, fine." And by that time Kosygin was nice, polite, but just that. And they sat at some distance together and he talked to them. And I was watching from a distance. I was not listening. After about half an hour, forty minutes, they came back and Mr. Kosygin was a changed man, transformed, again transformed by Shastriji. I was wondering, "How it worked? What magic is this?"

After the ballet, when we went back to the dasha, I said, "What did you do? What happened?" He said, "Very simple. I told Kosygin I am a simple Indian. I'm not a communist. I'm not a capitalist. I'm not a leftist. I'm not a rightist. I'm an Indian and, as an Indian, I love my people. I can't see my people hungry. If food is not there, I cannot eat my food, therefore agriculture must be given very high priority. At least people must have enough to eat before you have huge plans. Now, if that is being rightist or leftist, so be it. I love my people. I want food for them, basic necessities for them and that is my priority." And Kosygin said, "I agree with you one hundred percent. You are real communist in one way." I mean, he didn't say that, but he must have felt. But what is a communist? I mean, anyone who is interested in the welfare of everybody, true. He said, "We are fully with you." And then he said, "Foreign policy. I am a friend of Russia. I respect Russia and I will go all out to maintain, but I want to tell you truthfully.

I want to be friend of the West also. Why should we quarrel? The world is one. The West, the East, the North and South, we must all come together. So I am going to be friendly with everybody." And Kosygin said, "By all means, go ahead, as long as you are not anti-us." I said, "No question of being anti, but why should we have a quarrel with America or U.K. or Germany. Why not be friend with everybody?" Kosygin was delighted and he became, not a friend, a disciple of Shastri from that moment. He used to touch the feet.

So that was the person he was, a tremendous transformer in the likeness of this lady. When he passed away - I'll come straight to that. He achieved great success in Tashkent. Again, an agreement was signed, a real agreement between two warring nations to come to peace, to come together. If he had lived there would have been no further war with Pakistan. Things would have been very different, as the book will show, but he passed away and to me that was a most tragic experience, most traumatic experience.

I'll take few minutes more to tell you. The day was - last year was wonderful. Agreement was reached. Bhutto tried his best to destroy everything, but agreement was reached. Kosygin played a great part, very great part. Ayub played a very great part. Shastri played very great part. See, Ayub wanted that something about Kashmir, some new machinery, but Shastri said, "Impossible, Kashmir is India. There is no question and we can go on talking for two thousand years. Nothing. But, if you want to live peace, I'm with you, totally." Anyway, agreement was signed and one must pay tribute to Ayub as much to Kosygin, as much to Shastri, three heroes. And we signed that. I was with him. It was at four o'clock I went from the villa in company with him. He had, had a lunch that day with Ayub and they had agreed mutually to remain friends, to talk to each other directly, to be good friends. Anyway, from villa we went to sign this agreement at four o'clock. I sat by his side, came back. He was very happy, very happy because everything he wanted was done.

Then we were back at about - when we were coming back in Tashkent the whole, all the streets were lined with people, "Shastri, Shastri," waving because agreement had been signed. He was so happy. He told me, "I've had a breakthrough with Ayub. It will be a new world, new India, new Pakistan." Then we came to the house and he explained little more. Then at 10:30 he said - he always used to call me Srivastava-sahib, never, never C.P. Srivas- nothing. Just see, again humility.

He said, "Srivastava-sahib, you know, every day we have been going to sleep at about one o'clock. Let's sleep early today." I said,

"Yes, sir, we should." The next morning we are going to Kabul. It's very cold there. Kabul was very, very cold. We were planning to go there. "So you must wear proper clothes." Look at this, the Prime Minister concerned with Tashkent conference, worried about my clothes. He says, "Please wear proper clothes. It will be very cold there." I said, "Sir, yes, I will do that, but I have to go for a conference now, press conference." He said, "Press conference? At this time?"

I said, "Yes." "Where?" I said, "In a hotel about ten miles away." He said, "How will you go?" I said, "There's a car waiting for me." "Oh," he said, "It's very cold. Your car may not be good enough." Now I said it's quite a good car. He said, "No, no." He came out with me to the outer door of the villa, sent for the driver of his car, Prime Minister's special security car. He said, "You go in this car," told the driver, "Take this person. Stay there. Bring him back." He said, "This will be safe for you. It'll protect you." How can you forget this? And then I sat in the car. He waved, smiling like that and I went away, attended the press conference and came back to my room. I was in another building, about hundred yards away. I came back there and suddenly the telephone rang and the P.A. that was inside said, "Please come rushing. The Prime Minister is very sick." I couldn't believe my ears. I left him hale, hearty, cheerful. I ran. I ran, literally. And I was the first to reach his bedroom, for by that time he was just about passing away or he was dead at 1:32 am, and I couldn't believe myself. I said, "What is it? How can God do that?" I left him hale and hearty, cheerful, smiling. Anyway, fate is a role in everything.

So he passed away and after that moment it came to me that I should write his biography. I came home and my wife said, "You must write. This is a mission, the only mission I entrust to you." She told me, as Rajesh has said, "Everything in the world will be taken care of for you. You do your work. Don't worry about anything else, about daughters, children, house, nothing, but this one is a mission to you." I said, "Okay, when I retire from public service I will do that." And I was then still - I was young at that time, forty-six, forty-five and many years of service - I served in India, then twenty years abroad - but the moment I retired, the first moment after retirement I began writing and then everyone has helped me. And I am now concluding, but I want to thank you all for the enormous help that all of you collectively and so many individually have given to me in writing, the writing of this book. I will not be able to name, take all the names because it would take about two days, there's so many of you, but I'll just recall to you very briefly some instances of how Sahaja Yogis have helped me. You should know that.

I wanted very much to get some confidential material about correspondence between Shastriji and other countries and here the rule is everything is confidential. I went to various government offices. "No. No. No. It's confidential." Now you can't write a biography without some material, so I said, "Okay." I went to America. My wife said, "Maybe they are more open. There might be some papers there." So I went to America. First I went to Yale University and Manoj and Gregoire, some others helped me greatly to get material from there, and then I made another trip, probably the most useful of those trips. Then I went to a place called Austin in Texas and I was literally supported from both sides by Paul Ellis on one side and Captain Mangal Singh, you know, from the other. They took me to the hotel. They prepared food for me from breakfast to dinner. They took me to library, got material, immensely valuable material and without that material the book will not be half as valuable as is today.

Now how can I forget that kindness? And Paul Ellis went on finding material even after I had left. I don't know how many envelopes I must have received from him. I've kept them all, safe. I'll probably use them some other time. But enormous material was given to me and I'm very happy that Paul is here. I hope he'll convey my thanks to Victoria also and to Manoj and others.

Then let's shift the scene to U.K. I went to the British library - huge, wonderful library, and I remember Ian Parradine sitting with me, collecting books for me, getting copies made, photocopies made and I saw there the marvelous Sahaja Yoga. I wanted some photocopies of some pages of a book. The time was about five minutes left and when he went to the counter the gruff man at there said, "Oh, it's just five minutes left now. How can I deal with all this?" And Ian Parradine didn't get angry, no. He said, "Ya, I agree with you entirely. It's very tough. Try do whatever you can. I'm sorry we're late." And then he started looking at one book and Ian started helping him with the others and suddenly the man was transformed. "Don't worry, don't worry. I'll do everything for you." I said, "Here is a Sahaja Yogi, you know, doing this kind of a thing."

Then I used to go to Colindale Avenue Library, a newspaper library of British Museum - wonderful place - books, newspapers of Pakistan, India, America and I got lovely quotation, which you will read in the book. And there John Glover, who was sitting with me all the time, helping. Even after I came away, he would go to the library, get material for me, send it on to me in India. Very grateful to him.

Then in Study Camps, where I wrote much of the book - Study Camps because of Her again - there was Derek Lee, professor, pouring at the text I would write, giving hours and hours of his. I can never be too thankful to him. And there's Guy Beaven. I am very happy he has come. We used to sit together till early hours of the morning every day, he on his computer and me with the text and go on and on and revise this and do it again. Never did he feel once that I was, you know, revising and re-revising, smiling always, pleasant and he worked very hard for me and I'm most grateful to him and I'm happy that he is here.

And Dr. Spiro helping me, the medical question. Chris Marlow - Chris Marlow, he read the book and he told me something which has been said today. He said, "After reading the book, I felt that I should become a better man." It's a great tribute from a Sahaj Yogi for the book.

And back in India, here also same situation. There's a Mr. P.C. Tandan sitting here, who gave hours and hours and hours and months and months of his time for the book. I'm very grateful to Mr. Tandan for the most dedicated way in which he helped me. There was Dr. Chugh, who's in America, who's not here. He must have brought me photocopies of innumerable books, which I wanted, Mr. Sharma, who helped me with computerization, the squadron leader R. K. Pal, who helped me with a lot of material.

Now, in brief, what I want tell you is the book, please do not believe that the book is mine. The book is ours, yours and mine together, and yours and mine together, a book about dharma, about righteousness, truth, integrity, about a man who I think was a most moral politician this country has seen. Now such a book can be dedicated only to a Divine person and I, therefore, come to the end of my words. I thank you all for the enormous honor you have done me. I would like to thank very much Rajesh, Yogi, Bogdan, Chris, Nigel, Paul Ellis and Professor Varnov for the very, very kind words they said about me. I don't deserve that. It's not humility. They have been very, very generous and very kind. I think I have learned a great deal from Mr. Shastri, but the credit for whatever has come by can go only to one person, who has given me Divine envelope.

The debt that I owe Her is unfathomable. The debt that I owe Her is unrepayable. The debt that I owe Her I do not want to repay. I want to remain indebted to Her. All I want to do is to acknowledge the true debt in your presence, and having done that, as a humble token, I want to dedicate this book to Her.

Shri Mataji's talk

My heart is so full of gratitude to My husband that he accepted My desire that he should write a book about Lal Bahadur Shastri.

The first day I saw him I knew he was a very highly evolved soul and to have such a person in the politics itself was a great vision for Me. My father, mother sacrificed all their lives for the work of Mahatma Gandhi, of getting freedom. When I was with Mahatma Gandhi he knew about Sahaja Yoga because he was also a Realized Soul, but he told Me that just now we are not free people. We have to get our freedom; otherwise we cannot talk about Sahaja Yoga. Of course, his [unclear...] he wrote, according if you read it, according to the different chakras.

I know I, I was a very patriotic person. I mean, whenever even I see now flag, My throat gets choked, with all these songs I just couldn't bear it. I don't know, perhaps it reminds Me of all the struggles people have gone through or maybe the mess in which our country is today or maybe My heart felt love for My country.

As you know, I am full of compassion and Mr. Shrivastava has seen how I used to cry seeing people being starved and in, living in conditions which not even animals can manage. So when I saw Shri Lal Bahadur Shastri, I felt now, after Gandhiji, here is a man. Normally, you'll be surprised. Most of these people, martyrs, even My father, mother, even Gandhiji, they never cared for politics, they never wanted to do anything with politics. They said, 'We don't want to do anything,' but here was a man who ventured himself into politics and who was a Realized Soul, was a very big combination for Me. And I could see the potential of this.

If you ask Me, I can't join politics. Shastriji asked Me several times. He said, 'Why don't You come to politics?' I said, 'It's beyond

Me. I just can't.' And most of them were so much detached. They didn't want to have election, they didn't want to do anything of that kind. I remember my father, when he came out of jail, Vallabhbhai Patel asked him that, 'You have to contest election.' He said, 'I refuse. I don't want to go into politics.' He said, 'You have to.' And he forced him and forced him, ultimately sent somebody with some money, three thousand rupees for My father, that for your advertising and all that. So My father say that, 'Why for advertising? There's no need to send any money. If by that I'm going to win, I don't want to win such an election.' But that made him ready. He accepted the challenge and he really went for the election. And surprisingly, he was the only Christian member elected in that Assembly, Central Assembly and the one who was opposing him, lost everything, lost his deposits, but his own daughter helped My father and she said, 'Nirmala, what is my father, what does he think of himself? I think, against Your father.'

So, in those days you see, it was a, another atmosphere where people who sacrificed, who loved their country, who were genuine, were very much respected. When My father was in jail, I tell you, wherever we went, we were treated just like you are treated here, Sahaja Yogis, like we all brothers and sisters were given all kinds of help from everyone and they were very courageous people. They were politicians in a way, because they were fighting for a cause, but they were not politicians who were running after any position or money, no, they never understood such things. It was beyond them, but they had no interest in joining this assembly or all these things.

I looked at Shastriji, I said, " Now here is someone!" I wanted someone to be like that, because there were so many I knew who were very sacrificing, very detached, very honest, very dharmic, but somehow they didn't want to do anything with these assemblies and elections and all that.

Shastriji was already in office when I saw him first and I think he recognized Me very well, no doubt about it. There're, two, three incidents I remember. First of all he showed tremendous respect for Me, tremendous respect. I always used to go to the airport to receive him, always. Once I was not well, so I didn't go. So he was coming with all the cars and everything, suddenly he stopped in front of our building and walked up to our flat, all alone. 'Why didn't You come to the airport? Are You not well?' I said, "I'm all right, Sir, but little unwell." 'Na, na, everytime You must come.' So very sweet, he was so very sweet. Such small, small things he used to notice.

Once, the children, his children told that, 'We have seen Babiji - they call sister-in-law - 'she's in the town.' He said, 'Really, where is she? Find out.' He, he knew about. 'Find out where is she.' They found out and he said, 'You have to be there for lunch.' And he told his wife you make a particular type of food, call it Moong ki goli. One time they had made, I ate it, so he remembered. See, all these little, little things, you know, I'm surprised at it; and he would talk to Me on subjects - I was just an ordinary housewife at that time - subjects like economics. He would say, 'What are Your priorities? You run Your household very well. Your husband is so busy, what is, what are Your priorities?' I said, "The first priority: that My children must get their food. First. Second: A house. Third: Education, and the foremost is their character. They must have good character. And I really didn't start Sahaja Yoga till My daughters got married because that was also My responsibility. And you know it was needed, also that (much or first?... UNCLEAR) time, it all worked out in a Sahaj way, I would say.

But Shastriji also looked after My children very much and he felt they were sacrificing so much because their father was never at home, he was always busy, you see. He could understand Me, that I'm a sensible Woman and that I'm dedicated to this country and that I feel very happy that My husband is doing the work of the country. He understood that, but still he used to feel for Me.

One day, though I am very fond of music, but I had stopped going for music because I would not go without My husband, so one day I told him that somebody has come and I would like to hear that music. He said, 'All right. What time is the program?' I said, "Nine o'clock, you should come we'll be going (UNCLEAR...)." So at nine o'clock little bit, I think, he got disturbed and started looking at the watch. So Shastriji asked him, 'What's the matter? What are you doing? What's the matter?' He said, 'My wife had asked to go for a music program. It's nine o'clock.' 'Then get up. What are you doing? Come along.' He brought him in his own car and dropped him there. He said, 'If She asked you once to go to this thing, what business you have got to sit down?'

He was so humane, so humane, mothering type of a person. My, of course My husband is a very hard-working man and I can always take out his pressures when he comes home, so it was all right but he was really very hard-working and Shastriji was

quite worried about him, so one day he got some temperature. Immediately he said, 'You are on leave, you are going to Simla. I have arranged everything, you go down there.' Immediately. He forced him to go to Simla. I didn't know what to do with him because I have never lived with him on any holiday anywhere. That way of course, Mr. Shrivastava is an extremely, extremely honest, to a fault, to a fault he is. But then, there in the holiday we were playing chess, or say scrabbles or anything, he used to cheat Me all the time. All the time he used to cheat Me. I said, "What is this going on, here he is such a honest man, he cheats Me." He said, 'Is allowed, if you can cheat your Wife, is allowed.'

Then we used to walk down to buy some cherries, you see, we both are very fond of cherries, so it's all right, we'll make half-half; so he would put much more in Mine and less in his. I said, "What is this cheating, why you are taking so little?" 'Because You like cherries.' I say, "You also like cherries, so now exchange." So, big fight on that.

You see, a woman in the house has to be very sensible, she has to be caring, sensible and also, I must say, My two daughters never troubled Me because their father was not at home or anything. They really supported Me very much and I gave them all the company that was needed but they never complained to Me that, 'Why our daddy is not here, why our daddy doesn't come?' In the school also, everybody's daddy used to be there but their daddy used to be missing. But they never, never even thought of it. So it was such a help from everyone.

Also, I had such a good childhood with My parents. They taught us how to be sacrificing. My father was in jail for years. My mother went to jail five times. And from huge, big houses, we were living in huts. But we used to enjoy everything. The feeling that whatever our parents are doing is for our country's freedom was so elevating, so elevating, that we never even thought of little comforts that children ask for. We could sleep anywhere, eat anything, live anywhere, and that time also, I found lots of great people who were my father's friends were such dynamic, patriotic people, extremely patriotic.

Once (MUFFLED...) some people told us that they are transferring the political prisoners to another place far away, so they are on the platform. So we all rushed to the platform to see them. There was one sage, supposed to be, and he was the one who was regarded as a very great, honorable force. He called Me, and he said, 'What are You doing? Why are You taking part in 1942 movement? Why don't You look after Your mother? Your mother is so much worried.' This and that. He gave Me a big lecture, you see. Of course, 1942 was a real ordeal for any young girl. They put Me on the ice and gave Me electric shocks, did all kinds of things, but to Me it didn't bother.

So, My father called Me on one side. He said, 'How dare this old man tell You all this nonsense? I'm so very proud of You. I hope all my children become like You and kill themselves for the country. And then he shouted at My mother, 'You are a daughter of such and such, of such a family. How dare you write letters like that? What do you mean by this?' That was My father.

I was a very young person, about seventeen, eighteen, nineteen. He said, 'Go ahead. I'm all with You. And that has given Me the lesson that if you have complete purity about your dedication and purity about what you have to do, you can achieve. And as Gandhiji had said, 'We have to have first freedom.'

I saw the Union Jack coming down and I saw the Tricolor going up. That was the moment - it's beyond Me- even now I remember those days. Many of you who are Indians here may not have seen those days. That's why you're so careless. That's why some of you do not understand out of what sacrifices this freedom we have got. It's not a easy freedom. It was very, very difficult one and Shastriji was one of them who gave up everything to join and he had a mother to look after. He was another one who just gave up all those things. Any young man would have ambitions: do this, do that -nothing. He gave up everything just to join Congress. Those were the days where people were charmed. Just he...

Gandhiji was also a very short man. This gentle man had really charmed all the young people. So many young people gave up their studies, gave up everything, not for something wrong, but for, to fight for your country and they sacrificed their lives. So many of them were extremely honest, pure, with a love for your country itself, made them so beautiful, I think. There we were young girls, there were young boys, there were old men, old women, we never had any, any such things which we call as corruption, or any kind of bad feelings. We're all working together, day and night.

I mean, I have had some very bad experiences of these, that where to stay in jungles and do all these things. I mean, if somebody writes My biography, maybe there you might see all these things. But in the main life of these great people is their pure love for their country, pure love for their country. There's a difference between love for your country. Pure love means you just love your country for the country's sake, not because you can make money, get into positions, high, higher positions you'll have, all this, not for that, just purely, purely, very purely, just an inner innate dharma to love your country.

In the same way, all of you should love your country, but with the view that we all will have one world, one day. It's important that if any country, if any country is not equipped with that love for their own, they will be like a cancer if they join one world. Impossible. So the pure love for your country is so good.

Now I find with Sahaja Yogis, once they are transformed, immediately they start seeing what's wrong with their country. It's not attachment, it's not infatuation, it is not blind faith, but they see. Like, call it (UNCLEAR...??), every one of them, I know every one of them. Nigel will tell you about U.K. They see immediately what's wrong with their country and they will not be patriotic in the sense that they will condemn other countries and praise their own country. I think that this is the essential that we should see: What's wrong with our country?

If you have love, say if you love your child, then you must know what's wrong with that child. Also you should love the child and also say that this is what is wrong with the child. Otherwise you don't love. It's possession, it is infatuation. You can call it 'conditioning'. In the same way I've seen everybody now as professor saab from Russia also told Me, how many things are wrong in Russia. Everyone tells Me, 'This is wrong, Mother, put Your attention. Please try to save.' I went to Tunisia. They said, 'Mother, please put Your attention on to Tunisia. This is wrong with East Turkey, this is wrong.' It's very surprising, how with this subtle opening of your awareness, now you see what is wrong, what is injurious, whatever is destructive for your country and you want to improve it.

Same with Lal Bahadur Shastri, he asked Me several times, several times, how to improve the food conditions of India. Now you know with Sahaja Yoga you can. I couldn't tell him about Sahaja Yoga, but I did say there is a divine method by which it can be done. But agriculture should be without income tax and maximum importance must be given to agriculture. Till today it is (UNCERTAIN..there??) . Otherwise also he asked Me about various things, even about Kashmir. So I told him that the biggest mistake was to make a separate constitution. By that you just give a gap to them. Just give them a gap and that's why the problem is there. His, you see, whole attention was so holistic, I would say, and he would always see how we can create beautiful relationship between people of different races, different religions, different ideologies, he had a knack of (UNCERTAIN??...sounds like "everything") he had a knack. I think he must be raising their Kundalini perhaps, but he had a knack that C.P. has said is true. He could transform a person into something more. His style was so collective, so collective, that in the garden he would sit, stand there. And everybody who comes there he would meet.

He had a tremendous memory. I too have, so I used to wonder there's another one I found out, who has such a tremendous memory, because to Me it is sometimes embarrassing to have such a memory but to him it was such a blessing, I should say for people, because he would ask them for such small things. 'How is your mother now?' or 'How, did you get your house?' See, so much subtle. It was, like I tell you the motherly type of a love. Of course, he has been extremely, extremely kind to Me, except that he didn't take Me to Tashkent. He was to take Me; things would have been different, but it is all fated, you know. Can't help it. And once I did tell him that you should little bit take rest also, do little meditation. 'We have no time.' He said, 'It's better to shine like a shooting star.' I said, " Shooting stars are those which are no good as stars. But you are so important. You have no idea as to how important you are. And if you realize how important you are, you'll look after yourself."

He used to live in the last part of the houses, so humble, so very humble. Whatever you gave him, he would eat. His ordinary what you call Khatiya in our language, he used to sleep on that. I said, 'Why are you such a saint? Why can't you sleep on a proper bed, after all, we need you, for our sake you have to do it.' So, he would say, 'I feel more comfortable in this.' See, he's just a man who is so detached. He was going to Russia and they all felt that the, he wore the coat he was wearing is not sufficient for Russia and

must change it. So they told Me. I said, "You better tell him. I won't be able to talk to him about it," so they approached C.P. They said, 'C.P. told him that, 'Sir, don't you think we should make another coat for you?' He said, 'Ah, so they have come to you now?' He said, 'Whatever it is, but I think we have to make a coat for you.' To make one coat for him was impossible.

He never carried any money with him. You'll be surprised and he didn't know what were the new coins are. So at the airport I would always be there, you see, and he would tell Me. So he said, 'This lady is coming to me to put that piece of flag on me. I have no money. What to do?' So I said, "All right. I'll give her something." So I gave her one rupee. He said, 'You have no coin?' I said, "The coin is for ten p." 'What is that?' he says. I said, "It is one tenth of a rupee nowadays." 'Oh, I see. It is better then you give her a note.' But he wanted to give her a coin as an auspicious thing. So detached about things, so much.

At the same time he was so diligently working out, you know, because the way he used to ask Me questions, I was surprised, I was surprised how diligently and subtly he wanted to improve everything. He said that, 'What should we do?' I said, "First of all we must have water." 'I know that. We must have water in every village. Gandhiji always used to say. He told his wife that, 'You go to the well and bring the water to me.' I told her one day. 'Ba, let me do it. Why are you doing it? So now my husband will be very angry. He has told me, 'Till every village gets water, you fill in the water for me and bring it. So I remember that we have to supply water. (ASIDE HERE...not too sure about who is saying what here.)

Shastri was very much on that. Also he said that these people who travel by third class there's no fan, nothing. We put fans, we put fans in the third class waiting rooms. He, I mean he, you see, he started you can say, he was a communist in a way, because he was a capitalist. He was so full of love and so full of patriotism, that if his love would not allow him to see people suffer, so whatever he could do, he tried to do. He was really only for eighteen months he lived. Like a shooting star as he said and there are so many things one can talk about it which C.P. has kindly put it in his book also.

I know I, I put him onto an oath that he has to write this book because he has written files after files up to here and they're of no use. I said, "What's the use of all these files? You have to write Me a book on Shastriji." And I've been always insisting on him for helping Shastriji because I knew what he was. I had the image of a man who would do such revolution in this country and bring down people to higher values then, not money, money, money, money business, no, to the higher values because he was an evolved soul, he was detached man and what a caliber of intelligence he had.

Normally if you talk to any minister, I know so many of them, at the most they might speak good English because, you see, we are very slavish people. If you don't know how to speak good English, means we are the worst, you see, you must speak good English. If you don't know Hindi, all right, but English, you must know. We are still, we are still like that.

I know so many ministers who knew very good English, great, great speakers but there not a word about Indian philosophy, not a word (UNCLEAR..??) they did. Kundalini is out of the question. They didn't know also what is the (UNCLEAR...TATTWA??), nothing, nothing, they did not know about their (country??). But Shastri was a (UNCLEAR...??) and so learned in all our scriptures and thing. He had studied Koran, he had studied Bible, every sort of thing he had studied. And I talked to him sometimes about what My father told Me. He said, 'Correct. That's it, that's it.' About Koran I told him. He said, ' That's it. That's correct.' Such a learned man he was. And his own capacity to convince others was something very special, very subtle and he would first listen, then smile, then wait, listen more, talk less but one sentence he'll say and it would (UNCLEAR, sounds like.. 'stamp' or 'stand'). There's something really absolutely divine. But I don't know, he showed this respect so much for Me, that I used to feel very shy, you know, extremely shy, but he's very sweet, he does it in such a sweet way that he'll just say he'll take my sari and put in inside and then push the (muffled..).

He's the Prime Minister of....But in our country a saint is worshiped and respected. I also remember Sanjivreddy , he had invited Me because I had cured him of his cancer. When I went there they have everything made of what you call 'sandalwood'. I was rather careful sitting in the chair with the sandalwood, you know. He came with his wife, with all kinds of fruits and a big, such a big tray of silver, very beautifully done. He kept it before Me and both of them sat at My feet. So I said, "Sir, what are you doing? You are President of India. Why are you sitting here?" He said, 'I am President, but You are Saint, You are a Saint.' And I took one, I mean he said, 'You have to take something.' I said, "I can take an apple." I took apple, but I said, "I cannot take anything." He said,

'But what about this plate we have made for You.?' I said, "You keep with you. I don't take anything like that." He was so amazed. And he's the one who really gave us this land for our ashram. He's gave us this.

So we had people of that kind, very much. Also Governor of Kashmir when I went there. He was a very nice man, very kindly to Me, but he knew Me as his (???). One day I saw him walking down to the guest house. I said, "What is he doing without any shoes or socks in Kashmir?" I said, "What is he doing?" He came in. I said, "Sir, you are without shoes and socks." He said, 'I have come to meet a Saint,' and he came and he sat at My feet and then he started asking about Sahaja Yoga.

So, India is a very great country because it's a country where the Saints are worshiped. They are not created by church or by something. But they are real Saints and such Saints are worshiped and respected by Kings. This is the only country where it happens. I think, and I was surprised now, another country I found out is Russia, where they have respected Me so much. I'm really amazed, so there must be quite something very common.

First time I went with C.P. to Russia I told him, " This is a very spiritual country, no doubt." And Shastriji went there. I was happy because I knew that Russians are spiritual, very introspective and they are not conditioned by any religion or anything. Now so many things, if you see, you can connect, how things worked out in Shastriji's life. Now he's no more, but this book, I hope, will go to all over the world and will really open the eyes of the politicians and they will have to revalue themselves.

Socrates talked about a benevolent King and Shri Rama was that benevolent King once upon a time and when I saw Lal Bahadur Shastri, I said, " Here is a benevolent King who is come." He has lived very short. I don't know. That's our fate; we Indians don't have a very good fate, I think; doesn't matter. But now it is for us to express his life all over the world. Here we have Sahaja Yogis from everywhere, they can take this book and they can present it to some of their politicians if they have any time to read. They might understand that there's a life which is much higher, much valuable. After all, this money, I have not known anybody who has erected a statue of a man who has too much money or too many wives or keeps or the one who was a drunkard. So the value system which is now going on, is of a, a nature that will not only destroy you, but destroy nations after nations.

But this book has a special value, I feel, that by that, many will see their faces in the mirror and they might be able to correct themselves and maybe in the political field we will find sensible, better people. That was My idea. I must say I got after My husband that he should write this book. But you know, he is a man worse than Me because he's, if he takes to some work - finished. He went here, and he went there, he did this and he did that. Worked very hard. He's very hard working, extremely meticulous. Today the first day he's late, you see, I said, " Because of Me, better change now." He's so particular about time.

I must say that without C.P.'s help I could not have done Sahaja Yoga because he has only one Wife and I'm always out, I'm always traveling. I'm, I mean, I'm very, very little time with him. One thing he used to do the same to Me before. So (laughs) he's used to My absence, I think, but I must say My children and My family, which is here, they also always support Me in Sahaja Yoga and they respect Sahaja Yogis very much and they think that what work I am doing is the only solution for saving the world. In a way they do not take too much part in our organizing and all that. The reason is: I Myself, I think the partisan business should not start in Sahaja Yoga, but they are very much with us and they have come all the way today again and they do meditation and is very, very supportive to Me and to Sahaja Yoga.

I have to now thank all the people who have helped C.P. so much. It's so spontaneous. They all helped him so much and (UNCLEAR NAME....) himself was telling Me, 'Mother, he writes very well,' and I don't know what to do, and one day I said, " (UNCLEAR..NAME??), write for Me also something. You can write very well." So he wrote one paragraph.

So I showed it to C.P. So C.P. said, 'Who wrote? You wrote it?' I said, "No, not Me." He said, 'Yes, must be somebody else, complicated like me.' I said, "Why?" He said, 'You don't refer any book. You don't go to any library. You don't do anything. You just straight forward, You write.' But I said, "I write on a subject which I know." And while he has to not only to refer, but has to be meticulously all right and (UNCLEAR NAME...) would be after him, 'Sir, this is little different than this,' I said, " I'm not bothered. If I have to say something, I'll say that. "What (Unclear...??), " Socrates said. So what. In the book whatever is written, who's going to challenge Me? But for him, you see, being a bureaucrat and all that, so meticulously he has done the book that even General

Joshi was surprised the way he has written about the military things. He said, 'Sir, how do you know all this?'

So you see the book itself is very interesting and really it reads like a novel, no doubt. I'm very happy about it. But it is being worked out so meticulously that I don't think you can find any fault anywhere. But in My book, anybody wants, can find that Christ didn't say so, that didn't say so, this thing, I don't care. I'm not bothered. Whatever I have to say, I will say.

He had to work very hard to make it that perfect and he has done it. He has taken all the thing. It was one of My greatest desire. He always said, 'You never ask me for anything. I want to buy something for You when I am going abroad. What is this? Everybody buys something. You never ask for anything.' I said, 'I don't want anything. Why should I ask for?' 'But something You must ask.' Always he used to demand.

I said, "Now I have one desire, one desire: that you write this book and complete it. That's all is. My desire." And he has done it. I'm thankful to him and I'm thankful to all Sahaja Yogis who have helped and to you all who have come into another kind of an atmosphere where patriotism and righteousness and Shastriji's great character we are enjoying through Sahaja Yoga.

May God bless you.

1994-1204, Shri Raja Lakshmi Puja: The Goddess which rules the kings

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4 December 1994

The Goddess Which Rules The Kings

Lakshmi Puja

New Delhi (India)

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

Shri Rajalakshmi Puja, Nizamuddin Scout Ground, New Delhi (India), 4 December 1994.

[Shri Mataji (in Hindi: Sorry I am late, my granddaughter is a little sick and I stayed back to make her better. First I will speak in English and then in Hindi)].

[English Transcript]

Today we are going to worship Rajalakshmi, means the Goddess which rules the kings. It's a very important thing today to understand that something has basically gone wrong in the working of our political systems and why the people have lost their sense of justice, fair play and the benevolence of the people. Where have we gone wrong that this is being lost?

It's not only in India, it's not only in Japan or in England or any other place where we think there is democracy. First and foremost thing is that all these countries, even those who have got their freedom, started following those countries which were supposed to be highly and mighty and very powerful - like America, like Russia, like China, England - without understanding how far they have reached in delivering the goods that they are supposed to do.

In any case, in a country like England, you see the monarchy, the way it has been working, is shocking, absolutely shocking. The way they have acted towards their ministers, like Cromwell, you feel as if some primitive people are trying to manage something. And the kings so cruel, queens so cruel, so character-less, so irresponsible. They had no character to be kings and queens. There was no surrendering to the Rajalakshmi principle of one's being.

Then of course, it became independent, and even now I find such stupid things they're doing. Even in France the president has a keep, they run after money, little money here and there. There are people in every country who are really of very, very low level and who are trying to look after the welfare of the people. Also if you read the history of Samurai and all those people in Japan you are shocked. They thought no end of themselves, they had no connection with the public and the way they behaved.

Then you go to the communist countries also the same sort of thing. There also those who came in power became really like despotic rulers. Then we have on the other side Mr. Hitler who came, thinking no end of himself. Spain, as you know was ruined by Franco. One cannot understand how these people without any character, without any higher qualities than the rest of the people can look after their well-being. It's impossible!

I should say in our own country we had great kings, very great, because our heritage is great and we had saints who really ruled the kings. Like Shivaji had a guru who was a great saint, everybody. Janaka had a guru. Everybody had a guru. Even Shri Rama had a guru. But they were real gurus! They were the people who really lived the life of saints, they were real saints, inside, outside. And the people also accepted the kings who had spiritual background. Those who respected spiritual people. So, the whole trend in this country was very, very different till sometime.

I don't know when the English came what happened to them. The majority of the people didn't like the way the English were living, their style, their methods, they didn't appreciate. But these king and queens of different states they started feeling that they are very sophisticated people and we should have their culture. And so many of these queens, modern ones, who smoke,

who drink, tell Me that it was taught by their governess who came either from Sweden or from England or from Australia. And they picked up these things.

Of course the men also thought that we are very backward, you see, that's the idea they gave them, "You are very backward people, you don't know how to smoke, you don't know how to drink, you have no ballroom dancing," this that. Even our military got corrupted with it. In the military is all English style things still going on. I don't know when will they stop. They don't know anything about our own country. They'll know about England, and you ask them anything about England they'll know. The whole education system came through English, but all about England and western life than about Indian life. Nobody ever cared for Indian things, you see. Even in medicine same thing happened. Nobody wanted to listen to any vaidya (ayurveda) or anyone. They thought "Oh, these are useless primitive people, backward!" So even one country, which was really, I should say, had spirituality ruling in the politics also went down like this.

Before independence in this country, I remember, we had to fight the British, and what patriotism people had at that time. I remember once we had gone to see a hockey match, and My father always had a national flag on it, that time it was not national it was congress flag, in the car. So the soldiers came, they said, "Take down this flag!" So My driver got down he said, "You cut my throat first and then you take down the flag!". We all children joined him and they were shocked, went back.

Such enthusiasm, such patriotism came at that time when we were fighting these people. But they divided us and created a problem for us. And you know before we could enjoy any fruits of our freedom, we were fighting, we were divided. I don't know whom to blame for that. If we had not accepted this division, there would have been no problem. But they accepted it.

Now, poor Bangladeshi's are so, so, so poor. If they were one with India, they would have been much better. And what is Pakistan? It's just an empty place, you know, no industries, nothing. That's why they are all the time talking about Kashmir, Kashmir. They have nothing else! [In] their own country people are having fights, this that, but there's no growth. Now they cut out only this India.

Now here, after all this happening, you know, any war, any kind of crisis like that, immediately changes the value system. Not that in the West there were no value systems, there were, but the war completely changed them in the same way in India also. Politicians, those who lost their lives in the fights, or those who stood for something good were regarded as no ideal. And people took a U-turn, absolutely a U-turn and they became very self-centred, only worried about their own personal things, their families, or maybe accumulation of money and transferring of money from here to Switzerland.

I mean something, I mean I tell you I've gone through My life with the people who were fighting, fighting for freedom. I mean they could not even think of these things. I know My father, I know My mother, I know their friends, I know so many people who were in our family used to come, so many Sikhs and so many other people, Muslims even. They could not think of taking any money, I mean it was really regarded as very low-level. For what to take? What is the need? If you are satisfied in your heart of what you wanted, you got, you've got your freedom, now finished.

But how these people who were absolutely at the bottom, who did nothing for the country, sacrificed nothing for the country, just came up on top and all the good people went down. If you read the history of Shivaji, or Rana Pratap, or any of them, Shalivahana, anyone, you'll be surprised how they used to worship Shakti. All the Kshatriyas used to worship Shakti, and they would go up to a point and not beyond. Up to the point till the dharma was there. That history I cannot repeat it to you. But in the subtle way, one feels that this partition suddenly changed the attitude of people, or I should say those who were very low-level they came up. I remember I was here at that time, partition time, and I was married and three people came to Me. I was sitting outside in the garden, knitting something for My child because I was pregnant.

So they came, and they looked at Me and they said, "Can we have one room in your house?" I said, "Why not, I've got it. It's a very big house of My father. I'll give it to you." They said, "We need for one or two months. We are refugees." I said "Alright, and it has an outside door, you need not bother us and there's also kitchen attached and a bathroom attached. You can do whatever you like." Just I offered. In the evening My brother came, elder brother, and My husband and both of them were friends and he just

started shouting at Me. These people were in the other room.

"What do you mean by keeping such people? Who are they? What will they do?" and this and that. I said, "What will they do?"

"They may steal something from me!"

"So what is there in this house to steal? They are refugees, look nice people to Me. I have approved them because of vibrations they're alright."

"No, no, no, no, no better throw them away!"

I said, Look at these people [my husband and brother], "Without even talking to them, knowing them, suddenly you are asking them to get out only because they are refugees."

Then I did feel that in this country a new wave had started, that a person is not respected if he has no money, he's not trusted if you have no money. Actually it is the other way round, those who have money, you better never trust them. And those who don't have money are much more honest people in this country than the people who have money, who are all cheats practically.

So it happened like this and I said, "No they are going to stay here!" I put down My foot. I said, "This house My father has given Me and they are going to stay here." Poor things they stayed for a month in a very, I think, must be very much embarrassed. And while they were there so many Sikhs, that time it was a big organisation - Sikhs and RSS were one, and they came to My house and said, "We've heard there's a Muslim staying with you." There was a Muslim. "And we're going to kill that Muslim."

I said, "What makes you think there's a Muslim?" "We've got reports." I said, "Wrong, there's no Muslim in the house." I told him a lie. So they said, "How are we to believe you?" I said, "See I'm wearing a thing (bindi). I am a Hindu lady. How will I keep a Muslim in my house? We're all frightened of them and there's no one like that." Somehow or other they believed Me. I told a complete lie but they believed Me. They had brought lots of those swords, with blood. But I was not afraid and I told them in a very determined manner. Anybody else in My place would have said, "Alright, alright there is one you can take away."

Then these three persons, who were there, left My house and one of them is a very famous actress, another one is a very famous poet and another one is a very, very famous writer. And it so happened that they (a charitable organisation) wanted to make a film about young people and I was the chairman of that, vice chairman of that, and they wanted to call this actress. I said, "Don't tell her My name." Because I had lost her completely. I'd just said let it be wherever they are, let them be. There's no, sort of, I never made any enquiries or anything. "Don't tell them My name." They said "Why?" I said, "For some reason you just don't tell her My name, otherwise she'll be compelled to say yes, which I don't want."

So when they went to her and asked her, she said, "I must get a sari, I must get a chappal, I must get a purse to match, I must get this, all this you have to pay, plus so much money you'll have to pay." They said, "Ours is a charitable." She said, "Whatever it is." I said, "Alright, give her whatever she asks for."

Then I went for the opening ceremony and she saw Me and she couldn't control herself, tears started rolling down her. Just came and fell at My feet. She said, "How are you here after such a long time?" So they said, "She's the one who's making this film." "What? She's making this film, why didn't you tell me? My God, my God." She couldn't help it, she was crying, crying, crying, crying. I said, "Now it's alright." She said, "You take money from me. I'll pay for the whole making of the film. You don't know this lady. You don't know her. What She's done for me, nobody would do [what] she had done." She said, "She never told us anything how are we to know?"

Such a change that she, immediately she telephoned to her husband and to this great poet, they all came running and they all... But a small good gesture of administration: that was My house given to Me by My father. That time of course My husband and My brother didn't know how to trust people. But I trusted them, fully. They were saying, "They will cut your throat." "Why? Why will

they cut My throat? For what?" All kinds of funny things they were thinking. And the worst thing I felt was they were afraid because they had no money. That is the beginning of the end, I think. In our country this struggle for money started after that.

Without money people started suffering very much. Poor people don't mind because they are used to it. Whatever money they have, they eat it and sleep off. There were not also very, very poor people as they are today but they were poor people no doubt.

But what I realised at that moment, that the people who have any position or any power or anything are literally frightened of everybody else. This is the beginning of our downfall. We got frightened. Those who were in charge got frightened that I may lose my seat or I may lose my money, I may lose my power. That fright kept them absolutely mad. Supposing I am left with no money. So what? What happens?

All these thoughts started coming after that partition, I felt it's everywhere. While I'll tell you in My childhood, My father never used to lock the house, it was a very big house he never use to lock. And we had a very beautiful gramophone with all that horn sort of a thing. And one day one thief came and stole that. So next day we discovered, My father said, "Poor thing, he was fond of music so he's taken away doesn't matter, but he didn't take the records now what will he use, he must have records." So My Mother started teasing him, "Alright you advertise now. The one who has stolen our gramophone should come and take the records they are available for him." (laughing)

It's so natural you know. He just felt [that] we have money after all, this fellow doesn't have money and he wants to listen to music you see. So My father said, 'Alright'. Otherwise he was a criminal lawyer My father knew law very well. Was not a stupid fool but he couldn't understand this fellow has only taken gramophone only without the records. He said, "he must not have found it, you see it was there kept and all that." My Mother said, "You better advertise it." He was a politician also.

So that time, the feeling among the politician was to how to raise the standard of these people who are not having what we are having.

All the people who had money donated lavishly to so many things. I mean in My place there was one Rahbahadur Lakshminarayan, he donated all his money, everything, to a big university. Most of the things that happened in those days were done by charity people. I mean they never thought our children should have so much money, crores and crores and crores. They never thought like that. Whatever limited money they had they wanted to donate and do something good for others.

So when the Rajalakshmi, Lakshmi that is the one responsible for looking after the benevolence of the people, when She acts people think that they have, not even think, they do it, automatically, that they are there for benevolence. They don't have to tell themselves, it's just that they feel that it is their job, this is what they have to do, is to look after the people they are to be brought to better levels of life. This is what they think, they don't think like a party politics, who is coming up, whom to kill, nothing of the kind!

Under the influence of the Goddess of Lakshmi, which rules the political side we can say, the kingdoms and all that - first thing is generosity, first thing is generosity.

For example, Mahavira was meditating and while coming out His cloth - He had one cloth around His body, dhoti and He had covered himself. And the upper cloth just got caught up in the bushes. So he cut it out and came out with half the cloth - it was in His own palace. So Shri Krishna wanted to take His test. He said, "See I have no clothes, I'm just naked." He came before Him like a beggar. "You have this, why don't you give Me this cloth? You can go to your palace and wear your dress." He said, "Alright." He took it out and gave it to him. And then He got some leaves and all that, covered Himself, went to His palace and got dressed. But now these Jains, you know, they make His statue so big, insult Him completely by showing all kinds of nonsensical private parts to the details. This is what is, where you have no worshipping of the Goddess.

Goddess is Shri Shobha! She's the One who decorates you. She's a mother. She decorates you with ornaments, She decorates you with beautiful clothes, She's your mother. She does it!

Like, Raja Janaka, He was the king so He had to wear ornaments, He had to wear beautiful clothes, He had to do everything. And when Nachiketa went to Him he was quite surprised that why my guru has sent him to this king who is wearing all kind of dresses and this and that and he also had a big function of dancing and this. He said, "He's not a saint so why my guru touches His feet? He's a king." Of course Raja Janaka knew what he was thinking about. He said, "Why have you come here Nachiketa?" He said, "I'm here to get my Self-realisation." He said, "You can take all My kingdom but not easy to give you Self-realisation." He said, "Alright, whatever you say I'll do."

So He put a big sword on his head and asked him to sleep. He couldn't sleep at all. Then they were having a bath, he said, "Come and have bath in the river." People came and told that there's fire and everybody's running away and Raja Janaka was in His meditative mood, He was just sitting quietly. Nachiketa got a little upset.

Then they said, "The fire is coming here and all these cloths are going to be burnt." So Nachiketa ran out to save his things but still He (Janaka) was meditating.

Then they came out and Nachiketa found that nothing that was burnt was there. It was just an illusion for people. He was amazed. Then he realised what was wrong with him, that he was doubting the Divine power Itself. The one who was Janaka, who was a king, was not bothered about His own powers, these are what? Because he is today, this you have to do it. Because I'm married, I have to wear a mangalsutra. So this is for the parampara, for the tradition style, but inside He was a saint, a very high...high level of saintliness.

When this thing happens that you get some position, any power, even in Sahaja Yoga I was surprised. If somebody becomes leader, I don't know what happens to him. It is a myth. There's nothing like leadership in Sahaja Yoga, nothing like that. It's just a myth. But suddenly people jump up. It is ego that gets pampered.

But this ego can be easily managed if you worship the Rajalakshmi. She is the giver of balance. Firstly, She rides on the elephant. Is not easy for a lady to climb on an elephant, I have done it, it's not easy. Without fear. And She sits straight with a complete balanced attitude. And Her blessings are tremendous. The first blessing one gets: the imbibement of dignity. Dignity of a king, dignity of a queen. You are a queen so you can't behave like street women. With Her blessing, first of all, you get that dignity. That dignity is full of love, love for others. That personality emits nothing but love and benevolence for others, nothing else. Wherever She looks, in every glance She blesses people. She doesn't expect anything. She is a queen, what can you give to the queen? She's the highest of all in every way, what can you give it to Her? These, all these politicians and all these so-called presidents of all these countries are beggars. All the time give me this, give me this, like greedy people going around are beggars! They are not the people who can rule. Hankering after things.

So first thing is the sign, is that such a person has a personality that just blesses people, thinks of their benevolence, cares for each and every person who comes along. This is a blessing of the Goddess. Then the second blessing of the Goddess is that you develop a kind of a temperament, which is very dignified, but also very humorous and understanding what other people are like.

There's a story of a king who was going on a horse and he met a drunkard. So you can say these our drunkard can be compared to our politicians. So the drunkard stopped. He said, "I want to buy your horse." People said, "Do you know what he is?" "Yeah I know he's a king. Alright. So what? I want to buy his horse." He said, "Alright not today, tomorrow we'll sell the horse to you." So went away. Next day he was called. So he came with folded hands bent down. He said, "What, you were the one who was going to buy my horse, what has happened to you? I want to sell it to you." He said, "Sir, the one who wanted to buy is dead. I am an ordinary person." Such a personality, such solid personality I should say, that anybody would have been angry, would have said "Beat this man! Throw him away! He talks to me like this, behaves like this." What the king said was remarkable. Because he knew he's drunk, he knew he's not in his senses, that's why he's talking. Didn't get angry with him, he said, "Alright, come along tomorrow, I'll sell you the horse." That's only possible if you have this Rajalakshmi in you otherwise you would never behave like

this.

Now what about today's politicians anywhere? They even shoot people, they kill people, they arrest them, they put them into trouble I mean, all kinds of things they are doing. Such people have no right to call anybody as criminals! But we accept! As in Hindi we say, "Aaj kal ka zamana hai aisa." (Such is today's world) We accept it - all such people as our rulers.

Then Rajalakshmi is the one who stands on dharma. She stands on dharma. If there is some adharmi then she will not bless that person. Adharmi is to be taken out. But if he's not, then he will go all out to save that person. But if he finds he's adharmi, he will not. Is a kind of a divine discretion he should have as to whom to be kind and whom to be punishing. That divine discretion should be there in a person, otherwise you can play into the hands of ten people who are around you, teaching you something, doing something.

One day I was in My mother's place Nandgaon, and there was one gentleman who impressed our Yogi very much. I just kept quiet. He was a big politician and he told Me, "We have to do like this and we have to do." I said, "Alright, alright, alright."

Then three, four professors from the university came to tell Me, "Mother, he's a politician, be very careful. He's a very bad man, you be careful about him."

I said, "What do you know about him?"

They said, "He's a politician." I said, "There are so many politicians."

"But he's not a good man."

"But what do you mean?"

I said, "Now you sit down and I'll tell you. This man has eloped with the wife of a Brahmin. He himself is not a Brahmin and this child is from him to her and how much he has deceived people everything I know."

They were shocked. "You know Mother?"

"Of course. I know everything!"

"Then why do You allow him to come close to You?"

"Do you think he is close to Me?" I said, "You are sadly mistaken. But it's nice he's come to Me because he's been troubling people too much and I'll correct him."

While some people thought he was a great achievement we have got, and some of them came to tell Me be careful of this man without knowing what he was. This kind of a divine discretion has to be there. If a king does not have that divine discretion then he can punish the good and he may help the bad people. But this divine discretion disappears when you are self-centred. That's the main point, is a complete detachment about the power should be there. Complete detachment.

Why should Rajalakshmi care for anything? What does She get? But now there are some who'll pamper a person this, this and that, and then they feel "ah, we're on top of the world!" They just pamper, pamper and pamper the ego of a politician and he thinks he is a very big man, then in the election he doesn't understand why he's on the ground.

So with this self-dignity, self-knowledge, you know what you are. Whatever you may tell Me, whatever you may say to Me, I'll listen, "Alright, alright, alright", but I don't accept anything as something great. Because if I am that, what is there to be great?

Now supposing this is a lamp here. So is it great or not great? It is a lamp. So if I'm Adi Shakti, I'm Adi Shakti, So what? If you are a king you are a king so what? I mean if you are an impostor then you might feel your ego. But if you are really the king then you won't feel. If you are under the influence of the Goddess then that is the only thing you enjoy. The rest of it is nothing. Whether you have diamonds or you have silver or you have anything makes no difference at all.

Now how people misuse the scriptures also one should see, that, Rajalakshmi is sitting on the elephant alright, so they should have all very big cars, you see. She's sitting on the elephant because elephant is the highest animal! Is very kind, very forgiving and has such a tremendous memory. That's why She's sitting on an elephant. She's not sitting there to show off. But She's sitting there to see around, what is happening avalokan, She can see around what is happening, to be at a higher place. That's why a king is made to sit on a higher pedestal. But the purpose is not to show off. But the purpose is that from that state he can see others better, he can be watchful of others.

If somebody gets a high position then they think they are the owners of that position. This has all come because the brain has gone upside down I think. How can it be? Logically. Now if you are this throne is given, alright, so with the throne I sit on this, but this throne cannot give Me anything, I can give something to this throne. The king has to think he is obliging all these things that he is sitting on them because he is a king. On the contrary he thinks all these things are important because something is lacking in him or what? And that's why when they come to do Raj they start gathering things which are useless absolutely, clutter up their houses, homes, everything with something that is useless.

All their dignity, everything, is itself a decoration on them and to show that they are kings. Of course they are given a crown, they are given a big necklace, they are to wear something here because they are kings. But these are not actually his decorations but these things get decorated by a king.

For example, you get some lanky panky fellow from the street, half starved, who is a beggar, say, for example, and put those ornaments on him and all the dresses of a king. Put him on the stage, everybody may start laughing. Nobody will think that he is a king by any chance, because he doesn't have that dignity, doesn't have that face, he doesn't have that body, he doesn't have that mind, he doesn't have that wisdom. So how is he a king? Like, there was one king who tried to make his shoes of pearls. But he's so stupid looking, you know, that when I saw the pearls I said, "This is the man only who can think like this!" So stupid he was to look at. And was sure of these pearls being put on his shoes.

So there are many such things these days all of these stupid people are doing. There are big, big cartoons coming out and you can see for yourself how stupidly they live. To Me it's such a difference I tell you. Such a difference. To them all these things are so important, which if they don't have they'll buy and put it. I know of a gentleman who came with a garland to our program, I mean to our dinner, I asked him, "Why are you carrying the garland?"

"See after all you see I was garlanded so I'm keeping the garland."

We didn't know what to do! We Indians will never take a garland, first of all, anybody gives you they'll put it, except for the Gods. They will take it out immediately. Another lady who came to see Me and she said, "I don't understand these Indians, I bought a garland, I put it in my neck so they were all laughing on the street at me." (laughter) Now you Indians understand this, how subtle it is, just see, that you can't put garland, you are not God. You cannot buy a garland (laughing) and put it in your neck and walk out. Innately you have to be that. So the person who is innately a king has the blessings of the Rajalakshmi. Then what does She do? What does She do to such a man?

What She does is first his name is written on the hearts of the people whom he rules. She writes it with her own hand. They adore him, they admire him and they try to imbibe his qualities within himself. Another blessing of Rajalakshmi is that She grants a particular type of a body, which has a coëfficiency, which gives vibrations. They may not be very selfish people to make a big advertisement about themselves, talking about themselves, this that. But the way they are wherever they are, they show. We had many like these in our times also. Maybe that people didn't accept them, maybe they are nowhere now, some new johnnies are

looking to be more jumping. But whatever name is written in the heart of the people, are the people who are blessed by this Rajalakshmi.

So what a politician has to understand [is] that he has not to make money, he does not have to have a big show about himself. He does not have to do anything that is like laundering the money from the country. He does not have to kill others who oppose him, he doesn't have to shout at those who trouble them. But what has he to do? He has to remember that. "I am here for the fame of a good man." He should worry about the fame he will be leaving after his death. He should see to it that his fame is safe. For example, see Shri Rama who was a king of benevolence, no doubt about it. But His own wife when somebody challenged that - "She has lived with Ravana and how can She be pure?" He knew that She was pure, still He decided that He will ask Her to go because to keep the show, to keep the whole image of a king and He sent Her away.

But nowadays you find somebody's brother employed in America, sister employed there and he has made, his uncle has made a big house and his wife has accumulated so much money. It is all going on. Everybody will talk like that about that person, that he's just money oriented, he just spends money on nonsensical things and he is just exploiting us. Everybody will talk but nobody will tell him on the face.

So what you have to worry is about absolute correct character. These days this is another point. Every politician must have three, four keeps otherwise he is not a politician. Like we had Nawabs, we had one Nawab in Lucknow who had hundred and sixty five wives. He thought if he doesn't have hundred and sixty five, people won't accept him as a Nawab. So this is another inferiority complex that you should have some women around you so that people will say what a powerful man he is.

Now those days are gone now, now Satya Yuga has started. In Satya Yuga I assure you anybody who is not blessed by Rajalakshmi will have to go to jail or will have to leave the seat, will be thrown away or will be as they say, "Doubly dying go to the waste, dust". It has to be. They'll be all exposed, whatever tricks they may try. And they will have the consequence of being artificially the rulers. But a genuineness is the sign that the queen of blessings, the goddess of Rajalakshmi, is residing in that person. In Satya Yuga it will happen I'm sure.

But even in Sahaja Yoga I find people doing politics sometimes, I was amazed! People think politics means keeping groups, making groups, telling things from here to there, there to there. That shows you lack collectivity. A person who is a Sahaja Yogi will try to cement everyone together because the power lies in collectivity. To break the collectivity for anything is very dangerous for that person as well as for others.

So now you have entered into the kingdom of God, you are now sitting in the court of God Almighty. Here, of course, as courtiers you have to dress up well, sit properly, should take up your seats. You have to be systematic and above board because you are Sahaja Yogis. You are not ordinary people. You are special people. How many people in this world are going to be Sahaja Yogi? You are special people, so try to make yourself such beautiful instruments of Rajalakshmi that people when they will see you they will vote for you and tomorrow you will rule the world. (Applause)

I do not want you to get out of politics or get in politics but you have to first get the blessings of the Rajalakshmi and then only you should understand what's wrong with our country, what we have to do, what is the purpose, why do we want to become politicians, what we have to do, we have to have plans, what is your project. All these things now put your attention from yourself to outside. Like, that day I received a letter saying, "my father is sick and my mother is sick then my son is sick, and this and that and that and that." Such people can't do much.

When the war of independence started in India we gave up our studies, gave up our parents, gave up everything, we were very young people. So now you have to know that if you have to really take to politics you have to have the blessings of Rajalakshmi and for that you have to build up yourself with that dignity, with that sense. I bless you from My heart that in every country such people will come up.

May God bless you all.

[Translation from Hindi]

Now what can I speak in Hindi. You must have understood that. As you can see, a lot of people from outside have come, and wherever I go, they come with Me, and in all the places they listen to My Hindi lectures everywhere. And they tell Me that, “Shri Mataji, we like it when You speak in Hindi because then we do not think, and in that state we get lots of vibrations inside us. In My opinion this is a great experience, and with this experience you will be able to understand in Hindi, whatever I have spoken.

This means that when Raja Lakshmi gets enlightened within us, then everything changes inside us. Our wants and requirements change; our consciousness of being an individual changes; and we go from individuality to collectivity. We rise above ourselves, and become part of the whole world. We don't think only of ourselves. And we think only of the whole world.

You will be amazed that I never think what things I am in need of. That thought never enters. And nor do I buy things for Myself. As it is you people are doing all the buying.

But once there was a burglary in our house. Everything was stolen. All My sarees were taken, and it was a bad state of affairs. Now My husband is a very honest, government official, and everything was spent making new outfits for him. So for seven years of My life, I managed with one silk saree. Cotton sarees I had, but when I went out, I wore that same saree, every time. Just managed with one silk saree. But till today no one noticed that. Only My husband was aware of this.

And now you have given Me so many sarees, that I keep thinking that only if one more Draupadi Vastra Haran (disrobing of Draupadi) happens, then only these sarees will be of use. Otherwise they are just piling up in heaps and heaps. Where will I wear all these sarees. But no one is willing to listen. I keep saying “Please don't give me any presents. I do not require anything”. So they say “Then you should not give us”. But let Me give. I am a Mother. Are you a Mother? And they say that only this gives us joy.

Now I have decided that whatever gifts I receive, I will give all to Sahaja Yoga. For what so much! What is the need. I don't require any of this. So I request you to please lessen this. Every place I go, I get presents there. Go to anyone's house, there a present. If a child is born in any house, then from there a present. If someone gets married, then a present for that. By doing this, already three houses have been made and they have all become godowns. And now the fourth one – that will also become the same, and there will be no place for us to stay. All this makes you very happy. It is alright. But in one year, one saree is enough. Otherwise there will have to be a Vastra Haran. There will have to be another Mahabharat. Then Draupadi will have to appear. Then she should leave her hair loose, and then the Vastra Haran. Then I can give these sarees to Krishna, and He will use them to supply her.

You people love Me a lot, and I also love you. And in love one always feels something should be done. These outward things of the world are all for showing and expressing love. But I feel that in the present times it is not good to become slaves to customs. Think about it. I have tried many times and lost. But you people try to find a middle path. That will be very good.

1994-1208, Public Program and Shri Mataji in a train

View [online](#).

8 December 1994

Public Program

Dehradun (India)

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

Public Program (Hindi)

1994-1211, Adi Shakti Puja

View [online](#).

11 December 1994

Adi Shakti Puja

Jaipur (India)

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

[Translation from Hindi to English]

Today we are going to worship Adi shakti.

Everything is covered in it. Many people have not even heard the name of Adi shakti. We are the worshipers of Shakti. Here we are Shaktidharmi (religiously devoted to Shakti) and many kings have been worshipping Adi Shakti. Everyone has different deities and the names of each deity is different. The name of the deity of this place is also different, it is "Gangaur". But Adi Shakti was once born in Rajasthan state whose name was "Sati Devi". It is her grace that we find our culture the Dharma of wife, Dharma of husband, Dharma of ruling etc. which are nourished by her Shakti.

You all know the story of Sati Devi, I don't have to tell you in new way but she was Gangaur. She was married and while she was returning after marriage with her husband some of the bad elements surrounded them and killed her husband. She came out of the bride's carriage, took the Rudra form and destroyed all of them who attacked her husband and then she finished herself also. We should see in this that since childhood till marriage she did not disclose that she was Maha Maya in any condition.

It is necessary for Adishakti to be in Mahamaya form because the one who has whole powers and light within has to take Mahamaya form. The reason is all those great powers which in this World, initially they came in the form of Surabhi (Aroma) Shakti, which was the cow. In her, all the deities reside and after that once she came in the form of Sati. Only once she incarnated in Rajasthan. I told you before that my relation with this state is very ancient because Chitaurgarh's (Famous city in Rajasthan state of India) "Shishodia" dynasty were my ancestors.

Adi Shakti has unlimited powers and Sati has all of them. But it is important to keep those powers hidden. There are two reasons for it.

Firstly, if people come to know that she is Adishakti they may attack her because they all are evil, stupid and standing against God. They earn money on the name of God and misuse it. If these people come to know that Adishakti has incarnated in this World then either they will run away with fear or they will get collective and try that the work of Adishakti in this Kaliyuga should not be successful. So it is very important to take Mahamayas form.

The second reason is very that she has to do very deep, subtle and important work which has not been done by anyone till now. That is collective Realization. Forget about collective, even to give Realization to one person it takes years together to do this great work and that too with such a care that it should not harm the other person in any way. It is like one person is made to cross the river sitting on the boat without any effort. Yesterday I told you that how religion has got inverse. Those who told about religion were absolutely all right but to whom they talked about religion were not right people. So they did not understand religion but interpreted and confused it. If some person looks at his religion and thinks about it then he will run away from his religion because the things which are happening on the name of religion are very dangerous.

Somewhere it is insulting women, somewhere torturing children and somewhere it has become robbery. Every kind of wrong things are done on the name of Religion.

Once the copies of "Gita" came in Bombay which were printed in England. The people were very happy that see the Gita is now being printed in England too! What can be greater than this?

Indians already were on the feet of Britishers...and now if Gita is printed in England then Indians thought Oh! How great!! what a miracle!!

But there was an Officer in Customs who thought that till today no Britisher could even speak our simple Hindi language, then who is this great person who can write Gita in Sanskrit language. He felt something wrong. He opened one of the book and saw the whisky bottle hidden inside, he understood and checked all the books and they were Whisky inside and Gita outside! I mean

to say that Gita is very holy for Indians and even by the name of Gita they will touch it to their forehead with respect, but the English and western people have this art of hiding things, it is wonderful and they thought to use Gita like this.

If there is any kind of table here in front of us then we will put some plastic cover and then table cloth and make it beautiful immediately. Every time I see that wherever you go you see many curtains. I asked them why so many curtains?, they said nothing mother.....I removed the curtain and saw all dirty things and clothes there. To hide the hundred weakness is also a great problem of our mahamaya shakti, because these people might have learned from somewhere all this hiding. I have not taught them, but someone might have taught them as how to hide all our weaknesses and how to digest them after hiding them cleverly.

We don't try to remove our weaknesses and bad habits..Instead we try to hide our own weaknesses and we are very clever in seeing the weaknesses of others. Now this is completely reverse thing. Mahamaya's power (Shakti) has been made to take out all these weaknesses and absorb them in the body and cleanse them completely. I felt in the beginning that it is very difficult task to do.

But I did not face anyone with such special or strong weaknesses which would have given me problems. I think those people run away from me, so never such question was raised in front of me. But it is amazing that all those who are possessed by bhoots and always commit wrong things and these false gurus recognize me very well, I don't know how! Either they have eyes at the back or whatever... they recognize me before. Sahaj Yogis don't recognize me .. May be their eyes get too much of light or whatever I don't understand.

But you bring any person who is possessed by a Bhoot, he will just start shaking in front of me and will run away as if somebody has hit him by whip. But it is not like this with Sahaj Yogis. They don't have so much recognition of me . It is one way good also because the form of Adishakti which Mahakali is very furious. If you see that then it is finished, whereas these peoples can see everything like Elephants, Horses etc. But to show this form of Adishakti to someone else is very difficult. I don't know how many of you will be sitting in front of me?

But it is very necessary to have Mahakali form. Until unless Mahakali is present, the problems of your left side do not get cured. The catches of left side means that first of all you think about your past always. Second thing is that my father was this, my father's father was this, they also sometimes ask me that what was I in my previous life mother?

Now, one person came to me and disturbed me a lot asking me as what he was in his previous life. Then I said that look son I am not telling you what you were in your past life because there is something wrong. Why are you asking me? It is nice that in this life you are with me. What are you going to gain if you know? He said :

-No, no mother I will feel nice if I know.

-OK, if I tell you that you were king of Jaipur in your last life then will you get the Throne? If you go there, they will not recognize you.

-Then why do you talk about your life?

-Because, mother one Astrologer predicted that I was a King in my previous life.

-The Astrologer told you like this to earn money. Did you give him something like a King should give ?

He said: mother you are joking. I said: that you are talking non-sense what should I do. Here you have come to ask about your previous life. I don't know any astrology, neither I have any interest in it. You go to some Astrologer he will tell you that you were King of England etc.

Now at that moment if I show Mahakali form they will forget all this! It is needed.

Except Mahakali form such kind of madness does not go away. Now, I saw that those who ran away never returned back. They never faced me again. This is very small thing but Mahakali power is needed for such kind of people on whom the false Gurus have stucked the Bhoots.

The Bhoots given by false Gurus are like this, that either you obey them or become like them. If they order you to go and rob somebody's house you go. You kill someone, you kill. Do this, do that. You should be totally dedicated to that false Guru with your head bend down otherwise he will get behind you. He will ask you to kill someone. If you don't kill him he will ask someone to kill you.

One thing is nice such kind of false Gurus destroyed themselves and their disciples. But here I see that even the disciples are

destroyed they keep on going in their feet more and more. One person came to me with the policeman, I think I was in Ashoka Hotel at that time. My husband asked me, what is this fuss? Why did the police come? I said, go and see then they said that this gentleman, I will not tell you the name, is a doctor and has run away from Anandmarg Organisation.

Mother you will be astonished to know that he was the great worker of Anandmarg. He traveled in whole World, earned a lot of money and his Guru considered him very close.

I asked : then what happened ? They said he was in a Temple in Calcutta of a deity where the goat is sacrificed. They cut the head of the goat in front of deity for putting all the Bhoots inside that animal and those who are possessed get rid of Bhoots.

I say, we people take down the Bhoots in the lemon because we are vegetarians! Because many business caste people have come in Sahaja Yoga who are pure vegetarians.

So by cutting lemon we take out the Bhoots and make them run away. So all those people who are possessed by bad spirits can see Mahakali very clearly. They see the same furious form of Mahakali and start shaking. I am surprised that even if you get inside the Bhoot of ego then also that person can see the same form of Mahakali.

Now, there is a story from Pune.

There was a public programme going on in Pune. They said that Shri Mataji is not a Brahmin so we cannot have this programme here. The one who is Brahmin should only come here.

Therefore, the organizers there said OK we will give this in newspaper that Shri Mataji is not a Brahmin and the programme is not to be done here. Let us do the programme somewhere else. No..no..no..no.. don't do this, we don't want to show this, they said. Let us do the programme here itself.

No-one told me about this incident, I said so you are all people? I don't know how it came to my mind? I asked them OK who all are Brahmins here keep both the hands towards me! their hands started shaking.....Oh mother! Please stop it, please stop it , you are the Shakti, please leave us. I asked them why are you shaking. I said try to stop it. I said I didn't ask your hands to shake. They said we don't know what is happening and we are feeling afraid. Now, all this ego that they were Brahmins was the reason. Then they said that mother some Brahmins are sitting on the other side also who were shaking. I said it is lie. Are you Brahmins? They said no mother we are not. But we are certified psychic cases. We have come from Thana because one person, which got cured of his madness by you, told us to come here. Now, their eyes are open. I said did you understand now? Then their shaking of hands was over.

In the beginning the power of Mahakali manifested very strongly.

I didn't know what to do. The condition of Pune is such that once I told my niece to go and bring one Matka. She went to the market and found that one Matka was costing ten rupees whereas the real cost is one rupee. They said one Mataji has come so all the Matkas are sold out. These all people purchased the Matkas. I said, Oh my God! there are so many Bhoots in Pune. I asked them to bring Matkas and lemons but they didn't. Their eyes turned up and they started rotating.

I left from there so there is big collection of Bhoots there. Those who were sitting with Matkas were little all right but the others were standing and doing ha..ha..ha..ha..ho..ho..hi..hi..hi..hi. So I thought that if this Shakti of Mahakali reduces a little it would be all right. Now, after curing one thing the other thing came that which you call psychosomatic like Cancer, Muscular, many other problems of the World which doctors could not cure and they never agree. Doctors don't agree till the patient dies.

They will keep on pulling the money from them.

One person got Kidney trouble. I told him that I will cure it but you have to promise that this business, which you are doing, must be stopped. If you stop your dialysis then I am ready to cure it. Yes..yes..mother I agree but cure my Kidney. I cured it but after two months he again started the same business.

When these doctors speak the truth and when they lie? God knows. He again got the Kidney trouble. I asked him what happened this time? He said again Kidney trouble mother. I said no it is not Kidney now the Cancer has started. He got afraid. It told him that I already warned you but you started your shop again, he said then mother how will I fill my stomach. I have brought such expensive machines I said sell all these machines and finish it. I have heard that this gentle man is no more in Sahaja Yoga.

All these left-sided diseases and psychosomatic diseases, which were incurable, have been cured by the power of Mahalakshmi. Therefore, Mahalakshmi's Mantras has to be said and till you awakened Mahalakshmi's principle within yourself these kinds of diseases cannot be cured. I don't understand so much of heat is emitted from such kind of people.

In London every body uses heater. You bring one Cancer patient and awakened his Kundalini; the expense of heater will be no

more. This much heat is emitted that I can't explain. Here the heat comes out and there they keep on trying because the crying goes along the Cancer. If they have the vision of Mahalakshmi then the crying stops. Forget about Mahasaraswati because this might be the vision of Mahakali, which makes the cry. Now what to tell them?

If you see in a subtle way the form of Mahalakshmi is very furious. It is said in Devi's names "Atiraudra" (very furious), "Atisaumya" (very peaceful) but Mahalakshmi is "Atiraudra". Rudra form is very necessary otherwise negativity will not run away. It is because of the rudra form it is possible. The eleven Rudras, which is present in Ekadash Rudra, are the powers of Mahakali and all those powers are present in the Medha in the eleven chakras. If somebody's Ekadash Rudra is caught then you should know that he has cancer or some other incurable left sided disease.

The science of Sahaja Yoga is the best. You cannot find out anything wrong with it. Now, people have come with Cancer, Neurosis this and that, fifty kinds of problems like Aids etc. and started telling that mother. We never went to any Guru. I said, if you did not your mother might have gone. Yes, I read the books of Rajnish and we have the photo of Satya Sai Baba in our house. I said, try one or two more, some more diseases will come, and then come to me.

They will go there...catch the diseases and come to me. So the Devi has to show them her furious form, isn't it? Or shall we ask the Bhoots politely that come, come, eat some food, and take this sweet.

Many people asked me that Oh mother how can Devi have furious form? If she is mother, how can mother be in furious form? why not? To make her children all right the Devi has taken furious form also. The Saumya form (compassionate and peaceful) can be harmful for her children some times. Therefore, the Rudra form (furious) is necessary. They cannot be corrected other than this.

But the Devi did not harm any body with her Rudra form. Like before when she incarnated as Mahakali she killed this, she killed that, she pulled out the tongue, she did this, she did that, nothing of that sort. Today's Mahakali's form that is Rudra, now, it is not required to do all those things.

Human beings get afraid just by seeing this form. When he sees his Rudra form his diseases get cured because the negativity inside runs away. So there is no need to cut some body's throat or to cut some body's tongue or to take out the eye. If Mahakali's form is not used then we cannot do the work of Sahaja Yoga because all these negative forces block your chakras and without curing your chakras, Kundalini will not come up. That is why the Mahakali form is very much to be worshiped and to be praised which does not harm physically, emotionally or mentally. Only the bad thing run away by its form.

Now, these quarrels between husband and wife are a big problem because the wives have studied a lot and the husbands want them to remain like villagers and illiterate. Now, she is not a village woman, how will you make her? Once you became the city person, you became whether you wear pant or a village dress.

The mind has become urban. When the mind has become modern then the women like qualities reduced. Women got more masculine. By becoming modern and living in the city the women lost their most important quality of being feminine full of soberness, motherliness and tolerance. These qualities of women do not permit her to go to the battleground.

Queen Padmini burnt herself along with three thousands other women inside the fort to protect them from getting into the hand of enemy. They did not come out with the sword in their hands. But when it was needed then she came out like queen of Jhansi with the sword in her hand. I still remember that British said that it is the victory of the queen of Jhansi.

In our country there had been many such women of brave character. There had been many women of great character who were completed devoted to their husbands and were perfect in the Dharma of wife and looked after their family and husband.

When Gandhiji called out the women of India gave him all their bangles and jewelry of gold.

There is a story of the great king Ranapratap from Rajasthan that when he saw that his daughter was eating Chapati and a cat took it then he got a doubt in his mind that why am I doing so? Is it because of my ego? Why don't I surrender to my enemy Akbar? At that time his wife who was a Kshatriya (warrior caste), got up and took the spear in her hand and went to kill her daughter because this weakness came in her husband to surrender to the enemy because of the daughter. Then Ranapratap's eyes were opened and changed his decision. In our country if the women have to think they should think that how the women of past used to put the Kumkum on the forehead of their husbands to send them to battleground.

Who fought with these British in India? Men, but the power working behind was of women.

Today women have gone weaker so the men have also become weak and powerless. Till the purity and loving mother like

qualities develop in a woman the Gruhalakshmi Shakti does not get awakened in her. But she should be wise. Gruhalakshmi has to be wise and intelligent. So we can say that when this Mahakali Shakti gets cool and peaceful it becomes Gruhalakshmi.

We believe in the power of Fatima as perfect Gruhalakshmi and she should sit on the Throne of Gruhalakshmi. By this power of Mahakali a woman can correct her children. She keeps her character pure and we are witness that the "Pativrata" (one devoted completely and only to her husband) women's devotion towards her husband cannot be destroyed by any thing because it is her Shakti. People and negativities are afraid of "Pativrata" women. Also the husbands should understand that the power within them is from the shakti, their wife.

And if that power comes in husband from wife then husband should see that his wife is Pure or not...she is devoted and motherly or not. If the wife is dominating... keeps on ordering...like sit there.... go there...come with me here.... do thisdo that...wear this, behave like this.....etc and shows her finger with order to him.....then he becomes silent and obeys. Husband has all the right to correct his wife, but with love, he should have patience and correct her dominating nature or wrong habits.

Husband has to be very diplomatic and patient. The women who have feminine quality should be very humorous. She should smile and solve any problem and with smile she should be able to convince. Women should be pure, loving, sincere and motherly. They have to be very sharp. I have told you to read Sharat Chandra for learning the qualities of women.

You should not go into Politics. And not at all to go in this dirty economics. But the whole axis and balance of society is the responsibility of women.

The women who looks after her children and looks after her home and kitchen, cares and loves her husband and gives him nice health and satisfaction.....makes a very strong time. Yesterday I told you that because of Indian women our society is still alright.

But the nature of women should be peaceful and glorious.....their shakti has that peace.

By becoming aggressive she loses her shakti. By her peace and love she can win whole world. Her walking, her talking, her dressing and style should all be just like devi(deity). She is Mahakali shakti. She has many vehicles on which she sits but the one is when she sits on an Elephant. We call her "Lalit Gauri". Her artistic nature and her styleall are very respectful and beautiful.

It is not required to cover your face....neither to cover your head.....but you all women should have purity in your eyes. That peace should be in your eyes. They should be very feminist ones. Because she is Rudra (furious).....she has to be very peaceful also (Saumya). That is why it is said that you must cover your face in India because you are Mahakalis. You should be so pure that anyone other than your husband sees you with bad eyes should be Bhasma (destroyed into ashes on spot). Whoever sees you with lust should die immediately.

This is the power of Mahakali within you which is very calm and peaceful from outside but from within it is strong. It works from within. So people say that this Mahakali shakti is a very powerful and furious Mother, that she is so peaceful and calm that you will be surprised that is she Mahamaya. She is Mahakali but she will be like a newly wed bride! She will be so shy, speak such sweet words as if the flowers are shedding. She loves so much that it is unbelievable. But this is the shakti of Mahakali. Any Bhoot or negativity cannot touch the one who achieves this Mahakali power. Who can touch her? She will catch the bhoot ! And the women who is Pativrata and pure and like Mahakali can destroy anyone with once powerful glance of her eyes.

Now, the other power is of Mahasaraswati by which we get creative and intellectual ideas in light. It is by the grace of Saraswati, Sharada. By the grace of Sharada, we get beautiful thoughts within us, very peaceful, very cool poetic thoughts come within, not the melancholic poetries of crying and pain etc. very great national songs were written, the people wrote poetries of bravery but today I don't know where all has gone. Now, you hear all those horrible songs and poetries, even in front of Shri Ganesha because man has lost his sensibility. They can take out anything out of their intellect.

I will say in this the most horrible was Freud. I did not see anyone worse than him. Without hesitation he put his thoughts in front of people and they agreed with his nonsense. I will not tell you his thoughts here in India because they are very dirty and I can't tell you all. It is nice that he did not come to India otherwise he would have been cut into pieces by people. If you read even one line of his philosophy, you will come to know how much shameless and bhoot or Rakshasa he was. Whatever it is, he used his pen and intellect (mind).

They wrote everything against Sharada (Saraswati) and everywhere it started that: "We have Bhakti whatever we write."

The newspapers of today are the same, whatever comes in their mind they write. Anything stupid. They will never write anything good. Who is dead?....he is dying so they will write in newspaper that he is dying....everyday it will be published that he is about to die. Let him die and then write peacefully that he is dead. They speak the greatest lies. They are not afraid of Sharada Devi. She is the giver of truth and the deity of truth. The light of truth, which comes in our head, is from Sharada Devi herself.

So when you are writing, you don't think that from where you are getting the power to write something, who has given you this power of writing. It is Sharada Devi.

It is from Sharada or from some Bhootni? Now, there is Mr Aurbindo. He went from somewhere to somewhere and lost somewhere. There is no meaning at all in what he has written. He is very famous, he has a street named on him: "Aurbindo Marg".

I never go from that street because don't know where he went. Whatever came to his mind he kept on writing. Nothing in his writing was truth. He sang the praise of Savitri. And that Savitri who was old and had wrinkles on her face he told that she would get young. She died and was buried but never got young. You find books after books of that. All stupidities. I don't know how many people belong to such religions.

Then we see today's 'intellectuals'. I read that one gentleman thinks himself as very great writer. I forgot his name. He is Punjabi. He never read Sanskrit and he wrote that Shri Krishna belonged to Shudhra caste (lower caste) and was black and Rama belonged to Brahmin caste. I said that from where have you read this? I should tell you the truth that even the book written by Jawaharlal Nehru- DISCOVERY OF INDIA is the discovery of something else but not of India. Such a superficial book. He wrote book about India. There is no depth in it. Whoever you see starts writing on something. I have not written anything till now.

I think that I should write something, which enters into the head of everyone. Till now everyone's heads have not opened to that extent. No one wrote. Yes even Mohammad sahib did not write anything. He never knew how to read and write. He just narrated to 40 people that he saw and felt all this. I had this revelation and it was like this.

They also did not know how to read and write, so for 40 years nothing was written. There was a very stupid man; his name was...whatever...this was told to me by my father. Now it is confirmed that it is true. That person was very devilish and he killed Hazrat Ali and his sons, then he killed the caliph and his mother ate the liver of that Caliph. He was such a horrible man...he was the enemy of women. He edited the Quran. Now you tell me they say Quran...Quran.... there is no authenticity of Quran. In Bible also Paul destroyed everything. At least Christians agree with it. They are Christians for namesake. It is nice, because if you tell all this to some one they will run to kill us. This is the history of Quran for which they fight so much.

Where is the involvement of Sharada Devi in it? Many people wrote many things by the grace Sharada Devi. Gyaneshawara wrote Gyaneshawari! Then he wrote one more book after this. It is so beautiful that you feel that you are taking elixir. Saints have written on whom the Sharada Devi has her grace. In the beginning of Gyaneshwari he writes with the blessings of Sharada Devi that whatever I am writing is to please the Sharada Devi, but these words will not give you pain in any way. Like the petals slowly fall from the tree ...in the same way my words should fall on your hearts and make it fragrant. What a wonderful writing. Such a beautiful poetry...such a beautiful forms of his thoughts. It is because I know the Marathi language.

But there had been many great poets in English language too! Their poetries have been given in our book called Vision, you all must read it. His name was William Blake. Such an enthusiastic poetry that it will fill you with enthusiasm, as if Devi Sharada herself has come out of his poetries and entered within you. Same way if you read Sharat Chandra then you will start writing stories. Such writers have been born in India that nowhere in the World you find them. I agree that Tolstoy was very great, but Sharat Chandra was greater than him. In Maharashtra even more greater were born. One of them – there is no need to tell his name, was not translated as they say that it is all-political. What is this political matter. Is Sharada Devi politics? The greatest writers are in our country. They are not westernized but they are original Indians. They don't have money but are blessed by Saraswati. Now Rajasthan was also blessed. Even Alexander was also astonished to see Indian culture and when he went back he took Chandravardai with him. Chandravardai was the greatest poet from Rajasthan. Then in Sufis Khusro is there, what a poet he is!, Kabira is there and what to say about Gurunanaka, he is a Guru. Ramdas Swami. Even in Bengal there were one greater than other and all this is by the grace of Sharada Devi. With every word, you feel religion flowing. All words arranged properly and enlightened. You feel that as if written in thoughtlessness. Such a pure explanation.

I should tell you that maximum books in Sanskrit and after that in Marathi only you find spirituality. Great and deep work was

done on spirituality. Now, if some body says that mother it was written so much in English language then is it not the grace of Sharada Devi? Now imagine that in English language they have a word for Atma is spirit, isn't it? They call liquor as spirit. They call Bhoot as spirit. Is it a language? This language is not the blessing of Sharada Devi and French is even worse than that. There is no word in French language for Chetana (awareness). At least in English you have this word 'awareness'. In England it was a kind of blessing, with great writer all politicians and wrote only on politics. Yes, one William Blake is there for whom I can say. Rest all... There is one great gentleman who wrote a poetry. Poetry of weeping. If you were so much sad and suffering you would have drowned yourself in some pond at least would have been better.

But this weeping poetry! Whichever book you pick up is melancholic. OK if you have some sorrow it's all right but sitting nicely and eating nicely only to earn money he made others cry. And people also enjoy crying very much! Are these all poetries by the grace of Sharada Devi? These kind of poetries are meant to fool others. One person came to my house and started telling me poetries about drinking. I said, why don't you say the poetry for the people who die on the street also? Then I narrated a poetry to him, as you know I am an instant poet. I asked him why doesn't the glass loose its balance? Even if filled completely by liquor. Why do you loose your balance? You are weaker than that glass also. After this incident he never spoke about drinking. Like this if you see you find very cheap kind of poets in the Country specially who pull God and make him like human beings. This is the greatest sin and whatever blessing of Sharada Devi are on them are to be dragged to the door of Mahakali.

One Mr. Vidyapati was a writer . He wrote about Radha and Krishna and the decoration of Radha. Where is the time for Radha to decorate herself, she is worried about whole World. "Radha": Ra means energy and Dha means the one who holds it. What is the need for her to do romance? He put romance on her. There was one Wazid Ali who had 165 wives and he used to wear the Sari and become Radha.

He used to dance with "Krishna". All this romanticism has no meaning, it is all-absurd. Saints have nothing to do with it. They say for Kabira also that he wrote "Saiya Nikas Gaye Main Na Ladi Thi" (my beloved left whereas I did not fight with him). It means that the beloved (life breath). Khusro wrote "Chap Tilak Sab Dini Re Tose Naina Mila Ke" (I gave away my Tilak and Chap after looking into your eyes). He was a Sufi with whom will he look into the eyes except God? 'Chap' means what Musulmans have on their forehead and 'Tilak' is what Hindus have on their forehead. He said that I have left all this after seeing your eyes. He wrote in such a simple language. So Sharada Devi is also some times in Mahamaya form.

Like 'Zen', the Zen poets write which only Sahaj Yogis can understand, no one else. As they explain things no matter how small or they paint is all very subtle and Sahaj Yogis can only feel that subtle sensivity. There should be purity in music also. If you see in the music today, they bring Japanese and English also together because they don't know how to sing pure music. If you see in the villages they sing with the blessings of Sharada Devi. All the great scriptures were written by the blessings of Sharada Devi. But in these present times I feel that Sharada Devi has stopped her blessings.

In Rajasthan I have seen since 2-3 years that the art has evolved. No doubt, by the blessings of Sharada Devi. If you see their pottery or anywhere else it is beautifully carved. The kind of colorful clothes we have in our Country are not found in Europe etc. They wear grey clothes, if they cross it they wear black. They have faces like Bhoots and over that wearing black clothes and go on the streets. Can they dare to make even one Sari like us? They all have same kind of dresses and almost same colors for all women dresses. What to say about this Rajasthan? Such a blessing of Sharada Devi. Women are very clean. They keep their house also very clean. People are very dirty; men have no concern from out side. All the garbage is thrown out side. In the West people are very neat and clean externally because men do the cleaning themselves. Here in India, can any man clean with the broom in his hand? My good ness! Indian men will loose their crown! So cleanliness and proper arrangements is also by the blessings of Sharada Devi.

If we learn from the English people about external cleanliness on every Sunday getting collective, cleaning, making the garden all right etc. It will be nice. We have servants here so why should they do? Let the servants do it. This dirtiness doesn't allow Sharada Devi to come near. It is very important to be neat and tidy and artistic. You people have art. If you say that you worship Sharada Devi then you should see your house. There are many beautiful marbles, which have come out of mother earth in your state. There are many artistic things also. We should use all that.

I saw poverty in Turkey. Whereas they are very artistic people. I did not understand why they were poor if they are so artistic? What is the reason? Then I came to know that they are impressed by the Germans. Because many people from the Turkey went to Germany. That is why they respect Germans. I must say that you people have very nice food here but if you go to Turkey and

eat there it is the best. We went to a hotel there where 5000 people were eating together, such a nice Chapatis! I don't have much knowledge about food but I will tell you that if you eat Turkey's food, you will say, oh what a delicious food!

Whatever it is people from out side come to Turkey to taste their food but you will be astonished to know that Turkish people import food from Germany and eat and then they stitch the clothes which go to Germany, come back to Turkey as imported. Here also in our Country we have this disease of 'imported'. I have brought this imported thing etc. There is nothing to be imported in our Country. What do they make? Watches! It is the slavish object! The pottery what they make in turkey, you will not find in whole world. Even better than China! but they eat in their dinner sets then they will certainly become poor. Then they will cry that we have become poor!. Go to Germany and beg there! it will be nice. Once Sharada Devi has blessed your country so much then what is the use of using imported things?

Western people have nothing in their culture and clothes or food. They keep on eating preserved food from morning till evening. They don't get fresh vegetables there. Now, if you see today.... they are not satisfied if they don't eat with fork and spoon, and they think that they are uncivilized villagers if they don't eat with fork and spoon. Today you see that the western sahaj yogis eat with their hands and Indians have started using fork and knife. We have become westernized to such an extent that in Ganapatipule...I made Indian and western Bathrooms separate there.

Indian style for Indians and western style for western yogis. Then Indians came and said to me that they want the toilets like western style! You need English style! Western sahaj yogis were very happy to use Indian style and said, Mother they are very clean! They were very happy but the Indians want western style attached bathrooms! This much English influence is there in us. Then the leader of that place came and asked to me that what to do? I said put western yogis in Indian tents and Indians in western tents. The solution came but one thing came in my mind that it is not a good thing. Those who used to go to jungles for toilet were very nice people. This is all the comfort orientation! I can understand this with old people but I don't understand how it comes in young persons?....because it is western thing so it is very smart and modern to do like that!....Now in the case of women I would say that before they used to save money, but today they spend more than men. They wear all synthetic clothes. They go to hairdressers, they get their nails cut.... and don't know what else!?....

I read an article in America that there are divorces because of many hairdressers. I did not understand it! They said that if a man gets attracted and in love with a woman is because of her hairdress. Next day the hairdresser changed.... and his interest from that woman went off!.... Now if you change your hairstyle everyday then change your husbands! and wives also. It is amazing! You all don't have to learn anything from their stupidities and madness. At least in India women have not left their style. How they walk, wear etc.... they understand themselves better. The day a woman abandons her chastity, soberness and dignity, or you can say, the woman's respect or the woman's like qualities disappear from this very same day. Whatever is pure in her, the feminine form, the motherly form, or the wife's form or her artistic's form will be over. All those who are blessed by Sharada Devi (Mahasaraswati) should understand this proverb that: "Art resides in hiding the art". That whatever you do there is no need to show off. But whatever you do, you wear or use, you should do for others if you want the blessings of Sharada Devi on you.

What are others doing? People will say that become an Actress and go on the street and people will look at us, what else? We will become popular and modern. No, I have seen that people take the name of the Actresses and Models like a woman standing on the street, which has no shame, dignity and is the object of exhibition.

There was one lady. She was some thing in our Government. Her hair was gray and she did not know any thing about Art but she was very famous. People have not seen the caves of Ajanta in India but they will go to Switzerland to see the beauty. An artistic and beautiful thing like Ajanta in India cannot be created by even the great Grand fathers of Switzerland. What is there in Switzerland to see? Stones...! The one who doesn't know about his own country's beauty, how can he love his country? One person called me specially. It is very old story some 30 years back he came from America. He said, call Shri Mataji. His sister is in Sahaj yoga. He said before going to the Airport he would like to show me one thing. I thought what is he going to show me? I went there, he brought a pump and he started filling in a balloon, which became a Sofa. He said, please sit down on it. I said, look gentleman I have lot of vibrations and this chair, which you made, will burst. Give me some hard thing to sit on. I am a fat Indian woman and it is not possible for me to sit on this. He started saying that you are not impressed? I said, impression is all right but if I fall down from this then depression will come. So I would say one thing again that the blessing of Sharada Devi is too much on India and because Bangladesh and Pakistan were part of India, they are also blessed. But gradually it will go away.

Now a day they are throwing stones on each other. Some people are killing women by digging them in the ground and some people, I saw tomorrow in Karachi (Pakistan) were hitting each other with stones. How can there be Art. So whatever art and blessings of Sharada Devi are on India, you must see them, understand them and enjoy. Now comes the theatre (Drama). In Bengal and Maharashtra theatre is of very high quality. People don't go to see movies but to theatres. Before, the cinema use to

be very nice but now it has got spoiled, even the theatres will become something else. I feel Sharada Devi will run away from here. Forget about her respect, she is insulted here. I have seen such shocking things in India. I am surprised how can they do like this. I will be very joyous to see these filthy things out of the movies in my lifetime. So, the art, which is in India, is symbolic. If you see Chinese Art, it is like they make a horn, like a ghost. See the art of Egypt, it is all dead, they make Mummies and they make men standing like that bodies. In the past England and America were better in Art till they made realistic things. Then they made impressionistic, it was all right but today the modern art has come there and it is not such which can be understood by you, me or anyone else. Such a distortion has come that Sharada Devi has run away from there and the most dirtiest, stupid, vulgar picture they make will sell very expensive. Too much insult of Sharada Devi is there.

You all Sahaj yogis should now understand Art and use artistic things specially made by hand, then this ecological problem will finish. It is better to have one or two good things in the house than having 25 plastic things and 40 paper plates. The women from India have protected the culture and now the men should also protect it. There are many people in India who doesn't even know more than 4 colors. In theatre, dance and in every thing you must have subtle vision. It doesn't mean that women should dance like men or men should dance like women. Men like men and women like women. You will be surprised to know that the music and dance which we have in our country is nowhere in the World. Now, the third Shakti, which we have within ourselves, is Trigunatmika. It is the power of Mahalakshmi. I have just come after doing Mahalakshmi Puja in Turkey because it was suffering from poverty. Till they will stop importing items from Germany they will not get rid of poverty. They said that we have got taste of their products. I say, gentlemen when you will die of hunger then what will happen? So, I thought that there should be Puja of Shri Lakshmi and Diwali was there. The Puja of Mahalakshmi is only meant for her devotees. When Lakshmi(material well being) is too much and is used too much then you get a kind of hatred from it as it was with Mahavir and Budha after that only they went to search for God.

This Shakti of searching or seeking, you get from Mahalakshmi. The Mahalakshmi's temple is in Kolhapur (Maharashtra), it is Swayambhu. They sing Jogwa there, Ambe you get awakened, you awakened. Namdev wrote this in 16th century. I asked the Brahmins(priests) there that why they sing this song in Mahalakshmi temple?.... They said that we don't know but from many ages the same song is going on here, since the time of Namadeva. I said, who is Ambe?...they said it is some deity!. I said that you people don't even know this? I said that I cant make you people understand. It is difficult but in the temple of Mahalakshmi the Ambe gets awakened....it is like this.....Mahalakshmi is in central channel,your whole seeking is there. In that path all your seeking of left and right and intellect is finished. You came on central path when you started seeking then the blessings of Mahalakshmi come on you. In bible she is called redeemer. Three kind of Shaktis are described. Comforter is the first on left side. Right side is councilor and central is called redeemer. These are the three Shaktis of Holy Ghost. So, when you enter into the central channel you become Sadhaka and Mahalakshmi rushes on you. Mahalakshmi blesses him. It is very difficult for the Shakti of Mahalakshmi to ascent because mind sometimes goes to left and sometimes to the right.

Only by Kundalini's awakening it is possible to ascend. First, it makes a bridge. Kundalini crosses void and through the central channel it pierces the Brahmarastra and gets united with Bramhand and when this takes place after this the Trigunatmika (all the three Shaktis) combine and pierces through your Agnyan Chakra and come to Sahasrara then it become Mahamaya. Sahasrara Mahamaya. When it comes to the opening of Sahasrara, it has to take Mahamaya form. That form is the hidden form, very Secret! As you try to know it more and more, you get subtler and subtler.

This subtleness is very important because whatever treasure of pride and dignity we have within, to know this we have to become very subtle. In that it pulls you towards the right and sometimes to left. That is why, I always say to you to face yourself. Introspection, not of others but of yourself. Then slowly and steadily you will get deep in Sahaj Yoga.

You know about Chakras.

I have told about Mahakali, Mahasaraswati and Mahalakshmi many times. This all telling you remains only a speech sometimes. Till the Sadhaka reaches to that state he is not contented. Even after reaching to that state if you don't use these powers then your faith doesn't establish and it becomes difficult for you to get into Nirvikalpa. I have given a very long lecture today because the subject was such. I have just explained a little about the three powers or Shaktis.

Beyond that is Adishakti and it is not easy to explain about her. She is very great. It is difficult to explain her. Only you people can explain her, not me. I leave it on you.

All my blessings should come on you!!

1994-1211, Evening Program At Adi Shakti Puja

View [online](#).

11 December 1994

Evening Program

Jaipur (India)

Talk Language: English | Transcript (English) – Draft

1994-12-11 Evening Program At Adi Shakti Puja, Jaipur, India,

Shri Mataji: I was saying now You have to go to the station which is very close by ...have your dinner & then you have to go ahead. I hope you are comfortable in that small little train ...I am sorry, There was no way out. You see ...This is the only train that passes through this beautiful place ...So if you want to have a vision of the beauty then you shouldn't mind the size of the train. Also, it is like an antique piece you know...Because you have not this kind of train in your country. You can even get out and walk and again go back to your ...Now you are going to another place called Chittorgarh...'Chitt' is your attention, 'tor' which means break. This is the attention, Where the attention is cleared out...And as I told you this is the place of my forefathers And Shalivahana's went away from there I think 1000 A.D.or something that ...No, Before Christ (B.C) .1000 B.C they went to Maharashtra. There are lots of stories they will tell you there...Beautiful stories and you will enjoy that place.

Its a forest. Don't go at night in the forest. Then you are going to Abu Which is a very beautiful place I told you about...

[Unclear] 1:50:39 apologize because we changed the plans. I don't know how the train was moving So I may not be there on the 15th to meet you but he has organised everything for you. And I hope that you will all enjoy! Another thing Rajesh has said, that the sea near [unclear] is a shifting sign so in this part you should not put your feet into the sea. Lots of people have drawn near about it. But [unclear] 1:51:35I have to warn you again. I hope to see you at Ahmedabad. And the new tour we have taken this time, last time we missed it. And also you are going to the sea, the palace of Shri Krishna ...Also to the Somnath. For the time being, I say Good Bye to you. Look after yourselves. Don't expose yourself. And enjoy yourself. May God Bless You!

1994-1222, Wedding Announcements

View [online](#).

22 December 1994

Evening Program Weddings

Ganapatipule (India)

Talk Language: English | Transcript (English) – NEEDED

[transcript from Part 1 is MISSING]

Shri Mataji: ...and under the circumstances, we can't help it. If you put restrictions; of course, we observe the restrictions. But in that case, there's a problem. So now we will start. Alright? Also, those people who were announced before – there were some girls were missing; some boys were missing. So also you can find out and try to match.

Yogi has been working very systematically. He is working very hard. And [unclear] all of them. But still, you must know that in such a short time to decide is very difficult.

Sahaja Yogi: Doctor Valentino.

[No audio. Starts again with wedding announcements by Sahaja Yogis].

Sahaja Yogis: Oleg Romankoff from Russia with Magnani Nirmala from Nasik.

They should stand up wherever they are. [applause]

Alexander Lickovich from Russia and M Nageshwari from Hyderabad. [applause]

M Yagneshwari from Hyderabad. [applause]

Kaushal Rai from Delhi with Edenva Noronova from Slovakia.

[Names of couples are announced for the next ten minutes].

Shri Mataji: I think we have to start the music programme now. About these marriages, I will tell you later on. But we have found out that Russian girls are the best as housewives. Very satisfied. [applause]. They are not bothered as to how much you are earning, what you are doing. They are very satisfied and can live with two-three sarees. Very sweet girls. They are very good-looking. And also from other countries like Romania, Poland; they are very good girls.

I am surprised that Indian girls are very fussy. Some of them want to know how much is the pay of the husband, how much he can earn – very calculating. So we have avoided such marriages. Because you have to fight your life in Sahaja Yoga. So many of you who got married before too, didn't have much money. But you had faith and everything worked out. So two extremes are there.

[Shri Mataji speaks in Hindi.]

I am surprised especially with Indian girls. They put on airs. If they have to put on airs, then they will remain here. And will not go there and dominate. Not at all. They are sinking our country's name everywhere. You people should please have some understanding.

[The music programme is starting. Break in recording, resumes when Shri Mataji is speaking]

Shri Mataji: There are Indian songs in Indian languages. There are so many Indians who are sitting together here and there like groups. So I think that they should sit with other people one by one and explain to them what these people are singing. Then they will enjoy it more. [Applause].

[Shri Mataji speaks in Hindi].

If those of us who are Indians sit together and those from other countries sit separately, then it is not right. So you may have one Indian sit with some of the foreigners and translate, then it will be very nice. Everyone will also enjoy it more. It is very important.

I also noticed quite a few people were sleeping off; maybe they did not rest during the day. So it is better to take some rest during the day.

[In English] I saw so many people were sleeping off. I think you must take rest in the daytime. We have most of our programmes in the evening. Tomorrow again we are going to have music. As Baba Mama says, from six o'clock. Because I am worried about your dinner now. And the day after tomorrow, from nine o'clock in the morning – I am sorry to say that – but there is prize distribution only for Indians. The leaders of the Western countries and Australia and Eastern foreigners, I would say, should come here. Just to give a presence to the Indians; the leaders.

On the 25th evening, there is a puja. We are organising a very famous drama on Shivaji. There are two hundred actors in it and actresses. We will try to arrange it here only. On the 26th. And the qawwals are coming on the 27th. M Rajan on the 28th. Weddings on 29th. In the morning we will have haldi and in the evening, the marriages.

Most of the marriages have been fixed. But still, I am doubtful about one or two about which we will inform you. You better meet other people with whom you have been engaged. Try to find out all about it and then decide. Now there are three, four days. So I hope you do not make a mistake. Just talk to them. And I think you may; most of you will agree. But if you don't, don't hesitate. I will be very happy. Don't leave it to Me. It's your decision. You shouldn't say if Mother wants, of course, I will do it. That I will never accept.

You have to decide for yourself, see for yourself. I have just given a guideline. It's no compulsion, no ruling about it. So you have to just see for yourself and decide for yourself. Thank you very much. [applause].

[End of recording].

1994-1227, Christmas Puja: Recognition

View [online](#).

27 December 1994

Recognition

Christmas Puja

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

Christmas puja. Ganapatipule (India), 27 December 1994.

Merry Christmas and all the blessings for the next year.

Today we are not going to have a very long puja, but there are certain things which we have to understand from the life of Christ. Christ was born in a very poor conditions, just to show that spirituality can live in any circumstances and under any problems. And He had to face so much opposition from His own clan. He was born in a Jew family and that time the Jews would not accept Him. But they did not kill Him, that's the main point, we should understand. They did not kill Him. Under no law a multitude can kill. Is the judge, who was a Roman judge from the Roman Empire who actually ordered His death.

It is very difficult to follow His life because He was absolutely a Divine personality, absolutely. And that's why He - whatever rules and regulations He has passed for the Christians are really very difficult to follow, very difficult. I don't think very few people are even able to follow His life. It's very difficult because He said that if you commit any adultery with your eyes, you better take out. You cut your hand if you do any crime with it. For Him, the crime was also a very subtle thing. Turn your left cheek if somebody slaps you on the right cheek. To follow this kind of a difficult, very, very difficult thing was impossible. And also He said that you have to do it, not others.

He lived for such a short time. He visited India and stayed here. I've read a book about it and I was surprised that in the Puranas, is written very clearly in Sanskrit language, which perhaps the writer didn't understand, and where Shalivanha, My forefathers, he met Him, and he said to Him that what is Your name? He said, "My name is Issa Massih", and I have come to this country because My country is full of melechas. Melecha means Mal ich, those have only tendencies toward collecting filth. So he said, "But what are you doing here? You go back to your own country and teach them the "Nirmala Param Tattwam." It's very surprisingly; he used these words so clearly.

So the whole thing was printed in Sanskrit. Perhaps the writer never understood what was in Sanskrit language. And then he said, "It is - You can only go and reform them and You can clear them." But look at it, He tried to do the good and people crucified him.

If you see the Christian religion now, you don't know what to say about it. They have been always opposing Sahaja Yoga and also they have never tried to understand that Christ has said that I will send you the Holy Ghost. Also, some Sahaja Yogis who are supposed to be coming from Christian conditionings stick to that. Now no more. There is no Christ. Of course, we accept that it was very important for Him to come on this Earth and to help us out. The steps on which you are, you have to leave that step to go out to the higher stage. That doesn't mean you should not worship Christ. You should worship, but it is not the way some people are still very much fond of sticking on to it. while He is the one who prepared you for Sahaja Yoga.

I don't know what you can adapt from His life. He was the greatest Sahaja Yogi, but He had so many powers, which are difficult for human beings to have. But His sacrifices, His adjustments, acceptance of whatever was told to Him, He accepted. His love for His Mother and on the cross He said, "Behold the Mother!", He just said, "Behold the Mother."

Whatever it is, we have to know also that the Bible is not completely representing Christ, as it has happened with every book. So,

there are problems and, as in every religion, people have gone astray from their right path, and are spoiling the name of the people who have been Divine and who started those religions. Also is happened in the Christian nation. Just the opposite of what Christ has said, they are doing.

For us, one has to realize that He came on this Earth to open our Agnya chakra, which is a very difficult thing. Sahasrara is not difficult as Agnya. Agnya chakra is a very constricted chakra on which He resides. And He has said, "You have to forgive yourself and forgive others." This is the mantra of the Agnya chakra. That is in the Beejakshara we call it "Ham Sham." Sham is to forgive others. Ham is to forgive yourself. These are the two Beejaksharas are used for Agnya chakra opening. To open the Agnya chakra best is to go into thoughtless awareness. To be in thoughtless awareness, Agnya can open. But Agnya, if it is closed, it can be very dangerous, very dangerous, and can harm you or harm others. Sometimes, people who are possessed also get those possessions in their Agnya chakra and they'll start acting according to the mutation of these horrible, evil forces within them. As a result, these evil forces take over and we don't know why such a person is behaving in this manner.

Now, as we know that in America they have been doing lots of research, this this genes. They're talking about so many things, which they never talked about. Despite that, all the horrible, terrible diseases are coming back with vengeance. They can't understand why it is happening. With all this research, with all this work, people are getting very sick and it is beyond them to understand why these things are happening. The main thing is, you have to be under the protection of spirituality, under the protection of morality, under the protection of Divine Laws. If you're not under that protection, you can get caught up into anything.

America especially, I find, is gone really amuck as far as religion is concerned. They have all kinds of religions, they have even religions of the devil, religions of the witchcraft. Every sort of religion they have. Though they have advanced so much in science, they are living in terror all the time. Firstly, one must accept, that morality is what Christ has taught us, of a very deep essential nature, very deep. He said, "Thou shall not have adulterous eyes." Even in the eyes, there should not be adultery. You look at one woman, all right. Second time, if you look at that woman, then you are adulterous. Such strict rules he has passed about his own idea of a moral personality.

Now, as you are Sahaja Yogis, you are already quite equipped, you are quite equipped and you can follow His principles easily than other people can. But still, some things I have to tell you, as Christ has said that I will tolerate everything against Me, but nothing against the Holy Ghost. It's very remarkable thing to say. He's the Ocean of Forgiveness, and there He says, "Everything I'll tolerate, but nothing against the Holy Ghost."

So many things are happening, So many things are happening, which amazes people. For example, here only, in Ganapatipule, there was one funny fellow who came up with some sort of a opposition to Sahaja Yoga. And he got hold of the village man called as the Mamlatdar, means he's an officer and both of them combined together started troubling us. Just before our coming ten days, this Mamlatdar was suspended. Nobody could understand. How was he suspended suddenly? How? What happened? Like that – is this is Christ, is His work, Ganesha's work. Left and right, so many people – I, I am not bothered about it. I don't want anybody to be destroyed. But it is They, who are trying to destroy all those who come in the way of Sahaja Yoga and it is very amazing how things are happening and how it is working out.

So we should have no fear at all, if people oppose us, they try to do anything. Suddenly, you'll find some solution will come out and you'll be amazed at it. So many things happen like that and have been happening all over and I have so many letters from people saying how they have been helped by our Lord Jesus Christ.

I don't have to tell them, they know their job very well. But as Sahaja Yogis, what should we have as our code of conduct? It's very important, as they call "Acharsahita."

The first thing in today's modern Sahaja Yoga, you have to know that you have to recognize Me. That is very important. Very humbly, I have to tell you - you have to recognize Me and you have to respect Me and love Me. If in these words, if I can explain to you, that you cannot have a double life. You cannot show love and another side you try to trouble Me. First thing is that so far

there has been no en-mass realization, no en-mass realization and when there is no en-mass realization, we cannot blame the people if they did not recognize these incarnations, because without realization, how can they recognize?

But after en-mass realization, if you do not recognize, then it's a serious thing. You should not be addicted to your previous nonsensical stuff that you had. In the same, same like some, there are Hindus, if I tell them that now finish with all these temples and this fasting and all those brahmic nonsense, they don't like it. You have to. Now you have become saints. For saints, there is no caste, no community, no race. Anyway, and you tell to anyone, they don't like it. If you tell it to Jains, they won't like. If you tell it to Buddhists, they won't like. They just want to stick on to the old style which their forefather's, their forefather's, forefathers have been doing so far. So recognition only mean, doesn't mean that you recognize Me as Adi Shakti, but recognition means that in every part of your life, you should know that I am with you.

Disciplining in Sahaja Yoga has to be automatic. I don't have to tell you about disciplining, but it doesn't work out, then I have to tell you. The first discipline, is that you have to recognize Me and respect Me.

Then the second discipline, is you have to learn how to be a Sahaja Yogi. Think of Christ, if He is sitting here, how would He behave towards Me or He would behave towards others who are here. Very difficult for Him to accept all, any kind of nonsense from anyone. He would not tolerate. I don't mind many things, I say, "All right. Gradually it will be solved. Things will be all right."

But what I find, that still there are so many Sahaja Yogis who don't really realize the responsibility that they have. He carried the cross. In Sahaja Yoga, you don't have to carry cross. You have to wear only garlands, but you must be worthy of garlands. Nobody has to suffer. Everything is made very well for them, paved with gold as they say, but only thing you should know, how to walk on them.

So the second point, as I said, that you should not have a double personality. Single dedication. You need not be twenty-four hours in it, you have your own families, your own children, you have own your life. With that, you have to be all the time connected, but not to get so much involved, that you harm the collectivity of Sahaja Yoga. Your relations - brothers, sisters, mother, father, they're all right, but your main responsibility is Sahaja Yoga. Instead of that, you get involved into these things, you will definitely harm the collectivity of Sahaja Yoga and create a politics out of it.

The second discipline, is that your relationship is only with Sahaja Yogis and with nobody else. This is very important. This is what I have to tell you very clearly that nobody is important but Sahaja Yogis. Of course, you have to meet others, you have to talk to others, you have to deal with them, you have to bring them to Sahaja Yoga, that is there, no doubt. But, you cannot let down a Sahaja Yogi. Among yourself if you have differences, sort them out and when you are outside, then you should appear as one. If you know the truth, there should be no differences. Why should there be differences? If there are differences, then you should find out that something is wrong with you, definitely, and what is, is wrong is, that you are self-centered or you're worried about something, which is, which is not Sahaja.

Even to follow my example may be difficult. Now I have My children and My grandchildren, I never telephone to them, never. As it is, I never telephone to them. I am never bothered. I see my husband so much worried about them, always telephones them. I never. Firstly, I know they are all right. Firstly, I know I've done my duty, and I'm not going to waste My life only on My children or on My husband or on My family because My family is the whole universe.

So you have to expand. Sahaja Yogis have to expand themselves. If they're just interested in their own family, in their own children, in their own properties, is going to be difficult. So this self-centeredness has to go. This self-centeredness has to go completely and you have to have a very wider vision of life.

This is a very big compulsion for us, as Sahaja Yogis that we belong to the family of the universe. So, just like in the marriages now. We started saying, "I don't like, I don't want to marry an Indian." Some Indians say, "I don't want to marry a foreigner." If you are so small-minded, you should not ask for marriage. You should not ask me that I should marry you because we have to transcend completely, all these petty ideas about our own religion, about our own race, about our own country. If you cannot do

it, you are not a Sahaja Yogi. From your heart, you must expand. That is very important.

Thus, the problem in India is of, say, caste system, which is - I can't understand. I've told hundred times that in the Gita, it's described that in everybody resides the spirit. So how can you have caste? But you can have according to your aptitude, that's different. But you cannot have caste according to birth. There's so many examples to prove that, but in India we have this curse of caste system. And in the West, is even worse, is the racialism. It is such a horrible thing called racialism.

For example, I went to Romania and I saw so many Gypsies there. They're treated just like dogs. So low they were looked upon. These Gypsies are really nice people, nothing wrong with them. At least their character is good. They have certain principle for their women and they lead a good life of morality.

They are collective people, but they are treated so badly, so shabbily, that even in India, I won't find that kind of a thing happening.

Racialism. Now, Romanians have no particular race, as such. You cannot say they are Germans or English or Anglo-Saxons, nothing. I was surprised there more than anywhere else. Also in England, the same thing. They are treated very badly and these are people of great art and very loving. And I was surprised that so many came to our program also.

So the attention should be on a wider vision of life and towards the people who are suffering, is very important. You must look after the people who are suffering, who are in trouble, who need your help, not to make friends with people who will help you in money or in any other way but be friendly with the people who are downtrodden. We have become Sahaja Yogis to help them to come up. We have to do something for them and in Vashi I'm starting a center where the poor people will be treated free. Though we are in the middle, we have to help the people who are not enjoying any benefit of life. We have to take them to Sahaja Yoga, We have to help them in every way that is possible.

Now, you must have noticed that in the wedding lists, what I have done is to create a balance between, say, the developing countries and the developed countries, to make an proper exchange. Then I find there are people who are very arrogant about it. Now, English girls are supposed to be Christians, French girls are supposed to be Christians and so many others. Christ, who did so much for the downtrodden, these people, when they get married, they try to show off and look down upon people, they are Sahaja Yogis and now we have turned down all the Christian girls from England because for the same reason. A funny type of a superiority complex if you develop, that's not being Christian at all. And that's why we have to understand, as Sahaja Yogis, that the one of the principle of Sahaja Yoga is that you should get over all these minor things and all these limitations from which we have been suffering and others have been suffering.

When we come to this collective happening, we have to understand that people have to be collective. Because we should have big palaces where we can go and meditate or should we have huge things? Not necessary. To pray and to meditate, any place is all right. Anywhere you are there, you can enjoy, you should enjoy there. You should not demand things. Like when you come to Ganapatipule, I know it's not very comfortable. It's not even a three star hotel arrangement, but you enjoy each other and you love each other, and the company of every one of you is the comfort giving. What gives you comfort is the love, affection, oneness, the unity between yourself. Then you don't care, you don't care what comforts you have, what happiness you have. This time, suddenly, you know, there were 250 more came than expected, so we had to put the, these temporary things for you and you didn't mind. I am very thankful to you for that.

So complete tolerance and comfort of the body is not important - comfort of the spirit. If your body wants comfort, you try to make it learn to give up that. Try to make your body your slave and not you the slave of the body.

This if you don't try, then in Sahaja Yoga, you are nowhere because then you will again say, "I must have a beautiful car, then must I have a house, then I must have this, must have that." If you care for your body too much, then the spirit, the light of the spirit goes down. There's no glow on your face and there's no peace in your mind because, all the time, you're worried about your body, about your comforts, about your food, about this, about that. You can leave all these things to the Divine. What you have to

do to see yourself, that in your behavior, you should be honest, you should be spiritual and you should be surrendering. That's your job.

You have to see, "Am I surrendering or not? Am I fully with Sahaja Yoga or not? What have I done for Sahaja Yoga? What I should do for Sahaja Yoga?" If you don't do this way, the mind will work the other way round. It will start thinking, "Oh, this is not good for my child. That's not good. This is this."

Once you start thinking what have I to do for Sahaja Yoga? What have I to work out for Sahaja Yoga? How I have to spread Sahaja Yoga?, you'll be surprised your mind will get into the aura of spirituality and nobody has to tell you anything, it will just work automatically. You have the power, you have everything, you have the fountain, which has to be opened out.

So we come to another point that we should realize what we are. This is very important for Sahaja Yoga. Christ has said, "I am the Son of God." All right. He said it openly, though people crucified Him for that, but He said it. He said it openly, "I am the Son of God. Do what you like." Which was a fact, which was the truth He was supposed to say.

So now, the Sahaj Yogis have to say, "I am the son or daughter of Adi Shakti." Once you say to yourself that, suddenly you'll start changing because it's a very big position. It's a very anointed position. Once you start saying that, then you'll start understanding what is your responsibility. You'll be amazed. Those people have been to wrong gurus, when they come to Sahaja Yoga, they become extremely generous and extremely dedicated, extremely humble because they have suffered so much. Sometimes, those who come directly do not have that feeling. What you have got, you know better when you have gone through some ordeals, but if you get it Sahaja, then they don't understand.

So, we have to also introspect all the time. The first introspection is that, Am I humble? Can I humble down myself before anyone? That's very important, but temper is the worst thing. Krishna has said, "From the temper, everything bad starts." Temper starts from liver; so you can cure your liver. But temper you can see yourself, how your temper is bad and how you want to get rid of the temper. Temper will kill all the collectivity. Temper will blur all the beauty of spirituality. A person who is very hot tempered and talks of God, people will say, "Let's run away from this man."

So the temper you have to get rid of. It's very important to introspect on what points you get angry. Some people think it's a matter of right for them to get angry. All right, but not in Sahaj Yoga. You don't have to get angry. You don't have to shout at anyone. You don't have to beat anyone. If there is any problem, you can tell Me. But I have seen people fighting, quarrelling sometime and I'm amazed how these people are quarrelling among themselves.

Gradually, I'm sure, as you'll grow in spirituality, all these fights and quarrels and what you call the different grouping ideas will drop out. But Sahaja Yoga will not allow you to stay in it. You'll be exposed immediately. People will know about you. So try to understand why you get angry, why you have temper, what is the reason, what you don't like in other people may be within you. Same thing may be existing within you.

So, is a cleansing process in Sahaja Yoga, which is very important and we need the help of Christ very much. Because there is rationality that covers your Agnya. You can rationalize everything. Everything. Even if you kill somebody, you can rationalize it.

So this Agnya is also our enemy if we cannot keep it open. Absolutely. Because we can justify ourself. We can say, "What can I do? It happened like that and this thing." Once you start, get after yourself; all these things will go away. If you're getting angry very much, stand before the mirror and try to get angry with yourself.

Then attachments. Attachments are very subtle. Formerly, what I had known about the western Sahaja Yogis, they didn't love their children very well. Now, I find they're glued to their children. And they want to move the whole movement of Sahaja Yoga according to the whims of their children. Also, Indian Sahaja Yogis are like that. They're very attached to their children. They are, they have been always very attached to their children. I've already explained to you that attachment is the death of love. If you love somebody, then love everyone according to the need of that person. You have to move. You cannot just stick into one point.

That is not your responsibility. That is the responsibility of the Divine and leave it to Divine and you will see. Your children will improve, your relationships will improve, everything will improve because it's not your responsibility. Your limitations will affect all these relations and I should actually say that this limited relationship will, might, also suffocate the relations.

So I have a very wider vision and a wider understanding how far you are. If you come in the nature, you can learn it very well. See the water. It's coming to all the trees. Everyone is blessed. It doesn't stick to any, any one tree or anywhere. If it does that, the whole thing will be finished. If you have to think of collectivity, you have to be very much detached and not driven or persuaded into some sort of a small little relationships. It's much easier for you to follow Sahaja Yoga than anybody else in the world could have followed because others were not realized souls. You are all realized souls.

There are other attachments - attachments to money. Very surprising, like they treat Sahaja Yoga sometimes like a shop or a market. So they'll say, "Mother, can You make it half rate? Can You make it quarter rate? Can You give us some concession? Some sale, you know." There are at least thirty-five percent people are coming free. And those who can pay want to have half, less than half, but I don't know what to say to them. I mean this is the only chance where you can really give some money, which is, of course, shared, I agree. It's not all that money is needed for one person, but you can share, very easily with others, because they don't have that much money to come to this country, they don't have that much money to live here.

As we are talking about global life, we have to understand that we have to share money with them. If you start understanding only this much, I tell you, your attachment to money will go away. That you have to share. You don't want to share anything. You may have crores, but you don't want to share. In Sahaja Yoga, so many people have become very rich, but they don't want to share. I'm not saying that we are here for money or anything, but main point is, fundamental point, is the attitude should be of sharing with others. Sahaja Yoga has given us so much. What have we done for it? Where are we sharing?

On the other side, we have people who are very - very greedy who want more. There are some people who go on borrowing money, some people who go on using people for their own purposes. All these petty, nonsensical things are not for Sahaja Yogis. You don't need. Whatever you need, you just ask, you'll get it. So some people are trying to exploit some people and some people are trying to save themselves. There should be an open mind. As your Sahasrara is open here - you know, this is the Heart Chakra here and this Heart Chakra opens, then the Sahasrara opens. Open your hearts, open your hearts, then only you can enjoy yourself.

Now supposing I want to see something with My eyes and My eyes are closed, can I see something and enjoy that? If you have to feel something from your heart, your heart is closed, how can you? How can you feel that?

So open your heart. Open your heart. In this way, you'll realize that things are not so difficult. It's all for us very easy, but we have to open our heart and respect each other. Sahaja Yogis must respect each other. Somebody is black, somebody is white, somebody is tall, somebody is short, somebody is like that. God has made a variety otherwise we would all have been like a regimentation. So we should enjoy the variety that makes the beauty, beauty of creation.

So all these outward things should not in any way impress you. People should be clean, neat, tidy - that's different. But everybody should be like you is wrong. In India especially, if you speak English not very correctly, then he is condemned, as a scheduled caste. It's such slavish mentality, very slavish. Whether you know your language or not, your mother tongue or not, Hindi or not, doesn't matter. You must know English. If somebody says "English", he is finished.

Well, I have seen Japanese, Chinese, French, anyone else speaks horrible, I mean funny English, I should say, but the worst are the English themselves. English have lost the sense of English completely, but what's so much in that? It's nothing but a slavish mentality to one regime, which was here for three hundred years and did nothing good to themselves, went empty handed from here. Even the Christians in India believe that Christ was born in England, do you believe that? Most of them.

So the essence of a life is to be proud of whatever country we are born of, we must love our own country, but we should not identify with it. All the wrongs of that country we should criticize and we should see. We should not accept them and should not

become a part and parcel of those absurd people who have their limitations. Do you transcend your countries? You transcend all these limitations. You have become great now. How can you remain in a small little pond? You need an ocean. You'll get suffocated.

Another thing is, you should not use things made by machine so much. Try to avoid, as far as possible. These machines have created so many problems for us. We should wear something that is made by hand or by people who are using small, little, sort of, we can call, ordinary machines, which does not require so much of smoke to come out. We should be very conscious of ecological problems as Sahaja Yogis. But one thing I know, where there are Sahaja Yogis the ecological problems also gets solved because of vibrations. But vibrations will only fight when you are willing to fight ecology. Everywhere you go, you find so much of pollution, so much of pollution. How to fight this pollution? Is to be paying attention to the ecology. Are we producing all those things, which is spoiling the atmosphere? We are responsible, we have to do it. Who is going to do it?

So one side, as I told you, we have to look after the people who are poorer than us, who are unfortunate. We have to look after the atmosphere which is filled with all nonsensical things and take to a lifestyle, which lifestyle will be simpler, by which we don't use so many, so many vehicles and so many things which are creating problems. Like in Dehra Dhun they told me they have so many of these three-wheelers that the buses have stopped. Why? Because in the three-wheeler you pay some money less, so they go by the three-wheeler and it creates all the black soot all over. A Sahaja Yogi should never sit in a three-wheeler to save some money. It's better to walk or use a vehicle which doesn't give much of these things. They are so many ways by which we can really be very supportive of this ecological problem because it is a part of our, part of our responsibility.

Till the age of forty-seven, I was wearing only pure khadi, pure khadi, not even silk, till the age of forty-seven. Then when this Sahasrara was broken, then I started wearing other clothes.

Our life should be such that we should feel sensitive to every growth around us. It is only our attention, how you put your attention to things. Like now, there are so many new things are coming up in India, everywhere. One day, I told somebody that why didn't you get some quails from Germany? He said, "I don't know. There is quail in Germany?" I said, "There is a big industry of quails. What do you say?" "How do you know, Mother?" I said, "I know." Once I go to a country, I know everything about that, all the details about it. I was surprised that such a big industry they had, they never knew they had quails.

In the same way, in our own country, we don't know what we have, what artistic things we have, what is, what is the one that is, that will help the poor. We never know about it.

Why Christ was born in those conditions because He wanted to give blessings to those poor people, to help them with spirituality. But we are not bothered, we are not bothered to see where the poverty is and how we can help. You can, by all means, you can help them in every corner, in every way.

It's very simple to understand about your own country, where the problem is, why people are poor and we cannot help them. We have to take to this. Unless and until your light shines in the society, we are doing nothing. We are just enjoying our own Sahaja Yoga, Ganapatipule and all that. But what about others?

So sensitivity to art, sensitivity to music, sensitivity to all creative things that are there and what can we do with these creative things for others. The attention should be more towards these things than about useless things.

Politics you shouldn't worry so much. It will be all exposed and finished and it will be alright. Let them fight, let them do what they like. They're stupid people. Your attention should be how you can be creative, how you can help people, how what you can do.

In everything there's one thing - is Love, what you call is compassion, Anukampa, just out of love and affection and that should be an real innate expression of every Sahaja Yogi in every field of life. "I don't like this, I don't like that", this kind of a person is never a Sahaja Yogi. The one who says, "I like."

My throat was not all right, but somebody brought some fruit. Just to please, I ate it. Doesn't matter what, little bit, I did eat. Just to please you, I wore such a heavy saree. None of you can wear it, I can tell you. Just to please you. So what are we doing to please others? You should be a pleasing personality. Instead of thinking about how you should be pleased, I don't like this, I don't do like that, instead of, what have I done to please others? To please the Divine, our character, our behaviour should be absolutely clean. I know Sahaja Yogis have done wonders and they are doing very well, but they can do much, much, much more than what they are doing.

So, on this day of Christ's birthday, I have to tell you that it is not possible to follow His life, I agree. Very difficult. But at least, one has to learn from Him that He is before us and let us try to go forward towards Him, in His simplicity, in His honesty and the sacrifices He could make.

May God bless you.

1994-1229, Haldi and Weddings

View [online](#).

29 December 1994

Wedding

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

Talk to bridegrooms and marriages, Ganapatipule (India), December 29th, 1994

[Before weddings talk; starts at 10:14]

You have decided once for all. After getting married, I hope none of you will turn back. Because it creates a very bad feeling and I mean, it has become something like what is happening with other people who are not Sahaja Yogis. It's a responsibility. I know that sometimes you start thinking. Normally, they say that, "It was such an atmosphere that Mother, we accepted and we married". And after that, I don't know what goes wrong. So, this marriage is not a mental marriage you must know, it's beyond mental. If you start thinking now of one thing, then after marriage you'll start thinking of something else. So, all those, even now, you have to decide. Because I have decided now, I'm so fed up with this kind of thing, those who do such a thing for no rhyme and reason - actually this, I don't know why I'm doing it. Such an explanation, if you give, then you'll have to go out of Sahaja Yoga permanently.

But we can't afford to have these kinds of things going on. Especially girls feel very hurt and are shocked. If something wrong with them, if they are aggressive or they try to get out of Sahaja Yoga or teach you something else, then I can understand. But otherwise, you should not at all, on your own, just for no rhyme and reason, give up the girls, because they are very sensitive and I'm also sensitive on that point.

There are certain hurdles, I have seen, because all these years we have been marrying boys and girls, from different countries. Sometimes, it happens that these girls, when they- especially Indian girls - when they go abroad, they get enamoured by the way you have money, the way you have comfort. And you overly try to individualize them. It means, you pay much attention to them, not to the collective, but to them. And sometimes, they really get spoiled, I tell you. I have known some girls who have really become horrid. So, you must keep a balance. And to approach Indian girls, has to be little gentle, not to be extremely aggressive or extremely hasty.

But another bad point is this that the girls start playing on your mind sometimes, I have me known. That they want to send some money to their parents. This should not be allowed. Or they might say that, "Let us separate. Let us take another house and go away from ashram". This has once happened in Australia and everybody has learned a lesson from that, because the girls were very unhappy when they separated. You see, in the West, there are no servants nothing. You have to do all the work yourself. But in the ashram, these are collective problems and everybody solves your problem. And you feel so independent and so relaxed. So, here we are marrying you all only for Sahaja Yoga And not for your whims and your ego.

So, please, try to understand that if you are getting married, try to have a kind of a temperament that will suit Sahaja Yoga. Of course, you have to respect your wife she's your housewife, she's the one who look after you. She should be your companion and she'll be kind to your parents. She has to be. But on the at the same time, you also have to take the responsibility and tell her whatever you want her to do. You'd better tell her that, "I would like you to behave like this, or do like this".

Normally, they are very congenial and good and will accept. But sometimes, sometimes they do defy. It doesn't matter, they have got a little freedom to defy also. On major points, of course, they should not. But in minor things, you shouldn't try to dominate them. Actually, it is a com - it is the question of companionship. You are companions, two wheels of one chariot. If one wheel is small, it will go round and round. And the left wheel is on the left-side and the right wheel on the right-side. It is not you can change the plate wheels. So, the left wheel has to understand its responsibility and the right wheel has to understand its own

responsibility.

All the time, some people have a also bad idea of nagging, fighting. That's no companion. On the contrary, try to be gentle and nice and be friendly. But in no way spoil them to such an extent that they go against Sahaj behaviour. So far, very few, I would say 1 to 2% of marriages have failed. But I'm sorry for that, sorry, and sometimes even marrying for two, three years, then they separate. So, the poor children also suffer. So, this should not happen. One should try to see that Sahaja Yoga marriages are for Sahaja Yoga work and Sahaja Yoga community and for the whole universe. And the way you treat a wife and are kindly to her and bring her up - maybe she doesn't know so much of Sahaja Yoga, maybe she's not so deep as you are personally- so, try to tell her and bring her up, is a way how you handle the situation and work it out.

So, I leave it to your responsibility. And I'm sure, at this occasion, I wish you all the best for your married life. Especially for the coming New Year, all the prosperity and all the happiness. I hope you will realize that it is quite a hazardous task to select people from this country to that country. And we have tried to do it our level best. If you find something is wrong even before garlanding the girls, you can tell us and run away. We'll not say anything. But afterwards, it's not fair. It's not fair to us. Because we have been really thinking of making you happy. And for that, we have organized these marriages with all consideration. And then, you should not make us unhappy, that's not fair. So, again and again, I tell you, if you decide not to marry, you can decide now. Till you get married you can decide.

I am surprised that you are all eating outside in some of these stalls, and that's why I'm sick, because you also got sick. Why did you eat there? You have got food, everything. Why should you go to these stalls? I don't mind buying other things, but why to eat that horrible food cooked by this dirty people? And which you shouldn't have had. It's a very wrong thing.

So, please, try to understand. There are very few rules to be followed in Sahaja Yoga, all for your benevolence, for your good health, for your prosperity. But you should do it and you should not try to escape it, or think that you are an individual, you'll carry your wife whatever you like. This kind of an idea, if she suggests you, you just tell her to shut up. That's the only way we can manage things. Because we had lots of problems from that kind of a thing that people did.

May God bless you all.

[Hindi]

Some people have got it- little fallen down also. It's not the external beauty and all this it's not the intelligence. It's not over education, nothing. What is good is temperament, nature and sahaj depth. That's the main thing.

[End of talk before marriages at 20:06]

[At 49:03 on audio; not on video]

Babamama: Before we conclude this beautiful 'get together' with the joy that we have had for so many days, I think Shri Mataji wants to speak to you.

May I request, I call him Sir C.P., doctor Shrivastava, to kindly say a few words.

Sir C.P.: After this beautiful poetry, it's difficult to say anything because my heart is also full, I'm sure, as yours is. But since I've been instructed to say a few words, I will. First of all, this cannot be a part of the earth that I have been living in, it must be a part of heaven which I am seeing here.

[Applause]

[On video at 4:40:58]

This evening, the upper most idea in my mind was, if only, if only this wonderful world which she has created here could be seen all over the country and all over the world, what a marvellous world this would become! Qawwali sung by very eminent Qawwals, and I cannot thank you enough, superb, absolutely wonderful! And Qawwalis sung by Romanians! I could no believe my ears.

Qawwalis by Romanians, wonderful, fantastic!

And this being sung in the gathering of angels. I think I should not take more of your time. I will only say, Madam, you are my

wife, but you are the Mother of the universe.

[Applause]

Mataji Shri Nirmala Devi ki! Jai

[Applause]

As you see, I am a very happy man today and I want, first of all, to congratulate those of you who have got married today, the brides and bridegrooms. Our love and blessings will be with you ever. All these marriages will be beautiful. They will succeed enormously and I want to wish all of you a very happy New Year which is coming. Thank you.

[After weddings talk 4:43:42]

Shri Mataji: I am very happy, of course, to see you all here, beautifully wedded to each other. Now you have to only know that through this wedding, you have to create the light of love everywhere, between yourselves, between other Sahaja Yogis, all over the world. We have to spread this love, this Divine love, Chaitanya, it's called Ruh, all over. You see, the whole world is in a turmoil. Every community is in trouble, and it really hurt me very much, wherever I know about it, that for nothing at all, people are suffering even now, today, in this modern times.

I don't know how we have advanced. Now it is for you to be on the lookout: wherever you can help people, please try to help. Go all out to do that. Also, you must find out what's wrong with your society, what's wrong in your country. Please, try to write it down and also to study. Because we are in the collective, all right. We are enjoying ourselves, it's heavenly here, I feel it myself. But the whole world is suffering and we have to think about them. We have to find out how we can help them. I wish the whole world can become Sahaj and enjoy the bliss of God almighty.

I hope you are all enjoying each other and all the friends are enjoying. Only thing, one message I have to give: just enjoy.

And try to make others also enjoy. Lot of humour is needed, lot of understanding is needed, to make your life very beautiful. No use making miserable moments, no use, there's no need. Just understand that in every moment, there is the bubbling of joy. Try to catch that and spread joy all over. God is love and God is truth. But God is joy. If you are not joyous, then it's not Divine. So, those people who go very serious, should know that they have to still laugh a lot and enjoy yourself.

May God bless you. Thank you.

[End of talk at 4:46:51]

1994-1231, Shri Ganesha Puja: Spiritual Dimension

View [online](#).

31 December 1994

Spiritual Dimension

Ganesha Puja

Kalwa (India)

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

1994-12-31 Shri Ganesha Puja Kalwa

Translation of the Talk in Hindi

Today we are going to perform Shri Ganesha Pooja. Shri Ganesha Pooja is most essential. Because of Shri Ganesha only there is holiness spread in the whole world. Today, whatever problems we are seeing is because you have not yet recognised our greatness. And we do not know why we have not recognised its importance. And we do not know as to why we have come in this world and what work we are doing, and what we have to do? In order to understand this, today, Sahaja Yoga has come to this world. Whatever terrible condition of the world is due to the Kali yuga, you know about it. I do not have to tell you about this. But, we should know that the human being has been separated from righteousness ("dharma"). Like the faith humans had, has now become superficial. There is no interiority ("antarikta"). People are not able to understand how to recognise Shri Ganesha. What should be there in their life? But this is very difficult. However, much you explain, whatever you say, humans do not understand how they can accept Shri Ganesha. If on one side they are blessed by Shri Ganesha and are nourished, then they are very pure. They reflect. That is not the point. If you are a very honest person it is alright. But if you fall short in honesty ("naitikta"), then it is wrong. If you are not able to put your attention on the problems faced by the world, then also you lack balance. And if you want to awaken the powers of Shri Ganesha within you, this is possible only through awakening of the Kundalini. There is no other way. He possesses four special powers. Out of these four powers, the most important are, wisdom/good sense ("subudhi"), being knowledgeable ("sugyata"). In order to ignite these powers within us, we have to raise our Kundalini and make the Shri Ganesha within us happy. Shri Ganesha's anger can also be harmful for us. His nature, on the one side is very peaceful and cool and on the other side, when he sees that human beings are on the wrong path, then he gets angry to such an extent, as I had told in Pune three times, that after establishing Shri Ganesha, if you perform vulgar dances before him, perform disco, and sing vulgar songs, he will definitely be angry with you. And there will be an earthquake. And the same thing happened. There was an earthquake. Now, we should pay attention as to what all wrong things we are doing. Before we used to call outsiders dirty, and their attention always used to be towards dirty things. But now we are also going towards dirty things. We like dirty songs, we see dirty pictures, talk vulgar things and use bad words. All this is not at all liked by Shri Ganesha. Our language should be pure, our thoughts should be clean, and our desires should also be pure. Now this thing has started coming slowly towards us. When we keep this type of thoughts within us, then only we can keep our self-respect. Then only we realise that there is some importance in our life. We are not stray people. We are Indians. And in order to take birth in India, we have to do penance for number of years. After a number of years of gathering blessings ("punya"), you are born in India. Your life is not meant for useless things. We have to try to understand this. In Siddhivinayak, I see there is a big queue. But what are you offering to Shri Ganesha? If you do not like to do dirty things, then all this will stop. Going to dirty places, eating food there, talking dirty things, are all being done in a very normal way nowadays. Now, I have been seeing some people standing on the road and eating, going somewhere, talking vulgar things, passing remarks on ladies, seeing them with dirty eyes. Jesus Christ had said 'that if you see any woman twice with bad eyes, then you should remove your eyes and throw it. If you have done any bad work from your one hand, then cut the hand.' I have not seen any Christian whose hand has been cut or eyes having been removed. But they call themselves as Christians, only for name sake and not in reality. And in our country, it has been specially written that there is one soul that resides in everyone. It cannot belong to any caste or creed. Caste had not been given on the basis of the birth of a human being but was made on the basis of his work. Those who give caste so much of importance, they cannot be Indians. That is why we should know what all we do which is totally against righteousness ('dharma'). And when we do such work, Shri

Ganesha within us becomes very angry and this anger of Shri Ganesha is very sad. Because on account of his anger, many such illness comes forth, which has no cure, which is called incurable. We get such diseases, such illness come forth, which has no cure for it, which is called incurable. We get such diseases. That is why we have to keep Shri Ganesha happy always.

First and foremost, this earth, which is our Mother, the Mother Earth element, with whom we are connected, has to be given a lot of respect. In the olden days, even now it may be in practice, before getting up, when we touched the floor, we used to seek pardon from Mother Earth by saying 'I am touching you with my feet, please pardon me.' So much of respect we had. These days there is no respect for their own mother and father, who will keep respect for earth? To bow down before everything, to be respectful to everyone, this is the very aspect of our country. Now all these aspects are no more there. Neither do children respect their parents, husband does not care about his wife, nor does wife care for the husband. Any relationship which is pertaining to the world, should be go on with lot of respect, and this has been told to us by various Dharmas of our country. But now, this is no more visible. Neither children care for their parents, nor husband cares for his wife, nor wife cares for her husband. All relationships in the world, any relationship have to go on with lot of respect, as has been told by various religions of the country. This is according to the principle of nationalism ("rashtradharma"). Now buying foreign things, buying foreign clothes, dancing in the western style, to follow foreign styles, is not something sensible. We can adopt foreign concepts. We can teach them because our culture is so great, and that too on the foundation of Shri Ganesha. Especially in Maharashtra, Ashta Vinayak are seated there. Maha Ganesha is sitting there. And I see dirt to such an extent that I feel astonished that they have forgotten that he is sitting there. Where they have come. The respect should be voluntary. You should understand the self. When you will understand your soul, you will be surprised to know that you possess so much powers within. But you have not awakened these powers. That is how all the poverty, troubles, dirt of the world has come here. It is essential that the worship of Shri Ganesha which we do outwardly, should be done inwardly. And it should also be seen which of the qualities of Shri Ganesha have been acquired and what is that special within us through which we can be blessed by him. Such type of qualities should come within us. To respect each other and to value of each other, have been told, but do we think about it? Who does all this abroad, and there is so much wealth abroad. These days their wealth has diminished. What they previously used to think as wealth, they have started realising it is nothing special and they are also falling into it. Whatever their talks are, it is all highly artificial. Their roads are quite clean, but their heart is bad. Whatever I have seen of them, their inner side is totally dirty and outwardly, everything is good. And all the arrangements there are to get spoilt. If any child goes there, he will not be able to stay away from alcohol. They will make them smoke; they will take them to dirty places. They will take them to discos, they will do this, that, and there is so much of filth that there is the presence of terrible - terrible Kaliayug. We feel that they are in great comfort. How can the parents whose children are addicted to drugs, be happy? If we people are to be in correct path and if we have to enjoy our inner happiness which is the greatest wealth for us, then it is essential we save our purity ("pavitrayatana"). And by rectifying ourselves, we have to settle down with our activities with great grandeur. And not by becoming like a beggar and smearing ourselves with filth. The great praise of Indians, as per what a Chinese official who met me, started telling me 'Oh it is this wealth about which I had heard for so many years, and read about it that in India spiritual wealth is in abundance.' That we are rich in spiritual wealth, there is no doubt about it. But there should be intelligence ("rugyan") there. Regarding intelligence ("rugyan"), we have stopped adhering to morality ("mlechchha"). Our attention goes towards dirt. We run after that which makes us impure. Then whatever beauty that is within us, how will that come out. How can we see it? That is the reason it is important to remember that when you worship Shri Ganesha you take care that you are invoking Shri Ganesha within you, otherwise it will be difficult if he will also be upset. It is very difficult to explain to him as he will not accept anything than what is pure. We cannot argue before him. We cannot explain anything to him. Whatever purity that he has created, if we remain within that we will also be happy, and he will also be happy.

Transcript of the Talk in English

Today I am talking about Shri Ganesha. Now we Will be parting we will be going to our own country and I must congratulate you the way you have come up to the expectations of Shri Ganesha. I am very happy with you people. I wish Indians would learn a lesson from you that you are the people who don't have this tradition; you don't have Shri Ganesha established there. Still somehow you have come up to such a level that I feel very proud of you and all of them should learn a lesson from you.

They are going to the western life, western style, western expression of the filth but you people have accepted it and have

changed so much that they have to learn a lesson that's what I'm telling them. It's a very good lesson for them. First you used to come and learn here what was Sahaja Yoga and was respect, what was respecting yourself. But I am very happy to see this time you all have been an ideal example of Sahaja yogis. You tolerated all kinds of inconveniences and you saw [claps in the background] you saw comfort of your spirit not of your body and the way you have been behaving I am over satisfied. I hope you will really grow to your spiritual dimensions and try to bring forth in this dimension in other people of your nationality - very important. You see all the bad points of these people and you see where they are going. You are worried about it, you are thinking about it, but we have to do something about it so that they take to a harmony, real righteous life no use talking and giving big sermons. I am sure you can do that, and you have done it. There are certain points about Sahaja Yoga that you have to understand the precise way of curing yourself and curing others. I am hoping to write a book on that, I hope so if it is finished that will be useful for you to help yourself and help others physically, mentally, emotionally and spiritually. [claps in the background.]

The best part is that the way you have controlled your children and you have brought them to proper lives and you have saved them of this is really remarkable because in India we have given up all children. We have become extremely docile because they have become very arrogant and independent. And, our love is so much for the children, that we allow them to do what they like. But you people have really saved your children and they will thank you very much for this.

I would like to thank all of you for bring this good work for yourself or others and for your country and I am sure it will be very successful in a very short time and it will become global understanding of Sahaja Yoga.

May God bless you.

Translation of the Talk in Marathi

Today during the pooja, we have to decide that we will spend our entire life at the lotus feet of Shri Ganesha and bring purity within us. In that purity we will not leave our children as well. We will put them on the right path. We will provide them with good education and turn them around. Do not get nervous about this. We have to keep children in discipline. If you do not keep them in discipline, they will sit on your head. Therefore, I am telling you that if you have real love for Shri Ganesha, you have to take care of your children. Mere love is of no use. That will only spoil your children and you will have lot of problems. Therefore, at this time you should give them that discipline which is required. On account of this, sometimes we feel bad that we say such things to children, or the children have become like this and so on, but you should not feel anything bad about that. This is our duty and we have to discharge our duty. In this manner if we do our duty, then only the bad generation can be avoided, and we can bring such children on the path. This society is going on towards wrong path, if we have to rectify it, first and foremost the parents should take care. In this teacher cannot do anything. Parents should take care of the children and they should explain to them that 'You are the future generation and you have to take care of this society. You should not enter into wrong and dirty society.' The cinema group should also be taken to task by way of stopping vulgar pictures, which teach vulgar things, and talk about vulgar things and such habits will not come in children. It should spread to such an extent that children will themselves say no to it. Current day children are very good. Many children in this country are born realised by birth. But if they are not turned around well, they will not understand what is wrong? What is right? Till they understand this, they will keep on doing wrong things.

Therefore, today, keeping Shri Ganesha in our mind, we should decide in our mind that we should show Shri Mataji that our children, ourselves, our home, our society, all would make Shri Ganesha happy. I am fully confident that you will pay attention to this. Just superficially chanting prayers of Shri Ganesha is nothing, praying outwardly, or ringing the bell in his temple has no meaning. The bell should ring from within. When this will ring only then the purity spreads and through this purity everybody will be benefitted, and the best will happen.

Everybody has been awakened through Sahaja yoga. If you are a Sahaja yogi, you need not be told much. But others, like your relations, your children, your daughter, daughter-in-law and all others should come to Sahaja yoga, this we should decide and then only we should leave. And it will just happen like that. If you desire, you can arrange for "Haldi Kumkum" function and call them, and say come to Sahaja Yoga. There is no way other than Sahaja Yoga. And seeing you only, they will come to Sahaja

Yoga, and this is the arrangement. Then, whatever pleases Shri Ganesha and whatever he likes, we should do that. Just by offering Modak (sweet), what is the use? What is in Modak, is to be known first. In Modak, if there is your good desire, your pure desire, then it pleases him. Otherwise he does not want any other Modak. That is why you have to keep pure desire, pure desire meaning Kundalini, and this pure desire means to enable us to get completely into Sahaja yoga. In this manner, through our belief, may everybody benefit from Sahaja yoga.

Hearty blessings to all.

1995-0219, Arrival Talk

View [online](#).

19 February 1995

Talk to Sahaja Yogis

Melbourne Airport, Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

I never expected you all here but, very happy to see you, that our, Melbourne has grown so much so beautifully. You all look so nice. It was, quite a struggle to begin with, but it had worked out and we all have come together now, in such a beautiful way. There were many in Ganapatipule I couldn't talk to you directly, that time. How many got married in Ganapatipule? This time. None from Melbourne. But there were many Australians married. All right next time. What I was told that most of the young boys and young girls are married now and we had a problem, because the boys were all about six feet and all the girls were below five feet. But when I told them that they said: 'Mother You are so concerned about heights so, we are very thankful You can marry us and we don't mind.' So I said: 'It's good.' Otherwise see, sometimes only on height people fight.

It seems children are very happy in the school and they are enjoying there. Now I've started a new thing again, is a gymnasium, where you have to learn gyms and you have to develop your bodies to be Mr Universe. Such a nice, family of ours, and the way things are working out all over the world, it's very, joy-giving for Me. It's all so easy for Sahaja Yoga. Just have to meditate and, penetrate more into subtler, being that is your self. I'm writing a book now, I've been writing many, but this time there's a book, which I gave it to C.P. and he says: 'It's very subtle, very subtle, for very subtle people.' I said: 'It's meant for subtle people only.' What am I to do? That's how I am.

But still I would say that the society if you all see around, is very, destructive. The morality part is very disappointing. When I see the newspapers I am really shocked how things are happening and I cannot explain why people behave like this in this manner. Maybe you can say these are some, possessions, or maybe their genes, or maybe their breeding. So one of the things very important for Sahaja Yogis is, to lead a very very moral life. With immorality as it is people are punished as you know. They get all kinds of diseases, all kinds of troubles, also problems in the family, that affects our children. I always felt that, the society is to be looked after by women, by women, not by men so much. They have to be tolerant because that's their job, that's what they have to do. There's nothing inferior or superior on the contrary a superior woman would be a very good housewife, would be a very good, collective personality. She'd be the more sensible and a balanced person, because she has a double job to do. Firstly she has to establish her children all right, give them a proper training by her own life, and then she has to look after the society.

When you see the ills of society, that has taken so much of toll, of so many young generation, I think Sahaja Yogis have a very great responsibility, towards their fellow man in their own country. We talk of so many things but actually you'll be surprised you all are gifted with the power to emit, vibrations by which you can correct the society. You are all the channels of those beautiful vibrations, which you must use and utilize. But if you do not pay attention, to your vibrations, and to your growth, then all these, subtle powers that you have do not manifest. That is what I feel about Sahaja Yogis yet, they have not realized how important they are, and what is their role, much more than any other Incarnations, disciples, Incarnations' pupils, had. Because you yourself, you are realized souls. You yourself know all the things. All the subtleties you have, and if you can just understand that by spreading Sahaja Yoga you also go much deeper, within yourself, you will take it up and work it out. Of course while spreading, people are worried about their ego sometimes. They think that supposing we are successful, then ego might come into it. Doesn't matter. It's part of the game. But you should see.

We have had some very big calamities recently. Many people became mahayogis, you see. They were saying: 'We are this, we are that we are mahayogis, we are special people,' and some of them really tumbled down. So one has to be careful. One has to lead a balanced, life and a balanced attitude towards oneself. No use cursing anybody, saying anything, that somebody else is responsible for your fall. We have one now in, I have heard about him. This Chinese fellow. What's his name is, Sam? Don't know. About a big mahayogi is born there but, wherever he has been he's been such a trouble I tell you, everywhere, he's a

troubleshooter. And now he thinks no end of himself. He has written a letter, to say that Mother has given me powers to get all the businesses this that. Absolute nonsense. He's such a madman. I knew he was mad. But I didn't know he'd go to that extent of madness. So now I don't know what to do with such a person. Only thing we can ask him to get out of Sahaja Yoga that's all.

But one has to be careful when you see such people with such horrible vibrations, they are on their way to lunatic asylum, and they, if they were taking drugs or something like that one can understand. It's not so. It is always a kind of a ego that just crawls up and they start boasting, talking big and ultimately they end up. Somebody in Milano said that he was Adi Shakti. I said: 'Very good send some of My saris I have too many of them.' I mean, and people don't tell Me. I have to discover. See it's very, surprising that people once they find some mahayogi there they just think, I don't know what they think about him. Maybe they think that's not their business to say anything about the mahayogi you see, but, they do, come up, here and there, see, find in every place. You also had somebody here once upon a time. I don't know if he is here still or not. So, see there are people who take to all these tantric ways and all kinds of things. And where do they end, you see, they are just mad people, that's what they are. So never take to them and be careful that, when they are trying to form some group, please keep away from them.

I'm very happy to see all of you together so nicely placed with each other. It's very very satisfying. And that shows the wisdom is there now to understand the value of a Sahaja Yogi. It all is going on and I think in this Mahashivaratri I'll have to talk about these mahayogis also because they are all, coming up here and there and troubling the leaders. Now most of the leaders who are there, most of them I should say, are perfectly alright and I don't really want to say anything about anyone. They can handle. They are the best to handle everything. Everybody you see, is quite capable and they can handle the situation and whatever they say you must listen to them. Because I can't talk to all of you. I cannot, listen to all of you I should say. But there's one gentleman who's there who I think is very reasonable, so you talk to your leader and whatever the leader decides, you must accept otherwise what's the use of having a leader? You have here a very good leader for Melbourne, you have very good for Sydney, for world leader also you have so good. Everybody seems to be very much now equipped, to be good leaders and kind people. So there is no need to have any kind of a, disobedience for nothing at all. Those days are gone. Obedience is not also blind, is for your benevolence. You need it. And if you need it there's nothing to feel bad about it. Let C.P. talk about Me, as a wife I [INAUDIBLE]

I think you all will be there for the puja. Shivratri Puja is the most important puja I think, from spiritual point of [view?] I hope you'll make it comfortable to be there and this Shivratri should create something more, within you, to see the vision that I have about the whole world. I am a simple housewife as you can see and, never to feel that you are just a housewife and good for nothing. Even if you create one great man, as a mother it's the greatest achievement, than to earn all kinds of laurels in this world. I'm happy C.P. could come this time and he's going to be here in Australia for some time. He has written this book. Of course I, asked him to write this book because I knew Shastriji was a realized soul, and that a person like this is lost to our country which requires really someone of that caliber. It has happened so, I hope you all will read the book and understand the value of leading a good life.

Actually I always say that the politicians don't realize how they will go, in the history. If they could just realize this point, they wouldn't do all these nonsensical things that they do. But I think they are not conscious of what position they have, and what is the opportunity they have, by which they can show to the whole world that, through politics they have been able to create a great vision, or a great work. This is the only difference between great politicians and other politicians, their morality, everything, is very important because people try to follow them. They are our ideals, and this is what is very saddening that they don't realize what is their position is. Everybody, even as I said the housewives, or the men or the fathers, if they realize, what is, their, I would not call it duty, but what is their identity, things will work out very smoothly and they'll enjoy everything, whatever they do.

I'm really so overjoyed to see you all, and the children are all here and they are very happy about the school so, I hope we have even a university there. About the school one thing I have decided we'll not affiliate with this Cambridge business, because they are very demanding type. They want to have a football grounds in those mountains you see. All kinds of things they want to have, for what? And Cambridge is such a difficult university nobody can get admitted there. Very difficult. You have to have at least four A and one B+. So like that, if you are so excellent in your studies then only you can go there, and we may have one or two like that but for them to spend all the money to change everything is very difficult. To get teachers to teach all kinds of languages very difficult. So best thing is to pass this examination ICSC, which is very good. You are, you can join any university after that if

you can pass a few examinations as they have in America and everywhere.

So there is no need to trouble our children and load them with so much of studies for what? Hardly one or two might get into that university. Besides somehow I have known about Cambridge, it's not such a practical university, it is more theoretical. So this, thing has to go from our head. I think it's more our slavish mentality that we think Cambridge is the last word, for every kind of education. You can become a bureaucrat with that, you can be a consultant, but what else can you do because it's all theoretical. So I hope the parents don't mind if the children don't take to this but just to ICSC. Maybe it is possible we might have our own university for them, so it is quite possible we can get good professors from abroad and from everywhere, and make a very good university which can give them a practical knowledge and very good degrees in India only.

Now as you know India has opened its economy and things are working out very well. I am not now of the opinion that we should send our children to places where it is so difficult and, the education is not so good. I was surprised that even in Australia the standards have gone down so much in education. The parents blame the teachers, the teachers blame the parents but, something has to be done about children, here also those who are studying. I don't know how far we can help them, but at least the school in Dharamsala has done good, and I am very thankful that the majority of the children are Australians and they are doing very well. They are well-disciplined very sweet children and there are very good reports about the Australian children. It's very surprising because they don't have so much of education what you call pre-school, but they are very sensible children and they're full of life and very hard-working. So I think if you have any problems, you may write to Me when I'm here. I'll deal with them, any individual problem if you have. Otherwise hope to see you for the program, and later on for the puja, in Sydney. May God Bless you.

== Appendix: Sir C.P. Shrivastava's speech in response to Shri Mataji's invitation: ==

I'm not standing up because that would create a problem for the microphone. First of all I'm very honored, very happy to be here with my wife and I am also very very pleased to see all of you, see the faces, which show, love and divinity and dedication to your Mother. She has been talking about the role of women, and that set me a-thinking. I began to think of the last forty-eight years that we have been married, and I just want to tell you very briefly how She has performed the role of an ideal wife and an ideal Mother and an ideal grandmother in the family, besides being the Spiritual Leader of Sahaja Yoga.

When we got married I belonged to a very, conservative family. She belonged to a very radical family, and it was a good complement to each other. But when She came to my house, She behaved as if for generations She had lived in a very conservative family and pleased everybody. The old ladies of the house who were looking a little worried, they thought here's a new lady from another province, speaking another language, professing another religion, how will She fit into our family? But what She did was She won over the heart of everyone by behaving in a very modest way, in a very loving way, in a very caring way and I have to admit that She became the favorite and I was lost.

Well that is how our family life began. I was certainly very happy about it. But then, I was a bureaucrat, a civil servant, and unfortunately given to idea that absolute honesty must be observed which meant that we had to live within our means, our salary and all I had to do was to work in the office and I left all the problems of the house to my wife, so I said: 'Here's the salary, now do what you can.' And I tell you, She managed beautifully within our means, no possibility of anything going wrong.

We had two children, two daughters. She brought them up and brought them up extremely well, arranged for their education, arranged for their marriage. They grew up, I didn't know how, for I was from morning until late evening every day in office but, and She was in charge of the house. She looked after not only my daughters but I want tell you this. All of us have rich relations and they care for themselves, take care, and we have in India poor relations as well, and when you are in a good position the poor relations flock to you. And they came to our house, children who needed education and each one of them, we had some sort of hostel running all the time, each one of them was looked after by my wife in the same way as our own daughters, given the same food, given the same affection. Only She could have done that. And they have grown up, they're now in so many places. That was the role She played as a mother, mother not only to my children but to children of the family.

And then as we grew further She had a role to play as my wife. I held some assignments in government, in India and abroad in the United Nations. When I was Secretary to the Prime Minister of India, about whom I have written a book now, She was the main motive force behind me. In fact I wouldn't have gone to Mr Shastri if She had not insisted I must go, and I went and served there. Mr Shastri had very great respect for Her, all because She was of course, She was obviously a spiritual person, but also a very good mother, a very good housewife and he used to ask Her: "How do you run your house? What are your priorities?" And She would say what She had to say and Mr Shastri listened to that.

Now as a wife She played that role. When I was working with Prime Minister sometimes I would be in the office till midnight. Why sometimes, every day, sometimes till early hours of the morning. But She supported me. She said: 'This is your duty now, duty to your country, to your Prime Minister. You must work. Don't worry about the house, don't worry about the children, I'll take care of them. Then I went to United Nations. There again, my goodness me, you have to take care of one government was bad enough in India. To take care of one hundred and thirty governments all over was not easy, traveling, meeting people, receptions, dinners, a very busy life, but She stood by me and while doing all that She was at the same time promoting Sahaja Yoga. I don't know how She did it, but She has done a wonderful job.

You know I saw Sahaja Yoga beginning with four people in London and they were wearing jeans, not very clean either. That was the beginning of Sahaja Yoga. One day I came back home and I found a young boy, I'm talking 1974, young boy sitting in my drawing-room and when I entered the house he looked at me as if I was a stranger, he was the real owner of the house, so I receded. I didn't quite understand, but what surprised me even more was that he was wearing my clothes. I rubbed my eyes. I said: 'I, am I seeing something real or is it a dream?' Well when I receded I came to my wife and I said: 'Now who, who is this gentleman?' So She explained. She said: 'You know he's a poor young boy, and he, he was almost lying unattended to, unhelped, near Piccadilly Circus.' She had gone out for shopping and he saw her lying almost in a miserable condition. So She stepped out of the car, went to that boy, said: 'Why are you lying here, are you alright?' He said: 'No he was not well at all.' She said: 'Is there anyone to take care of you?' He said: 'No, there's none.' She said: 'That's awful' then She said: 'Okay hop into the car' and She brought him home. Then he was given a wash, he had no clothes, so he had to wear my clothes and that's how he was wearing my clothes and then for the next some weeks, he stayed in the house and there I saw Sahaja Yoga acting.

This boy was suffering from, I think he, he was in very bad shape. Within three four weeks he blossomed. Another three weeks became healthy person and we then got to know that he was from Australia. He was a young engineer. He had run away from his house and he was in bad shape. After he was cured he became a very good person. He came back to Australia, was united with his mother. I don't know where he is, a Mr Gus, but that was what I saw, the miracle of Sahaja Yoga. And from those four persons, yes four I talked to, once I came back home and found those four persons wearing jeans and again I did not know who they were, but they were Sahaja Yogis and they were the initial Sahaja Yogis. While from them to this is a marvel.

All I can say is, despite all Her attention to the family, to me, I've been a busy person. She has attended to all the duties to the family, She has created a new, universal family of Sahaja Yoga. Each Sahaja Yogi is in my view, an angel and I mean this. I mean this because I have known human beings in the world. The world is terrible. If you look at newspapers you would see all kinds of horror stories but when you meet a Sahaja Yogi, he or she is a very different person. The face is different, the inner self is different, the outer self is different. It's another creation. She has created thousands and thousands of such persons. Each one of you is a miracle. You know it's very difficult to transform human beings. I've worked in United Nations, in India for forty years. I cannot honestly say that I was able to transform even one human being. Yes, people followed my example and worked hard, but that is not transformation. Transformation is what I see in you and that is a miracle, that is what She has done.

And now a new world is being created, I sincerely hope that Sahaja Yoga will spread more rapidly. It has spread very very fast but it needs to spread very much faster and all over the world there is a race between the forces of good and the forces of evil. You represent the forces of good. The forces of evil are outside. Have the heart, have the courage, Her Vibrations and your vibrations will I hope envelop the world and create a good world and this bad world will be suppressed, will disappear. This is all that I can say. I thank you very very much for receiving me here. I am delighted to be here in Australia. I have liked my visit immensely already. I think in Australia the beautiful thing is that the advantages of a developed world are present here but the heart seems

to be very good, very sound, wonderful. You are open-hearted, warm people, loving people and I cannot say adequately how very happy I am and how very grateful. I thank you Maam for letting me come to Australia and I am going to enjoy myself. So, that's all that I can say.

1995-0220, How to get the light of the Spirit in our heart?

View [online](#).

20 February 1995

How To Get The Light Of The Spirit In Our Heart?

Public Program

Melbourne Town Hall, Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

[INAUDIBLE] Thank you!

[INAUDIBLE] [ALL CLAP] Vishwa Vanditaa Nirmala Mata Sarva Pujitaa Nirmala Mata Brahma Swaroopini Yoga Nirupini Shubhdaam Vardaam namo namah Vishwa Vanditaa Nirmala Mata Sarva Pujitaa Nirmala Mata [MUSIC] [MUSIC] - aa, aa, aa, aa - Very low now. That's better. - Jagat Janani Nirmala, Moola Prakriti Akhileshwar ki - Still Nitya Satya Sanatana - Parashakti Parmeshwar kii - [UNCLEAR - COIL IT UP?] - Vishwa Dharini aa, aa, aa; Mangal Kaarini aa, aa, aa - If you can make this arch smaller, it'll be better. Shubhdaam Vardaam namo namah Vishwa Vanditaa Nirmala Mata Sarva Pujitaa; Nirmala Mata [MUSIC] [MUSIC] - aa, aa, aa aa - [UNCLEAR - WAISE HI OR LET'S SEE?] Jagat Janani Nirmala, Niraashreya Sarveshwari Prem Murti Bhaktavatsala, Snehamayee Mateshwari Bhakti Pradayini, aa, aa, aa; Mukti Pradayini, aa, aa, aa Shubhdaam Vardaam namo namaha Vishwa Vanditaa Nirmala Mata Sarva Pujitaa Nirmala Mata [MUSIC] [MUSIC] aa, aa, aa, aa; Pragata Saguna Nirguna Ridhi Sidhi ki Daatri hai - Saumya Sarla Mahamana, Patanjali Guna Patri hai - [UNCLEAR - LET IT BE LIKE THIS?] Ghat ghat Vaasini, aa, aa, aa; Atma Vikaasini Shubhdaam Vardaam namo namaha Vishwa Vanditaa Nirmala Mata Sarva Pujitaa Nirmala Mata Brahma Swaroopini aa, aa, aa; Yoga Nirupini aa, aa, aa Shubhdaam Vardaam namo namaha Vishwa Vanditaa, Vishwa Vanditaa; Nirmala Mata Sarva Pujitaa, Sarva Pujitaa; Nirmala Mata Nirmala Mata Nirmala Mata Thank You! [CLAPPING] Still You're going down, alright. There's no room.

I bow to all the seekers of truth.

At the very outset I have to say that truth is what it is You cannot change it, you cannot transform it and unfortunately at this human awareness, you cannot know what is the truth. You may describe, you may talk about it but to know the truth, something more has to happen to you. Now whatever I'm going to tell you today, you need not accept it blind-folded. We have had lots of problems with the blind faith but if it is proved, then as honest people you have to accept it. So please keep your mind open like a scientist because it's very important to know the Absolute Truth in these modern times. That's the solution for all our problems physical, mental, emotional and also spiritual. Seekers of Truth are people who have problems of spirituality and they don't know what to seek, where to go, how to find it. They are misled by many people because the market is full of such people so I would like to tell you what is the truth. The truth is that you are not this body, this mind, these emotions this ego and these conditionings but you are much beyond that, is the spirit. So the truth is that you have to become the spirit and the second truth is something we are not aware of at all.

We see all these beautiful flowers around us and we take them for granted. Actually, it's a miracle to have these different flowers of different shapes and different fragrance uh.. to come out of the same Mother Earth. We don't know who works it out, who works out the seasons or if you ask a doctor, "Who runs your heart?" he'll tell, it's an Autonomous Nervous System but if you ask him, "Who is this auto?" he won't be able to tell you. Who is doing this work, I say, is the All-Pervading Divine power of love. We have never known the power of love - we have only worked with the power of hatred but this is The One that exists all over and works in every human-being in the same manner. As you must have been told about the subtle system that is within us - I mean, it's not easy for people to believe that there is another subtle system within us but we have to understand that the Creator who has created us is the greatest organizer and He must organize something within us to achieve our last breakthrough in our evolution. We have not reached to that point where we can say we know the Absolute Truth that's why there are so many problems, so many philosophies, so many ideologies and people just fighting among themselves even in the name of God. The people who started all these great religions like, we can say Moses, Christ, Mohammad Sahab, Rama, Krishna, all of them knew

the Truth and they established their religion in a way that shows it is more the evolutionary process they were talking about.

They all said that, "The time has to come when you'll get your resurrection." Mohammad Sahab has called is the 'Kiyama', in the Bible it's called as the Last Judgment. They were very great people, I must say, and very pure, extremely pure and they never realized what sort of people they're facing, how people were ignorant about the Divine Power, about the Divinity within themselves. So they propounded many things which were really an impossible task for human-beings to do. To call yourself a Christian is easy but to follow Christianity is very difficult. Christ has said that, "If one eye commits the sin, you take it out, if one hand does something wrong, you take it out." I haven't seen anybody without one eye or without one hand in the whole Christian Kingdoms I have moved about. So that means that it's not so easy to follow Christ, who was such a pure soul, who thought all the human-beings were angels or some sort of Divine people that they will follow whatever He has said it. Then came Mohammad Sahab and He thought that why only the men are being told, why not the women? So His sense of morality was more sharp, specially for women.

He said that, any woman who has bad feelings uh.. towards, I mean, unholy feelings towards another man should be buried half-way into the Mother Earth and should be killed with stones because, perhaps, Mohammad Sahab must have said what Christ has said that you should do it and nobody is going to do it, so people incharge of religion should do it - imagine! If this kind of a law was applied in America, how many women could survive, I don't know. So, I don't blame them because their idea about human-beings was very different and they couldn't understand the inability of a human-being to take to something that is higher. Normally, the tendency is to take to something uh.. destructive, to take to something that takes you away from reality and this, you cannot stop, you cannot tell them don't do it. Many people promise in the morning, "All right, I'll not do it," but they cannot keep to it because they haven't got the light of the Spirit in their life. So we have to have the light of the Spirit in our heart. People talk of peace. There are organizations after organization for peace. I met many people who have got awards for peace but they are very disturbed people, very angry people, very hot-tempered people - I could not imagine how they got this award for peace because there's no peace within. There is a way to achieve that peace within yourself.

Unless and until we become peaceful within ourselves where there is no problem between our heart, our brain and our attention, then only we could be peaceful. This can be very easily achieved through this happening where this power of Kundalini has to rise. It's like a primule in a seed. It's a living process. As you can put a seed in the Mother Earth, it sprouts by itself, spontaneously - sahaja. 'Saha' means born, 'ja', 'Saha' means with and 'ja' is born - is born with you, this power to attain this higher level of awareness which in Sanskrit we call it as 'Turiya' or you can say the fourth dimension of awareness. It's not at all difficult, you're all capable of getting that - only thing you have to have earnest desire to get it. Ofcourse you can't give realization or awakening to people who are stupid, idiotic or who are arrogant. You have to have earnest desire to achieve that state because this power, which we call as Kundalini, is nothing but pure desire because other desires are not pure. Today we want to have a car, then we want to have a house, then we want to have a helicopter, I don't know goes on and on and on.

We're never satisfied with what we have . That shows the desires we had were not pure. The pure desire is to be one with this Divine power. But if this desire, whether you are aware or not aware, is not fulfilled then you become seekers of truth and this is the state, I find, is now in this horrible modern times, is so much evident. In every country I have visited I was surprised, whether it was Islamic or Russian, England, Australia, anywhere, I was surprised that people are earnestly seeking the Truth. They might make mistakes, as I said, they might go to wrong paths but definitely there are seekers and restlessly they're seeking the Ultimate, which is the Absolute Truth. Spirit is the source of Absolute Truth. You cannot know anything without becoming Self-realized as far as it's own understanding is, like supposing somebody says that democracy is right, somebody says that uh... another style of uh.. communism is good or socialism is good on politics or economics, anywhere they never agree, even the religions don't want to agree - they want to be exclusive - but if you see the thing what Mohammad sahab has written, He never was exclusive. He talked about Moses, He talked about Christ, He talked about Christ's Mother with great reverence, so He was not exclusive. I don't know how people have found exclusive religions.

Must be some sort of a selfish interest that people started saying this religion is good, that religion is good, that religion is good. And when we don't know the Absolute Truth, we start believing in all this kind of things. To believe into anything blindly, is not going to help us. We have to have the insight, insight to see what is really the Truth. So when this happening takes place, what

happens is that you feel a cool breeze of the Holy Ghost coming out of your head. You'll be amazed to know that the Kundalini is your own mother, individual mother. and She's the reflection of the Holy Ghost within you. She knows everything about you - your past, your aspirations, everything She knows and She is your individual mother very anxious to give you your second birth. She has been waiting and waiting and waiting and when the chance comes, She really shoots up like a jet, I must say, in this jet age. Is very surprising, how in these modern times it is working so fast.

Maybe the pure desire of people is very strong and it has been predicted that at this time all these things will happen. I must say, you're all very lucky people to be born at this time and that you are seekers of ancient ages and then you should really get it. And you get it also, you must have faith in yourself. We have no faith in ourselves, not in our identity. We take to all kinds of nonsensical things because we don't know what we are. If we know how glorious we are, how great we are, what is our potential, what we can do, how many powers we have then we would not indulge into all these things. We'll not go to that extent that one becomes really mad and crazy. This identification can be easily found out once you know yourself. We know the whole world but we don't know about ourselves. First of all, you will know about your own centers that are.

These centers represent all your physical, mental, emotional and spiritual being and on your finger-tips you know, very clearly, what centers are catching. Now supposing, you know how to cure them and if you know how to cure for others also, so you can cure yourself and cure others because you develop a new dimension in your awareness which we call as Collective Consciousness where you can feel others, very clearly, on your finger-tips. This is your potential, this you have within yourself. It just starts working and you're amazed how you can feel the centers that are within yourself and the centers that are with other people. You can feel for the people who are dead, who are living, who are far away when you grow into your awareness which is, I said, the fourth dimension, then it starts working and you're amazed the way you can cure yourself and you can cure others. There are three doctors, who have got MD, in Delhi, for curing incurable diseases and now we're trying to put down how many cancer patients have been cured in sahaja yoga. Christ cured so many people. How did He cure, nobody bothers to know and to find out what did He do? When He cured people, He must be having some powers and what were His powers by which He cured? There are so many diseases we have which we call incurable, can be easily cured with sahaja yoga.

First of all, what we need are people who are evolved and who are matured in sahaja yoga. Once you're matured, you become an expert and also very humble, very compassionate, very loving. All your temper and all your anger and hatred falls out. It's a fact, I'm not telling you some stories. We have many here, at least, I think, 30% people who're sitting here, have got it. But they dress-up like you, they live like you but they're very peaceful and they have given up all that was destructive in them, all that was spoiling their lives - their married lives are very good, they have beautiful children. So, there's a vision. One can see clearly that this whole world will one day become a beautiful place for all of us to live together happily and without any uh.. grievances about others. All these uh.. different ideas of racialism or caste-system and all those, will just drop out because you become a universal being. When you go to, say America - you are a sahaja yogi - all the sahaja yogies will come to see you.

One person falls sick, say in Australia, all the sahaja yogies from all the world will make inquiries and find out how is he? You have so many who are talking about brotherhood, friendliness but cannot be because there is this uh.. we can say, a partition within us between the Divine and ourselves but once you know the Divine, you're amazed to see that the Divinity just gives you that confidence and that understanding on your Central Nervous System. It is not just talking and lecturing. In Sanskrit the word is 'bodh' from the word 'Buddha', means to know on your Central Nervous System. Even 'Vedas' means 'Vid'. Vid also Sanskrit means to know on your Central Nervous System. The truth is to be known on your Central Nervous System. You don't have to do absurd things for that at all. For example, I was there this year in Chicago and it was very, very cold and a gentleman came with a dhoti and all his head was shaved. I asked him, "In this cold why are you shivering in a dhoti?"

So he told Me, "My guru has said that if you wear a dhoti, you'll get your Nirvana, you'll get your, your salvation." "And what about this head of yours?" He said, "Yes. That also he has said that you must shave your head and must have a pigtail so you'll get your Nirvana." I said, "How could you believe such a nonsensical thing?" In India, 80% people wear dhoties, they must already be there and what, what about this shaven head. Kabira has said, "If by shaving head, if you can go to Heaven, what about the lamb which is shaved every uh.. year twice? That would be there already to welcome you." So all these nonsensical things people try to do meditation and they say that you can rise above the Mother Earth. What is the need, I don't understand?

As it is we have problem of jams and why do you want to go on three feet troubling everybody. All these funny ideas I don't know how people accept and pay thousands and thousands of dollars on that. Actually you must understand that you cannot pay for Divine love, you cannot pay because God doesn't understand money, He doesn't understand bank - that's your headache not His. So once you realize that you cannot pay, most of these people will disappear from this earth but it's very difficult for human-beings to say that you cannot pay because they want to purchase everything. Even Me, they would say, "Mother, why shouldn't You take some money?" I said, "But for what, how much are you going to pay?" This is something invaluable - you cannot value it, how much are you going to pay? Then, you don't have to do any exercise for it like standing on your head or doing all kinds of these asanas and this - it's alright for your health but it's not for achieving your ascent. It's not for that. Some people fast and starve and torture the body, which is absolutely wrong.

You see, God Almighty is your Father, Father of all the fathers, all the compassion is with Him. Which father would like his son to torture because he wants to meet the father? So He's the Father of fathers. How will He expect you to torture your body like this? But this idea from where it has come, I don't know, that you must torture your life just to achieve your ascent. It's very simple, you have to be normal people and as normal people, you get your Self-realization. Self-realization, you can say, goes into two unnh..stages. First you achieve a state when you are thoughtlessly aware. All the time we are jumping on the cusp of thoughts which come from the future or from the past. We cannot be in the present - it's impossible.

But when this Kundalini rises, She elongates those thoughts and creates a space in between, which in Sanskrit called as 'Vilamba' is the pause and there it is you are thoughtlessly aware and that is the point where you grow spiritually, that is the point where you become a witness of the whole play and also, that is the point where you become absolutely peaceful. You watch everything happening, you see everything going on but you are just watching it. Like when you are in the water, the water creates waves and you're afraid of the waves but supposing you get on to a boat, you can see the same waves and enjoy but supposing you learn how to swim, you can jump down and save many people. In the same stages you have to pass through. So the first one is where you become thoughtlessly aware and the second stage is where you're doubtlessly aware - you have no doubts about yourself, about Divinity, about anything. But it happens to some people, both things together, somehow and they achieve a state of complete peace within. They also emit peace, they also emit Divine vibrations by which many problems can be solved, many people who need peace, can achieve it. The another quality of Spirit is that when it is in attention, it enlightens your attention. By that enlightenment you can see things which normal you don't see, you feel which you never felt. It's very surprising that this attention is so active, so meticulously working.

If you pay attention to something, it works out. It works, this attention works and this is a kind of an attention you have which is potential but once it becomes enlightened, it becomes such a dynamic force within yourself and you pay attention to yourself and attention to others and amazingly you help people by your attention. The another greatest quality of Spirit is that it is the source of joy. Not that only it is the source of Absolute Truth but it's a source of joy. You work very hard, you do everything but you are a witness of the whole work. You don't think you're doing anything but you're just enjoying everything. You're enjoying your value system, you're enjoying your morality, you're uh.. enjoying your virtues. This joy is the source of doing everything effortlessly - sahaja. It all works out, it works out so beautifully that amazingly we find in a new world which we call the Kingdom of God. When I went to America, they had a problem of this school going on, so - no I'm sorry, to Russia - and the Russians were least disturbed, who were sahaja yogies.

I said, "Aren't you worried about this school which's going on?" He said, "Why should we, Mother? We are in the Kingdom of God, why should we worry. We are not in the kingdom of Russia. " Can you imagine, such a confidence! And we have thousands and thousands of Russians who have taken to sahaja yoga because they're not conditioned. They're very clean people and they have understood what is Truth is. In the same way it's working out everywhere, no doubt but in the West I find people are very conditioned about things and these conditionings sometimes stops them from achieving Self- realization. Slowly, slowly they also start taking to it. First time we had two people from Australia who came to see Me in Bombay - they got their realization, only two persons and today we have so many in Australia because definitely they're very nice people, they want to be good, they want to achieve something higher, they are all sincere about it and we have to now think about our younger people who are

supposed to be misled by many wrong things.

These also have come to sahaja yoga and have become quite alright, very normal, very beautiful people. We have no problems of younger people, even of smaller children. It's the times, I call it the blossom time, which is here and we should take full advantage of that. I'm sure all of you are going to get your realization. Only one thing you have to remember that you must have faith in yourself. Do not doubt yourself for anything whatsoever. As long as you don't doubt yourself, you'll get your Self-realization without any difficulty. May God bless you! Can we have some lights there also? [ALL CLAP] Can we have some lights at the back, I can't see them.

Can't have lights underneath that? Can't have? You can have lights there - please, alright, it's good. Those who are standing, can you sit down or you can come here in this room to sit - it's better to sit down. It will hardly take ten minutes and only thing is, I would request you, not to disturb others by walking out or getting up at that time - hardly ten minutes. Of course you have questions, so you may write to Me and I will definitely try to answer them. I have been doing this work for the last 25 years now and I'm quite an expert in answering all kinds of questions whether they are funny, stupid or anyway genuine. Ah..So, but it's a mental acrobat. There's nothing so great. It's only up to the mind - you have to go beyond the mind, so it's better that we should forget about those questions just now, get your realization and then I'll see how many have questions.

Now of course there are some conditions, which are very simple conditions, which, I hope, you can follow. One of them, one of them is that you have to know at this moment you are not guilty of anything. If you were, you would have been in jail. But when you are sitting here, please forgive yourself - very important. If you don't forgive yourself and you call yourself always guilty of something - I mean, the norms of life in the West is so funny that even if you put your spoon like this, then you feel guilty. It's nothing important. But if you feel guilty, then you catch on this center on the left-hand side, which we call as Left Vishudhdi and it's very dangerous because it causes a very big damage. You might get Angina, you might get spondylitis or you might get lethargic organs. So, what is the use of feeling guilty - it's not your job to feel guilty and carrying these dangers with you. So, in all compassion and love of God, please forgive yourself and know that you're not guilty at all.

It's a fashion also to be guilty for anything. Like, I met one lady, she was guilty because in Afghanistan people were starving. I said, "Why're you feeling guilty? If they're starving, send some money. What's the use of sitting down and feeling guilty?" It's a kind of a, you see, a melodramatic uh.. attitude, I think, that people think, "Oh, I'm guilty, how can I?" And to Me, some people told Me that, "You look so joyous, that's not good," in France once, first when I went there. "You shouldn't look so joyous." I said, "But I am, what can I do?" They said, "No, here people are very miserable and you must say you're miserable."

So, I said, "Why are they miserable here?" So, I started My lecture with Les Miserable and I said if every tenth lamp-post has got a pub and about twelfth lamp-post there's a prostitute standing, what else will it be? You're inviting your own miseries and sitting outside on the street they were discussing when the world is going to end. That's the best - because now they're fed-up with themselves so they wanted to end the world also. So all this is more sort of a, mental attitude to feel guilty, "I should not have done that, I should not have done that." So at this moment, I would request, don't feel guilty because if this center is in jeopardy, this Kundalini won't rise, it cannot penetrate. So, you'll also miss such a nice opportunity. Then there is another problem is with the center on the optic chiasma which we call as Agnya chakra. If you do not forgive people, it becomes like this. It's a very constricted center so you have to forgive others also.

If you forgive others, then this center opens out like this otherwise it's impossible. You cannot crossover this center, it's one of the most difficult ones, so please, just at this moment, forgive everyone in general. Don't even think about people whom you have to forgive because it's a headache even to think of them. So just in general you forgive everyone, just forgive everyone. You'll feel very happy and much lighter just now. These are the two conditions we have, the third one is easier, is to take out your shoes. When I said this in England, half of them walked out on the first day - they couldn't take out their shoes, so much attached to them. Because this Mother Earth helps us a lot. it helps us a lot to achieve the, achieve our ascent. She sucks our problems.

You don't know what this Mother Earth is. It's a very great blessing, specially in Australia, is a very great land. Now, in the beginning we'll tell you how we'll be nourishing our centers which is very simple. This is only once you have to do tonight - you

don't have to do it again, it's alright, very, very simple. Now after taking out your shoes, you please put both your feet apart from each other - that's all. Because as there are two powers within us, left and right, which are very different, so better keep them away from each other. The left power, which we call as the Left Sympathetic Nervous System, which is nourished by Ida Nadi is for our desire, works out our desires which is, uh.. I should say, not a concrete thing, just you desire through this Nadi. So, you have to put your left hand, like this, on your lap - very comfortably you should sit down - uh.. indicating that you're desirous of getting your Self-realization, that's all. Just put your left hand towards Me like this all the time.

With the right hand is for your action. The right Nadi, which is Pingala Nadi, works out for your action. So you have to use your right hand on different centers on the left-hand side - we work only on the left-hand side. So put your right-hand on your heart, please. In the heart resides the Spirit. I've already told you about the Spirit. If you become the Spirit, you have the light of the Spirit and you become your own guide, you become your own master, you become your own guru. So we take our right hand in the upper portion of your abdomen on the left-hand side which is the center of your mastery. Then we take our hand in the lower portion of our abdomen on the left-hand side. Surprisingly, this is the center of pure knowledge of the Divine.

Then we take our hand in the upper portion of our abdomen, then on our heart again. Now, in the corner of your neck and your shoulder - I've already told you about this chakra - and turn your head to your right. I think, is really very caught up here - please forgive yourself, please forgive yourself. Now, then we take our right hand on top of our forehead across like this and bend our head slowly. This is the center where you have to forgive everyone without thinking about them. Then we take our right hand on the back side of our head and push back our head as far as possible. This is the center where, just for your satisfaction, you have to ask forgiveness from the All-Pervading Divine power without feeling guilty, again. Now, you have to stretch your palm fully, like this and put the center of your palm on top of your head on to the fontanel bone, which was a soft bone in your childhood. Now, please put down your head as far as possible. Push back your fingers as far as possible and press it hard, your scalp, which you have to move clockwise, slowly, seven times.

Push back your fingers - that's very important - push back your fingers so there's a better pressure. That's all you have to do. Bend your heads, please bend your heads, push back your fingers. That's all. This is all we have to do and now we have to close our eyes. Before closing our eyes, I would say, better take out your spectacles uh.. because it might help your eyesight also and please don't open your eyes till I tell you. Don't press very hard just ordinarily as we sleep, [UNCLEAR - YOU SEE IS?] very gentle way of closing the eyes. We have to have respect for ourselves and understanding that we are capable of achieving this higher state. So now please, put your left hand again towards Me, both the feet away from each other and close your eyes and put your right hand on your heart.

[UNCLEAR] I think you can go now. Now, here you have to ask a very fundamental question about yourself to Me in your heart, not loudly - nothing to be said aloudly. So please, ask a question - you can call Me Mother or you can call Me Shri Mataji, whatever you like - "Mother, am I the Spirit?" Ask this question, three times, in your heart. I've already told you that if you become the Spirit, you become your own guide and your own master. So now, please take your hand the upper portion of the abdomen on the left-hand side and press it and here you ask another fundamental question about yourself, three times, saying, "Mother, am I my own master?" Ask this question three times. I must tell you I respect your freedom. If you don't want to have your realization, I cannot force you, if you don't want to know about the pure knowledge of the Divine, I cannot force it on you - you have to ask for it. So please, put your hand in the lower portion of the abdomen on the left-hand side and here you please ask six times, because this center has got six petals, "Mother, please let me know the pure knowledge of the Divine."

Please ask six times. As soon as you start asking this question, the Kundalini has started rising. It won't trouble you, it won't give you any shock. At the most some people might feel a little heat on their hands but it has started. So now, please raise your right hand to the upper portion of your abdomen on the left-hand side. Now these are the upper centers which we have to open with our full self-confidence. Here you have to say ten times with full self-confidence, "Mother, I am my own master." Please say this ten times, "Mother, I am my own master," with full confidence. At the very outset I've told [UNCLEAR - ME?] that you are not this body, this mind, these emotions, this intelligence, this ego or your conditionings but you are the pure Spirit.

So now, please raise your right hand on your heart and say with full confidence, "Mother, I am the pure Spirit." Please say it twelve

times, twelve times, "Mother, I am the pure Spirit." I have already request you to forgive yourself because this All-Pervading power is the ocean of knowledge, ocean of compassion and love and bliss but above all it is the ocean of forgiveness and whatever mistakes you have committed, can be easily dissolved in this ocean of forgiveness. So please forgive yourself, raise your right hand in the corner of your neck and shoulder please and here press it hard. Put your head towards your right and here, please, you have to say sixteen times, "Mother, I am not guilty at all," please say it sixteen times - it's very important. I've already told you, that you have to forgive everyone, in general, not thinking about them because if you don't forgive, this center of Agnya won't open out. As it is whether you forgive or don't forgive, you don't do anything but if you don't forgive, then you play into wrong hands. So at this moment, try to understand that as it is you have tortured yourself by not forgiving but at this moment if you forgive, this center will open and you will achieve what you have to really achieve - your Self-realization. So please, forgive all the people in general. Raise your right hand on top of your forehead and slowly put down your head and here you have to say, not how many times but from your heart you have to say, "Mother, I forgive everyone in general."

From your heart you have to say, not how many times. You have to now ask forgiveness from the Divine power without feeling guilty, without counting your mistakes, just for your satisfaction. So now, take your right hand on the back side of your head and push back your head fully, push back. Here you have to say without feeling guilty, without counting your mistakes - from your heart, not how many times, "Oh Divine power, if I've done any mistakes, please forgive me," from your heart you have to say, not counting. Now the last center is very important, is the most important so stretch your palm fully Now, you have to put the center of your palm on top of the fontanel bone area properly and now bend your head as far as possible. Stretch back your fingers, stretch back your fingers. At this moment, I have to again say, that I cannot give you Self-realization unless and until you ask for it because I respect your freedom. So here, you move your scalp slowly, ten times, scalp by stretching your fingers out. Please put down your head, please put down your head. And now move your scalp, ten times - I'm sorry, seven times.

Hmm. Seven times, slowly, clockwise saying, "Mother, please give me my Self-realization." Please move your scalp slowly, clockwise. [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] Now take down your hand and please open your eyes slowly. Put both the hands towards Me, like this, just like this and put the right hand towards Me and bend your head and see with your left hand if there's a cool or a hot breeze coming out of your fontanel bone area. Hot or cold breeze might be coming, doesn't matter. It is hot means you have not forgiven yourself or forgiven others so it's still hot. Again, take your left hand towards Me like this, put down your head and see with your right hand if there's a cool or a hot breeze like vibrations coming out of your fontanel bone area. Please see with your right hand. Sometimes some people get it closer, sometimes they get it very far away, so you have to move your hand to see.

If it is hot or cold doesn't matter but if you forgive just now yourself or others, it will definitely will become better and cooler. Alright, now again once more. Put your left hand towards Me again and put your right hand on top of your fontanel bone area and bend your head and now see yourself. Now, don't doubt yourself, that's the main point. Now, raise your both the hands towards the sky like this and ask a question. Put your head up and ask one of the questions out of these three questions three times. "Mother, is this the cool breeze of the Holy Ghost?" Second, "Mother, is this the All-Pervading power of Divine love?" Third one, "Mother, is this the Param Chaitanya?" Ask anyone of these questions three times.

It's alright - vibrations are coming from you to Me. Alright, put it down, please put it down. Now please put your hands like that. Now watch Me without thinking - you can do that - watch Me without thinking. All those who have felt cool or hot breeze on the finger-tips or on the palms or out of their fontanel bone area, please raise both your hands. [UNCLEAR - DID OR DIDN'T?] feel it? Good. May God bless you! Most of you, surprisingly!

Everyone of you. One or two haven't got it but we'll see them. May God bless you all! Now you have to know what are these vibrations, what is this cool breeze which you have felt for the first time - is the All-Pervading power of Divine love - and how to use it, how to work it out - that's what you have to do and grow into it. But I see when I come, I don't know, everywhere people somehow believe Me very much and they come to My programs and afterwards they just disappear. Some of them, I don't know, they don't trust their own fellow-men who are realized souls here who know so much about sahaja yoga. So please, do not waste this awakening. Like Christ has said in His parable, that some seeds were sprouted but they were thrown into wasteland. In the

same way it should not happen. There will, it is not like other people that they take introduction and then take money.

You don't have to pay anything but you have to respect your Self-realization and you have to come to our centers where you will grow. As it is we don't take money we don't have palaces for you to come and meditate but they're nice places and very good evolved people here, who are humble, kind and compassionate. They'll tell you all about it, they're not going to keep any secrets. Some people didn't feel it - doesn't matter. It can be worked out for them, all of them, maybe some reason they haven't felt, so don't feel disappointed, there's nothing to be disappointed about there is all worked out. Also the people who have problems can come and see those people in the center - I'm sure, they will solve your problems, whether it is physical, mental, emotional, anything. They are doing great work in all over Australia. We have centers all over - please come in a humble way because we have to grow and groom and become the great tree of Divinity which you all can become, I'm sure about you. Thank you very much, thank you! [CLAPPING] [CLAPPING] They'll sing one song and you should clap - that's all.

[UNCLEAR] Thank You! Keep it with you, I'll just touch it for you - alright? [INAUDIBLE] be careful Aap logon ko aana chahiye, yeh to aapka heritage hai [UNCLEAR] - hai na? - Mataji, I'm from Bombay. - Annh? - I'm from Bombay - Bombay se aaye hain - Main Bombay se aaya huun - [INAUDIBLE] - Maine to [INAUDIBLE] - Lekin ab main ab yahan rehta huun - Yahin rehte hain aap? - To ab aayiye, sahaja mein aayiye - Haan ab aayeinge - Almora se aaye hain - Almora se aaye hain? Wah, kya kehne! Bahut achche - Delhi se aaye hain - Aap log program mein aayiye Mataji bolin hain.

Mataji bolin hain aap log program mein aayiye - Hindustaniyon ka to yeh hai bas Hum aate hain to aate hain aur to koi aata hi nahin. Yehi log aage ja rahe hain - Hum Delhi se aaye hain Aapke [UNCLEAR] - Delhi se aaye hain? [MUSIC N CLAPPING] [MUSIC N CLAPPING] Anaadi Nirguni pragatli Bhawani, ude Bai, ude Bai, ude Bai, ude Anaadi Nirguni pragatli Bhawani, ude Bai, ude Bai, ude Bai, ude Moh Mahishasura mardana laguni, ude Bai, ude Bai, ude Bai, ude Moh Mahishasura mardana laguni, ude Bai, ude Bai, ude Bai, ude Trivid Tapanchi karavya jhadadi, ude Bai, ude Bai, ude Bai, ude Trivid Tapanchi karavya jhadadi, ude Bai, ude Bai, ude Bai, ude Bhakta laguni paavsi Nirvaani, ude Bai, ude Bai, ude Bai, ude Bhakta laguni paavsi Nirvaani, bhakta laguni; Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Ude de Ambe ude ho, ude de Ambe ude; Ude de Ambe ude ho, ude de Ambe ude; Ude, ude, ude, ude, ude, ude ho [MUSIC N CLAPPING] [MUSIC N CLAPPING] Dwaita Saaruni maal mi ghaleena, ude Bai, ude Bai, ude Bai, ude Dwaita Saaruni maal mi ghaleena, ude Bai, ude Bai, ude Bai, ude Haati Bodhacha jhenda mi Gheiina, ude Bai, ude Bai, ude Bai, ude Haati Bodhacha jhenda mi Gheiina, ude Bai, ude Bai, ude Bai, ude Bhed rahita gaa, vaarisi jaaena; ude Bai, ude Bai, ude Bai, ude Bhed rahita gaa, vaarisi jaaena, bhed rahita gaa Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Ude de Ambe ude ho, ude de Ambe ude; Ude de Ambe ude ho, ude de Ambe ude; Ude, ude, ude, ude, ude, ude ho [MUSIC N CLAPPING] [MUSIC N CLAPPING] Navavid bhakticha karuni Navaratra, ude Bai, ude Bai, ude Bai, ude Navavid bhakticha karuni Navaratra, ude Bai, ude Bai, ude Bai, ude Karuni niraakaran maangena Gyanputra, ude Bai, ude Bai, ude Bai, ude Karuni niraakaran maangena Gyanputra, ude Bai, ude Bai, ude Bai, ude Dambha sansaara sodeena kuputra, ude Bai, ude Bai, ude Bai, ude Dambha sansaara sodeena kuputra, Dambha sansaara Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Ude de Ambe ude ho, ude de Ambe ude; Ude de Ambe ude ho, ude de Ambe ude; Ude, ude, ude, ude, ude, ude ho [MUSIC N CLAPPING] Poorna Bodhachi bhareen mi paradi, ude Bai, ude Bai, ude Bai, ude Poorna Bodhachi bhareen mi paradi, ude Bai, ude Bai, ude Bai, ude Asha Manshyacha Paadin mi daraadi, ude Bai, ude Bai, ude Bai, ude Asha Manshyacha Paadin mi daraadi, ude Bai, ude Bai, ude Bai, ude Manovikaara Kareen kurvandi, ude Bai, ude Bai, ude Bai, ude Manovikaara Kareen kurvandi, ude Bai, ude Bai, ude Bai, ude Amrit rasaanchi bhareen mi duradi, ude Bai, ude Bai, ude Bai, ude Amrit rasaanchi bhareen mi duradi, Amrit Rasaanchi Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Ude de Ambe ude ho, ude de Ambe ude; Ude de Ambe ude ho, ude de Ambe ude; Ude, ude, ude, ude, ude, ude ho [MUSIC N CLAPPING] Aata Saajadi jhale mi nisaang, ude Bai, ude Bai, ude Bai, ude Aata Saajadi jhale mi nisaang, ude Bai, ude Bai, ude Bai, ude Vikalp navyacha Sodiyele sung, ude Bai, ude Bai, ude Bai, ude Vikalp navyacha Sodiyele sung, ude Bai, ude Bai, ude Bai, ude Kaama Krodh he Sodiyele maanga, ude Bai, ude Bai, ude Bai, ude Kaama Krodh he Sodiyele maanga, ude Bai, ude Bai, ude Bai, ude Kela mokalaa maarga ha suranga, ude Bai, ude Bai, ude Bai, ude Kela mokalaa maarga ha suranga, kela mokalaa Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Ude de Ambe ude ho, ude de Ambe ude; Ude de Ambe ude ho, ude de Ambe ude; Ude, ude, ude, ude, ude, ude ho [MUSIC N CLAPPING] Aisa Jogwa Maanguni theviila, ude Bai, ude Bai, ude Bai, ude Aisa Jogwa Maanguni theviila, ude Bai, ude Bai, ude Bai, ude Jaauni Mahadwaari Navasamya Fediila, ude Bai, ude Bai, ude

Bai, ude Jaauni Mahadwaari Navasamya Fediila, ude Bai, ude Bai, ude Bai, ude Eka Janardani Ekacha Dekhiila, ude Bai, ude Bai, ude Bai, ude Eka Janardani Ekacha Dekhiila, ude Bai, ude Bai, ude Bai, ude Janma marnacha phera mi chukviila, ude Bai, ude Bai, ude Bai, ude Janma marnacha phera mi chukviila, Janma marnacha Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Jogwa maange na Aaicha jogwa, Ude de Ambe ude ho, ude de Ambe ude; Ude de Ambe ude ho, ude de Ambe ude; Ude, ud, ude, ude, ude, ude, ho [CLAPPING] [INAUDIBLE] Shivji ka [UNCLEAR] Shivji What's the matter? [INAUDIBLE] You met with an accident? What has happened? Why didn't you come to our center then we'll look after, alright? We'll try. You have not got any steel inside, have you? No - then it's alright. We'll work it out, alright?

[MUSIC] [MUSIC] [UNCLEAR] has she come? [INAUDIBLE] Lalaat pe hai Chandrama, Lalaat pe hai Chandrama, chandrama, chandrama Jata mein Gangdhaar hai, Jata mein Gangdhaar hai, Gangdhaar hai, Gangadhaar hai Lalaat pe hai Chandrama, Jata mein Gangdhaar hai, Chadhi hai bhasm ang pe, gale mein sarpahaar hai [MUSIC] Nava rahe hain Shesh Dev, Sar Tumhaari bhakti mein Hai koti Surya ka prakaash, Shiv Tumhaari shakti mein, Shiv Tumhaari shakti mein, Shiv Tumhaari shakti mein Shankar Bhole Bhaale, Shail Bihaari, Tripuraari Teri leela Prabhu sabse hai nyari, Ho Shankar Bhole Bhaale Shail Bihaari, Tripuraari, Teri leela Prabhu sabse hai nyari Ho Shankar Bhole bhaale, Shail Bihaari, Tripuraari Teri leela Prabhu sabse hai nyari, [MUSIC] [MUSIC] [MUSIC][UNCLEAR - SHOULD BE A LITTLE LOWER?] [MUSIC] [MUSIC] [MUSIC] [UNCLEAR] [UNCLEAR] [UNCLEAR] ho, ho Ho, O, O, Sab Devon mein Mahadev Tu, aa, aa, aa, Tujhsa koi na duja Bhakti bhava se sab karte hain, Bhagwan Teri Puja Bhagwan Teri Puja Shivji Tera to hai, Roop niraala, Bhola Bhaala Teri Chavi par sabhi hain balihaari, Ho Shankar Bhole Bhaale, Shail Bihaari, Tripuraari; Teri leela Prabhu sabse hai nyari, Ho Shankar Bhole Bhaale, Shail Bihaari, Tripuraari Teri leela Prabhu sabse hai nyari, Ho Shankar Bhole Bhaale, Shail Bihaari, Tripuraari, Teri leela Prabhu sabse hai nyari, [MUSIC] [MUSIC] Saagar matha ke sabhi Devata, Amrit par lalchaye; Saagar matha ke sabhi Devata, Amrit par lalchaye Tum Abhyankar vish ko peekar, Neelkanth kehlaaye; Tum Abhyankar vish ko peekar, Neelkanth kehlaaye Neelkanth kehlaaye; Jo bhi aaya Shambhu Sharan Tihaari, Dukhhaari; Uski naiya Tune paar utaari Ho Shankar Bhole Bhaale, Shail Bihaari, Tripuraari Teri leela Prabhu, sabse hai nyaari Ho Shankar Bhole Bhaale, Shail Bihaari, Tripuraari Teri leela Prabhu, sabse hai nyaari [MUSIC] [MUSIC] He Shiva Shankar jahan bhi Tera dum dum damroo baaje He Shiv Shankar, He Pralayankar; He Shiva Shankar jahan bhi Tera, Aa, Aa, Aa; He Shiva Shankar jahan bhi Tera dum dum damroo baaje Dhar ke nana roop Tere Gana, sung sung Tere naache, sung sung Tere naache, Sab karte hain Bhagwan Teri Puja, Bhagwan Teri Puja Shivji Tera to hai Roop Niraala, Bhola Bhaala Teri Chavi par sabhi hain balihaari; Ho Shankar Bhole Bhaale Shailbihaari, Tripuraari, Teri leela Prabhu sabse hai nyaari Ho Shankar Bhole Bhaale, Shailbihaari, Tripuraari, Teri leela Prabhu sabse hai nyaari Teri leela Prabhu sabse hai nyaari [MUSIC] [MUSIC] Saagar math ke sabhi Devta Amrit par lalchaye, Saagar math ke sabhi Devta Amrit par lalchaye Tum Abhyankar vish ko peekar Neelkanth kehlaaye, Tum Abhyankar vish ko peekar Neelkanth kehlaaye, Neelkanth kehlaaye; Jo bhi aaya Shambhu, Jo bhi aaya Shambhu, sharan Tihaari, dukhhaari, uski naiya Tune paar utaari Ho Shankar Bhole bhaale, Shail Bihaari, Tripuraari Teri leela Prabhu sabse hai nyaari Ho Shankar Bhole Bhaale, Shail Bihaari, Tripuraari Teri leela Prabhu sabse hai nyaari [MUSIC] [MUSIC] He Shivshankar jahan bhi Tera dum dum damroo baaje He Shivshankar Shivshankar; He Shivshankar jahan bhi Tera, Aa, aa, aa He Shivshankar jahan bhi Tera dum dum damroo baaje Dhar ke nana roop Tere Gana sung sung Tere naache, sung sung [MUSIC] [MUSIC] Pahile naman ho Ganarayala, Pahile naman ho Ganarayala, Dusre naman Adishakti, Dusre naman Adishakti, Teesre naman sahayogala, Gau ata ra Povadyala ra Ji, Ji, Ji Ek Unishte Teis Salala, Ek Unishte Teis Salala, Madhyapranti Chindavaryala, Bhar Dupari Barah Vajela Adishaktiza Zanma Zhala Ra Ji, ji, ji; Adishaktiza Zanma Zhala Dhanya Mata Prasad Rav Pita, Dhanya Mata Prasad Rav Pita, Atipunyavan Ubhayata, Daivi Kanya Tyanchi Lalita Sakal Vishwachi Ase hi Shaan Ji, Ji, Ji Sakal Vishwachi Ase hi Shaan Ji, Ji, Ji Sakal Vishwachi Ase hi Shaan Ji, Ji, Ji Nirguna tuni Sagunat, Nirguna tuni Sagunat, Ali Adishakti Jag Tat, Ali Adishakti Jag Tat, Kaliyugat Mata Ali Nirmala Devi Mayabhorli Ra Ji, Ji, Ji Nirmala Devi Mayabhorli Ra Ji, Ji, Ji Nirmala Devi Mayabhorli Ra Ji, Ji, Ji Dhanya Te Purvasukrut, Dhanya Te Purvasukrut, Kundalini Zhali Jagrut, Kundalini Zhali Jagrut, Sat Chakra Par Karit Ali Sarvanchya Sahasrart Ji, Ji, Ji Ali Sarvanchya Sahasrart Ji, Ji, Ji Ali Sarvanchya Sahasrart Ji, Ji, Ji Lehekure Amhi Adnyan, Lehekure Amhi Adnyan, Nase Amhala Gyan, Nase Amhala Gyan, Ananya Bhave Sharan, Alpamati Kele varnan Ra Ji, Ji, ji Alpamati Kele varnan Ra Ji, Ji, ji Alpamati Kele varnan Ra Ji, Ji, ji Sahaja Yogane Hote Pragati, Sahaja Yogane Hote Pragati, Ghya ho ghya ho Yachi Prachuti, Ghya ho ghya ho Yachi Prachuti, Divyatvachi Jeth Prachuti Tethe Kar Majhe ho Zulti Ra Ji, Ji, Ji Tethe Kar Majhe ho Zulti Ra Ji, Ji, Ji Tethe Kar Majhe ho Zulti Ra Ji, Ji, Ji Pahile naman ho Ganarayala, Pahile naman ho Ganarayala,

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Achieving The Last Breakthrough Of Our Evolution

Public Program

State Theatre, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth.

At the very outset we have to know what is the truth. There are so many seekers of truth in these modern times which has been predicted that there will be many people who will be seeking the truth now as ordinary householders. Their life will be completely transformed in these modern times. They call it in the Koran as Kiama. In the Bible it's called as the Last Judgment.

Every religion has talked about these modern times as something very fantastic that our lives will be transformed. So what is the truth we are seeking? We should know what is the truth we are seeking. Firstly, we are seeking peace within ourselves. Secondly, we are seeking something we do not know, and that something is the Spirit within ourselves. Many scriptures have described that you have to seek your spirit and many are preaching about it. But it seems they are not very Spirit-oriented. They are more money-oriented or power-oriented, and that is why the whole attention of a seeker is diverted and deviated into something which is not really Divine. So what we are seeking is the Spirit within us which is the source of absolute truth, absolute joy and absolute self-knowledge.

You have already heard about these different centers that are within us which are being built during our evolution as human beings. We have reached up to a point where still we have to have the last breakthrough in our awareness; otherwise, we cannot know the truth. At this human awareness it is impossible to know the absolute truth. If we had known the absolute truth there would have been no problem. Everybody would have seen the same thing. But there are so many ideologies. As you know, there are so many religions, so many types of preachings and also lots of false people. So, if you know the absolute truth then there cannot be another truth with it; it's singular. For example, I am sitting before you. You know I am sitting before you, all of you. There's no argument on that point. In the same way we have to know...

We have to have now the last breakthrough of our evolution. Once it happens you will be amazed that we'll know the absolute truth. There cannot be any argument about it. And also these centers that you know here are a mystery to you, but you start feeling them on your fingertips. That is self-knowledge. These centers are responsible for your physical, mental, emotional, also spiritual being within yourself. So all your personality, the totality of it, expressed through these centers. These are subtle centers within us, and these subtle centers are sometimes exhausted because of our extreme nature. So this power which we call as Kundalini - Kundala means coils, which is in three and a half coils within us in the sacrum bone. That means the Greeks knew that it was a sacred bone; they call it sacrum. This power is actually your individual Mother and She knows everything about you. She knows about your past and She knows about your aspirations. It's like a tape recording, I should say, of ages within you in this coiled power. It is like a primule of a seed. When you put the seed in the Mother Earth then it sprouts by itself, spontaneously. That is what is Sahaja. Is all built in within you and you have every right to achieve this state of selfhood, which is in the fourth dimension of your awareness, which we in Sanskrit call as turia, is the fourth dimension. All this is within you. All this power is within you. You are built in that way.

We have to understand that our Creator is the greatest organiser. See now, we have one channel here for people to come in. This is the channel which we have very nicely built up within ourselves, which in our evolutionary process has enlightened all these centers up to a point. Now this Kundalini, this power, has to rise. I have read some books, some German books and things, where it describes that this Kundalini awakening is extremely dangerous and it kills people, is fatal. Nothing of the kind. I have been doing this for the last twenty-five years. I never saw anybody getting sick even, but on the contrary, this awakening is so beneficial, so benevolent that when this power passes through all these six centers and pierces through this last center out of

the fontanel bone area, which we can call the actualisation of baptism, actualisation, then all these centers get enlightened, enriched and this nourishment solves your physical, mental, emotional and spiritual problems.

So the first truth about yourself is that, you are not this body, this mind, these emotions, this intellect, this ego, these conditionings, but you are the Pure Spirit. Now we see all these beautiful flowers around us and we take them for granted. It's a miracle that these different flowers have bloomed out of a seed in their own different identity. Who has done this work? Who changes the seasons? Or if you ask a doctor, "Who runs your heart?" He'll say, "It is autonomous nervous system." But who is this Auto? These questions and many others cannot be answered. So there is an All-pervading Power of Divine Love which is doing all these miraculous things.

Now you need not take for granted whatever I am telling you. We have had lots of problems with blind faith. But whatever I am saying, if it is proved, then as honest people you must accept. Not only accept but grow in your new awareness. Of course, you must understand you can't pay for it. How much did we pay to become human beings, and how much are we going to pay for becoming something higher? Once you realise that, that you can't pay for it, then you will drop out most of the false gurus and the false institutions who charge you for anything like that.

Now this happening is very simple, spontaneous, works out. As I said, it's like a primule of a seed, this Kundalini. When you put the seed in the Mother Earth it sprouts by itself. In the same way, it works. You can't explain. Can you explain how a seed sprouts? In the same way pure primule, which is this Kundalini, uncoils itself and passes through these centers and gives you your self-realization. In Sanskrit is called as Atmashaksatkara. For you it is absolutely granted. You don't have to go to Himalayas. You don't have to stand on your heads. You don't have to starve yourself. Don't have to pay for it. It is all there which is your own power. Only when it happens you realise your identity, you realise how great you are, you realise how the Divine is within you and which is expressing Itself.

With all these false things that are going on, say, for example, somebody can say that, "I am a twice born." Now, if somebody is a twice-born person then he must have some powers. He must have some speciality. He must have some sort of a, we can say, understanding, compassion, and the compassion should act. But just by certifying yourself as something you do not become. The certificate has to come from your Kundalini. She has to give you your second birth and She's very anxious to do it.

So now we come to the point that people who are seeking the Divine go to various religions also. I have nothing to say against religions as such, but just take Christian religion. It's a very difficult religion to follow because Christ has said, "If your one eye does anything wrong, take it out. If your one hand does something wrong, cut it out." Have you met anybody like that who has cut his hand or who has taken out your eyes? I've been to all the countries in the west and all over, who call themselves Christians. I haven't seen one person who does that. That means they just brand themselves. Christ was a great incarnation, very pure and I think He never understood human beings, what sort of people they are. He thought they were all angels and He gave all these rules and regulations for angels, that if the angels make mistake they should suffer. But you, we are all normal human beings. We can't do like this.

Then you take to, say, Mohammad Sahib's teaching. He just thought that Christ was so strict with men; why not try with women also. And He said, of course apart from other things, that women if they have a bad eye on some other man than her husband, then she should be buried in the Mother Earth half way and should be stoned. I mean, just imagine. I was thinking about American women. What would happen to them if this kind of thing going on, because the divorce laws are so good for them that they are divorcing all the time their husbands and doing all kinds of things. They don't know that this is what, is according to Islam. And the Sharia that they talk of also was given by Moses to the decadent society of Jews when he came all the way and brought those Ten Commandments. He saw these people so decadent that He thought it's better to give a very, very, strict laws to them to save them. So He said, "You cut their hands if they do any thieving," all kinds of horrible things. It's all in Jeremiah if you read that. It's in the Bible. It's written by Jeremiah, what Moses told the Jews. I think the Jews didn't like all that so they gave it up and Mohammed Sahib took it over that this should be allowed, only among Islamic people. It's terrible, and all this when you see, you find that we have to first arrive at a point where we understand them, where we can follow them and for that you have to have your self-knowledge. You must know yourself. Christ has said, "Know thyself."

Another problem is that in the Bible there is a description of the Father the God, Son the God and the Mother is missing. She is a Holy Ghost and a dove. I don't know how can you connect it to it. There has to be a Mother. There has to be Primordial Mother who is the one who is responsible for looking after this creation, and the God Almighty is just the witness, witness of the whole show. This Primordial Mother, the Holy Ghost, is reflected in you as the Kundalini, while the Spirit is the reflection of God Almighty in your heart.

Now the time has come to prove all these things. It is going to be the actualization of experience of your Spirit. It's not just talking, giving a sermon, but actually it is going to happen. And when it happens you must respect it. As I told you the Spirit is the source of absolute knowledge, absolute truth, because if you put your hands after realisation towards anybody, you will immediately know what centers is catching. You will not see his clothes, you will not see his dress or anything, but you will see the inner being on your fingertips. You can feel it, and you will immediately know what's the problem of the gentleman. In the same way you will know about yourself, what is the problem, what centres are in trouble, because centers are the fundamentals of our personality. So once you know what's wrong with another person and also you know how to correct it, you can help that person physically, mentally, emotionally and spiritually.

But of course, I must say that it doesn't work for people who are idiots or stupid. You will be amazed that I have met a number of them and I was amazed that how they are so educated, had so many degrees and so idiotic. Too much lost in their own thoughts that they are very great people and they are not willing to accept anything that is sensible. Also for people who are extremely arrogant and critical, the Kundalini doesn't rise. I have seen such people take lot of time. But on the whole - in Russia my experience has been that always there have been people, more than sixteen thousand, in any of a program I was there. They are so sensitive. Not that they get their realization but they settle down with it. They are like clean slates. They have no conditioning. They just, I don't know how, they just are waiting for the real truth and they get it. In the same way now it's working everywhere, of course. I must say when I first came to Sydney there were two persons whom I knew. Now it has grown so much and it will grow more and more because it's the need of the hour. It's a need that all of us want.

So when this Kundalini rises, what happens that our thoughts which are always hovering on our mind from the past and the future, all these thoughts keep us jumping on the cusp. We cannot enter into the present. The present doesn't exist for us. All the time these thoughts start moving in such a manner that this mind is restless. But when Kundalini rises she elongates these thoughts. Like a thought rises, falls; another thought rises and falls. When the Kundalini rises she elongates them and creates a space in between that is the present. At that time you don't have any thoughts. You are in thoughtless awareness. You are extremely aware but you are thoughtless. That is the present. In the present you are absolutely without any thoughts. Supposing I say, "Please don't think," you can't do that. If I say, "Please go into your present," you can't. It's only possible when the Kundalini rises. Automatically, you become thoughtlessly aware, and that is the time you are at peace with yourself. You are enjoying the peace within yourself and also you emit peace. Wherever such a person goes, he emits peace because he is so relaxed and his whole being is emitting that peaceful personality.

I have seen people who have got awards in peace and some of them have got big organisation of peace and all sort of things but they are very hot-tempered, extremely hot-tempered. Some of them you have to approach with a barge pole. So how can they create peace anywhere? I can't understand how they got the award, from which angle. But there are people who are having big organisations of peace. It is a human being who has to individually become peaceful so that the whole lot, the collective becomes peaceful.

Now we have Sahaja Yoga working in sixty-five nations, and I get people in India for a seminar, supposing from all these nations, selected people. I have never seen them quarrelling, fighting, but such fun, such enjoyment of friendship. There's no race, there is no country, nothing. They have sort of gone beyond all this and they are enjoying each other in such a manner.

This is your own. Is a birthright for you to have, is within you, and you can get it. No problem on that, but only thing is that you have to have earnest desire, the pure desire. This Kundalini is the power of pure desire within us. All other mundane desires are,

as you know, are not satiable in general. That shows that they are not pure. Today we want to have a, say, a house and then we want to have a car, then we want to have a helicopter, then an aeroplane. I don't know what else. We never enjoy whatever we wish for. So this pure desire is something else and that is to become one with this All-pervading Divine Power of Love. Whether you know it or not, whether you are aware of it or not, it is so.

So now this Power is within you and is absolutely in perfect condition. You will be amazed, the innocence that we have is never lost. It is sometimes clouded but these clouds also get absolutely cleared out. And really we become a very innocent personality radiant with Divinity. It's like a lamp or you can say a candle. You can enlighten a candle with another candle which is enlightened and this can go on. This is how it is because the time has come, and I call it the "blossom time". I think there are many flowers who are born as seekers of truth and they have to become now fruits and they do become. Believe me; it's true. For example, if I say many physical problems can be solved, people don't believe it. Without any money, without any medicine, by your own power, but in Delhi there are three doctors who have got their MD for curing people of their incurable diseases through Sahaja Yoga. When it will be accepted in this country also, we can show how it works. But I think is something so simple is to raise this Kundalini and to nourish and enlighten your centers. That's all one has to do. Even you need not be a doctor; you can also cure people. People don't believe what powers they have.

Actually there's such a big desire to have an identity, but identity lies within yourself, not outside. For example, we can find clubs of any kind, cults of any kind. They wear funny dresses just to show that they have a special personality. The other day in Chicago it was very cold and I found a gentleman who came as one leader of one of the cults, was chanting, chanting, chanting like mad. I asked him, "Why are you wearing this dhoti in this cold? It is so very cold we are shivering." He said that. "My guru has told me that I should wear a dhoti so I'll get my self-realization." I said, "Really!" I said, "Eighty percent people in India wear dhotis or they must be already there. You may not get any room there." Then second thing he told me - he had shaven his head and was having a, some pigtail behind - and he says that, I told him, "Why did you do this?" Quite a young man. He said, "My guru has told me that I have to shave my head and I have to have all these things. That's how I'll get my nirvana." I said, "Really!" So Kabira, a great poet, has written that by shaving if you can go to heaven. What about the lamb which is shaved twice a year? That will be there earlier.

So like this, you see, all kinds of stupid things have been told and people have been following it. I don't know in the West specially, people are very vulnerable. I don't know why. Not in India, you see. It's difficult. The people are solidly grounded, I think, in their tradition. For example now, if they say skirt which is six inches is in fashion, everybody will start wearing six inches skirts. All the long skirts will vanish from the market and what you find, all of them wearing six inches skirts. But in India they brought some mini sari. They said, "Get lost. We don't want all this nonsense here. It's too much for us we are not..." So like this, you see, we take to these entrepreneurs and things. It's sometimes so absurd I don't know how people accept all this nonsense. But I feel that once they develop their own being and understand how great they are, then they will have a proper Divine discretion to do things which are very constructive. Normally we take to destructive things but with this discretion we do constructive things, not for ourselves only but for the benevolence of our family, for the benevolence of our city and for the benevolence of the whole world.

This is a special time, as I told you, very important when you should not miss it out. So in our awareness we have a new dimension which I call as Collective Consciousness, where you can feel others and you can feel yourself. You don't have to judge a person by his dress, by his gait, by his talk but his Divine vibrations. You will know that what sort of chakras he has, what sort of centers he has, and thus once you know what's wrong with him you can - after certain development in you - you can cure yourself and can cure him.

So the second thing apart from the thoughtless awareness is that you become doubtlessly aware, doubtless. There's no doubt. Once you have learnt it, once you are an expert, you have no doubts about it. You understand what you are, what you are capable of and what you can achieve. There are no doubts left. So the second stage - some people get both the stages together - I have seen there have been so many seekers that they just get to doubtless awareness. But doesn't matter. It takes time for some people. Some people may not get realisation if they are, I would say, not well or maybe something, they have been to some wrong people. Also, maybe that they are doubting something, doubting themselves. So the first and foremost understanding

should be that you are all capable of achieving this. You shouldn't doubt yourself. You must really respect yourself because you are a human being at the epitome of evolution. You are the highest. We have nothing to learn from birds or from dogs but we have to know that we can ourselves become so sensitive that we'll understand nature; we'll understand animals, everything we start understanding.

The sign of a Sahaja Yogi, that he is absolutely honest, he is very kind, tender and compassionate. This is the minimum of minimum a Sahaja Yogi has to be. Of course, because a door is open sometimes some mad people also walk in, can't help it, but most of the people who are taking to Sahaja Yoga - I was amazed - are so much changed. They have dropped all their bad habits. I never tell that. Supposing I say, "Don't do this," half of the people will walk off. Just I say, "Get the light of the Spirit within yourself." Then you will become your own master. Then you will become your own guide and you understand what is right for you, what is good for you and what is to be done. There is no rule or regulation like "don't" in Sahaja Yoga. But automatically you all accept it and do it together collectively also.

It is very remarkable that it has worked so well also in Australia. Australia is a special country. I call it a country of innocence. Uluru that you have is a symbol of that. Gradually in Sahaja Yoga you will learn about your country and you will respect it. As you learn about yourself you will also learn about this great country of Australia. I respect it very much and every year I try to come here. Many countries I can't go every year but Australia I always try to come here every year. I hope you all will get your self-realisation tonight. Now, only request is that it will take hardly ten, fifteen minutes, but if you want to go you can go now and don't disturb people when they are about to get their self-realization. I will be thankful for that. Thank you very much.

Of course, there are three conditions which are very simple, not difficult if you understand the importance of self-realization. The first condition is that you are not to feel guilty. It's a fashion also. To feel guilty is a fashion. And it goes too far sometimes and it affects the left side of this center here, left side, which is very dangerous, because it causes spondylitis, also angina, also cervical cancer. Also it causes imbalance, or you can say the weakening of the organs, lethargic organs. With all this, why should we feel guilty? If you have done any mistakes you should have faced it at that time and finished it. No use feeling guilty now about something which you did in the past.

I said you have to be in the present because the past doesn't exist; future doesn't exist, either. So what exists is the present. At this moment I would request you not to feel guilty at all. You have to respect yourself. We have no right to degrade ourselves for nothing at all. This human life is very precious and also worthy of respect. So you forgive yourself fully.

The second condition is very important, is to forgive everyone without thinking about it because even thinking about them is a headache. There's a center on our optic chiasma which we call as the Agnya. Is just like this, constricted, absolutely constricted. And if you don't forgive it won't open. If it won't open then how can Kundalini pass through? By not forgiving others you have played into wrong hands. Because whether you forgive or don't forgive, you don't do anything but you play into the hands of people who have troubled you, while they are enjoying themselves. So what's the use of not forgiving? Firstly, it's so important to get your self-realization. All your life you have tortured yourself. Now, at least, forgive. Forgive everyone. Don't think of them even. Just forgive from your heart.

The third condition is very simple; it's that you have to take out your shoes because this Mother Earth helps us a lot. I'm sorry, I must tell you, first time in England when I said, "Take out your shoes," half of them walked out. I mean, such a serious crime to take out shoes. But now it's different, very different. This Mother Earth is very helpful for us, and also without shoes our feet are more comfortable. Now, there are two powers, left and right. The left stands or works for our desires, mundane desires, and the right for our action. So, we put our left hand on our lap like this towards Me, which is symbolic that you are desirous of having your self-realization. The second thing is that we have to nourish our centers. We work it out only on the left hand side, with our right hand which is for action. So we put our right hand on our different centers. We'll show you.

First of all we put our right hand - first we put both the feet apart from each other, because they are two powers - and now put our right hand on our heart. In the heart resides [(speaking towards someone: inside the coat, take your hand inside)] resides the Spirit, as I told you. If you become the Spirit you become your guide. You become your own master. So we take our hand on to

the upper portion of our abdomen and press it hard. This is the center for our mastery. We now take our hand in the lower portion of our abdomen on the left hand side and press it. This is the center which is surprisingly for pure Divine Knowledge. You will know that later on everything can be verified. In Sahaja Yoga everything can be verified. Nothing is hidden, no secrets; everything can be verified. Now, take your right hand now into the upper portion of your abdomen on the left hand side. Then you have to take your right hand on top of your heart. Now in the corner of your neck and shoulder, as I told you, and turn your head to your right. As I told you that this centre, if it catches it creates problems for you. Now, we take our right hand on top of our forehead across and bend our head as far as possible. This is the center to forgive everyone. Now, take back your right hand on the back side of your head and push back your head. Here, without feeling guilty, without counting your mistakes, you have to ask forgiveness from the Divine Power. Now the last centre is important. Stretch your hand as much as possible. Stretch your palm and the centre of your palm. You put it on the fontanel bone area which was a soft bone in your childhood. Now please put down your head as far as possible. Push back your fingers. This is very important. Push back your fingers so that there is a good pressure on the scalp, and now move your scalp seven times slowly, clockwise. Bend your heads. Bend your heads, please. Push back your fingers. Push back your fingers seven times. That's all we have to do.

Now we have to close our eyes. Take down your hands, please. We have to close our eyes and do the same thing as I have shown you. I would request you to take out your glasses if possible because it helps for eyesight also. Now again, please put both the feet apart from each other. Put the left hand on your lap like this and put your right hand on your heart. Now please close your eyes, not tightly but just as we do it when we sleep. Now please close your eyes. You are not to open your eyes till I tell you. So please keep your eyes closed. Please put your right hand on your heart and now you have to ask a very fundamental question about yourself in your heart. Please ask three times - you can call Me Mother or you can call Me Shri Mataji - "Mother, am I the Spirit?" Ask this three times, "Mother, am I the Spirit?" Ask three times. I have told you that when you become the Spirit you become your own guide, your own master in the light of the Spirit. So now, please take your right hand in the upper portion of your abdomen and press it hard on the left hand side. Here again, you have to ask another fundamental question about yourself, three times in your heart, "Mother, am I my own master?" Ask this question three times, "Mother, am I my own master?" or, "Mother, am I my own guru?" Ask this question three times.

Now, I must confess that I cannot force on you the Divine Knowledge because I respect your freedom. You have to ask for it. So now, take down your right hand into the lower portion of your abdomen on the left hand side, and here you ask six times because this center has got six petals. In your heart please ask for Divine Knowledge. "Mother, please give me pure divine knowledge." Just say it six times. As soon as you ask for pure Divine Knowledge, the Kundalini starts moving by itself. So we have to nourish our higher centers with our full self-confidence. Now, please take your right hand in the upper portion of your abdomen on the left hand side. Here you have to say with full self-confidence ten times, "Mother, I am my own master."

Now, I have already told you at the very outset that you are not this body, this mind, this intellect, these emotions, this ego and conditionings, but you are the Pure Spirit. So now raise your right hand on your heart, and here you have to say twelve times with full confidence in your heart, "Mother, I am the Pure Spirit."

This Divine Power is the ocean of knowledge, is the ocean of miracles, ocean of bliss and compassion, but above all it is the ocean of forgiveness, and whatever mistakes you might commit, this ocean of forgiveness can dissolve it. So please forgive yourself and put your right hand in the corner of your neck and shoulder and turn your head to your right. Here you have to say sixteen times, "Mother, I am not guilty at all." Say it with full confidence sixteen times. I find this centre in great jeopardy in the West. I don't know why people feel guilty, for what. I have already told you whether you forgive or don't forgive you don't do anything, but if you don't forgive you play into wrong hands and torture yourself. Especially at this moment you have to forgive everyone without thinking about them. Because if you don't forgive the centre of Agnya won't open which is very constricted and you'll miss your self-realization. So now raise your right hand on top of your forehead across and put your head down. Put your head down as far as possible. Here you have to say, "Mother, I forgive everyone." Say it from your heart, not how many times. Please say it from your heart, "Mother," it is very important, "I forgive everyone." Now don't think about them. "Mother, I forgive all of them in general." Now, take back your right hand on the back side of your head and put your head upward. Here, without feeling guilty, without counting your mistakes, you have to again say from your heart, not how many times, "O Divine Power, if I have done any mistakes knowingly or unknowingly, please forgive me." You have to ask for forgiveness without feeling guilty,

without counting your mistakes. You have to say this just for your satisfaction, "O Divine Power, if I have done any mistakes, knowingly or unknowingly, please forgive me". Say it from your heart, please.

Now the last center is most important. Please stretch your palm fully and put the center of your palm on top of your head on the fontanel bone area which was the soft bone in your childhood. Now please put down your head as far as possible. You have to stretch your fingers to have a good pressure on your scalp. Here again, I respect your freedom and self-realization cannot be forced on you. So, you have to ask for it. So now please put down your head, stretch back your fingers, move your scalp seven times slowly clockwise saying, "Mother, give me my self-realization." [Shri Mataji blows into the microphone.]

Now please take down your hands. Sit erect and open your eyes slowly, please. Put both the hands towards Me like this. Now, put the right hand little further and bend your head and see with the left hand if there is a cool breeze coming out of your fontanel bone area. It could be hot also. If you have not forgiven, it would be hot. So please put down your head and see for yourself if there is a cool or a hot breeze coming out of your head. It's very, very close to your head, could be far away. So move your hand a little bit. Please bend your head. That's the best way to get the results. Now put the left hand towards Me. Again, with the right hand you see for yourself. Bend your head. See for yourself if there's a cool breeze of the Holy Ghost is coming out or not. If could be hot, I told you, if you have not forgiven. So, please forgive yourself and forgive others, so it will cool down. Now again, put your right hand towards Me once again and see with your left hand if there's a cool or a hot breeze coming out of your own fontanel bone area. Move your hand and see for yourself. Now please put both your hands towards the ceiling like this and push back your head. Now ask out of these three questions, any one of these three questions, three times. "Mother, is this the cool breeze of the Holy Ghost? Mother, is this the All-pervading Power of Divine Love?" or "Mother, is this the Paramachaitanya?" which is Ruah. Any one of these questions you can ask three times in your heart.

Put down your hands, please. Put the hands again like this and watch Me without thinking. Just watch Me without thinking. Some people get it coming from down below; so you can take it out like that. Some people get it like that also. Don't think. Watch Me without thinking, please. You can do it. That's the present.

All those who have felt cool or hot breeze on their fingertips or in their palms or out of their fontanel bone area, please raise your, both the hands. My goodness! May God bless you, the whole of Sydney. I bow to you. You have entered into saintly lives. Respect it. I really bow to all of you. May God bless you. Thank you very much. Some have not felt, very few. They should really come to our programs. Also, those who have felt should definitely come to our programs where you will learn everything about Sahaja Yoga. You can master it and you can become really part and parcel of the whole. You will be surprised how it works. It has worked already. It is the first time you have felt the cool breeze or the hot breeze from your forehead and also from your fontanel bone area and also in your hands. For the first time you have felt the All-pervading Divine Power of love which protects, which guides, which loves and nourishes us.

May God bless you all. Thank you very much.

1995-0225, Evening Program, Eve of Mahashivaratri Puja

View [online](#).

25 February 1995

Evening Program

Castle Mountain Camp, Wisemans Ferry (Australia)

Talk Language: English | Transcript (English) – VERIFIED

Evening Program before Mahashivaratri Puja, Castle Mountain Camps, Wiseman's Ferry, near Newcastle, NSW, Australia.

[At the end of the evening program, after a play has been performed by sahaja yogis about Shiva, the three Shaktis and the time of creation, and the gift of knowledge to Eve; then the progressive separation of human beings from Divine dharma, and the request for support of the Shaktis to Dattatreya, who listens and sends His incarnations on the Earth to try and restore the balance in a lost and misled humanity.

Finally, when Shiva is going to start the destruction, the Shaktis propose to send the Mother, the only One who can awaken the Power in human beings, making them enlightened masters of their own. Shiva agrees and, listening to Shri Mataji's Breath, the protagonists assume spontaneously a position of meditation. The play ends with all sahaja yogis singing "Swagat. Agat. Swagatam" (Welcome) to Shri Mataji.]

Congratulations to Brian Bell and to all the... (applause). I said congratulations to Brian Bell (applause) (inaudible words during clapping) and to all the actors and actresses. (Applause)

To be very frank I never think of my past (Shri Mataji laughs, laughter). So I was wondering what is this drama going about (laughter).

The most important thing in this life is to enlighten as many people as possible. I am very much thankful to you for expressing your joy, your talents to express the reality.

Reality is not in which what we believe but it is beyond. But the way people believe in reality is something illusion, illusionary. That is the curse of Kali Yuga.

I must say it is brought out very well, the way you showed people around, but not easy to convince so easily, I tell you (laughter, Shri Mataji laughs). Now it's different. It used to be very difficult in the beginning – too many arguments and all kinds of funny answers and questions. Now life has changed I think – we are so many, so many good Sahaja Yogis, and in Australia I am sure it's going to be a very tremendous success.

I was surprised at the way people had to stand outside in that big hall, shows the awakening is spreading and people are now trying to understand that there is something beyond.

It's only your behaviour, it's only your vibrations which has created this.

If I could do everything myself alone, I would not have needed anyone. But no I can't do it, I have to have channels, and I have to do it through you. When the channels are so good, they are working it out for me.

Now I look back sometimes because just now you were showing the past that first coming to Australia I just thought it's a Ganesha's land and things will work out. It has, I must say, it has worked out very well, so many people are showing their talents, it's amazing how they can sing Indian songs or do these Indian dancing, it's very amazing.

And this play of Shiva was also another great achievement I think in expressing how all the religions said the same thing.

But as you know people have misinterpreted for their own purposes. I am so very happy all of you had found out the reality about yourself, the reality about life and the Spirit that is within you.

I never expected so much to happen in My lifetime, I thank you for that.

May God bless you all.

1995-0226, Mahashivaratri Puja: How To Get Detached and Ascend

View [online](#).

26 February 1995

How To Get Detached And Ascend

Mahashivaratri Puja

Castle Mountain Camp, Wisemans Ferry (Australia)

Talk Language: English | Transcript (English) – VERIFIED

Mahashivaratri Puja 26 February 1995, Australia

Today we have gathered here to do the Puja to Sadashiva. The One, which is reflected within us, is the Shiva, which is the pure Spirit. This pure Spirit within us is the reflection of God Almighty, Sadashiva. It's like the sun that falls in the water and gives a clear reflection. Or else it falls on the stone, it doesn't give any reflection at all. If you have, say, the mirror, the sun will not only fall on the mirror but will reflect back its light. In the same way in the human beings the reflection of God Almighty is expressed in the way your personality is. If your personality is clean and clear, innocent, then the reflection could be like a mirror.

Thus the saintly people, they reflect God Almighty in the proper manner, in the sense that their own identification with wrong things is no more. When there is no such identification and when a person is absolutely the pure Spirit, then the reflection of God reflects into others.

Luckily you all have got your Self Realization. That means the reflection of God Almighty is already working into your attention. The attention is enlightened by the power of the spirit. The power of the spirit is that it is a reflection. That means the reflection is never identified with the mirror or with the water. It is there till the sun shines, and when there is no sun there is no reflection. So when you are in Sahaja Yoga you have cleansed out yourself. Your Kundalini has also cleansed you, and now you are pure personalities. That's why this reflection is clearer and clearer, and people see it; see it on your face; they see it in your body; they see it in your work; in your behaviour; in everywhere.

It is difficult for people to really believe in themselves, that they could be the reflection of God Almighty. They have some sort of a, complexes about themselves I think, that they cannot understand how they have suddenly become the reflection of God Almighty, but they have a capacity; and they can become the reflection of God Almighty, for which they have to have faith in themselves, faith in their ascent, to believe that we have become that.

The confidence in Sahaja Yoga is very important. Without the full confidence you cannot achieve your ascent. That you have seen even in My lectures, I have to tell them that we have to have full self-confidence. But confidence doesn't mean by any chance your ego, your aggressiveness. If you are confident, you are least aggressive.

There is a story, a Chinese story, very interesting one: that one king wanted his cocks to win in the race they have about the cock-fighting. So somebody said that there is a saint, if you can take your cocks to him he'll make them so strong that they will definitely win this race. So he took his two cocks and gave it to the saint and he said, I want you to give them all the strength to fight this race. After one month the king came and took these two cocks, and put them in the arena where there were many other cocks also. So the cocks started fighting and attacking these two cocks, but these two cocks were just standing very patiently, absolutely calm and quiet. Any kind of attack they were just looking at it as a fun, and all the cocks got tired and they ran away from the arena, and that's how these two cocks won the game.

This is what it is for us to understand, that for a person who is detached he can never be attacked. We are attacked by so many we have. Firstly our family, then our country, then our religion, then all kinds of thing, racialism; all these identifications really make us weak, because they attack us all the time and put confusion into the minds of Sahaja Yogis, I have seen. The reason is, you must have confidence in Sahaja Yoga and confidence in yourself, that you are on the right path and that you are now saved,

and nobody can attack you because you have the complete protection of the Divine.

People may follow any religion, they may follow any guru, they may follow anything, but they have fear all the time that we'll be attacked, and they're afraid to say things, which they should say. They have no discretion even to know what is to be said. With the proper understanding that you are the pure Spirit, if you believe in that then you'll be surprised that you will be very confident about what you are doing. In that way we can say that we have also another great advantage – is that we are in the collective. We can find out in the collective how are we behaving. What is the reaction in the collective? In the collective it's a person who is very subtle, he need not talk too much, he need not say much. He could stand like the cocks I told you about. But his depth can be felt. You can feel a person of that caliber, that he's such a deep person, that he doesn't want to aggress. He feels protected within himself.

So this protection we have to feel, not mentally but within ourselves, and once you have that gravity, that feeling, nobody can attack YOU. The attacking person himself is insecure; or maybe he is ill bred; maybe he is not yet a Sahaja Yogi. So you have to just have a kind of a gracious view about the person.

Like Shiva was, we should say Sadashiva's character is known, that He is the one who used to forgive anyone. Anybody who did penance like standing on their heads or standing on one foot or not eating their food or all kinds of penances, He used to be so disgusted that He would say: "Alright, what do you want? Take it!" And He also gave blessings to many rakshasas as you have heard and so many rakshasas were blessed by Him, because He got fed up with their penances.

There were so many stories about Sadashiva giving a blessing to people. Even to Ravana, which is a very interesting story about Ravana, that Ravana did lots of penance. I don't know what he did, how much he must have starved with his ten heads and what ..., I mean, if one mouth is there you feel so hungry – with ten mouths! I don't know what he must have done to do that kind of a penance that Shiva just got fed up, you see. His compassion is so great He thought. Let this man have whatever he likes.

So Ravana went to Shiva and Shiva said: "What do you want? Why are you doing all this to yourself?" So he said that: "I want to have a blessing". He said: "What blessing?" "First you promise that whatever I ask for, you will give me." He said: "Of course. If it is in my power, I'll give". It's a very interesting story. So he said: "I want to have your wife". Because he knew His wife is Adi Shakti, and if he gets the Adi Shakti as a partner with him, he can do wonders. So he asked that: "I should get your wife as my partner". Now, it was very difficult, you see, for Him to take such a decision to give in to this devil, but in compassion He did it. And all these events you see really show that how His compassion works out things.

As a result it was decided that His wife Parvati had to go with this horrible fellow. But Parvati's sister (brother) was Shri Vishnu, that is Shri Krishna, and He said to Himself that: "I can't allow my sister to go with this devil. I must do something about it". The most mischievous one is Shri Krishna. So what He did was to make him feel like going for the bathroom. So he felt shy. He put the lady on one side and he went to the bathroom. Now Shiva had warned him that: "You'd better be careful, because this Mother Earth is the mother of this lady, and never put Her on the Mother Earth. You must carry Him (Her) all the time on your back." So when he reached a certain point this Shri Krishna created a mischief, and he felt like going. So he put Her down. As soon as he put Her down, the Mother Earth sucked Her in and he didn't know what to do.

Second time again he tried. And he again went to Shiva and he said: "See now, this is what you have promised, and this is what he is doing". So He said, "I had warned you that Her brother is a very mischievous fellow and He'll somehow or other manage, so you'd better be careful. This time you don't listen to him. Don't put Her on the ground, whatever it may be".

So this time he did another try, we can say, and carried Her on his back. Suddenly he found a little boy. It was Shri Krishna himself laughing at him. He said: "Why are you laughing at me?" "Oh my, why are you carrying this old woman on your back? She has no ornaments". He said: "She's the Goddess". He said: "No. She has no ornaments. She's wearing nothing. How can She be the Goddess?" So you see in India that's a ... proverb we use. Somebody, some lady who has, who lives without any ornaments or anything, that, she's like the Lanka Parvati. So he was carrying Her to Lanka. And when he looked at Her up, he saw a very old woman without any teeth you know, laughing at him. He got such a fright he threw Her away. That's Mahamaya!

Then the third situation was, he went and told that: "You'd better tell your wife that She's not to listen to anybody, and you'd better see that you give me your wife itself". He said: "Alright, She'll be born in Lanka and you can marry Her", and Her name was Mandodari. Now the great story goes on like that. But this Mandodari was the great worshipper of Vishnu, and at the time when Rama came you see, to kill him. All this was organised by Mandodari herself. Because she knows, knew that if Shri Rama kills Ravana he will get his liberation from these ideas about women; the way he was running after Sita and doing all these things. She actually wanted that something should happen that he should take another birth, and he should get rid of these notions of looking after beautiful women, and the way he brought Sitaji there. She was against it completely, but he would not listen. So the war took place, and in the war he was killed by Shri Rama.

All this episode came because of the unlimited compassion of Shri Shiva. His compassion is to look at, looks very illogical sometimes, but there's a big logic behind it. The logic is that whatever He does brings forth a kind of a solution of the problem. For example, there was a war on, and the war was going on, and that time there was a problem because there was one horrible devil who was given blessings by Shri Shiva.

That nobody can kill you. He had given also blessings that they call Varadhan to another saint, who said: "I want to sleep now and nobody should disturb me". So he was given a blessing: anybody who disturbs you in your sleep, you can just look at that person and that will be, he'll be reduced to ashes. So these two now, when the war started you see, Shri Krishna thought, best thing is to kill this devil with the same blessings that the saint has got.

So He played. And He started running away from the battlefield, and that's why He's called as a warrior who has ran out of the field (Ramchordas – the one who runs away out of the field of battle), and when He was running He was wearing a shawl, Shri Krishna. He just stealthily entered into the cave and there's another saint was sleeping and put His shawl on top of that. So when He put the shawl on top of him, the gentleman, I mean, the devil who was following Him, the satanic fellow, he reached that place and saw the same shawl and he said: "Oh, so now you are tired and now you are sleeping here. I'll put you right!" – without realising who was sleeping. And he pulled the shawl, and here the sleeping saint gets up and looks at him, and they say with his third eye he burnt. So the solution came in.

So the whole play is like this, of three forces going on, just to show ultimately the truth prevails. First is the, Shiva's compassion, His goodness, to one side. Then the play of Shri Krishna or say Shri Vishnu of neutralizing it; and the third is the play of Brahma who creates things and who produces things. All these three forces are playing, just to create an atmosphere for all of us to feel that there is something else is to be done to our human awareness. All they have evolved within us this desire to seek the truth.

Now on one side Shiva is extremely compassionate, very kind even to Asuras, the rakshasas. But on the other side He can be extremely cruel. He can destroy the whole Universe. If the people are so decadent, if the people do not take to spirituality, if their innocence is completely lost, if they do not get detached from all these wrong identifications which are creating problems in this world, He destroys the whole Universe. So as it is He is the spectator of the work of Adi Shakti. He allows Her to do all this work, to create human beings, to give them realization, do all this. But in case He finds Her children, people who have been saved by Her, are misbehaving or insulting or in any way destroying Her work, He might get into a temper by which He can destroy the whole Universe.

But I don't think now there's any chance for Him to do that, because we have now Sahaja Yogis all over. But what I find amongst Sahaja Yogis is this. That some of the Sahaja Yogis grow very fast. Steadily, strongly, they achieve their principle of Shiva Tattwa. The first achievement shows that from inside they start getting detached. Now detachment is not mental. It's not mental. It is not that we have to take to some sort of a Sanyasa or we have to go to Himalayas, give up our families and all that. But the detachment is within oneself. When that detachment starts working, the first sign is that we become joyous. We become happy.

Now if you ask anyone: "Why are you unhappy?", he'll talk about his wife, maybe his house, maybe his children, maybe his

country, maybe society, whatever it is. So he gets absolutely upset, or maybe very unhappy to see things happening around him. Now he is a realized soul this unhappiness is not going to help. What is needed is now to know that you can correct all these ills of the society, of the family, of the whole country, by transforming others. Not by feeling bad. But while doing that, the main thing that you should have is a complete detachment.

I was amazed when I first started Sahaja Yoga how people told me about their own countrymen, country fellows, I was amazed how they told me about their own religions, how wrong things they are doing. I didn't know so much as they told me, and I thought that this is a detachment that has come that they can see clearly what's wrong; what's wrong with my society, with my people, with my relations, with my family, with my country, with the whole world. But is only possible if you are not identified through any one of them. Otherwise you will never see the defects. You'll never see what's wrong with that person. You can never even see the chakras, which are catching.

So the first thing that should happen is detachment. Now how to achieve detachment is the point. Many people ask me, "Mother, how do you get detached?" Because I am not attached you see, so I'm already detached. I don't know how to do that way. But for you people I would say, to understand yourself you should introspect. Try to find out to what thing am I attached. Why am I miserable? For whom am I worried? Why should I worry?

Some things you see which were never very important, they become very important to certain Sahaja Yogis. For example I was told that in the West, people don't care so much for their children. But as soon as they get realization they just get attached to their children, like as if with some glue. They cannot think what is good for their children. Everything about children they think is their primary duty. The other day I was surprised when they told me that it's the parents who want to come after the Birthday Puja. I was shocked. I mean, just on the way is Birthday Puja.

Why should the parents want to come after that? When I told Yogi he said: "Mother, we'll be very happy if they are here, and they should be". He said: "It will help the children, it will help the parents". But the whole now attention goes to the children, that we must leave the children there and we must look after them, and that's the only thing. So the attachment to children will definitely make you do such things, which are not good. Not good for you. So this new attachment starts after Sahaja Yoga, I've seen. Very common.

Then another attachment is, say, to your family. Normally there are no such things in the West. People are not attached to their family much, you see. They drink, they do all kinds of things. Suddenly they become self-realized and it's like a boomerang, they come back to the family. It is so attached to the family, attached to the house, attached to everything. I just can't understand. If you are becoming the Pure Spirit then you are detached, because you are just a reflection, but the reflection of God Almighty. All these identifications drop out. Now one may say, how? How to drop it out? I've never dropped them. But still I can suggest certain things, which you can try.

First is meditation. You should discover about yourself, what's wrong with you, which side is catching, is it right or left side? With meditation you can find out. Are you attached to money, are you attached to business, are you attached to your family, are you attached to your country in a way which is not Sahaj or to your culture, which is not Sahaj. Then try to get rid of this attachment by meditation. You know how to get rid of the right and the left. This attachment will show on your fingertips, and you have to see for yourself what centers you are catching, in which way are you in trouble. And then you can clarify it very simply by taking a very simple Sahaj treatment.

I think here we fail, that once we get attached to something we don't even think we are getting attached. We think we are doing very great thing because now we love this person, love that person, Shiva's qualities, the compassion part. You start getting attached to people. That is no compassion. That is no compassion of any kind, to be attached to any such things is no compassion, and you cannot have compassion of Shiva, though people think it is the Shiva's compassion that is working within us. It's not. Because that compassion is very pure. It is like as I've told you many a times, it's like the sap in the tree which rises and goes to various parts of the tree, and then either it evaporates or goes down into Mother Earth. It's not attached. If it gets attached to one flower or to one leaf or to one fruit, then the whole tree will suffer and also the flower will disappear. So this kind

of attachment to a particular thing, to a particular idea is not proper.

In Sahaja Yoga I've found people are very adaptable and understand what they should do, but the main thing is meditation. In meditating on your heart, on the Shiva Tattwa, on the principle of Shiva, you can definitely detach, and then the joy will be the maximum, joy will be the maximum. I've seen people have interest in, say, food or in clothes or in house, anything. You can have interest, you should have interest, but in that interest there should be enlightenment, that you cannot get attached to it.

Some people, say, who are say, from South India, they don't like North Indian food. Those who are from North India don't like South Indian. It's a big problem. I asked the people in Indian Airlines: "Why don't you have some standard food?" He said: "What is the standard food of India? Tell me." But it was a question. Indians are very particular about the taste and food. So it's a fact we don't have any standard food in India. But in the same way, we can say in so many other ways that in the West people run after things, which are not necessary. They do things just out of fashion, or I don't know, because their personality is not grown-up. If your personality is grown up then you see everything, everything from an angle, which is much higher than others, and you don't get dissolved with others. What you know is much higher, much greater and much more joy giving.

Now these attachments, people think that it's very joy giving. If you get a child and if you have say, a wife and everything, are joy giving. It's a very wrong idea. The joy comes from your own source of your Spirit. Whether your husband is good, whether your children are good or bad, whatever they are, they cannot give you joy. It's only you can enjoy yourself, and this is why one becomes very forgiving. When nobody can harm you, then whom are you going to be angry with? That is another great quality of Sadashiva, is that He is extremely forgiving. He goes up to a point, till He destroys the whole world of Adi Shakti. But otherwise He is very, very forgiving, and He also is very balanced about it.

Once the Adi Shakti got very angry with the whole world, was so decadent and all that and She started destroying everything. So He put a little child under Her feet, and such a big tongue came out with such a shock, She stopped Her destruction. So His ways are such that a person who is to develop the Shiva principle within himself should be extremely forgiving. I know there are people who are very cruel and who are very torturesome. If you cannot bear it, alright, finish it off. I'll stand by you there; but if you can bear it is better to bear, and undergo this experience of bearing it, because it's not difficult to bear than to get out of it.

For example, a lady came to me, and she said: "I'm going to divorce my husband". I said: "Why?" "Because he comes home very late and I get very little of him". But I said, "When you divorce you'll not get him at all! What's the logic? At least now you see him, whatever it is, whenever, whatever the time is there. But this is no solution. If you divorce him you'll never see him. So what's the use of such a divorce?" So many things like that can be understood once you are a detached person, that you are not to be attached to anything. Now who can aggress you if you are not attached to anyone? Nobody can. Only thing when you feel that you have to protest, you should. But with detachment. In protest also is important to absolutely to have a complete detachment.

Now the main problem before us today is something else. Is that we all have to ascend, and ascend with equal strength. There's a story about some birds who were caught in a net, so they decided that we should get out of this net, and they tried. Everybody tried to get out. But nobody individually could work it out. So they all decided to fly together, "One, two, three, go!", and they took all that net with them. And they said, then they requested the rats that "Please come and cut our net.", and they were freed. So if it can happen between the rats and the birds, why not between us? So in collectivity, you'll be amazed in the collectivity how we could be helpful and joyous with each other.

Now say something is wrong with your mother, father, sisters, somebody, doesn't matter. After all you have the Ocean of Joy here with the collectivity, and your problems can be solved if collectively, if you want to solve your problem. So we have to depend on the collectivity. Very much to be one with the collective. I feel once you jump into the sea of Sahaj, the joy itself draws you together. Meeting each other is such a joyous thing. We have had so many experiences of that, of Sahaja Yogis who have told me how happy they were to find Sahaja Yogis somewhere out of the blue, and how they felt happy. So this tie between the Sahaja Yogis is really the most joyous channel, and that is what is the source we should say, of our becoming one together. Once you start enjoying each other....

I've told you once a story of a great poet in India whose name was Namdeva, who was a tailor. And there was another one who was a..... potter. Sometimes I miss out in English words. This potter was another poet and he was called as Gorakumbhar. So when Namdeva went to meet him – a saint only feels like meeting a saint – looked at him, and he just stood back and then he said a beautiful couplet. He says that: "I came here to see the form, formless Chaitanya, but here the Chaitanya is in the form: 'Nirgunachah beti allo sagunashi'. I came to see the formless, to see the vibrations but here the, it is in the form that I see it".

Only a saint can say this to another saint. This kind of appreciation, this subtle appreciation is only possible between the two saints, or between the many. They don't see he was kneading the clay; he was wearing a dirty dhoti, doing that work. He never saw all these things. He never saw his body, face or anything, but he saw that the Divinity personified in him.

This sensitivity of feeling for other Sahaja Yogis should really develop within you. Then you won't care for nonsensical, superficial things, and this is one of the great principles of Shiva. He doesn't bother. Now see, His hair are all matted up, He sits on a fast-moving bull with both the legs like that going for His wedding. Can you imagine? And all His friends, all His followers are somebody has only one eye, another has only one hand, one is bent like that, because for Him the outside personality doesn't matter. What matters is the spirituality. Whether you have one eye or whether you have a crooked body makes no difference to Him. To Him all of them are His own people, because nothing that is superficial attracts His attention, but the divinity in a person.

We have so many ways of understanding His principle, because He is all-pervading. If you feel compassion for someone it works. It definitely works. Recently there was a case of some sort of a, incurable disease in Mexico. And the lady, who was Mexican, who was working in the UN, she's still working in UN, she wrote to me two letters, that Mother I'm going to lose my son because he has this horrible disease. I mean, just she wrote to Me. I just felt such compassion for her, because she wrote a letter, which brought tears to My eyes. And imagine, those tears have cured that boy! (aside in Hindi) has cured that boy completely, and she wrote Me a letter of, thanking and all. I was amazed, because My compassion is not mental. It's just there, just flows and works it out.

In the same way you can also become that. I want you to have all My powers. But first is the compassion. And a Sahaja Yogi cannot ill-treat another person, anyone, whether he's a Sahaja Yogi or not a Sahaja Yogi, that's not important. But nobody can aggress other Sahaja Yogis. If you say even he's a non Sahaja Yogi, Sahaja Yogi, Sahaja Yogis should never aggress. That's not a sign of a Sahaja Yogi. Sahaja Yogi is different.

Like the other day somebody said, I said: "You are very hot-tempered". "Yes, yes, I am. When somebody provokes me". I said: "Everybody when he's provoked only gets angry. Only the mad are such who do not get angry when they are provoked, you see. So if you get angry when you are provoked, is nothing so great. Everybody gets angry like that, when you are provoked. But if you say that if you are not provoked then you will not get angry, that sort of a state is very different".

So what I find, that in the whole atmosphere of today in the modern times, there's a big struggle going on, which is not Shiva's culture. Shiva's culture is the, I should say, the Sahaj culture. If you are Sahaja Yogis you should have compassion in you, understanding of others' feelings; and also should have readiness to look after not only Sahaja Yogis, also non Sahaja Yogis, then your compassion will become effective.

Now as you know today, the biggest problem of today's civilisation is the Western culture has gone to dogs. They are going, I mean when you read the newspaper you are shocked the way things are happening. I don't know how many will realise it before their destruction. It's really self-destructing. On one side this is the self-indulgent and permissive society, which is working. Now on the other side I find the Islamic culture is trying to oppose it. That's correct. Their trying to oppose it is correct. But the way they are opposing is creating problems. If you oppress somebody – "Don't do this, don't do that" – then they'll do it much more.

I'll give an example, that if you go into the north of India the culture is more Islamic, and the people are very licentious and all the time looking at women, not all, but many; though they are say, they are Hindus or they say this and that. But still they have all these bad habits, which have come from Islamic suppression. When a woman is completely covered and nobody can see her,

they become much more curious. I have some people who came to Bombay and somebody was travelling with Me, and he was looking at every woman on the street. I tell, I said: "Your neck will break now, the way you are going on". But is a common practice there. Not only that, but this curiosity goes too far and people can become extremely immoral, just like we are in the West.

So the suppression of your desires is also wrong. Also this culture, which outwardly suppresses, but inwardly people are very immoral. Once I was travelling from Riyadh to London and I went off to sleep. When I got up, I saw some other people sitting there all very nicely dressed up with short skirts and women with – all the bow ties and this and that, so I asked the airhostess. I said: "Did we stop somewhere?" She said: "No, no, we have been going directly". I said: "Then who are these people?" "Same". "They are so much changed!" I mean, I was surprised that they were wearing such long, these chadur and all that, and now here they are with all these funny dresses. I couldn't understand. That's what happened. The curiosity created by suppression also is not healthy.

In Sahaja Yoga there's no question of suppression. You become innocent, just become innocent. That is the principle of Shiva. This Sahaj culture is in the centre. It has neither too much of licentiousness nor too much of suppression, but it is in the centre, which is the, Shiva's greatest principle is to be innocent. And this innocence just shines in you. I have seen it. You people, whatever you might have done before, but I see you are so pure. You don't have these stupid ideas of behaving in a manner that is so Western.

Also, so many Islamic people I've seen who have come to Sahaja Yoga, have become very, very Sahaj and are leading a very good life. We have some Iranians who sent Me letters of their confessions, and I was shocked. I never read them because it was too much for Me. And now I find them to be the most moral people that way. So going to one extreme is wrong, or to another is wrong. But to be in the centre, in the Sahaj is the best way to understand, what is so important for life is morality. And that comes from your innocence. And that is the quality of, of course Shri Ganesha, who is the Son of Shiva, but is emitted through the innocence of Shri Shiva.

Now I think in next lecture of Shiva I'll talk about innocence to you, but for this one you have to understand the detachment. The detachment that should evolve within. It cannot be forced, but through meditation you can develop that detachment within you, which will be really joy giving. So many qualities of Shiva can be described, and I think in so many lectures I have told you about Him.

I have to just say that you should have also collective meditation in your ashrams. Will be a good idea if you can try collective meditation, will be nice. But you don't have to give vibrations to anyone. You don't have to look after the chakras of others. You just bother, yourself, what's wrong with you.

And now whatever is the solution for your ascent you should do it, because the responsibility of the whole world rests on Sahaja Yogis. This you know, that there's no way out, without Sahaja Yoga. To save humanity from all kinds of problems, Sahaja Yoga has come on this earth. So it is your responsibility to keep yourself in proper shape, as far as Sahaja Yoga is concerned. Get rid of your left and get rid of your right, and then to spread Sahaja Yoga, not by bombastic words or aggressiveness, but with love and compassion. I'm sure we have done a lot, we have achieved a lot, but there are still some points here and there which is a very unpleasant task for Me to correct them. But whatever it is I have to say that it's working, and everybody should look at themselves and feel happy from where they have come here, and how far we have to go.

May God bless you.

1995-0228, Farewell Talk

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28 February 1995

Talk to Sahaja Yogis

Sydney airport (Kingsford Smith), Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Talk at the Airport. Sydney (Australia), 28 February 1995.

We have had really a very beautiful Shiva Puja here. It was never so good before, and so many people there. Everybody's heart was opening. It was really, in the land of, as if Shiva we were in there. So I've told you about what is to be done, to develop detachment, and to understand. I know lots of things from your Kundalini, and some people still have problem with agnya, left nabhi, right nabhi. This all can be cured, if you, just know that you are the Pure Spirit and you have to become that. This is not difficult. Only thing is you must have confidence in yourself, and also respect, respect for everything. What we have in this culture so called, no respect. Respect your body. Respect your relations. Agnya can, run away you see, fast, all the problems of agnya, if you know how to respect. Respect the Mother Earth, and everything will be fine. It doesn't mean if you respect somebody that means you are subservient. You are not. Respect shows your growth, your maturity.

I find it difficult even, to tell people when they are very very wrong. It's very difficult, very embarrassing, and to publicly tell that is even more embarrassing, but supposed to be My job so sometimes I have to do it. But I don't like it. All those people whom I've tried to tell they should really, work it out, because you'll be lagging behind. Sahaja Yoga is moving very fast. It has taken a speed, everywhere, even in your country. So best is to, understand that we cannot be stuck now with our own agnya and our problems and our, this thing, prestigious, so-called prestige.

I really enjoyed all the program very much and, specially the music. John is really great I must say, the way he's handling music part, and, the way you are composing very beautiful music also. But you shouldn't have somebody from outside I think. See there's, they're not worth it. I enjoy your music more than anybody else's. It comes from heart. My stay has been, very very comfortable and very joyous. I'm learning a lot about the ships now. Every day there's some sort of an activity and I thought these Australians are really very hard-working, the way they look after their ship, they unload it and load it. They put lot of labour on it themselves but if they have to work as labour they are horrible absolutely. They charge so much that the labour problem here is the most, difficult one I don't know how you will solve it, because they ask so much, so much money.

Long time back C.P. told me that these Australian labourers are the difficult, most difficult because they're asking even for bending some money, bending their body. I mean if they have to lift something they have to bend then you have to pay them every time they bend. And today you can see the effects of this labour. If the labour improves and, then maybe things will improve a lot. And what do they need money for? Just for alcohol, that's all. Why do they need so much money? This alcohol that they consume, this is the only way they are wasting all the money that they are getting it. But nobody can talk to them about it. It would be nice if you can get some labour people in Sahaj so they'll feel satisfied and will understand that they are causing so much trouble, just for their bad habits of alcohol.

Your newspapers are also really, very heavy and very little news, but I've been watching it, I've been reading about it, trying to understand the politics and this and that because I think it's quite complicated. In India they have already, started one Sahaja Yoga political party, but it's not Sahaja Yoga, I told them not to take Sahaja Yoga's name, but Sahaja Yogis. They call it Satya Marga, meaning the, path of truth and two Sahaja Yogis are contesting elections. Only they are Sahaja Yogis but I said don't take My name or take the name of Sahaja Yoga. We have to be careful about the name of Sahaja Yoga. Very important.

[MARATHI SPEECH]

What I have to tell you that for example now, Angela, is she here? You should go to France see because it's close to, Cabella and they come for every programme. So instead of, asking him to come here, he has a government job you see, and it's, he gets his gratuities and everything. You should not call him here. It's, what's the use of him coming here, I just don't understand. And you should settle your matters, whatever it is, the way can do it and you should really go to France and that's why I married you there. But then the proposal came that you want him to come here and all that, but I think it's not fair. Also you can do a lot in France because France is a place where, photography is very important. Not like this country. You'll be incurring more debts and more debts and you won't be able to produce much. Also, Kay, I've said that you should pay more attention your son that doesn't mean you come with him and stay in Sydney. First of all, I've already told you you have a weakness for that boy and that's why he's spoilt.

It's the mother who spoils the child. So what, you should not be with him. You can put him with somebody else here who should really look after him because he's a well-known, mischievous boy. Very mischievous. His brain is so wonderful I don't know, as if some crooked brain is there. You can't correct him. You just can't correct him. So this attachment is wrong. I've already told, that you can send that child to somebody who will handle the child with great, attention. It's needed. Don't spoil your children. Don't spoil. By spoiling them you'll create problems for your self.

And the children also should not stick to their parents. They should be, also detached. That's the sign of a good child. In Sahaja Yoga, if you find children who are very much sticking to parents, they don't do well in schools. They are very mischievous, very troublesome. You have to correct. That's your job. It's the job of the mother to correct the child. Shouldn't bother about the father. It's the mother who has to correct the child and put him on right path because the same child will, become a troublesome thing. Today I read in the newspaper, a eleven year old child joined some others to kill some old man. Can you, eleven year old. Who should we blame?

For Sahaja Yogis it is very important to see how the children are behaving. They should not be rude, they should not be arrogant, because if you send such a lot, to Dharamshala they have big problems. So to teach them how to be humble, how to be respectful, because in Dharamshala Australian children are in majority, and they have a very good name, people like them very much there. But some of them are so horrid, I mean exceptionally horrid. So I would say that one should, try to be little strict with them, doesn't matter, and that's how you are going to help your children, very much.

I think I have individually talked about everybody else. I'm sorry I had to ask Stephan Taylor to, come down and we have put Michael Fogarty there. I've told him what mistakes he has committed which are very serious, which he was, may not have been aware, and all the Sahaja Yogis of the world have decided that we have to change the leader here. Moreover he's not keeping very well, so is all done after complete scrutiny. Please try to understand I would not put down any leader unless and until I find something really seriously wrong. Again I have to tell you that if you are taking any step, anyway, you must ask Me. I'm available on the phone, or, if I'm not there they'll tell you where I am. But anything important if you have to take a decision you must ask and don't rely on other people or other leaders because sometimes they can mislead. Anything important please try to telephone to Me and I'll definitely look after.

Sahaja yoga is collective, is massive, is big, but also individual is very important and I have to pay attention to every individual, I have to understand every individual, I have to look after every individual problem. So try to understand that any collective thing you do please, please telephone to Me and ask Me. Don't do things arbitrarily, because it can shock people. It can really shock. So try to understand that Sahaja Yoga is a collective organization. It's a living organization.

Like if there's a pin, pricks on one finger the whole body is concerned. In the same way if you do not consult Me, do things, everybody gets upset, and they start asking Me, Mother how it has happened? Another little handicap is that Australia is very far away, and naturally, it's not so much connected, with the European or American people, but still I am there. So you can always telephone to Me, ask Me, or, leave message for Me, or send Me a fax. You must ask Me. This is, dangerous to do things without asking. It's very dangerous.

So please don't do anything. I'm telling all the leaders. If they have problem they can talk to their own leader and the leader can talk to Me, but without asking don't do things, which are injurious or which is dangerous. You see these days, nobody is far away. I mean you can telephone from here, anyone. We saw the telephone works so fast from Australia, telephone system is so good here. I've not seen like this anywhere, and quite cheap. So why not we use this good system and ask Me because we are a little bit cut off as you know. But My attention is here and I have stopped going to Europe and America maybe this year only but I'm coming to Australia again and again and I'll be back again.

Also about school, one girl wrote to Me about one Mary someone Mary, that she has been punished, and she's very unhappy. She shouldn't, she need not go, because nobody has told Me this, all the children are anxious to go so I think something wrong with the child. So such a child should not go. I mean there's no problem, we have already more children than we can really afford to have. But I've said those who are in the seventh class should repeat this year, seventh class.

Also those who are going for My Birthday should inform people in, Delhi, also to Yogi, how many are coming, so for their stay we can arrange some proper place. Got it. You got it now? Lots of miracles have happened about My passport also. Already the size is so big like a book you know.

So C.P. is also very much thankful you see, for all that you have done for him. But you know he's a difficult person in one way. He's been arguing with me that I can't live here free, you see must do something about it and till this morning there was discussion going on. I said: 'You'd better talk to them directly'. So now we have compromised, that he can donate 5 000 pounds for Sahaja Yoga activities here. We have never had a holiday before. This is the first time, through your, kindness, we have been able to have a holiday together. Otherwise not even for one day I should say we really enjoyed any holiday because as soon as we reached the place he was called back by his office. So this was very unique, that we should come to Australia and have such a nice time.

Then another is that I have to thank all those who have worked so hard, for launching of the book. I think this book is very important. Today we need it very much, and one should try to find people who could sell these books and, could read, actually main is we must have proper, comments and all that, so that people should read. It's, a good book which can give us confidence in our good values, value in the truthful lives. So is going to help, many people to see that there has been a living person like that. Any why not we do it.

Specially in the politics, everywhere I find is too much of corruption. Because perhaps they don't understand that politics is the only way they can get fame, fame, in the future, even after their death. If they have money like business people, this that, nobody is going to, have respect for them. Also some of them marry their secretaries and things like that you see. Is absolutely, I can't understand. Even the level of their thinking is so low, so what can they guide other people, what can they do for others because they are so self-centered, and they are making money and taking bribes and this and that, is bit too much.

Italy is the worst. But now it has come to some, trial now. Let us see what happens. But it's very corrupt, very very corrupt place. I have never seen such corruption. Even in India you can't think of corruption that exists there.

We bought a plot of land and, they took Me to a Rotary, you see the officer, and he had a big calculator he did something and he told Me that so much black money to be paid. I said I've no black money, how can I pay? All money is in the bank, white money what to do? He said all right, tell me your bank, what is your bank. He telephoned to the manager, he organised, I don't know how. He organised it. I said but how can you do it, you are a Rotary. He said nobody wants to pay, Income Tax you see. Openly. That's the limit, I was so shocked. How could he do it like that?

So it had gone to such a level that now it had to come out and now corruption in Italy is completely exposed and everywhere it should be exposed. Everywhere. Otherwise the situation in any country cannot improve. India is also very bad but I'm sure now, something will happen and maybe, this corruption, which is so much now grown up.

When My husband was a collector and all that I never knew anybody who was corrupt not one person except for this peons and something like, I can say very low level, but he used to pay two rupees or one rupee to them. But now it's so openly they ask. So it has to go now and it has to work out, that they should know that they have to do public service, and they have to have name and a fame. Even I've seen very few simple people like, Police Inspector or something, becomes very famous if he is honest, and can reach very great heights. So, you have to pray that this corruption should go, and it will work out I am sure. But the more difficult thing is immorality. Marrying your secretary. I mean it's too much immoral. I think she's like your servant because she is paid by you, she's under you and to marry her means that you are using her helplessness. Thus I'm sure you can all pray for it and work it out. I'm sure it will work out in this country.

Only thing very good about Australia is they are particular about cleanliness. The way they have kept their seashores clean and all that is remarkable. It's really an example for others. But morality wise, I don't know, how far they are with others or competing with other people. It's quite stupid things they do. If you people want and desire, that morality should come down, I'm sure it will work out.

And as I told you the other day that if people become very immoral you will find another kind of thing growing up which we call as fundamentalist, whether they are Christians, Muslims are just the same, so this immoral, behaviour of people somehow or other generates, that another kind of people. It has happened at the time of Hitler, in the same way it will happen here. So you have to be very, alert about it. If you see in the newspaper something give it a bandhan. If you read about somebody who has been very immoral give it a bandhan, because it will work. You are all saints and you can do a lot. Whatever you desire will happen. So that's one thing why I feel is, very much dragging and this alcoholism drinking, drugs also. So whenever you read in the newspaper just give it a bandhan. It will work out. That can bring prosperity, happiness, joy, even to other people.

So now I'm off to, Japan where I'll stay I think for only, one night, and then I have to go to Hong Kong. Hong Kong has done well with Alex. I know Alex has done it very well, and he has really, very good influence there. Even China is so corrupt. Once upon a time they were so honest. When we were there when Mao was sick I think, one of My toe rings, came out, while I walking or whatever it is. In Peking. And, they sent it to, to Shanghai. They sent it, one toe ring of silver to Shanghai. They were so honest out of fear, and just the fear went away. They have become mad now. That's how they are becoming rich they think. But how long will it last, this kind of riches?

It's very sad that, when the Sahaja Yoga is prospering so much and is so many countries are accepting it and at the same time corruption is growing very fast. It's very sad. So Sahaja Yogis have to know they have to be, very honest, about money. Do you have any problems, any one of you?

Sahaja Yogi: "I have a very bad temper."

Shri Mataji: Who is that one? You are a liver patient. Treat your liver all right? Take out the heat with ice and also from the brain on this side (left of head). So many are liver patients here. I know that. She's not the only one. Better try to take out the heat from your liver and from your head on this side. Now what do you want? You come here. I can't hear.

Sahaja Yogi: For about three years now I've been seeing these circle things.

Shri Mataji: In the brain?

Sahaja Yogi: Yes, It's my eyes and there's like a membrane.

Shri Mataji: Do you have diabetes?

Sahaja Yogi: I've never been diagnosed as a diabetic officially but I know if I have too much sugar my spleen gets very painful but my liver is also very hot when I meditate and when I go to a certain level I can feel terrible pain in here.

Shri Mataji: You try. You try the same. With the ice. It will work out. All right?

Sahaja Yogi: And also in the agnya when I meditate.

Shri Mataji: That will also go away then. Once you treat it, the heat, it will go away. The heat in the body is very bad and that's why. What else?

Sahaja Yogi: Question about school.

Shri Mataji: You see whatever may be, Catholic Schools, you see they are showing very bad results in any class, you see in the matriculation and all that, only two or three children are passing from these schools. So what is the higher standard I don't know. You can't afford to send them to India?

Sahaja Yogi: My husband...

Shri Mataji: He's Catholic is he? You can tell him I don't want to send them to Catholic church. You can as a mother, you can put down your foot. Put them in any other school but Catholic School.

What's it? Osteoarthritis. Who has? You should do your left side three candle treatment. All right? No water treatment. Three candle treatment. No water treatment at all. All right?

Sahaja Yogi: question about not feeling vibrations.

Shri Mataji: Even in England you never had? I didn't know this. Oh, my goodness. Work on him and find out why he has no vibrations. I didn't know this.

Sahaja Yogi: I feel them but not very much.

Shri Mataji: Then steady down. You have to steady down. You can. You see, we have to be, very alert about it and, to get up in the morning, early in the morning and do meditation. Then it works better. If you are lethargic, it won't. Just push yourself.
[Transcription Ends]

1995-0301, Talk to Sahaja Yogis: Sahaja Yoga is the same as Zen

View [online](#).

1 March 1995

Sahaja Yoga Is The Same As Zen

Talk to Sahaja Yogis

Hotel Chinzanso Tokyo, Tokyo (Japan)

Talk Language: English | Transcript (English) – Draft

In Australia we did Shiva Puja, and this is the result of that, I'm here.

It was in a forest, absolutely dark forest, and there was very little light over there, they had to lit with their torches.

At this time, I don't know, I was having one of the best Puja we had.

I really got completely detached, absolutely in meditation, and everybody opened their heart. They came to the airport and brought all these flowers, and everything for me, so many things for me. So many of them. There were 760 people for the Puja.

It should happen to Japan also. It will. When I started in Australia there were only 2 persons. Because despite all your progress and everything, I find Japanese are very disturbed within. They are very unhappy people. So it is a very difficult situation. But they have no way out, it takes them to drug also.

The way we should understand Japan is very important from Sahaja Yoga point of view. But this materialism really dries them out. They should understand the value of love. And also power of love. This programme is so that we could have had a programme tomorrow. I am telling him what was the reason we had four days there in Hong Kong. They are more oriented towards this. In Hong Kong I know we are many I must say, unless I have done a great job. There are so many sahaja yogis there. Also here there will be, no doubt.

There are extremist also: work work work like their family. To them nothing but just working out, all the time. Their balance is not maintained, they are very disturbed I should say. Because matter cannot give joy. Today we want to buy something, then we want to buy something else. Never satisfied with matter. That's why. There's no satisfaction.

But you have here Zen system, which was very strong I must stay. Zen means meditation yang. Zen means meditation. Then I was surprised there were realised souls till the sixteenth century. But they started the zen system, I think 600 years old. But only up to the sixteenth century they had one zen in a million. They were called as Kassiyapas, Kassya. In india there was one Kassya. He said he was Kassya. And there were many realized souls in those saints, who were not ascetic, were not belonging to any particular cast or community. So they were called as Kassiyapa, there is a nice story about it, how it started. So this saint, the son of Kassiyaba was Kassya. And he said, all of those people who have had no (don't understand) and who might be doing the parents, all sorts of children are Kassiyapas, they will be called as Kassiyapas, because they are realized souls. So the same system the Zen brought it. Actually we did realize the one who brought it, Ditama. He was a disciple of Buddha. But I think in the purest form he brought here Zen. He was the real disciple of Buddha. Others, with Maya and all that, they started all kind of ritualism, but it is him who brought it. But even before Buddha we had a tradition of the Mother Earth. I do not know how far the Japanese accepted it, but in the eastern China and other places they worshipped Mother Earth. This comes from ancient times. And then this Buddha came in, but Zen was the same of Buddha thought of it. Very close to that. Then we had in China Tao. Tao means actually Kundalini. And it compared the Kundalini with the Yangtze river. I mentioned to my husband that ever, because he was shipping there and said that this is the most difficult river which one has to cross. They don't understand english? Buddha does not understand. They don't understand at all? Then tell them about it. Ditama, that started Zen.

Sahaja Yoga is the same as Zen, because it has the principle of zen. Then there were so many thnks things which changed one

by one. Why don't you tape it? Are you taping what I say?

Now this zen system started first with the idea of detachment from taste as one, so they used to have tea ceremony and they would make the tea from the bitterest taste, put it in a bowl and that was offered. Very bitter. And after that it was offered a sweet, very sweet. Sweeter than the power of 108. So from one extreme to another extreme. And the tea ceremony they would have in very natural surrounding. And the cup they would use would be a freak you see, like a natural container. So they were supposed to see the bowl of that cup without thinking. And move the bowl three times without thinking. So to create thoughtless awareness. And also they would use very old trees, put them in the water, take out their natural shapes and put them around. I mean, it was something to give the nature's work. Like a tree, you see like a stone which is very beautifully made by God, or even without God it was something made on a subtle line, like Buddha was. But whatever is made by nature, the beauty of the nature they would like to appreciate and show. They would take a tree which is very old, put it in the water and put some creeper on the top of that, and show the beauty of the all tree.

Then the other thing they have is to make a garden of stones. Put different types of shapes of stones in a terrier, 7-5 hundred feet. Then cover the all thing with sand. So the whole thing was sand and sandy stones with different shape, use and different natural reflection. And the sand they would use a sort of a fork to make a kind of a design. So the idea was to sit outside that area and watch the all thing without thinking. And, when you see that you should not react, just watch it. But what people used to do is to come there and say: "this is like an ocean, these are maybe rocks and maybe ships". I mean, the reaction of the mind. So the fundamental point that you should be thoughtless aware was lost. And if you read the zen poetry you understand very simple words but very deep meaning.

One of the books I've written about the leaders and Sahaja Yoga, is that I used the zen philosophy. There were 9 volumens of zen which I had to (don't understand). But nobody understands zen because it is to become thoughtlessly aware. But such a great philosophy was lost. We had in India the head of the Zen here, about 20 years back when he came to India. He was very sick in the hotel, and none of the doctors could say what was wrong with him. So they send for me, to cure him. He was just possessed so I could cure him. But I asked him: are you a realized soul? Are you kassapa? He said: "no I am not." He told me there have been only so far 16 kassapas in the history of zen, and we are none after the 16th, none. So I said: "if you are not a kassapa how can you become the head of zen sytem?" He said "what to do, they had no kassapa, somebody has to become." So you had a very old traditional thing of kassapa you see, and also of zen.

So this country has that fundamental. And they begin with the center chakra, and used to thrust with the ebony rod. I think ebony it feels like an electrical thing. That may be the reason they use ebony for touching the chakras. You had other religions which were not so deep like zen. Only things were Buddha and Mahavira were deities at the time. They were born at the same time. And they believed in penance, tapassya. To get detachment to the ascetic. But they failed in a way that people could take to that kind of life, or maybe the reaction is materialism. Also the drama that you call No, is also the expression of the same. Also your name has lot of sanskrit in it. Like (not understand), wisdom and giver of success. So many names I know have sanskrit in it. I do not know if Ditama was an Indian or Japanese. But he came to Japan, whatever it is. Because so many names here also are just like the indian names. But the zen also following zen religion do not understand. Have you read that book which I written about polarity? About sahaja yogis and leaders, very small little book. That is, it is more on the zen system. He talked of polarity and how to keep in the centre. Because if you do not keep in the center then you cannot have peace of mind, you cannot have harmony. But already I must say Japan is blessed. Also China has this Tao. And some japanese used to follow Tao. Now they believe in Confucius. In Buddha and Mahavira did not believed, I mean they believed but did not say that there is God. They called Nihil Shurva because there is no God. Because they thought if they started talking about God people suddently became sort of superficial. They believed in God, this God, that God and all kind of problems. Because they don't know what God is. So now you see the (quarrell started-not sure), anything that an incarnation did was to correct the (quarrell started-not sure). Why God, so so many gurus went forward. So they became fanatic. Also in Sahaja Yoga, some sahaja yogis became fanatic about it. How can you became fanatic in Sahaja Yoga? If I say something they will go to the other extreme. So this is the dilemma of the human beings today, not easy to deal with that. But Shri Rama tells you that Sahaja Yoga is growing very fast, everywhere. Will be soon entering into main China. Because of their prime minister, I even went to his palace with my husband in China, three times. And he was very much interested in yoga and all that. I did not say anything to him but he was very impressed by my personality. We

had a group photograph, my husband is standing there and the prime minister there next to him and they are all standing through there. So the Sahaja Yogis have enlarged that photograph, they are always concerned about every country is not getting Sahaja Yoga yet. And when this summer this prime minister went to Austria in Vienna for some conference, so sahaja yogis took this photograph and showed him. And he remembered me. Then he asked: how do you know her, how do you have the photograph? So they told she is our spiritual guru, she is this and that. He was very much impressed. So he said all right, my cultural attachee will come and see because she is not here. Cultural attachee. When I was there this cultural attachee was very anxious to meet me. The cultural attachee is part of the embassy. He came to see me and I told him about Sahaja Yoga. He was very humble. He said: "I am so honoured". He sat on the ground, said "very honoured to meet you" and all that. And I also told him about Tao, that is very much followed in China. And I gave him realization. And he asked me "is this the great wealth of spirituality which you have in India?"

The treasure of spirituality you should have in your country, and he did think about it. And he said more our children, my young sons we find are studying Tao. Not our generation, but this new generation. Especially after all the problem they have had, the young people. So I said I am willing to come to China if (cannot understand) can invite me there officially. And he came to me again, and he told me that this old man is still there and it is very difficult to do anything with him, and he is an hater of India somehow. So you should wait till he dies. But I am sure Sahaja Yoga will enter there very fast. We have already a center. Many people have gone in Hong Kong and started a center there. Also in Russia, because it was communist. You see we are democratic countries here. In Russia we have thousands and thousands of Sahaja Yogis.

Like there is a joke that one sahaja yogi from Togliatti went to lots of sahaja yogis to ask how many sahaja yogis do you have there in America. About three years back, in America. So they said they have 56. So he said: "oh my God, 56 thousand? We have only 22 thousand in Togliatti."

In America they are so stupid, idiots. You see, everybody can be fooled by some sort of tricks.

Recently there was a fellow who showed how you can control the mind of others. And how you can make somebody move the pendulum. He used to call somebody from the audience and say: "I control his mind ". then he moved the pendulum and the fellow might move the pendulum. And so many people gave so much money to him, they stopped their children from going to school, they sold their houses, Deepak Chopra was his name. I mean in Washington they came and told me that they have given everything to this man. And I said: what is the goal in your life, to move a pendulum? Why did you give him so much money, why did you do all that? They said they were impressed. They are idiots you know, idiots. They do such idiotic things that none of the eastern people can even think of. All of them, but now they are facing their own limits. But they don't have any background, and you have, isn't it. I think you do a lot here. Like this painting, it is very impressive, very good. I have this photograph in the house, which I saw for the first time, and I said what nice photograph you have here. This was when I was in the early years of (don't understand) at the time. But when the photograph came in the clouds, it had also the same.

Yogi: I took one more in India, in Jaipur Puja, there was a white thing going from your feet to the sky.

Shri Mataji: really, you have not sent it to anyone?

Yogi: not yet.

Shri Mataji: you should give me now

There are so many like that. Like in Brisbane. We were there in Brisbane and we had one photograph at the Ashram there. And then the rainbow appeared. And one sahaja yogini took the photograph, and there is a photograph of the rainbow. I enjoy always the painting with mother and child. It is there, and in the real painting there is no auror around the mother, but in this was there, in the sky, exactly. And once it was in the rainbow, my all face, absolutely took all the rainbow colours.

Recently, there was a gentleman in Jaipur who took my photo in Jaipur. You can hardly see me, nothing but vibrations, you could

hardly see. So many photographs, all of them.

Very interesting. Does printing cost too much here, from the computer? Not so much.

Yogi: I made a film, I went to a print shop and made a film. I got the film and the shop gave me 2000 of these, then they print. So it is cheap.

Shri Mataji: what do you have here?

Yogi: that is Socrates, that is Lao Tze, that is and all the 10 gurus: Confucious, Moses, Guru Nanak, Zoroaster, Sai Baba of Shirdi.

Shri Mataji: this is the one which is the Agnya, actually. Is this Lao Tze?

Yogi: this is the symbol of Lao Tze.

Shri Mataji: that is the angya there. That is how the brain is, if you cut it. It shows the baloons.

Yogi: this is also about Confucius. And he has written: meditation, peace an joy.

Shri Mataji: very nice, they won't be frightened with this?

Yogi: in Japan no problem, they use it, everyone. So here it is written where your own Motherly eyes: shri Mataji (don't understand). And here is present past and future. Here is the collective unconscious. There are 3 states. Supraconscious...

Shri Mataji: This is the fourth, Turiya. The fourth state, the absolute silence.

Yogi: extreme ego and superego is supra conscious and subconscious.(don't understand) Here earth, fire, water, air, ether lights and all the elements.

Shri Mataji: so knowledge given for free. I have now to get ready. I am sorry that my stay was so short, may God bless you.

(don't understand) very old one my which husband bought it, I don't know why he bought it. Just because people say too much buy one for us.

They say you have your fancy dress. So I say: very well go for fancy dress. I kept it. But now this is such a beatiful, very beautiful. In Japan how do you make such nice beautiful silk? But you can't get it here, better in Malaysia, Malaysia is very cheap. You get Japanese silk very cheaply. I have bought it there and then you make sari out of that, very good sari, pure silk beautiful. Do you have here a farm for silk?

Yogi: I am not quite sure.

Shri Mataji: no, there must be. Because very beautiful silk comes from there. But outside, not here. Here if you buy anything better to buy in Hong Kong or Malaysia. Especially Malaysia. All right?

Yogi: Shri Mataji, this is a capo, a new capo, japanese capo. This is (don't understand)

Shri Mataji: so are you happy?

Yogini: yes very much.

Yogi: every one that marries from Japan is very happy.

Shri Mataji: I know. (don't understand)

Yogi: Kazukoe is the sister of Yasuko, she married Maurizio. She is very happy.

Shri Mataji: Wonderful person Maurizio, he is a gem.

Yogi: And Chieko, the first one, she is pregnant.

Shri Mataji: that is one thing about Cabella. If you come and stay in Cabella. Those who have had no children for 14 years, get it. There is something of Cabella I think.

Yogi: He is going soon, next week to Cabella.

Shri Mataji: He is watching me all the time.

Yogi: he prays every morning for you in a funny language.

Shri Mataji: bija mantras.b(don't understand) Have you seen his Ditama statue? The have here what they call it...Buddha statue...

Yogi: yes it is in Kamakura. It is a big Budha. And last year some bad people spraied it with swastika from Hitler.

Shri Mataji: on Buddha? It is the same, there is no difference. They can't understand.

I have seen much more of Japan than you might have seen. Because we went round the all of Japan like a (don't understand). On the north side, absolutely on the north. Very interesting that people. Kobe and all that we saw of course, going down this way. Then we went round and completed that circle of a road by Shikamashi. That is how I know also the inside. And we came at the time when this old tradition were there. Ladies used to wear kimono and all that was still there. Also they took us to the geisha house. It was very interesting because we did not know anything about this country.

Yogi: Mother, in that statue of Buddha, Buddha is standing like that. In meditation like that.

Shri Mataji: that means he is one with inside completely, all the centers. Buddha is in various phases: like he is very joyous person, Buddha with children,very fat. Also with children all around his body.That's the sign you see a man, because Buddha is in charge of our ego. And a man with the ego, to conquer the ego: always smiling, laughing, playing with children and flowers. So he is showing that in many ways, Buddha. He is also our(don't understand).

I think it is all into each other now, they are not separated all the centers.

Different poses are there. Not only that, so many poses of Buddha. You know the greeks when they came to India they wanted to make him to look like a greek god.

In India you must go and see the museum: Buddha has got moustches, shoes and he is dressing like a greek god, you see the dress which is pinned up here.

So he is called like Gandarva Shairi. Gandarva means like a musician. Which is a description of Greece. They were musicians in Greece, artist in Greece. So the effect of their art has come in India very much. But Buddha-Rama were thrown away in the sixth century in India because of its ascetic strictness. But then some of them became tantrica, in Tibet we have tantrica, even in

Nepal we have tantrica buddist. It's all been wasted I think.

1995-0302, Talk to Sahaja Yogis

View [online](#).

2 March 1995

Talk to Sahaja Yogis

Hong Kong (China)

Talk Language: English | Transcript (English) – Draft

Talk to yogis Hong Kong 02-03-1995

And when we reached there it was all covered with ice. It was about 14-15 hours altogether and that is the same day we had program - same day in the evening, it was a bit too much. I think, next time you should see that the day I arrive, there should be no program - until next day I can rest. Aapko aur bhi kisi cheez ke liye yaad kiya tha bahut - Ji haan - Woh jo aapko case batayi thi na - Ji, ji - Aayiye Hum bata dein - Woh log Madras pahunch gaye hain - Achcha wahan kuch zameen khareed li hai aur wahan ye laundering ka kaam karne waale hain aur Sahaja Yog ke naam se. Aur kise, aap wahan kisi to aap kehelwa hi dijiye - Ji haan - Aur waise Hum unko Home Ministry mein kehla dein kyonki; Hum jaante hain Dhule sahab jo hain wahan - par aap agar keh dein to bahut hi achcha hoga. - Mein kehlaata huun Unka pata bhi hai aur woh sab wahan aane waale hain; Usmein se ek Pakistani - Achcha. Kisse yeh pata kiya? - Hmm? - Kisse yeh pata chala? - Main batata huun aapko Yeh inke paas se. Fauran wahan pata kijiye kyonki woh aa gaya - 28 tareek to aane waala tha woh Ravindra - Ji, woh jo woh wahan the Sarin?

Sarin Sarin aur jo doosre yeh hain, husband wife hain hamare yahan - uska, kya naam uska? - Zafar, Dr. Zafar hain na - Nahin, Zafar to doosra hai Pakistani - Jesopi? - Aaya kya? - Jesopi, haan Jesopi. - Jesopi. Woh sab wahan aakar ke rehne waale hain Unhone zamin le li hai aur wahan yeh dhanda karne waale hain. To waise bhi Jayakar ko bhi hum inform kar dete hain - Theek hai - aur aap bhi kar dijiye yahan matlab yeh ki un logon ne wakayi kuch aisa kamaal kiya, ki inka kuch ban nahin paaya. - Abhi bhi nahin ban payega - Haan, woh bhaag khade hue - Abhi bhi nahin hoga - Annh? Abhi bhi nahin hoga kisi ko keh diya to nahin hoga Haan, aur doosra yeh hua ki bada unhone matlab wahan se phone kiye - Alka ko bataya ki Indian government pata nahin kya hai, humko to pehle itna promise kiya tha aur phir kya pata nahin ho gaya - aise, waise kaafi complaints Mera ek apne saath mein padhne ka, saath hi padha hua dost wahan par, IAS mein hai - Haan - Wahan par secretary hai Tamilnadu mein - Finance mein - haan, wahan Tamilnadu, Madras mein - Tamilnadu mein - wah, wah - Usko main phone kar deta huun - Usse bata dena. Kya naam hai?

Rajeshwar Singh. Rajeshwar Singh hai - hamare saath college mein padhta tha - Use hi bata dijiye [UNCLEAR] Usko bata deta huun, hum usko, theek kar deinge Woh kara lega kyonki yeh hai gadbad log bilkul. Dekhiye - Sahaja yog ke naam se shuru kar rahe - Nahin, main usko kara doonga. I There are so many dangers now in Sahaja yoga. Some of the Sahaja yogis think that they are now Maha-yogis and they start talking big about it - very big and - So, how are you? - Fine [UNCLEAR] and some of them are so stupid, I don't know what to say; One fellow started saying, "I am Adishakti, you see," so I said, "Alright, why not send some of My sarees - I've too many of them." [LAUGHTER] So, it's some sort of a, I don't know, possession or maybe - very idiotic and they're educated people and they talk like this. Suddenly, a new type of problems have started in Sahaja yoga, I don't know. It's a kind of a ambition, I think. I mean, in this gentleman, the one who said so, he is a PhD in Economics - what do you say to [UNCLEAR].

[UNCLEAR] - I don't know what's happening to Economics nowadays. It's quite a big problem. Now, there's a conference now, in Copenhagen, of all the Prime Ministers and all that. They want to find out the solution for all the problems we have. Now, they don't reach the point, that's the thing is they should know is the transformation of human-beings. You cannot have peace by talking, by having conferences and speeches - not that way. Transformation se hi hoga and this is the big problem; No body wants to see the point. All kinds of Prime Ministers are going to be there - having a nice conference. Kholiye. And how can they have peace?

Also another thing which I'm doing now, is to write a book but they said that, "We'll use this book for the whole price." I just don't

know what it is. But somebody has to say here what's happening. Now, if you say that the Western culture is very licentious, permissive very immoral and all that but the other side is, when you have this kind of a culture to oppose it, the fundamentalists - they are also equally immoral, they are also equally; They are suppressed people so like, at the time of Hitler same thing happened. Germany was full of, what you can say, corruption, immorality - everything. Horrible! Very decadent! So, he caught hold of young people, started telling them, "No, we must have a very moral life and very austere life," that example and then he made them fight. So they became enamored by that but while doing all that, they were all suppressed, so the violence started. That's what is happening with Islam One side they're getting destroyed because they are very indulgent second side is, they are so suppressed - they are indulgent also but also very violent, so how can you have peace?

Only way, is to have Sahaja culture. That's the only way you can really come up to something - is to have Sahaja culture. In sahaja culture, you are neither oppressed, neither suppressed nor you are licentious - you are in the center. Then why will you fight? But who's going to tell him - who'll bell the cat - I don't know. So, I'm writing this book but C.P. said, "It's rather strong," I said, "Let it be. Somebody has to tell them na." But in no way I've been strong because I just get some, see anecdotes to show that. So this is this, this is this.

So, he says, "Very unique style of writing which makes it very interesting." As long as it will go into the heads of people. So, this way or that way is just the same. I've to tell you, one's austerity and all that, doesn't help. Once I was going from Riyadh to London and the ladies came with their burkha and all that and men came, you see, very with this all on their head gear and all, with their - kya kehte hain jo pehente hain kapda usko, pathani log? - Pathani suit - Annh? - Thoga, thoga - thoga Haan, thog, thoga they call it. Full [UNCLEAR] from here to here - The robe - Annh? - Robe, Mother - Haan, poora robe - thog kehte usko and I went off to sleep and when I got up, I saw very dandy looking people with [UNCLEAR] bow ties and all that. I said, "Now, who are these people, they've come from?"

Very fashionable and the ladies were in six inches skirts, you see. I said, "Now, from where have they come?" So I asked the air hostess, "Did we stop somewhere else?" She said, "No, we are directly flying." I said, "How these people have come?" Said, "They are the same." I said, "Really?" "They are the same." Now even before reaching London they were prepared for it. Aap Mahila pahunch gaye aur wahan se aaye hain, ab Mahila se?

Kitni dur hai yahan se? - Do ghante ki flight hai. - Bas! - Ji haan. - Arre baba! - Phir wahan par aana. - Aayeinge to bilkul nahin. - Wahan Musalmanon ka raj hai? - Nahin, Shri Mataji. Bahut - Catholic hain - sab Christian.

Catholic log Bahut zyada hain. Woh Spanish ne rule kiya tha to wahan par Catholic hain aur badi ajeeb si cheez hai ki, ek taraf to log haath mein apne Bible le ke padhte rehte hain, padhte rehte hain aur phir fauran bund karke, jo bhi chahein woh karne ko unko khuli choot hai sab ko, sabhi kuch kar sakte hain. To poora ek ajeeb sa samaj hai wahan par. Bilkul licentious - sab kuch khulam khulla choot hai ek tarah se aur doosri taraf sab log church jaate hain. They are all going to the church regularly - Aur culture yehi hai? - Culture is, they could be horrible - [UNCLEAR] America going tomorrow - Annh, they will go? They will go tomorrow and the slogan - wahan par ek mazak karte hain log idhar ki - slogan of the community is, people is, 'Americans go back and take us with you.' So [LAUGHTER]. So you - wahan par ek mazak hai aur bilkul usse - they're completely dominated aur wahan bilkul bhi American basis hai ek woh khatam ho gaye hain aur but Catholics hain aur woh kuch ajeeb tarah ka priests Abhi woh wahan woh nahi aaye evangelists, evangelist? - Abhi woh John Paul jo gire the wahan par - Haan, unke bahut aaye the - 16 January ko [UNCLEAR] - John Paul, what a man he is - really Ten million people came for the mass on the 15th of January or... 15th of January he was there.

He's very strongly Catholic dominated - Conversion - Conversion nahin but a very bizarre sort of, very because it's Catholic on one side and then they have no morality, - no values, no [UNCLEAR] - Unka sab chaupat hai. See, they can't marry again - they can have keeps - Yes, most of them - Most of [UNCLEAR] - Shri Mataji, one a day kind of situation - Achcha! - Bilkul, ji haan. Everything is..... - There's a lot of - Must have been - [UNCLEAR] killers, no problem. They can have here as domestic servants [UNCLEAR] they work for families and they bring up the children in Hong Kong. - Woh to sab jaate hi hain - Wahan Sahaja chalega? - Ji haan. Abhi to log chahate honge - Annh? - Woh aayein hamare saath mein abhi - Woh to insaan hi hain - Sri Lanka ke hain, Shri Mataji - Annh? - Sri Lanka ke hain?

Sri Lanka ke hain? Aap bhi? - Ji. Jo wahan baithi hain - Achcha! Aap bhi Sri Lanka ke? - Ji. Hindi nahin bolni aa rahi - Achcha! - She's asking if you are from Sri Lanka? - Yes, we are - and this one - Annhh ... - and we are now - We have one called Shri Vardhan Shri Vardhan. Shri Mataji where You remember Anuma?

Anuma, who brought the first offering? - Achcha, woh hain wahan? - Sri Lankan. He remembers Shri Mataji - Achcha! Sahaj hai woh? Sahaj hain, Shri Mataji. Woh ekdam Sahaja yogini and she came to Mahila and talked to [UNCLEAR] to them and when I reached there we started meditating together, so now it's Sri Lanka mein to ho jayega par ye Catholic man to Use hona padega Mataji; Aap aayeingi to ho jayega - Haan to - Hum log intezaam kareinge kuch agle saal bhi Zaroor aayeinge [UNCLEAR] pata hai, ki agar aap Christians hain, to ek aankh - if one eye does anything wrong, you take it out. One hand does wrong, you cut your hand; I've not seen anybody without a hand or without the eyes. Mahila mein [UNCLEAR] koi bhi na bachega, sabhi log hain - Sabhi aise ho jayeinge? - Sab.

Sirf kaale aur gore reh jayeinge wahan par Srivastava sahab keh rahe, humne to koi haath kata dekha nahin. This Pope himself is a horrid fellow. Aapka jo Bofors ka paisa launder hua hai woh Pope ke through. Woh jo hai na Bank of Ambrosia - Humko saara maloom hai par koi - use dhyani nahin de, Hum karein kya? - Koi maanega nahin - Woh dabaa diya hai - Now with Your blessings Shri Mataji - Hain? - Now with Your blessings we'll see the - Ab kuch inka unka bigad gaya hai maamla - Ji - Prime Minister sahab ka aur [UNCLEAR] ji ka - Achcha - Haan. Kaafi rishtedaari bigad gayi. - Achcha hi hai Hota hi hai. Falsehood mein yehi pehchaan hai. Jhagde ho jaate hain Ab to aur bhi zyada honge But somehow Sahaja is spreading slowly.

I mean, I'm surprised that in Philippines there's somebody who's doing sahaja. - Shri Mataji, wahan khoob phail jaayega - Annh? - Wahan khoob fayl jaayega kyonki [UNCLEAR] - Log pareshaan hain? Pareshaan hain Shri Mataji aur yahan main kaam kar raha huun [UNCLEAR] mein, - bahut mulk ke log hain - Achcha! aur sab dhoond rahe, sab dhoond rahe. Bas ab Aapka ashirwad rahe ki - Aapne kaha to ekdam vibrations shuru ho gaye. - Yes, Shri Mataji, hoga. Par yeh aur chakkarbaazi na ho kahin ki - yeh bhi badi mushkil hai. Abhi Japan mein, last time those who came, were all guru shoppers so they got fed up with them, you see. such problems - this problem, that problem but this time they got better people ki who had done one of the gurus, is alright but if you are a guru shopper, - to to ho gaya hai kaam waam.

[UNCLEAR] But they are seekers; These people, who came, are real seekers. Catholics, waise theek hai, par they get Left Vishuddhi very bad. - Very bad. Mahila, it's very bad. - Hmm? - Mahila, it's very bad. - In Spain also there is very great influence of Catholicism but Sahaja Yoga is working out. Portugal is something lost also because most of the Portuguese have now gone to Brazil but in Brazil we're doing very well, you see. The mayor of Brazil, he had came to the airport and brought a key for Me and he said, "Mother, this is the key of Brazilia, so please bless Brazilia and give us peace." So nice, really, I was so surprised and then he came to program, he got his realization.

But recently I saw there is one, some - I forget the name - one of these - - kya kehte usko, log abhi [UNCLEAR] - Evangelist Haan, Evangelist - uss aadmi ka naam yaad nahin - one Evangelist and thousands stupidly are there and they are supposed to pay 10% of their salaries, all of them So now, government has an objection to that. Somebody came from America, this Evangelist. They are so funny. One day in Hawaii, we had finished the program and it's 12 O'clock, I said, "Let's see what's coming in the news or something." What we find, Evangelists. He had a hundred dollar note, you see. He was saying, "See, this if you give, then you get the real blessings." [UNCLEAR] LAUGHTER There were five of these - one lady had with her for her groceries and she gave it to us and can you imagine, the grocery arrived on her doorstep. They're so stupid, these Americans, they believe this and then they say the grocery started pouring from the roof - can you imagine? And very well sitting there - hmm, which as if they've lost.

Even they mesmerize somebody - you cannot digest such a thing - isn't it? Such blatant thing they were talking and Dev Dumphy was there; looking as if he couldn't believe it. I said, "These are Americans, you know." Bade stupid log hain - Americans are very stupid. - Bahut bhole hain, Shri Mataji - Annh? - Bahut bhole hain. - Bhole nahin, bewakoof hain. - Bewakoof hain - Stupid, idiotic - [UNCLEAR] - They take to all idiotic things. Abhi woh aajlal, aapka Deepak Chopra, is making all the money. - Haanji, haanji, haanji.

They have also, somehow or the other, managed, I think, the British government, who are going to give them a land for starting a University. British ki bhi khopdi kharaab ho gayi. University they have and they give some sort of fake degrees - nobody thinks much of it. - TM number 2, Shri Mataji - Annh? - TM number 2 - ATM - TM number 2. Inhone bana li Geneva mein - Kahan? - Switzerland mein to hai hi - Switzerland mein hai? - Unki University hai pehle se - Kahe ki? - [UNCLEAR] ki - Achcha! University of Creative Intelligence - kya bol karke.

Usmein ek degree dete hain - aur koi doosri yeh ... - Woh koi maanta nahin lekin Nahin koi nahin maanta - kuch bhi nahin. Noida mein bhi bana rahe - What's that? - [UNCLEAR] So nice to draw this [UNCLEAR]; Bahut sunder hai [UNCLEAR] Similar ones we've done last year - Aa, ah! Yeh ek chaudah saal ke ladke ke the - Baap re! Very good! Bahut achcha hai. - You've done it? - I did the translation for the - Haan - poster. We had Mother a perfect desire to do that. - Same thing in tran .. - Same, the same So we just send, 'You cannot know the meaning of your life till you are connected to the part of the energy' - What is that?

'You cannot know the meaning of your life until you are connected to the power of the energy.' It's Your words Shri Mataji. - No one is created. - Created [UNCLEAR] created - Until you are connected with the Whole, you can't - Connected [UNCLEAR CONVERSATION] - Nahin, created, created you - Created you, is it? - Origin of life is said - is it? - Created is not translated. They were created is not translated - No, that's what - Put the Origin of Life - Hmm, Origin - Yes, Mother Sometimes you have to use this scripted line, isn't it? That's the birthday [UNCLEAR] preparation. We've put also Chinese on the other side. - Haan... this is what is invitation - Invitation, yeah.

and this one is? - This is celebration - the beginning of the program in the evening Very, very nice! Chinese have a real sense of art! This means the center? - Yes, the central channel. - Central channel. Same in Japanese? Yes, yes. In this they borrow our characters [LAUGHTER] - I hope, they cannot beat you. [LAUGHTER] - They copy [UNCLEAR] - Just see this, Shri Mataji, bulletin.

So we kept the side frame [UNCLEAR] That's very good. Bahut achcha photo hai, dekhiye; Ek 14 saal ke ladke ne liya tha 6 photographs hain bahut advanced camare se, photo - Hai kya [UNCLEAR] - Annh? - Bilkul hain - Hanumanji hain? Bilkul hain. Thode se colors mein banaya hai - Yeh banaya hai? - Nahin, matlab photo hai, ye photograph - Bilkul - [UNCLEAR CONVERSATION] Hong Kong is being transformed through the persons, Shri Mataji - all other Hong Kong - This is from Angelina? - I think, this one was taken Mathew, Mathew [UNCLEAR] - Kaun hai? - [UNCLEAR] ka beta hai, - Annh? - Kohli sahab ka beta hai - Woh to pata hai Mujhe. - Usi ne kiya hai.

This whole thing is done by you here? - Yes, [UNCLEAR] in Hong Kong - [UNCLEAR] - I know [UNCLEAR] So to pata hai Mujhe ladka. - [UNCLEAR] - Mathew ne photo bheja hai - inhone banaya hai Bahut achcha design kiya hai, Shri Mataji. Design bahut khoobsurat kiya hai. - Yeh log - Yahan pe ek yeh karke aur - Bahut achcha - Bahut achcha design kiya hai. Lag hi nahin raha hai - Haath idhar nikal raha hai, udhar - Yeh, yes, yes - beautiful! Graphic sense - The starting process [UNCLEAR] - Very nice! Very attractive! They stand out so as soon as you put the first lot, people come and look - Very attractive! - Very nice!

So, so many people [UNCLEAR] saw the person - Can we have take one of both? - Yes - There're some Chinese people [UNCLEAR] - Very creative and just see this lotus also done so well! Everything very nice. - Every time something new. - [UNCLEAR] also transform Sahaja to [UNCLEAR] that will know us. Tremendous! I was telling him, "He's a very big find, Albert," because first time - when I came, nobody to speak Mandarin even - Hmm - such a problem! - Big problem Nobody to translate it - Mandarin. Then they said, "We no." They said, Cantonese they had some body but not Mandarin.

They said, "No." - You must know Cantonese, I think, here. - Yes - You speak Cantonese? - Yes, we speak Cantonese. So, the Mandarin - there was some body with Mandarin but no Cantonese. - Sahaj - a big problem. - Yeah Cantonese eat lot of chillies. [LAUGHTER] I went to Canton and there are mountains of chillies, mountains of chillis and that food can be - food is very hot; Indians would love it. - Bahut hot hota hai. - Wahan Sahaja yogis, Shri Mataji - Annh?

Wahan Sahaja yogis have given up all this. - Given up now. - Red chillies. - Ab mircha nahin khate? - Bilkul nahin. Padti nahin.

Padti nahin, padti nahin, Shri Mataji; Ghar mein nahin hai. - Ekdam choot gaya kya mircha? - Bilkul choot gayi, Mataji. To phir khana mein mircha nahin aata hoga?

Aata hai. - Aata hai Hum to khate hi nahin hai mircha bilkul bhi shuru se hi; Bahut kam par ab to bilkul hi nahin khate, bilkul nahin. Waise unhone mujhe, Dilli mein, Cheen ka base diya hai kaam karne ke liye. - Annh? - Cheen ka kaam karne ko kaha hai. Cheen? Cheen pe kuch ho hi raha hai. China is, you see, what happened that, I went with CP to China and he's Le Ping, the one who is the, he is the Prime Minister. He got very much interested in Me, asking Me questions on, about spirituality and but I kept quiet because with CP I just don't say everything "Yes, yes," I said this, that and they took a photograph of the group, you see and he's also standing next to Me. Now this photograph was at last with Sahaja yogis and I didn't know they all had it.

So once, this Le Ping, I think, last year he went to Vienna. So, the people from Vienna took that photograph and showed him, and "Ah, of course I remember Her very well, where is She this and...?" Then he asked, "How are you concerned, how do you have this photograph?" So they said, "She's our spiritual leader." So he was quite surprised, he was very much surprised. He said, "Really?" Then he said, "Of course, I asked Her but She never said anything to me but I will send My cultural Natashe [UNCLEAR] to see Her," because now he's going back. So the cultural Natashe came, very anxious, very respectful. These Chinese are very respectful people. Then he said that, "It's such a honor, Mother, to see You and this and that," so I gave him realization.

He said, "Is this the," - khazaane ko kya kehte hain angrezi mein? - Treasure - Treasure - "Is this the treasure of Indian spirituality that we used to know in China, that India has treasure of Spirituality - is this the same?" I said, "Yes, this is the same." He was so impressed. Then he went to China, he talked to Li Ping and all that but this old man is still there, you see. So, he said, "Till he's there, it's rather difficult but once he's finished, then we can do something also in China." - About to go, about to go - About to go - woh mar hi nahin rahe hain - Woh bas - Mar gaya smajho Yesterday also he took out some sort of a communicate. - Ho hi jayega khatam - Zaroor ho jayega ussi time to baat kareinge Woh to bahut hi badhiya aadmi hai and I also told him, this gentleman, that, "Our C-in-C, Mr. Joshian, he's coming to China, so I hope Le Ping will give him all the due respect and all the due consideration because we don't want to have any more wars with China." So, he was telling Me, our C-in-C was saying that, "I had a red carpet [UNCLEAR]." They looked after him so well and everything was done so well.

So, I felt that they are [UNCLEAR] active about it. I'll have to go and see him - let us see. Yeh mar hi nahin rahe hain - saal bhar ho gaya mar rahe hain. For one year he's dying - this Den Dias doesn't die. - [UNCLEAR] nothing but the stuffed door - That really I don't know, if he's really dead or not. - Nobody knows, nobody knows. - No one can say - Because they keep showing the footage of him in our old channel very much. [SHRI MATAJI LAUGHS] - [UNCLEAR] but he's keeping sick for years - For years But this is something surprising. One he did such a condition, till you step your at least one foot in the grave, they don't want to resign, I mean, just... - One and a half, Mother - Annh? - One and a half - [SHRI MATAJI LAUGHS] It's such a attachment!

This time we had a very nice Shiv Puja, very nice for you - one of the best, I should say. I spoke for one hour only on one subject, detachment. I said, now next time I'll talk about other things - now detachment only. It was very nice Puja, very nice! As a result the whole of Japan was frozen. - Wow! - [SHRI MATAJI LAUGHS] - To abhi to raheinge aap? - Ji Mataji - Program ke lie aaye hain aap? - Ji Mataji - Abhi chal na sab jagah. - Annh?

Taiwan wagairah aayega saath mein. - Chaleinge? - Ji haan - Chaliye - Ek hi hafte ki to baat hai. - Ab aaye hain to ghoom lijiye aap - Aur kya. - Yahan to abhi 6 tak to hain hi - Annh? - Yahan 6 tak to hai hiin. Program ke liye aaye hain - aur 5 Sunday tak hain - Aap ko dekh kar bade mann khush hota hai Ek to Mujhe iska laga hota hai na, ye jo kar rahe hain Madras mein - batayiye, sahaja yog ke naam se - Nahin isko, isko to dekh Aapki dosti hai to badi achchi baat hai. Phone number hai aapke paas? Hai Shri Mataji - yahan nahin hai, Mahila mein hai. Isko wahan ja kar poochna padega - Wahan se karte hain [UNCLEAR] - Bade dusht log hain - Ya to phir jinko pehle kaha tha Dilli mein - Haan - unko phir se phone karte hain aur... - Aur unko bhi keh do.

Unko bhi kehte hain. Dono ko kehte hain - Phir Hum Jayakar se na kahein - don't need Zaroorat nahin hai - Jinse pehle kaha tha Dilli mein, wojo Enforcement mein hain - Sab chupke chupke kaam kiya - Woh Enforcement mein jo hain unko main bata doonga ki [UNCLEAR] purana jaante hain Finance mein hain to lucky mein hain, I mean, it is about Finance only. Ji haan, yeh ho jayega. Yeh IAS mein hain - ho jayega. Unke peeche lagna chahiye. Police lagani chahiye, pata karna chahiye kahan jaate hain, kisse

milte hain. Par yahan to ho gaye - pakad mein aa gaye, bhaag gaye Yahan se bhaag gaye - wahan se bhi ho jayega, bilkul ho jayega. Unko jaana tha 18 ko, woh 13 hi ko bhaag gaye. - Ab, Shri Mataji, izaazat dein - Achcha theek hai - 12 bajne waale hain - Achcha - Jai Shri Mataji - Good night, good night. [ALL DO PRANAMS TO SHRI MATAJI] May God bless you!

All of you. Theek hai Wow, very good, excellent. Alright, let's see. I hope the hall will be sufficient - I would like - They have a capacity of three thousand. Wow! [ALL LAUGH] Just to give a desire there, we have to have, desire for [UNCLEAR] I think, you know, it's more advertising that works, really. It's only advertising In, what they did, in Sydney, was nothing but advertising - that clicked. We've done a lot of magazine advertising, in the newspapers... - That's it! - we've done a lot. It's a very big force, these days - advertise We had a merely, a 4000 people in Mao, invitations to - Really!

We're hoping so. I think, it's something [UNCLEAR] - Abhi kahan thehre aap log? - Shri Mataji, Aapke sadak ke paar ek hotel hai - Imperial hotel - Achcha - usmein thehre hain kaafi log - Ismein Hum hamesha to nahin [UNCLEAR] - Bahut khoobsurat hai - First time when I came, it got the first prize - Bahut achcha hai - Bahut, bahut khoobsurat, bahut hi khoobsurat hai Hum bas saamne hi to hain, Shri Mataji. Agar Aap [UNCLEAR] mein bhi chahein Din mein Hum kahin nahin ja rahe - Din mein aaoonga - aayiyega

1995-0304, Chopsticks and Presents (poor sound)

View [online](#).

4 March 1995

Visit

Hong Kong (China)

Talk Language: English | Transcript (English) – Draft

[1:54]

Take it.

[2:22 HINDI]

[2:33 A present is offered]

[3:29]

Very well done. Thank you very much.

[3:25 showing a small elephant to the girl]

[Unclear]

1995-0305, Talk to Sahaja Yogis

View [online](#).

5 March 1995

Talk to Sahaja Yogis

Hong Kong (China)

Talk Language: English | Transcript (English) – Draft

1995-03-05 Talk to Sahaja Yogis, Hong Kong

Shri Mataji: Come, come

When are you having you're follow up?

Sahaja Yogi: Tuesday, Night

Shri Mataji: aa...

Sahaja Yogi: In Purnima

Shri Mataji: (confirms from other yogi) today is Sunday right? (In Hindi)

Sahaja yogi: Yes.

Shri Mataji: (to some other person nearby) come forward come!

come forward, come here!

It's a small hall ...

Alright!

[unclear 01:47]Give them Chinese food ...

Sahaja Yogi: yes Shri Mataji !

Shri Mataji: No I don't want anything ...

Sahaja yogi: Shri Mataji! This is your book Which you have written.

Shri Mataji: My book!

Sahaja Yogi: [unclear02:03]

Shri Mataji: All this Sada shiv ...[02:06].It is more based on Zen System. You must have seen it. Its the zen's idea about how a person who is a zen should do? It's very ...

unclear [02:38]...

You do the translation I am saying...

Han...

Children's can come here ...

They are born realized ...No problem at all 03:55

Alright! come forward here...

Now ...

Can you give your fan...

You have so many children with us here ...

Ya,...

Now the responsibilities were shown Because the other day When we had a program I don't know how many people were there but they said 200 have signed for the courses ...

So now your responsibility is much more...Because I have always seen New people when they come to see the people who are there already. They see how you behave with each other ...And also they see how you behave with them. So, when you are representing Sahaja yoga they should get a very good idea about you ...Isn't it?

That is the best way we can spread Sahaja yoga ...

See I see people they have respect for me, they love me everything ...But when they come to Sahaja yoga some or other they get upset and they run away. So we can form groups Like this is a person who will have a Chinese and you get some new groups ...200 is a big number ...

And others also like there are English or Americans, or Australians [07:12 unclear], for that also you could have a division for

them, the people with whom they can not talk ...But It should be just for them the information that they need ...Normally there should be a way ...some tapes ...Some good tapes of mine are better. I don't know how many tapes there are Which are been translated or there are very few in Chinese So you have to get some more tapes ...translated you see with tape ...When you are recording one sentence is said and then you put Chinese Like that ...So that there would be more tapes added...All of you can try those who need...

But many people say in France & Italy all these places where they don't know the English language they said they learnt it by listening to my tapes ...I don't know how ...

So that which is important to see how you can do that? For that, you could have a tape and I wanted some people to sing song also but I think there is no preparation for that... But I think you people can sing one or two songs And talk to them. If they want to have any special information or explanation Then you should talk to them but directly you should not try to teach or anything It's very dangerous to yourself. Means you should not attack them by anything like some of them might come not properly dressed, you see...some of them come maybe little [unclear 09:58] possible. Some of them might be possessed. Then you should not say you have Bhoot, You are possessed, little things. As they are, accept them ...

Be kind to them and gentle to them, the best way. Some of them will be sick people also, who might be suffering from some trouble. So you can just say about vibrations Whether left-sided or right-sided & you can say alright We can give you vibrations or something ...If you will come to your house or something ... But I don't think you should immediately say that I am Adi Shakti and all that...They will get frightened ...

But you should say that If she can give realisation to so many people there must be something about it... Then gradually you will find some of them will really come up very well.11:37 But if you neglect others, We have to work more on them ... You see how you handle them is the most important thing, then never argue with each other when you are facing them. You should support each other...

Also never argue with them ... Then said that by arguing you will never get because it is beyond the mind...You should not waste your energy by arguing with them. Also in the beginning, if you might saw them coming from Gurus or something So not necessary at that moment you talk about his Guru on the first stage. Later on, they themselves gradually will discover...But in general, you can say that we don't take any money, and in Sahaja yoga, a mother doesn't need any money from you or this thing. That might open their eyes.

I am just telling you because this is the experience of Sahaja yoga for all these years. How they come to the program and they just disappear...

For example -I am a foreigner, And apart from that, I am an Indian...Indians are always... the people are always suspecting them ...But they believe in me ...in my photographs in my posters and I am very surprised ...So if you show that you are very humble and kind and nice...They will be very happy ...

Another experience, of mine in the Sahaja yoga -One person starts believing that he is a maha yogi. First, he becomes very pushy sort of thing, you know pushes ...then he dominates ... and then he starts talking all nonsense ... There is one fellow for example who started giving vibrations through his feet. Started saying I am shiva, the another said I am Adi shakti ...So I said better to give away my [unclear15:43]...They just stood off their ego and talked nonsense, absolutely It is unbelievable,the way they talk ...One fellow boxed somebody's head here like this ...I asked him why did he do it? He said ya I did it...

I asked him why did he do it? He said because he had a very [unclear /16:22 airway] Agnya. He had! But nobody has the right to hit anyone or do anything ... It is a Sahaja Yoga, can only be achieved by ones own determination, once own dedication and absolute humbleness ...

There is a kind of an ambition that they have become very powerful now ...and this and that. With all these problems which we have faced from the very beginning of Sahaja yoga till today, I feel the real seekers just come out as themselves ...

Some of them will say that I have a special relationship with mother. And they talk as if they are very close to me ... But to be very frank, nobody can be close to me ... I am a very lonely person. :)

So all these funny ideas, the people start talking, then the newcomers just turn away ...They say what's wrong ...

With other false Guru's is... there is so many one gurus there are no so many Sahaj yogis or anything who knows anything about the knowledge ...false knowledge ...

So they stick to one guru ...who might mesmerize them also ...But they don't listen to anybody else because anybody else is just like them.

But we have ...Myself ...the Sahaja yogis...We have Sahaja yogis and among Sahaja yogis, we have people who are much deep in Sahaja yoga We have felt this ...And we are selling nothing you see ...It's not a market here ...So the attitude should be that we

should be very humble and very compassionate, talk in a sweet manner ...

This will give you the best advantage ...To be considerate ...When somebody tells you something you should listen to that person ...Of course, if you find the vibrations are very bad, then you just make an excuse that alright I will just come and see somebody else ...

Handling of Sahaj yogis is very important ...Handling them!

They are just for their realization ...And They are just wondering what's going on?

So you have to prove that there is something built-in with you ...

Now supposing I mean ...I went to [21:26 unclear /place name], nobody knew anything about me ...just I took my posters, and when I went inside I was surprised there were so many waiting outside ...I never expected because nobody knew anything about me!

[unclear 22:11]/.....we are waiting outside...

So the outside people who were about near 2000 they said what about us mother!

So I went inside, and told them I am coming back very soon & we will work it out...

And you will be amazed when I finished the program, gave realization when I came out, then still all of them were there ...and they felt cold also... I said alright you all come tomorrow morning we will have it outside because there was a huge big garden,[unclear23:15]

And they sat on the ground ...It's very surprising. Then I gave them a realization. And all of them were seekers. They were very much good people!

Now we have around 16-17 thousands of people who are good Sahaja yogis ...

24:12 If you will come to Russia you will be amazed how these Russians, I have never expected ...have taken to Sahaja yoga. I have more hopes for china much more ...

Firstly I know your Prime minister very well. Secondly, Chinese culture is very Sahaja. Culture...Not the one they have adoptedBut their fundamental culture is very Sahaja. And if I could here sometime entering I am sure we can get over china very soon, very fast ... But it is in your faces it should look that you are Sahaja yogis! You should be smiling and laughing & enjoying life. But if you are very serious and think the whole world is collapsing then how can you spread Sahaja yoga?

So Our own style is very important, and this laughter is very spontaneous I think. 26:14

So easternWe can know much faster ...

Let us see now how it works out ...I am sure I will get reports about how it's progressing here. In the beginning, there had some problems because some people were not so much in Sahaja and they tried to hamper the progress of Sahaja yoga and all kinds of conditionings work out sometimes racialism, sometimes this religion or something is there ...Some sort of obstruction is there. But luckily now you are here, Alex here with me for quite some time, here John and all these people have come away from Australia28:00 and Australia is doing so well now I can't believe.28:06 We have had very some bad experiences of the leaders of Australia but suddenly it's just like opened up. We can't believe it today Australian state [28:37 unclear]. That is the same hope I have about Chinese and about Hongkong, about china mainland.

Anything you need about Sahaja yoga-like book,(about Sahaja books)as you have got now anything, anything that you want, tapes, audiotapes, videotapes, anything you should tell us. If you tell us in Cabella, you should write to Greedo and contact him because he is the one who gives universally...Anything that you want you can say with [unclear 29:29 /Greedo] ...And I think you can pay some money for this thing, audio, video something that much of [unclear29:39] but I think better is to have them with you. And you can listen to it in the car, and listen to it at home whenever they have a chance they go on this thing ...And that's how they have improved. And surprisingly they have learnt the English language, that Spanish people, Portuguese and also french, Swiss then we have Italians, and we have Australians, and they speak the german language and then Germany itself all these ...And that is how I think you can learn the English language because I can't learn so many languages. Especially Chinese, I can not say I can learn ... And even in Chinese, you have [unclear 31:05]. Impossible...I can not learn ...If you learn Chinese then you have already done your "Tapasya". So this is what it is ...I request you to be very patient, be kind, love finding each other, don't fight with each other, don't argue with each other, maybe little artificial doesn't matter. Because We have to spread Sahaja And for that little bit you have to compromise ...Also, this is these modern clothes some people wear, extremely over modern, expose their and all that ...that sort of thing will not work out ...Like the American culture is spreading everywhere ...Even the language! I have told you America is already the worst for Sahaja Yoga ...Because they can not be Sahaja ...But that 2-4 Sahaja yogi's have changed We have now 1000's Sahaja Yogis!

The other day those 3 people who were sitting there all the time disturbing ...And there was Rani who was sitting there,(Rajiv's

wife) She said they were so stupid that when you said now you forgive everyone so this another fellow who was sitting next to her said OMG(oh my God) now what we have to do like this horrible ...

Their attitude is very arrogant.

And If they are like that What you can do is just to see that, not to discourage them not say something but you can be kind to them, but be indifferent after some time if they are like that.

Now Taiwan is also doing well ... And this one American Chinese Who is coming to help him there and Austrians have taken lots of interest in Taiwan ...

What language they speak in Taiwan? (Mandarin one Sahaj yogi answered)

This is not in Mandarin.

Sahaja Yogi: Shri Mataji the basic language is the same.

Shri Mataji: So why not ...Have they got the book ...

Sahaja yogi: We have sent it already.

Shri Mataji: Alright! :)

So it's very nice ...This is a very good building but you could translate some other course also ... Like there is a book very nice written by[35:25 unclear] Phase of God. But he English language is not so good in that so I thought [unclear 35:31] but you can write it because that's a nice book with all my vibrations but it should be given that kind of a book only for Sahaj yogi ...this is also personal book .., We have a small book which is for the people who are coming for the first time for not yet grown ...Gradually then even they grow to give them books...

If you have any questions you can ask me ...

Sahaja yogi: The Chinese eat too much fish, and have to improve there eyesight how can they improve the poor eyesight?

Shri Mataji: They should reduce you see...They can eat somethings which cools you down also common say - Like with the curd In India we take it with curd or with ...So it should neutralize a little bit ...fish.The style you had fish rather bits too much I should say ...

Because it is phosphorous and phosphorous works the liver. So you have to put ice on the liver...And fish should be eaten with rice or some carbohydrates... You see...So it is also nutritious ...with rice...

Raw fish is very dangerous ...

You can reduce it ...you see. Chinese food is so good. You need not have a fish ...you can eat so many things ...yes but more carbohydrates you should take ...your eyesight will improve ...You have to put ice here. You get the ice bags ...But if you put your hand left hand, right hand towards the photograph then you will find that your hands will start feeling the cold but not the liver ...So you should put in between the hand and the ice some sort of a cloth or a towel so that you don't feel. Then you can also take a kind of an ice pad on to your backside because here is the optic globe which cools down, also up to this point and the back...So the [unclear/40:58 "egang"] is the cross-section of the brain and if you are too much right sided then [unclear 41:08] goes very big ...

41:12

And the way they are placed, these balloons are placed also. If you have a cross-section you can see one balloon after the left side and right side both ...

And in the centre is Agnya Chakra ...But for children, you must change the diet ...It's very important...They should not be given so much fish ...So much ...When you are giving milk and all that you see ...It's also bad for the liver ...All your dairy products are bad for the liver ...And on the top fish also ...Coffee is very bad, tea is very well ...The coffee you drink quite a lot (Chinese)

No, No Chinese is good ...jasmine tea is very good ...It's quite light. Also, We have medicines in India which cool down the liver ...

Also, you can put kajal for the eyes ...If you think it's well made and authentic you can put it off on the children ...We can give you ...When you come for the...Let us know what you need.

Its a very easy thing is to cure the eyes, in the childhood but later on becomes difficult but still, at least they do not become lost ...Even in India, Bengali's... they eat a lot of fish So they too have bad eyes ...they too have weak eyes ...weak ...

So, this fish should not dominate us ...isn't it?

Worse are Japanese because they eat only Japanese food nothing but fish, fish, fish.

The skin of fish is also very dangerous,...And put rice in that ...the skin of fish...They don't waste even this much of fish left ... I am not against fish ... but is alright to eat the fish who eat too many carbohydrates...All eastern side of Asia people eats a lot of fish ...All because it's the seashore I think ...And the sea fish has much more phosphorous than the sweat water fish ...The ideal would

be to balance it. Also, the rice that you eat dry is not good ...You must put some soup or something because dry /dryness you get out of phosphorous ...More liquid ,more fruits ...will clarify[46:12]it . It's not only diet but meditation also helps...

But if you are possessed or if you have some left-side problem then you have to use light at your backside. I mean if you have High Blood pressure, or you are hot-tempered, excited, overworking, that means you are right-sided...

And you may not feel vibrations on the right side or even if you feel it may be hot ...

Swadishtan catching very badly ...

And in especially Hongkong, it's such a busy place everybody is running like mad. The only way to get out of this is to get into meditation & go into thoughtless awareness. So without thought, you are alright ...You are watching everything ...So despite all these problems, you will be silent within and they will not affect ...These problems don't affect you. Also, there is too much pollution I must say ...For that, it's best to use something to cover your nose and the second one in Sahaja yoga we should say that ...Best way to avoid pollution is to take a Bandhan before leaving out ... And you can clarify it ...You take Bandhan so many things can be avoided because this pollution has an effect on the left side ...Bandhan is very important...Collective Bandhan is most effective ...for example, you can give Bandhan to Beijing, or collectively you can give it to China, all will work out because you have seen[unclear 49:32] ...

With meditation your tiredness, everything will go away ...

Especially right-sided meditation ...That is every night you must take a little water in a little bucket or something and put both the feet in it with salt not very hot water but cool water and put your right hand towards the photograph and left hand like this ...

And never use light or fire or sun ...Those people who are right-sided and sit on the sun get skin cancer...

We don't go with the fashion or craze or you say this entrepreneurs idea...We have our Sahaja Society ...and we have our own culture So we don't go on changing our dresses, everything according to fashion. Now the Chinese they put their hairs like this ... I like it but they should never touch the eyes. It's all right ...But if they are anyone near the eyes you get squinty eyes. Supposing a child has squint also you can put the light in the left side (at the back Agnya)

If it is in the left eye than on the right side (at the back)

And meditation is the best way for everyone ...To be without thoughts ...So you can do after cleansing before sleeping ...Put your attention to your Sahasrara ...

And in the morning you should do attention of thoughtless awareness ...Watch my photograph and don't think but your right hand should be like this and your left hand like this. Gradually it will settle ...Once you are thoughtless you can put your both hands (in the lap) So this is how it is going to work out ...Your eyes, throat, ears, nose everything is the Vishuddhi chakra .../and your optic globe especially for the eyes ... so the best thing would be if you have the right side you see ...then you put these two fingers in the ear and put down your head and say Allah hu Akbar. Put down ...Because it is humbling down ...You have to humble down yourself...But if it is left side than you should put it like that ...and say Allah hu Akbar ...

No questions?

Sahaj yogi : [unclear]

Shri Mataji: You see ..this is the trouble with these people they will tell you all kinds of tricks only before sleeping you have to keep your attention towards the Sahasrara and surrender...But not at all the time in your Sahasrara...When your eyes are to be improved what you have to do is this what I have told ...But before sleeping every day if you can put your attention in your Sahasrara. These meditations (the other meditations) have given no realization, has given no growth, no transformation...All just talking, talking, talk.

Now, I have some little presents for you... As many as possible as I don't know the number of people here...

(Sahaja Yogini asks some question)

Shri Mataji: It is the culture of the time. We are beyond time. Now take a Bandhan, if you are going out or something 58:13 Actually you are already in Bandhan but when you give a Bandhan you are thoughtless It should be brought into your conscious That's why you give bandhans ...So[58:31 /unclear]...

First I will take the present :)

What is this? {to the child sitting a side }Who has done this? you?

Beautiful (Mother appreciates the art shown by the children)

Thank you very much!

1995-0307, Press Interview

View [online](#).

7 March 1995

Interview

Grand Hotel Taipei, Taipei (Taiwan)

Talk Language: English | Transcript (English) – Draft

Shri Mataji, Press Interview 07-03-1995

Shri Mataji: Comercial Bank.

Interviewer: Yeah.

Shri Mataji: Alright.

Interviewer: Shri Mataji, how many times you have been to Taiwan?

Shri Mataji: Before I just came on my way to America once, and then I think six times more. Long time back when it was not at all developed, in 63.

Interviewer: What International people Shri Mataji has met?

Shri Mataji: (Laughing) My goodness, it's too much. I have met all of them because of my husband's job. He was Secretary-General of UNCLEAR organization. So I met all of them, most of them. That has nothing to do with Sahaja yoga.

Interviewer: Ok the Press is here. 1989 You got a Peace Prize?

Shri Mataji: Yes. Alright. I in that way you see, say Canada also they gave ME, Mayor gave me a Special award and also. The best is, St Petersburg University, and then the Russian Government as a 'Philosopher and a Scientist'. Now in Russia, all Gurus and all religions are baned, they are all baned. Even the UN..they gave Me the award. In Brazil, the Mayor of Brazilia brought the king of Brazilia at the airport and gave it to ME. UN CLEAR In peaceful now. Very peaceful.

Interviewer: How do you feel about Taipei?

Shri Mataji: Very nice place. Very Peaceful. But you see, they are so much seeking that they have any say. Especially young people I feel.

Interviewer: They have lost?

Shri Mataji: Not so much. Because last time two people who came and they said now we are parted all the time and, I don't know where they went to some Gurus, somebody like that. You see they went to any kind of...

Interviewer: Mother, this time, how long YOU are going to stay?

Shri Mataji: I am here for three days more.

Interviewer: Taipei people are soon, asking for power so much, how they can proceed in spiritual.

Shri Mataji: They are after what?

Interviewer: Wealth. How can they prosper?

Shri Mataji: They can pursue very easily because wealth is matter. It does not give you peace. Doesn't give you the joy, you see. They are under stress, they are busy and more problems. People are getting AIDS and drugs and all. Money has its own problems.

Interviewer: In Taipei public, very if they pursue Sahaja yoga according to Mother's techniques, will it be easy?

Shri Mataji: Of course. Very much easy. They will be powerful. They will get Devine power.

Interviewer: Shri Mataji staying here so short time?

Shri Mataji: For that, they are all here. They will look after. See the doctor.

Interviewer: He will then coordinate.

Shri Mataji: Also people can get cured by itself. Cured. Many incurable diseases can be cured, by their power. You don't have to go to..any hospital or take horrible medicines and injections, operations, nothing. With your own powers, you can cure.

Interviewer: This has no relation with other religion?No problem with other religions?

Shri Mataji: No. You see, we believe in all the religions, equally the same. We respect all the religions. You see this separate religion has been a problem. But fundamentally they are the same. I say, they are the flowers of the same tree of spirituality, at different times. But people have now plucked the flowers, plucked the flowers and now fighting with the dead flowers. Also if you can see about the culture. In Western culture, it is not like Chinese actually, but now people are all in Western culture. These are again ...UnCLEAR religion. Licentiousness, permissiveness, but the reaction to it is fundamentalism. Reaction, but they are equally immoral.Whether they are Muslims or Christians, they are equally immoral.Also the Hindus. But with Sahaja, you come to the centre. You don't go to extremes. There is no separation of fundamentalism.

Interviewer: Last year the Russian honoured, honorary degrees?

Shri Mataji: See, they are like Chinese also, not like Mainland Chinese, not so materialistic. About 35 percent are very mineal people. They ask for Marlboro cigarettes, jeans and things but 65 per cent of people are non-materialistic. We have thousands and thousands in Russia.

Interviewer: He wants to know more about the 1989 Peace Prize in United Nations.

Shri Mataji: You see, they, I don't know, they have been giving me everywhere Peace Prize.And not only there but everywhere.Even in New York UNCLEAR, he wrote a very nice letter that please come and give a speech. Even in Australia, everywhere. They are all writing to me please come and bring peace for us. But it is not only peace that you get, you get joy and you get good health and you get discretion. St Petersburg University, is one of the oldest, has given ME an award as a 'Scientist and a Philosopher.' They have so far given historically, only to ten people. One of them is Einstein. So I asked there, I was feeling shy, so I asked them, 'why have you given me this award out of the ten'? So they said, I said, 'Einstein is alright'. He said, 'what Einstein has done for human? He has just worked on matter, YOU have worked on Human Beings'.But one thing in Russia the conference they had, two thousand five hundred scientists. There were at least, about ten speakers for that. I was away and the subject was all the time, like they give it to me, 'Morality and Medicine.', 'Morality and Science'. 'Morality' very important. They don't follow religion as such but they want to have moral values.

Interviewer: How many doctors in Russia?

Shri Mataji: Doctors. Where? Three thousand. Practising Sahaja yoga. You see they do without money that's why. They are not rich like Taiwan. (Laughing) Even Mainland China people are very rich. Your UNCLEAR I know him. I am going to write to him.

Interviewer: When Mother going to Mainland China?

Shri Mataji: I am going to write to him now and if I can go in time, but the initial quality of this work is much better. In Austria, he came, and you know the photograph we gave, and they had enlarged.

Another Sahayagogi: There was a picture of UNCLEAR.

Shri Mataji: This you need not write and he sent his Cultural Attache with me when he had gone away. And he got his Realisation.

Sahaja yogi: He was also there same time but he said Cultural Attache of China to see Shri Mataji and the Cultural Attache came for Self Realisation.

Shri Mataji: And he asked me, 'is this the treasure of Spirituality that you have in India, about we Chinese know?' And also he told me that he never read about Tao or anything but the younger generation is now reading all these books in China. I think if Taiwan people could go and talk to him he will accept that because he is just waiting for this. UNCLEAR. Even the President is a good man. You see, maybe and I might be able to tell him that the way things are happening in Russia, if you try to start Democracy suddenly, it won't work out. But you can work through Taiwan and Hongkong, slowly and then they will spread. Otherwise, there is full of Mafias. UNCLEAR is in trouble. full...of the Mafia. KGB has become the Mafia and the Mafia is ruling. That should not happen.

Interviewer: We were talking about Mother getting 'Nobel Prize', 'Peace Prize' in the near future.

Shri Mataji: Yeah. You see the Russian told me that don't ask anybody UNCLEAR the media doesn't have the stand and they might be UNCLEAR nonsense they are trying to get me a Nobel Prize of course. The Russian's don't want to write. As long as you write a positive article it is alright, because I am not taking any money so we are working in 65 Nations.

Sahaja yogi: UNCLEAR

Interviewer: When and how did YOU start Sahaja Yoga?

Shri Mataji: Me? I was born like this, I knew, but I started in 1970. Because I had to understand human beings first. What their problem is?

Interviewer: When are YOU coming next time?

Shri Mataji: Same time. I will definitely come here again and again. No doubt because here there are very few Sahajayogi still. Also in Japan, we had now 350. Also in Hongkong, quite a lot about 1200 but there are now 200 people who want to do it.

Shri Mataji: Should I tell him how you get peace? It is very simple you know. It is based on the Tao style.

See there is a power within us in the sacred bone in the triangle bone here. And there is a power in it because this is called Sacrum so the Greeks knew it is 'sacred bone'. So we have also centres within our spinal cord and our brain like this on the left and right side like this. Energy centres. (Showing pictures of kundalini.) Here it is. This is the subtle system that we all have within

us. So this is the power which is inside here you see. Now these are two other channels on the sides which look after our sympathetic nervous system and these are the subtle centres of energies formed within us and then they go in the brain. And from one side of our conditioning here, and the other side the ego, when we think we are doing this or you are doing that. Now if you have a cross-section in here UNCLEAR and it was here. You had it in the other room. Anyway. Alright, here here. This UNCLEAR, clear cut I can see what he has done through his drawings. This is more clearer. See now what happens, this is like the primordial in a seed. This one is a primula in a seed. Kundalini. So it stops and passes through the central path. Buddha has talked about 'Central Path' always. Now we have a balance and pierces through this Fontanelle bone area. Alright. So there are two truths about every human beings. One is, we don't know the actual truth so we don't relate it. That is why we fight. If we know one truth, all of us will not fight. Second thing is that we don't know who does these flowers? Who runs our heart, we don't know. There is all 'Pervading Divine Power'. So once this pierces through, it connects you to the divine power like any instrument, this is connected to the main cycle. And the energy it has got everything, into it starts flowing. And that is how they create peace, and it creates wellbeing of health, mind and spirituality. All the things. And this is pure Tao, what I am saying, in Chinese UNCLEAR had the powers, she did the same. In every country, there is someone talking about it. Like in Japan this Zen. Zen talked of this only.

Let him also put his hand like this. Put both your feet apart from each other. Be comfortable. Now start feeling a kind of a cool breeze in the hand.

Interviewer: He is saying it is from outside.

Sahaja yogi: No, UNCLEAR

Shri Mataji: Now you see from your head only, you have got it. Just to confirm. See. Not from outside, from your own body. And you will feel very peaceful. Watch me without thinking, can you? Agnya. Can you sit here? He thinks too much. Close your eyes. You will feel very peaceful. (Shri Mataji working on him). See on his head. Good. Very good. Little bend your head. He is good. Now you feel the head. He has got it? Now you feel it. Yeah, he has got it? Don't pay attention here. Done. You are alright. May God bless you. Now no disease can enter your body. You are protected. Alright. Enjoy your peace and joy. That is why they gave me the Prize for Peace you see. Laughing

Interviewer: laughing. Thank you. Thank you.

Shri Mataji: It is all coming down, for relaxation it is coming down. Your life is very busy. You think too much. Now you feel relaxed. If you are standing in the water, the waves are like this see all the time. You are afraid of the waves. When you are thinking all the time you are thinking of past and the future and you are jumping on the cusp of the thoughts but when Kundalini rises she makes a space in between, it elongates the thoughts in the space. That is peace. That is where your own peace is there and you emit peace also. But the people I know because you know the position of my husband, they got awards for peace, awards for organisation of peace and they are so hot-tempered, so bad-tempered that you can't talk to them, they are so hot. You have to take a barge pole. Laughing. So hot-tempered but they got Peace Awards. That is why I don't care for these Peace Awards. But actually the peace is within ourselves. Once we all get that 'Peace', then the whole world will be alright. When you get out of the water in a boat you witness. Then you see it like a drama is over. You see as a drama. You are the witness just to enjoy. You see I am 72 years of age. I am travelling every day. You see my passport, and this is the third one. Laughing. And at the airport, they were shocked to see.

Interviewer: Five books.

Shri Mataji: Five books. Now I have to get a new one. This is the third one. It should happen to everyone you see. So everybody enjoys going to UNCLEAR, after all, you have to become the Spirit. That everybody has said. But these religions are money-oriented. They collect money, now this Dalai Lama goes... See this passport.

Interviewer: (Laughing) This is only for four years.... laughing

Shri Mataji: I am going to make one more. They gave us a diplomatic passport because my husband has got a ...emeritus position, means all life. In Mainland China, it's very rare, and UNCLEAR the highest, but you see he has 135 awards, much more than Mine. And he said it is because of ME, which UNCLEAR. That is what I say.

Interviewer: Mother, you are the support.

Shri Mataji: He wrote a very nice book about Lal Bahadur Shastri. Recently it was launched in Australia by the Deputy Premier. He was our Prime Minister for a very short time. But very honest and a very great man. So now he has to go to New Zealand to launch, they all want to launch the book. He was very much respected by all the Nations. He was Secretary-General in 134 Nations in that organisation and Taiwan was also. And then I forced him to resign because they would not allow him to retire. Something you know, if people believe that if you are honest, then you have to suffer. But in Politics, you must get only fame, not money. Because UNCLEAR. This is the book he wrote. (Shri Mataji showing the book) And I will show you, he said he will dedicate it to ME. See this the Oxford Press. My photograph with Shastri Ji. He had great respect for me because he was a realised soul. He knew about me. He wanted me to join Politics, but I said, 'I can't, I am sorry.' How he changed people. He changed the (showing pictures in the book), this is his family, I am here. Here. These are my daughter's two. (Asking for the photo UNCLEAR to the Sahaja yogi) I will show them. You see the thing was that that is a very interesting photograph. This is Kosigyn, in Russia he went, you see. And here is my husband, very young at that time. This is the conference, he was a very short man you know. Here they have shown, this is Ayub Khan, who was very, he was not talking at all, relationship in the beginning. Here also is not so good and then he changed completely. See Shastriji changed him and they had a compromise, and Shastri Ji said that after some time we will have also compromise in China. But see Jawaharlal Nehru spoilt our relations. He was very arrogant and UNCLEAR, said I have not met a more arrogant man like Jawaharlal Nehru. So our relations were spoilt very much at that time, but Shastri Ji has said it, see this is my husband, he has said it Ayub Khan from Pakistan and the compromise was done and he was so busy, and he died there. He died there in Tashkent, Shastri Ji, and this is in Russia, and then here, they, Kosigyn came to India. My husband has really worked very hard.

Interviewer: He is discussing, how you influenced your husband and your husband influenced the Pakistani, India relationship.

Shri Mataji: But this is a separate subject altogether. He was a realised soul. It is a different subject. Why not ask C.P to come here to launch it? It will be very good for them you know because this is the life of truth in politics. It is very important. This is the one, Oxford Press, you see only they publish these books, this is one of them. So what should we do?

Sahaja yogi: We can ask him when he comes to Australia to...

Shri Mataji: We can ask him now. He can do it. That will be another part for ...It is a very, very well written book and also very necessary because we see so much of corruption everywhere isn't it? So he was a man. So they asked a question, that was he an ascetic? So he said, 'no.' He said he lives within his means. My husband said, and he has such a faith you talk to any Indian UNCLEAR. He is a 'Man of Character'. You could have this. (giving the book) All of you can read.

Interviewer: Laughing

Shri Mataji: You can read. This is my granddaughter and son-in-law when they got married, in an Indian dress.

Interviewer: This is the son in law?

Shri Mataji: Yes. Very good person. He is from Worton School of America.

Interviewer: Water? Worton?

Shri Mataji: Worton. Very famous. He has got a finance company and all that, but he is so unmaterialistic boy. That is my

granddaughter. Daughter's daughter.

Interviewer: Yeah

Shri Mataji: Can we keep this and the passport.

Interviewer: Laughing.

Shri Mataji: It can not be lost. It is too big.

Interviewer: laughing

Shri Mataji: (Laughing) Alright, so you write about me now. If he is coming then we can do for my husband also. It will be a good idea, very good. It will help, I mean, people to understand the value of politics.

Interviewer: Thank you.

Shri Mataji: Thank you. Very nice to meet you. May God bless you. What is it? Put it in the water, alright. Also, tell him I would like to see the material of that fellow in Vietnam. What he teaches and what UNCLEAR. Just enjoy yourself. Just enjoy.

They are very positive people I must say. Very positive. I was worried because the Russians told me that Mother, 'don't go to any of these horrible. So I said, why? Because they said, 'supposedly they publish something nonsensical and we want UNCLEAR to give you the Nobel Prize.'

(A small child enters.) Hello, so how are you now? No scratching?

Sahaja yogi: Laughing

Shri Mataji: This is from India you have got? Very nice. You get nice things here. Let me see, come here. (Calling a small child)

Shri Mataji: This you got from India? They make it so nicely. Very nice. You like it? What is this? Some present?

Sahaja yogi: (laughing). She has brought a toothbrush.

Shri Mataji: That is what I was thinking. Toothbrush. I don't use a toothbrush. (laughing.) Are you alright now? So daddy is bringing for you nice things from India isn't it? Now you better go to the Indian school immediately. Eh, why not take her now?

Sahaja yogi: UNCLEAR, Indian visa also passport we can make it. UNCLEAR

Shri Mataji: There is hardly any time.

Sahaja yogi: We have to send it to Hong Kong. UNCLEAR

Shri Mataji: Really? Because they are coming for the birthday puja and then just going. It will be nice, both of them get together.

Sahaja yogi: They like each other very much.

Shri Mataji: Ahh, she is also UNCLEAR.

Sahaja yogi: (In Hindi) Where is the photo? I gave it to you. Aradhana?

Another Sahaja Yogi: I put it here, alright. Thank you.

Shri Mataji: That is the only photograph. Let's go. So we go to this wholesale shop and also this kind of a thing where ever you get. This colour.

Sahaja yogi: Shri Mataji, Chinese people are very particular about lunch time so UNCLEAR. Otherwise we have to eat out.

Shri Mataji: Alright. We will go.

1995-0309, Talk to Sahaja Yogis

View [online](#).

9 March 1995

Talk to Sahaja Yogis

Grand Hotel Taipei, Taipei (Taiwan)

Talk Language: English | Transcript (English) – Draft

Talk To Sahaja Yogis Grand Hotel Taipei, Taipei (Taiwan)

It's nice to see so many people there, for the program. I counted about [UNCLEAR] there were about, little less than 500 people. Because I was counting the chairs and then the seats that were [UNCLEAR] and some were sitting upstairs also.

Now the thing is to, [UNCLEAR no, know] reference.

[UNCLEAR Mother Talking to yogis]

See these people will be coming now, [UNCLEAR, will] be good. And it's all a responsibility for you. Maybe I don't know how many will come. We give them any forms or anything?

Yogi: [UNCLEAR]

Shri Mataji: So how many you got?

Yogi: [UNCLEAR] how many?

[Yogis talking]

Yogi: 200. 200 [UNCLEAR]

Shri Mataji: That's it. So now, to look after this 200 is very important. Someone translate. Somebody can translate?

See, now there are about 200 people who have signed, who want to come to the program. Now you have to have understanding because you see, you are not so many, they are 200 people.

So the responsibility is on every one of you. You should not think that the responsibility is on only on the leader or someone. It's on all of you. And you have to be of a level, you can't be like other people.

Baba can you close that door? So it will be a little cooler [UNCLEAR].

See what I have seen that when people come, some people don't know how to behave properly and start saying things: you are a bhoot, you are this, you are that. also people start quarreling. And also they sometimes push too much. See, then, even 1 person is like that, you see, then, there is a big problem because 1 person can spoil all of that.

So if you found, find anyone like that, you should report it to the leader and such a person should be asked not to come. I met many people who left Sahaja Yoga like this. What they said that particular person came and very pushy and did this, did that. first let them reach the door of Sahaja Yoga, is open to everyone. All kinds of people walk in.

So maybe one or two are like that isn't it? You can't help it. And, if you care for your own ascent you shouldn't bother about such

people. But, you have to be extremely gentle, and nice, and not pushy. Somebody might say: "Ah there, that, I'm not getting these vibrations" or, "I'm not feeling alright" or anything you see like that [UNCLEAR]. They might say that "I'm not feeling vibrations, I'm not alright, I didn't get realization". So it's alright, you should say: "you'll feel it, Don't worry." Best way is to tell them that "I was like you also" so that they don't mind. "And I started feeling vibrations much later".

So in a very dignified, loving manner you have to handle it. There should be no quarrel, between you, among yourselves before them. You see now, if a one Sahaja Yogi is talking to somebody, then the other Sahaja Yogi should not interfere, not correct the other Sahaja Yogi. That means somebody is [UNCLEAR hanging?] the person, then, another person should not disturb him also. On the contrary, a Sahaja Yogi must support another Sahaja Yogi, fully.

Now for, I don't know what sort you'll do follow-on, but normally what they do, they don't talk too much because [UNCLEAR]. You can put one of my tapes you see, introduction tapes. And, you can translate it. You should ask them if they are feeling the cool breeze in their hands and on top of their head. And if they are not feeling cool breeze, then they have to forgive themselves and forgive others.

Thus you see, it would be a kind of a, rapport. You can, find out if someone is suffering from some disease. Also you can find out as to, somebody has been to some guru. But immediately you don't say anything against the gurus because they just disappear. You should say that; "we'll find out about this guru of yours" or something. Also that you have to become your own guru is the point. That is, you have to know everything. It's not what your guru says.

Like the other day you see, we had one this journalist. He told me that his guru also talks about the centers. You see our books are available everywhere, anybody can copy that! But, he did not say anything about the three centers, three, what you call, channels. Nothing about Sahasrara. Was very amazing you see, part read somewhere, he had heard, and all wrong. All also very [UNCLEAR]. So, gradually I told him, that, how do you know that you are realized, from them? So he said: whenever I get heated up very much, I take his name and I cool down. So I said: do you know why you get heated up and why you cool down? Do you know that? have you any knowledge about it? That means you have to have the whole knowledge, about Sahaja Yogi. It's not just your guru does this and your guru does that, it's not [UNCLEAR ok]. He was just shaking before me. Then, he said I should feel like these two, the way they feel I would like to feel. But I said; you have to grow, otherwise how do you feel? Also he told me that his guru didn't take any money. I told him because you are a journalist, that's why he didn't take any money from you. But he will use your journalism. And he understood.

So, with them I worked it out very well and, he understood, you see, that, he didn't know anything. What was happening, you see, what were the chakras. He didn't know. He just knew, written of type, that these are the chakras.

But he didn't know, what was wrong with him, what chakras he was catching, what others were catching, doesn't know anything. Then, that really convinced him. Convinced him and, he said: "[UNCLEAR just] Mother, I don't know anything".

All these things you must be careful about. And, when you talk to them you should be gentle, and gradually you should convince them. And you should not use words like "you are possessed", "there is bhoot in you". Or, anything like that. On the contrary, you encourage them and say that: "it's alright, it will all work out, I know it is going to work out".

See, you see, the conviction will come to them through you people. They should see how you behave, how you [UNCLEAR get through], all these things you see, [UNCLEAR] make them understand that, these are some, better people there are.

So you have to be humble, quiet, and allow the leader to tell you whomsoever has to face whom. I'm happy that [UNCLEAR], they agreed to drive to stay here. Because he knows the language and, he knows the people here. Then they will find how nice you are, how sweet you are, and how you do, behave towards others. The whole concept, of a person getting realization, will be evident. They'll see that.

So when you have your follow-on program, you should not wear saris, to begin with. But wear your normal Chinese dresses, so

that, they won't feel that you have changed, you have given up, something. They might ask you, you'll maybe, your experiences, then, you have to tell them very frankly, honest thing. I leave you to your wisdom now.

I am very very much thankful to you, for being so much, in Taiwan. And, also for [UNCLEAR giving out] so well. I have the, I mean, I had to do some shopping for the presents of Sahaja Yogis, and, I've been busy with that. but on the whole, I [UNCLEAR did] enjoy my stay here. [UNCLEAR]

So if you have any questions, ask me.

Yogi: Shri Mataji, I have two questions. The first one is: how can we be a real qualified Sahaja Yogi or Yogini? The second question is: sometimes we've got problem, how can we, according to Sahaja Yoga method, we, bandhan or say mantras but the problem exists, then, what kind of attitude should we have? Just be patient or [UNCLEAR]

Yogi: Basically he has 2 questions. One is how to be qualified.

Shri Mataji: How to be?

Yogi: Qualified, qualified. To be a good Sahaja Yogi. Secondly, when he has some problems, how [UNCLEAR]. [UNCLEAR a problem he cannot solve]. Usually he bandhans, say mantra. But the problem won't go away.

Shri Mataji: The thing is, you see, first question is very good: How to be a good Sahaja Yogi? You see, our basis fundamentally, is love. So, you have to develop, your, dimension of love. You shouldn't pay too much attention to nonsense, you should not get angry. That is possible with, by, [UNCLEAR] yourself with the ice, on the liver. Taking out the heat, also is the head [UNCLEAR over there]. With all these things you see, you can be in the center. You'll be in the present. And then, once you are in the center, you, ascend very fast. Now the second question, as you asked. What was it he said?

Yogi: How to deal with the problem that...?

Shri Mataji: Ha? Ha! Problem! See, the best way when you have a problem, don't think about the problem, but try to become thoughtlessly aware. So you see, you see the problem, very clearly. Then you have to just ask for help [UNCLEAR in person]. You can tell on the photograph: that Mother this is your problem, solve it! What else?

Yogi: she says, as a seeker of the truth, she understood the seeking is truly is love. Seeking love. Is there anything else?

Shri Mataji: No, you see, the love is the truth. Supposing you love somebody, then you know everything about that person. In the same way, love itself manifest, the truth. So you are seeking the truth which is love, which is Divine love. Then you discover, different types and different hues of [UNCLEAR that track]. [UNCLEAR], [UNCLEAR what's within you?]

Yogi: He says, he thanks Shri Mataji coming to Taiwan and, everybody enjoy, and Mother's love for us, and he, he would like to request Shri Mataji to bless, there is two Yogini, they are pregnant.

Shri Mataji: Good!

Yogi: And one of them is his wife!

Shri Mataji: May God bless them! That's alright! Very good! They'll be getting some very nice Yogis as children. You may enjoy their company.

Yogi: What's the next question?

Yogi: He is worried about his death!

Shri Mataji: Death?!

Yogi: Anyway! He says, he says, a Yogi, when he die, he should be buried under ground. But there is such [UNCLEAR].

Shri Mataji: [UNCLEAR]

Yogi: And, what to do with [UNCLEAR] relative which is already buried, already buried, already dead. What to do with those dead people? Those relatives.

Shri Mataji: You see if they are Sahaja Yogis they are our relations. If they are not, they are not our relations. They are only our relations when they are Sahaja Yogis. You will realize this very soon. Otherwise they are not. One Sahaja Yogi died [UNCLEAR]. Very old man. [UNCLEAR] he died in Mumbai. And his son came and told me we had so many relations, and only the Sahaja Yogis came and helped and took his body and with all the respect and put him, there, I mean he was buried like that.

Yogi: How to use Shri Mataji's vibration in our chakra, to manifest?

Shri Mataji: you see actually; photograph is the best way, for the right side or for the left side. You get the vibrations from me and, that will work out wherever you come from.

Yogi: Jai Shri Mataji!

Yogi: I want to ask Mother, to, to give us, name. My husband, me, 2 boy and this one also!

Yogi: she want to request Mother to give name for 2 children and, for also them, and also the one in the, inside the stomach!

Shri Mataji: They're already blessed! With such nice children. What do you want?

Yogi: There were some Yogi, they, they practice TM. But, they come here once a year and they want to get Mother's vibrations. How do we communicate with those people?

Shri Mataji: See they are like that, poor things, you know. They don't know they have to do it, much more than anybody else. Somebody has to tell them [UNCLEAR they] cannot get rid of that.

Yogi: He knew this is practice TM. He always like to touch him. His body is [UNCLEAR] and he doesn't know how to deal with that.

Shri Mataji: You should say: "You shouldn't touch me". Tell him. They are very funny. Poor thing they suffer so much.

Yogi: He says if, what should I do if he touch me. Already.

Shri Mataji: Keep yourself in bandhan, yourself.

Yogi: He's got bandhan.

Yogi: She is a masseuse. She touch people's body. Her job. What she has to do?

Shri Mataji: She should take bandhans, quiet a lot. And then give bandhan to the patient also. Then good. When [UNCLEAR]

somebody wants to massage me, I also take a bandhan [UNCLEAR].

Yogi: She has a good friend, [UNCLEAR]. Good friend.

Shri Mataji: [UNCLEAR let it go]

Yogi: And, she said how do I help her?

Shri Mataji: Has she got children?

Yogi: Yes.

Shri Mataji: She's alright. Don't worry. Normally magician's children don't get [UNCLEAR].

Yogi: the children was born before, before, divorce and the marriage and, I mean [UNCLEAR] she went to practice rajnish.

Shri Mataji: How is the child? How is her child?

Yogi: They are separated; father is taking him.

Shri Mataji: So she's, she's alone now.

Yogi: yes

Shri Mataji: Father didn't go [UNCLEAR]. He's alright, [UNCLEAR more about the child]. For rajnish they have to work very hard. Both the hands and the [UNCLEAR].

Yogi: Shri Mataji you mean [UNCLEAR]

Shri Mataji: [UNCLEAR]

Yogi: He says, for pregnant persons, that, should they start to educate the children?

Shri Mataji: [UNCLEAR]. [UNCLEAR they should mediate]

Yogini: ... Sitting I meditation, we have some catches. Is it the same thing, when we are in the street maybe, we have some catches [UNCLEAR] the chakras open or, something happen.

Shri Mataji: You just listen.

Yogini: I said, when we are sitting on mediation, sometimes we feel the catches, whether on the fingers or on the chakras. Does it mean the same thing, as when we are in the street and we feel something there? We, do we need to explain it all the time? Or we should give it to you? I mean, maybe this a catch because of this or this is a catch because of...

Shri Mataji: You should not think about these things. Thinking will not correct it. If you feeling pain, just put your hand there.

Yogini: ok.

Shri Mataji: If it is on the left side, put your right hand. If your left side, on the right side, put your [UNCLEAR left]. You don't have to think about, just put your, automatically later on you'll do.

Yogini: And sometimes I feel like pain, blocked here. because I think too much and I'm so anxious and the ...

Shri Mataji: You must forgive, you must forgive. If you feel it here that means you are not forgiving. Let's go and [UNCLEAR see] now forgive. You can say Lord's prayer.

Yogini: And should I, mediate lot's [UNCLEAR often], on the left or on the right? Because, I feel, sometimes hot here. but I don't know, really.

Shri Mataji: wherever you feel [UNCLEAR], hot means is something wrong, with your [UNCLEAR side] it is. And that's how you can treat yourself. But if you get alright, well and good. First of all, you just sit on the ground, and put your left hand towards the photograph [UNCLEAR you see] put the right hand on the Mother Earth [UNCLEAR you see]. [UNCLEAR, firstly you should]. If it's not getting the cool breeze, then you put on the, candle. And then you sit on the chair with the water, and just put the hands towards the Mother Earth. Now to start with, this hand like this. If you start getting cool breeze on your right hand, then your both sides are alright. Now you can put the candle, also you can put both the hands towards the photograph, and put both the feet in the water.

Yogini: And there is a, also a question about introspection. When we do introspection, what should we...?

Shri Mataji: No. I didn't mean that introspection is your, mental activity, is not the point. Introspection means going to thoughtless awareness. After realization. Because, this is sometimes, when you are in thoughtless awareness, you get the inner thoughts, the inspirations, by which you know what's wrong with you. And the Divine help. Don't analyze your, I didn't mean that. Means that you just say that [UNCLEAR I introspect myself]. what am I doing wrong? And suddenly you get some thought coming up. If there is no thought coming up that means you are alright. You are just doubting yourself.

Yogini: And the last question Mother. Because we, I, I'm sometime thinking about, which type of job we can do to be a best Yogi. Because, I've studied in business, and I want to open a shop. So is it good for me or not?

Shri Mataji: [UNCLEAR Is the money sufficient for your shop?]

Yogini: My father will help me in that.

Shri Mataji: Ha?

Yogini: Yes.

Shri Mataji: [UNCLEAR]

Yogini: because some people told me, maybe it will take me a lot of time.

Shri Mataji: No no no. You can. You can do a shop. Doesn't matter. Is that the selling, [UNCLEAR] selling agent. That's the selling agent.

Yogini: Ok.

Shri Mataji: So you can get things and sell them.

Yogini: Ok.

Shri Mataji: We can do [UNCLEAR]. There are many Sahaja Yogis [UNCLEAR] selling agents. I had put all the money, every capital and all that, and, we paid the rent, and, then I pay them. Compensate the rent from them. But they get 10% for selling.

Yogini: Thank you.

Yogi: He said, during this meditation, he saw Mother, [UNCLEAR he thought Mother is] on his head. And he actually can see Mother is talking to him. Is that correct?

Shri Mataji: Ha?

Yogi: He can see Mother.

Shri Mataji: Is alright. Seeing is alright.

Yogi: But also he get a voice.

Shri Mataji: You see, seeing is not being. You have to be. In a dream if you see me, is alright. But, when you are awake and then you see...

Yogi: During mediation.

Shri Mataji: His close his eyes then?

Yogi: He, during meditation he, [UNCLEAR] Mother on top of his head. And he actually communicate with Mother.

Yogini: Sorry, Mother, I think that he imagines. He tries to imagine it.

Yogi: He is mentally talking to that image as a method of meditation. He tries to imagine You here to give vibrations. [UNCLEAR] automatically comes to him.

Shri Mataji: [UNCLEAR no that's alright] but he should not, sort of, he can always talk to me [UNCLEAR]. I mean there is no harm in talking to me but. But, it should not be imagination sort of thing. In meditation one should be silent. After saying all the mantras and talking and all that, then you should get into the silence.

Yogi: Is it correct to do this method, to come into thoughtless awareness or?

Shri Mataji: Or?

Yogi: To imagine you have your, Try to imagine you in the Sahasrara?

Shri Mataji: It's alright you can imagine that way. But what I'm saying you should go into thoughtless awareness. Shouldn't talk at the time. [UNCLEAR]. Not even mantras are needed. If you are deep down, then you just [UNCLEAR are] thoughtless awareness and, you don't even say anything [UNCLEAR].

Yogi: [UNCLEAR] about the same subject of meditation. Many Sahaja Yogis listen to music to meditate.

Shri Mataji: What he said?

Yogi: Many Yogis are listening to music to calm, to [UNCLEAR], to get into meditation.

Shri Mataji: See, somebody else is singing is alright. But, you see, if you are saying things to me, if your atten... That means you are on a mental level na? You have to go beyond mental level. Meditation is. But when you meditating you don't want to hear anything, nothing. I mean if you have reached that state. But just silently one with that. But with the music, what happens that, you are led to that silence. But just listening is alright. just listening is alright. [UNCLEAR] I mean, there should be no reaction. When there is no reaction, then you're in thoughtless awareness.

Yogi: Second question sorry.

Yogi: Second question is about the light. I find difficult to mediate, when there is strong, too much light.

Yogi: [UNCLEAR YOGIS TALKING]

Yogi: To mediate with a strong [UNCLEAR] light.

Shri Mataji: One should not have always strong light.

Yogi: Is it alright to meditate in the darkness? With a candle light

Yogi: Just the candle light. Is Ok?

Shri Mataji: Ha?

Yogi: Only a candle light.

Shri Mataji: Alright, just so that you can see my photograph. I too, don't like this light very much. I, my eyes got spoiled because of the [UNCLEAR] lights that are throwing on me. But now they say there are cameras, we don't need all this photographs. I mean, all this light for the photograph.

Yogi: She dreams, she dreams about Mother once. And Mother [UNCLEAR informed her], she should become vegetarian, for, for 6 months! She follow it?

Shri Mataji: Has she got liver? Might help her. She might be able to give up on meat.

Yogi: Better for her?

Shri Mataji: [UNCLEAR] better for her. If you have liver, is better.

Yogi: He ask, his dream is about, [UNCLEAR], is that real Mother?

Shri Mataji: What?

Yogi: If they dream about Mother, is that a real one?

Shri Mataji: Good. To dream about me is good. [UNCLEAR] deep down, in Sushupti. You'll be in that dream, is very good.

Yogi: Sometime, she hear a voice coming from far away and coming across to her.

Shri Mataji: [UNCLEAR what sort of?]

Yogi: Sound waves; some kind of sound waves.

Shri Mataji: It's alright.

Yogi: It's alright.

Shri Mataji: But not some words.

Yogi: It's just like a, sound waves keep coming.

Shri Mataji: She can put some oil or something once. Maybe garlic. [UNCLEAR just].

Yogi: He is, during meditation, his eye was open but he can see the light [UNCLEAR] in front of him.

Shri Mataji: Saints. They are the saints. Source [UNCLEAR are] the saints.

Yogi: He just saw the light from, from Shri Mataji.

Yogi: In the beginning, in Sahaja Yoga, before he went to India tour, he joined the tour. In a dream he saw, he saw people, stay in the line. And he feels that those people just, pass away people. Pass away. Dead already. But he was, giving flowers to everyone of them. But in India tour, he was doing the same thing. That how he dreams.

Yogini: No, in Indian tour we want to go to the school and the people give us a flower. He is now getting the flower. No. He get the flower. The Yogis pass the...

Yogi: Who gave the flower?

Shri Mataji: [UNCLEAR now everyone]. See dreams, always get little bit mixed up and misunderstood you see. So, [UNCLEAR] sometimes, I bought a black purse for myself. Because I have to go to dinners, this, that [UNCLEAR] I should have a black purse. So my daughter dreamt that I, got a black purse for her. I said no. it's for me because, I have to go to dinners, I have no purse left now. You people have taken away [UNCLEAR all]. See, can get misinterpreted.

Yogi: [UNCLEAR]

Shri Mataji: little bit [UNCLEAR].

Shri Mataji: So now, I take your leave. And, they are having my Birthday Puja. After that, of course, you know Ganapatipule is there. But also there will be Pujas in Cabella. This time, 6 of them at least [UNCLEAR]. And [UNCLEAR because] people. See, for people from Taiwan, it's a big concession. You just ask I don't know. It's 200 Rupees or? 200 Pounds?

Yogi: [UNCLEAR] concession when many people went. Because, some people went for half price, for the whole tour. They went for the whole tour for the half price. But not all of them but half of the people.

Shri Mataji: Ah, for the whole tour, half. For the...

Yogi: [UNCLEAR]

Shri Mataji: [UNCLEAR]. Maximum expense is in Ganapatipule. That's one thing. So for the whole tour it is, [UNCLEAR]. Only for

that. Because expense is almost in Ganapatipule. Marriages. It's quiet a...

Yogi: India tour money to be around, Yogi [UNCLEAR]

Shri Mataji: [UNCLEAR what is ah] Russian don't pay a single pound, or anything. [UNCLEAR] I have to pay you. They don't have any [UNCLEAR pence]. So I have to even pay them pocket money about 1000 Rupees, 2000 Rupees and [UNCLEAR]. Easter block, all of them. South America. 300 Pounds will be, into 150. 1500. Ah, 15000. I hope you'll come...

Yogini: [UNCLEAR He's got a, brought something, please Mother]

Shri Mataji: But, is very interesting I mean if you can afford it, he'll tell you, about last time it was so nice. [UNCLEAR tell him about]. Very good I think.

Yogi: [UNCLEAR We talk people about the tour]. [UNCLEAR We can repeat].

Shri Mataji: Really it was, wonderful. This year, now we are thinking of, going to [UNCLEAR Banaras], to Ayodhya, to [UNCLEAR]. To Buddha's place.

Yogi: Shri Sita's place. Shri Sita [UNCLEAR].

Shri Mataji: So the tour is, tour is [UNCLEAR you can't] [UNCLEAR] trains and busses but Ganapatipule is alright. Tour is 1000 [UNCLEAR miles]. And because of the tour money we can [UNCLEAR] you know all these, people who come absolutely free. And also I save money because, I made Ganapatipule, I've made so many places like this. Delhi Ashram, then we have, school, then we have Vashi. And so many lands I've got. Also in America I bought 114 acres of land. And one land I bought it near Cabella, another one. [UNCLEAR], another one. Near Cabella. So those pay for the whole tour, also, are helping in way [UNCLEAR if I had to say one name].

Yogi: [UNCLEAR]

Yogini: Mother, Mother.

Shri Mataji: Sahaja Yoga is not like other gurus who, [UNCLEAR], they just lynch you off. Those who can afford should cover full. Because there will be hardly 2-3 [UNCLEAR].

Yogi: She is going to international school.

Shri Mataji: what's her name? What class she is in?

Yogi: 12 years old. 12 years old.

Shri Mataji: Ah it's alright. you give me a list and I [UNCLEAR]. But, maybe [UNCLEAR]. Let us see. Whatever the situation is. [UNCLEAR]

Yogi: Meenakshi's school, international school start in April. But she can only go July. Is it ok?

Shri Mataji: School starting?

Yogi: School, International school starting at April. But...

Yogi: She says, the [UNCLEAR] starts in April but she wants to go...

Shri Mataji: No no no. Starts Earlier [UNCLEAR]

Yogi: But she wants to go late a bit when the Chinese school is finished.

Shri Mataji: [UNCLEAR]

Yogi: But will be very difficult to her because...

Shri Mataji: In any case she'd have to be [UNCLEAR] one year. But to get a visa, this that, this [UNCLEAR] take time. What about other children? Your children?

Yogi: [UNCLEAR] we can come to both Pujas in India. [UNCLEAR]

Shri Mataji: Ah go for Birthday Puja and we [UNCLEAR will accept him]. Is that alright? Come as tourist. But faster.

Yogi: [UNCLEAR] have a question?

Yogini: Please Mother. There is fellow in my country, a yogi. He wants to study medicine in India.

Shri Mataji: Who?

Yogini: A yogi in [UNCLEAR Cameron]

Yogi: There is a Yogi in [UNCLEAR Cameron], who wants to study, medicine in India. Very difficult.

Shri Mataji: Admission, is you have to have 94% pass. [UNCLEAR]. English educa... you see; this Indian school education is very high class. And some of the universities there also very high class. Like very good [UNCLEAR]. But [UNCLEAR they] pay a lot of money, either to get admitted, you have to have 94%.

Yogi: Very good.

Shri Mataji: 94. Or and also, for, even for, for, engineering, you have to have 92%.

Yogi: [UNCLEAR for several years] she has found breathing, on the chest.

Shri Mataji: [UNCLEAR]

Yogi: [UNCLEAR]

Shri Mataji: And what about your relation with your father? Not good.

Yogi: She already [UNCLEAR]. Before [UNCLEAR], she doesn't love him. Now she love him very much.

Shri Mataji: You'll be alright. But treat your liver. See, and we'll send some medicines for liver. Already you have here. already you have [UNCLEAR].

Yogi: [UNCLEAR] is a...

Shri Mataji: [UNCLEAR] already have. But ah, because you people eat too much of fish you know. That's why your eyes are not alright. [UNCLEAR] because fish it has phosphorous. It's very hot. Take to protein more, other proteins or carbohydrates. Vegetarian will be good.

So may God bless you all! If any questions are left, you can write to me. You are very nervous person I don't know what's the matter with you. He is very nervous.

Yogini: I don't know [UNCLEAR]

1995-0312, You have to have a desire to get this higher awareness

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12 March 1995

You Have To Have A Desire To Get This Higher Awareness

Public Program

KDU University College Hall, Petaling Jaya (Malaysia)

Talk Language: English | Transcript (English) – Draft

Public Program (Malaysia), 12 March 1995.

I bow to all the seekers of truth.

At the very outset I have to tell you that truth is what it is. You cannot change it, you cannot transform it and unfortunately, at this human awareness, you cannot know it. In the evolutionary process you have come to a state of human awareness. But at this point you do not know the absolute truth. If you had known the absolute truth there would have been no quarrels, no fights, no wars, because everybody would have known it.

Now whatever I'm going to tell you here today please do not take for granted. We've had enough problems with blind faiths. So whatever I'm telling you, you should have an open mind like a scientist and treat it, my lecture as a hypothesis. If it proves then you have to accept it as honest people. Because it is for your benevolence, it is for the benevolence of your family, it is for the benevolence of your cities, benevolence of your country and for the benevolence of the whole world.

We have to understand that we have problems because we try to rationalize everything with our mental capacity. Everybody has a different style of rationalizing but if you can go somehow beyond this mind then you can see the reality.

You have been told about this instrument that is within you, is all created during our creation. One by one we went through it during our evolutionary process. It's beautifully done and there is a power has been shown there which all of you have whether you're Hindu, Muslim, Christian, anybody. This is the power which has to give you your second birth.

So what is the truth? The first truth is that you're not this body, this mind, this intelligence, emotions, your ego or your conditionings. But you are the pure Spirit, you are beyond this. So you have to become the Spirit.

Another truth is when we see these flowers so beautiful, very beautiful they are, then, we do not think even that it's a miracle to have these different flowers with different colors, hues and different fragrance. Who does this work? Who runs your heart? If you ask a doctor he will say it is autonomous nervous system. But who is this "auto"? That is the Self, that is the Spirit. When we talk like "My hand," "My body," "My head," "My emotions," "My intellect," but who is the owner of this "My"? Is your Spirit.

There is such a seeking in modern times. I'm really surprised, because all these modern lifestyle has given us a kind of illusions. We live with illusions and once we discover these illusions we get very frustrated. In Sanskrit it is called as Brandhi. It's not only that Indian saints have talked about this. Also Tao, Tao of Lao Tze. Chinese know about it but they just don't know what to do. For Japanese there was Zen who has also said the same thing. I'm not saying something new to you.

This work of giving awakening to this Kundalini was just like a seed, you put it in the Mother Earth, it sprouts. How? Because the seed has built-in capacity to sprout and the Mother Earth also has built-in capacity to sprout. So it is spontaneous. Sahaj means born with you. Saha is with, Ja is born. Also it means simple. It's born with you, spontaneous happening that should take place, is your birth-right as seekers. Of course you cannot force on people. You have to have a desire to get this higher awareness.

This Kundalini is your Mother. She is your individual mother and She knows everything about you, about your past, about your

aspirations, everything She knows. Like a tape-recorder She has taped your life, of many lives are there. And She's anxious to give you your second birth, very anxious. And now when you are seeking the truth, She works it, spontaneously. It's a living process, like we put the seed in the Mother Earth and it works. We don't pay any money to the Mother Earth for that, do we? So first thing we should know you cannot pay for this. It's your birth-right to get it and you will get it tonight.

So I have to tell you also about people who have commercialised because they know there are people who are seeking. They're commercialised and they're trying all kinds of tricks which is absolutely absurd. As a Mother I have to tell you the truth. For example, I went to Chicago and there was the head of the Hare Rama. He was wearing a dhoti in that cold, severe cold and he had shaved his head. I asked him, "Why are you wearing dhoti in this cold, what is the need?" He said, "My guru has told me if you wear a dhoti you'll get your Nirvana." I said, "Really?" In our country, India, at least eighty percent people wear dhotis. If they get Nirvana then where will you be? Then I said, "Why have you shaved your head?" So he said, "I've shaved it because again my guru has said you have to shave if you have to take Nirvana." On this, Kabira, a great poet has said that by shaving your head if you can go to heaven what about the sheep which is shaved every year twice? All such things, you see, "You go to Himalayas, you stand on one foot," or die there. They started also something called Shambala that you go in the Gobi Desert and you get Nirvana. In any case if you go in the desert you'll die, what is there? Then there are people who are now saying that you can fly at three feet height, imagine. What is the need to fly at three feet high, I can't understand. As it is, in this Kuala Lumpur, there're so many cars that it's very difficult to go even for a small distance, you know, and if you have these people going about at three feet, what would happen? There is another one who gives diamonds, this that, now he's exposed, thank God, because he used to mesmerise people. Another one is now teaching people how to move pendulum and he's made lots of money. I was in Washington, they came and said, "We have lost Mother, all our money, what to do." I said, "For what? For this moving pendulum? Have you come on this earth to move pendulum? Is that the value of your life that you lost all your money, everything?" So here the seekers are earnest and they're trying to seek. Here there's a market of these people who are commercialising and we start following them because, I think they're stupid, that's all.

The greatest number of stupid people I've found in America. They're really idiotic. They take to all kinds of nonsense, and they accept it. They're supposed to be very developed. I think they have no wisdom at all, and then they come to Me crying, "Mother, this has happened." I said, "But why did you do it?"

So one has to understand that something has to happen to your awareness. It's not just, "I believe in this, I believe in that." No. You have to believe in yourself and you have to know everything about yourself. This is very important that we should understand our own value. Otherwise anybody can exploit you. Because now you have money, you've cars. They see this, they want all that. So money has nothing to do with spirituality, God doesn't understand money. He doesn't understand banking and all that. See that is your headache. You have created money.

All right, so now when this Kundalini rises, what happens? First thing is that She nourishes all these centres. And these subtle centres are for your physical, mental, emotional and Spiritual being. Complete benevolence. But when they go into jeopardy then you create problems. It helps physically very much.

In India there are four doctors from university who have done their MBBS, have got their MD in Sahaja Yoga, MD in Sahaja Yoga, for curing some incurable diseases. But people get cured just like that and I was amazed that in Russia people are sixty-five percent extremely spiritual. They're not materialistic, they don't want material things, they're not. Their government said, "All right you take your flats and look after them, you take your houses, look after them." They said, "No no, we don't want, you better look after them, why should possess a headache." Sixty-five percent. And they understand spirituality very well, very well.

All the developing countries like India and others are, we're now trying to make money. All right, not that you should not make but also you must have a balance. You must know the bad effects of money. See America is what? Sixty-five percent people they say will become schizophrenic, means half-mad. In India we don't have half-mads. We either have full or no. But in America you have. They're all right, suddenly they become mad. The again they're all right, suddenly they become mad. All funny diseases. Then they have AIDS and all sorts of diseases they have.

So one has to understand that this kind of progress, imbalanced, has not brought any happiness to people. There are more diseases now than they were ever before. So it is important for us to see. Supposing somebody goes and falls into a ditch. So we should see, he's fallen into ditch now, what should we do, how to protect ourselves. So with this happening, physical being gets completely corrected. Many incurable diseases, blood cancer, all kinds of diseases are cured with this. But in getting cured you also get other things that is complete mental peace you get. Many mental cases have been cured, many mental cases. Some of them were also people, children who were suffering from, handicapped and also some were mentally handicapped. All these could be cured, not that all will be cured but all these problems can be cured in a person. With your own power you are the doctor, you're not to pay for it, it's your own power that will cure. People don't believe it because they have no faith in themselves but it's a fact I'm telling you that it works.

Now when this Kundalini rises what another thing She does is that She gives you complete peace of mind. How it happens like you're standing in the water, you're afraid that you'll be drowned with the waves. But supposing if you get into the boat then you don't mind looking at those waves and enjoying them. But supposing you know how to swim then you can just jump down and save people. This is exactly what happens in Sahaja Yoga.

We are all the time thinking about the future and the past. We cannot be in the present. So we are jumping on the cusp of these thoughts which rise fall, rise fall, rise fall, we're jumping like that. In between them there's a little space, a pause where there is peace, when you are in the present. Future is over, it doesn't exist and past we don't know. But we are all the time jumping with these thoughts. So when the Kundalini rises She elongates these thoughts, elongates. And by elongating these thoughts, She creates peace. And we become absolutely peaceful. Then we become the witness; the whole thing looks like a drama. You are out of your problems so you can solve them. And with this peace you become very dynamic but very peaceful. At my age as you know, all of you, seventy-two years of age, I'm travelling everyday, practically third day, fourth day I'm out. But I'm peaceful, I never think I'm travelling; I think if I am sitting here on a sofa, there also I'm sitting.

So this thinking stops and you become thoughtlessly aware. In Sanskrit it's called as Nirvichar Samadhi, where there is no thought but you are absolutely aware, very aware. Your memory improves, if you see something, I'm seeing these flowers, now it's all in within Me, the joy that is within these flowers starts trickling down. Now supposing this carpet is beautiful, I look at this carpet, thank God it's not mine otherwise I would have had a headache, to insure it, to worry about it, this that. So I look at it and the joy that is put inside this by the artist in a subtle way starts pouring down Me, I become absolutely filled with joy of this creation. So you become thoughtlessly aware and then the real inspirations come to you. And you're dynamic at the same time. Your attention now becomes enlightened by the Spirit. If the attention is enlightened then what happens? This attention works. Sitting down here you can find out about anyone you want to. On your central nervous system you can feel it, the centre of that person, you know the chakras which are catching and you know what's wrong with that person, what's going to happen.

If you know how to correct yourself, your own chakras, you can correct the chakras of others. So then you also put them into proper shape and life becomes very beautiful. Your attitude towards life changes, towards your relationships, towards your society and then you start understanding what wrong we have been doing. It's like this. Supposing I have a snake in my hand. It's all darkness here and I'm very obstinate and you tell me that you have a snake in your hand. I will say, "No, it is not, it is a rope." Till the snake bites me I'll be holding on to it. But supposing there is little light, immediately I'll throw away. In the same way you give up all destructive habits. Overnight people have given up drugs, very surprising. Because you have the light and this light makes you wise. You get your wisdom. Then also we go to one extreme, to another extreme. Like you can see the Western culture is such that there's abandonment. You don't have to worry about anything, go ahead, live like a very licentious, permissive person, is allowed. It's freedom.

The other ones are, other religions are very strict. "You can't do this, you can't do this," this and that. These are two extremes. But with this you come in balance. You actually become religious. You become righteous. You don't do wrong things, you just don't do it, because there is light. This is enlightenment. You know about saints, how they lived. They were married, they had children. But what was their life? That's what exactly happens to you, that you become extremely wise and enlightened.

It is that on your central nervous system, when this Kundalini rises and pierces through, She connects you to the main. Like this instrument had to be connected to the mains, otherwise it had no meaning, no identity. In the same way you get connected to that all-pervading vital power. And then you start feeling the vibrations on your hand, of like a cool breeze. When it happens to you, you can ask any question. Like a computer, you ask any question, the answer comes to you, on your finger tips. So to know the truth on your central nervous system. Like we are human beings, all right. We know so many things. But say, there's a dog or a horse if you want to take him through a dirty lane, he'll go away, he won't think about it. But we can't go because our awareness is much higher. But with this we don't do anything wrong, just don't do it, because our awareness becomes much higher.

Then comes that in this enlightenment you see everything on your finger tips. You know everything on your central nervous system. This is what has to happen which is called as in Sanskrit, Bodh. Bodh, or wave from where, vida, means from where the wave word has come, and from Bodh, Buddha has come. So it not just a mental idea, it is not just somebody's thoughts that you are carrying. No, it is something that happens to you, actually that you can feel it on your central nervous system. This is what is Sahaj Yoga, means spontaneous union with the divine power. Now this divine power of love is, for your information, so this divine power is the ocean of knowledge, of absolute knowledge. It's the ocean of compassion and love. It is the ocean of miracles. Not this kind of gifting a diamond and all that. But so many miracles take place which are very different and people are writing books, on this I said, "Don't write to me, you can write it yourself," because so many things small and big they tell us. So in short you enter into the kingdom of God.

Now this kingdom of God is very efficient, very alert. And how it helps you, you'll be surprised in every day to day work, in your business, in everything. And the attention is so alert that there are so many artists who have suddenly become well known. You must have heard of Amjad Ali, Safar Hussain Khan, so many in India, Debu Choudhury, all these were ordinary artistes, have suddenly become very great. In Australia we have some painters who are now world-famous. Because your attention becomes very clean and pure, no more confusions. Confusions of modern times just disappear. And you start creating beautiful art which is appreciated. It's not grotesque, vulgar, but people appreciate and you get a name for that. I've seen people who are doing ordinary business have become big business. But they're very humble. They don't take to bad things, otherwise normally you give somebody hundred dollars, immediately he'll go to the pub, immediately. But then such a person who is enlightened has to do every day to day mundane work, his attention is absolutely pure.

Also, you'll be surprised in this attention your relationships with everybody improves. You can see a person have this. You don't have to give up your family, you don't have to give up anything. Also you don't have to fast for God, why should you fast? You can fast for your health but not for God. He's father, most loving father; He's Father of all the fathers and which father would like his son to fast because the son wants to meet Him? Absurd things. You fast and give all the money to the Brahmins or to the priests. It's all nonsense. There's nothing of this kind which is divine. Divine is love and love of a kind that makes you really enjoy a detached love.

Now the detached love is like this, that like a sap in the tree rises. It goes to various places and gives nourishment to different things and ultimately it evaporates or it goes back to Mother Earth. It does not stick to something. Supposing it sticks to something like a fruit or a flower the whole tree will die and the fruit and flower will also die. So we get stuck, you see, "For my children, for my sons, for my this," this is what people do for corruption, what do they do. What's the use, whatever you have to do it, you should do it for everything. It is a category of people, very selfish, they just don't do for anybody else. Some think better will do for their relations, some think better will do for their communities. But in Sahaja Yoga we work for the global peace.

Another point which is very important to understand that we respect all the religions equally the same. All religions came on this earth as flowers of spirituality, all of them. But then people plucked it, "This is my religion, this is my religion," and now they're fighting with the dead religion. Why should you fight in the name of God? Simple question. All over the world they're fighting in the name of God, it's very shameful. But once you become one with the Divine, you become one living organism like that.

We have seminars everywhere, even in India we have seminars, we get people from sixty-five nations and I've not seen anybody fighting or anybody saying even a bad word to somebody. Such respect, such love. It's a new world, it's a new age, it's a new race

that has to come. Such help, if something happens to somebody in Kuala Lumpur the whole of the world will try to help. All the people will try to help. It's such a one understanding that we are part and parcel of the whole. Then who's the other? Everything belongs to you. It's a great feeling, you expand and you'll be amazed once you get your realization, once you become Sahaja Yogi all over the world you will find your brothers and sisters, all of them. You're not small, you're not just for your family, your house, no, but you must expand and this expansion comes when you have the light of the Spirit. You don't have to pay or you don't have to do anything, just to feel oneness, it's very beautiful.

Now the another quality of Spirit is that it is the source of absolute truth. If they put hands towards like that and ask questions, for anybody, immediately they know, immediately, what's wrong with that person. Say if you take ten children, tie up their eyes, they're realized souls, you ask them, "What's wrong with this person?" they will all show the same finger. Supposing they show this finger, means he's something wrong with his heart and you ask the person, "What's matter with your heart?" he'll say, "How do you know?" You don't have to go for diagnosis, you don't have to do anything. You can diagnose yourself and you can diagnose other people. It sounds very fantastic but we are fantastic. Like if you have a television and you take to a remotest corner of a jungle and tell people that you can see hear pictures and everything, ah, they'll say, "What, this is just a box, how can you see?" But once you put it to the mains it starts working and it is so fantastic that these ignorant people are all so amazed, how it is working. In the same way, it works. So we have to know our own value. We have to know what we are. The greatest thing that happens that we jump in the ocean of joy. Joy is not like happiness and unhappiness. If your ego is pampered you feel happy; if it is punctured you feel unhappy, it's not like that. Joy is a feeling which is unique and you are just joyous, in joy within yourself. You've come here to enjoy, not to weep and cry and beat yourself, no. Your wrong idea. God who has created us is a very sensible person, isn't He? Why will He create us to be unhappy? But we in our ignorance and stupidity try to make everyone unhappy.

So this is the time, special time, I call it the blossom time where there are many seekers and who get self-realization. I was really amazed, of course in India it's growing very fast, no doubt, but in Russia, we have to always take a stadium where at least eighteen thousand people could be seated and it is spreading so fast all over. It's like one light which is enlightened, enlightens another light. Now that light which is enlightened, enlightens another.

I'm surprised to see so many Sahaja Yogis in this country because we started with two or three to begin with. And suddenly it has now become so big. You don't have to pay, you don't have to worry. You don't have to read also much about it. Because by reading also what people get conditioned, you know. Same Kabira has said by reading too much people have become stupid. I've met many like that. You talk to them, they'll tell you, "Did you read this book?" You read yourself, why do you want me to read all these books? It is spreading all over and it should spread here also and as it is, you are very great seekers, I know that and that you have come here all the way. I'm sure it will work out for you. But for that you must have self-confidence. You must have self-confidence, very important.

Another thing I confess I cannot force it on you because I respect your freedom, absolutely. It will take hardly fifteen minutes. But one thing, nobody should leave the hall when we are working it out. If they want they can go now but when people are working it out they should not disturb others.

Whether you sit away or near Me, you all will get your self-realization. It doesn't matter where you are sitting. The children can come in front, let the children come in front. If some people want to come in front, they can come also.

Now I have to tell you that there are three conditions which are very simple. One of them is that this all-pervading power is the ocean of forgiveness. So you have to forgive yourself. That means you should not feel guilty. On the contrary you should be very pleasantly placed towards yourself. You might have done some mistakes in the past; forget the past. What's the use of harping on it now? But if you feel guilty then you catch on this centre here on the left hand side which is very dangerous. This gives you a disease called angina, a kind of a heart trouble. Also it gives you spondylitis. Also it can make your system of your organs very weak. Also you can get cervical cancer. It's a very dangerous thing. So why should we worry about the mistake we have committed, finished now. If you were really guilty, you would have been in jail, you would not have been here. So be pleasantly placed towards yourself.

Now the second condition is that we have to forgive everyone, without even thinking about them. Whether you forgive or don't forgive, you don't do anything. But when you don't forgive then you play into wrong hands and you torture yourself, while those who have troubled you are happy. But at this moment very important thing is the centre on the optic chiasma is like this, absolutely constricted, and if you don't forgive it won't open and how will the Kundalini pass through? So only thing you have to do is to forgive, by saying, it's a mantra, you can call it, that, "I forgive everyone in general." Don't even think about it because it's a headache.

Third one is very simple, is that you have to take out your shoes, because in England, first time when I told them, "Take out your shoes," half of them walked off. That's why I'm requesting you.

As you know there are two powers, left and right and the central path of ascent. So the left, left side and right side being two opposite powers, one for desire and one for action, we have to keep our both feet apart. Those who are sitting on the ground are all right. Those who are sitting on the chair please put your both the feet apart from each other, that's all.

Now when we'll close our eyes, when I tell you, you can take out your glasses, when I tell you, not just now, not just now. Just now I will ask somebody to show you. Anybody, you can come. To show you how we will be nourishing, you will be nourishing your own centres.

So the first, we put the left hand on our left side lap, very comfortably. You'll get it very comfortably, I told you you don't go to Himalayas or anything, here you will get it. So now put your left hand on your left lap, comfortably. This symbolises one thing, that you're desirous of getting self-realization, Atma Sakshatkar. This is to express your desire. Now Kundalini is the pure desire while other desires are not pure. Because today we want to have, say, a house, then you want to have a car, then you want to have a helicopter, and it goes on and on, we're never satisfied. It's a, it's a economic law that in general wants are not satiable, that means they're not pure, that's why. This is the pure desire. You may be aware or not, but it is the desire to be one with this divine power.

So you put your left hand which is meant for the mundane desire, left side is mundane desire, by which you should desire to have your self-realization. And with the right hand we'll be nourishing our centres, on the left hand side. So we put our right hand on our heart. In the heart resides your Spirit; it's the reflection of God Almighty, while Kundalini is the reflection of the primordial feminine power. So you put your right hand on your heart where resides the Spirit. Now if you become the Spirit then in the light of the Spirit you guide yourself, you become your own master. So we take down our hand, in the upper portion of our abdomen, on the left hand side which is the centre of your mastery. Surprisingly, the centre of pure divine knowledge is in the lower portion of your abdomen on the left hand side. So then we raise our right hand in the upper portion of our abdomen. Then on your heart. Then in the corner of neck and shoulder and turn our head to your right. This is the centre which is in jeopardy when you feel guilty. Now, please take your right hand on top of your forehead and put down your head, as far as possible. This is the centre where you have to forgive everyone, please put down your heads, forgive everyone. Now please take your right hand on the back side of your head and push back your head. Here you have to ask forgiveness, for your own satisfaction, without feeling guilty, without counting your mistakes from all-pervading divine power. Now, please stretch your palm fully, like this. Now put the centre of your palm on top of the fontanelle bone area, the taloo, , which was a soft bone in your childhood. Through this bone, Kundalini emerges out. Now please put down your head as far as possible. Now important thing is to press back your fingers nicely so there's a good pressure on your scalp. Now please move your scalp seven times clockwise slowly. Push back your fingers, push back your fingers. Put down your head, please put down your head. Then you'll do it better, please put down your head. Now move it seven times slowly. This called as Brahmrandhra in Sanskrit language. Now that's all we have to do.

Now again see to it that you put your both the feet apart from each other. Put your left hand on your left lap and take out your spectacles now. You'll have to now close your eyes, not tightly but lightly as you sleep and please don't open them till I tell you.

Now take the right hand on your heart. Please keep your eyes shut. Now here you have to ask a very fundamental question about

yourself. You may call Me Mother or Shri Mataji, whatever you like. In your heart you've to ask three times, "Mother, am I the pure Spirit?" Ask this question three times. I have told you that when you become the Spirit, in the light of the Spirit, you become your own guide, your own master.

So now please take your right hand in the upper portion of your abdomen and press it hard. Here you have to ask another fundamental question about yourself. "Mother, am I my own master?" Ask this question, three times, "Mother, am I my own master?" I have already told you that I respect your freedom and I cannot force the pure divine knowledge on you. You have to ask for it.

So please take your right hand in the lower portion of your abdomen on the left hand side, and here you have to ask six times because this centre has got six petals. "Mother, please give me pure divine knowledge." Ask this six times.

Now, as soon as you ask for the pure divine knowledge, the Kundalini starts rising. So we have to nourish our higher centres with our full self-confidence. So raise your right hand in the upper portion of your abdomen on the left hand side. Here, with full self-confidence, you have to say, full self-confidence, "Mother, I am my own master," ten times. "Mother, I am my own master," ten times. I've already told you that you are not this body, this mind, this intelligence, these emotions, this ego, these conditionings, but you are the pure Spirit.

So now raise your right hand on your heart and here you have to say again with full self-confidence, twelve times, "Mother, I am the pure Spirit." Please say it twelve times.

I've told you this all-pervading power is the ocean of knowledge, ocean of bliss, ocean of compassion, but above all, it is the ocean of forgiveness. And whatever mistakes you might commit, all can be dissolved into this ocean of forgiveness. So forgive yourself and put your right hand in the corner of left shoulder and left neck. Press it hard and put your head to the right. Here you have to say with full confidence, sixteen times, "Mother, I am not guilty at all," sixteen times, "Mother, I am not guilty at all." Please put your head to your right, turn your head to your right, please. I've already told you whether you forgive or you don't forgive, you don't do anything. But if you don't forgive, then you play into wrong hands. And at this moment, if you don't forgive, this centre won't open and you won't be able to get your self-realization. So it's very important at this time for you to forgive everyone in general, not to think about it.

So now please put your right hand on top of your forehead across and please put down your head, and here not how many times but from your heart you have to say, "Mother, I forgive everyone, in general." Please put down your head, that's very important.

Now, without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from the all-pervading divine power. So now please put your right hand on the back side of your head and push back your head, push back. Here you have to say, again from your heart, not how many times, "O Divine Power, if I have done mistake knowingly or unknowingly, please forgive me."

Now, stretch your hand, the palm, fully and put the centre of your palm on top of the fontanelle bone area which was a soft bone in your childhood, all right. Now again please put down your head and you have to stretch back your fingers. Here again, I cannot force self-realization on you. So now move your scalp slowly, seven times, saying seven times. "Mother, please give me my self-knowledge, self-realization," whatever you want to say. Please say it seven times. Move your scalp, please. Not the hand but the scalp because you put, push back your fingers otherwise it won't move, push back your fingers to give, no no, push back your fingers, means outward, push back outward. (Shri Mataji blows into the microphone).

Now please take down your hands and open your eyes, slowly, you can wear your glasses. Now please put both the hands towards Me, like this. Some of you are already feeling the cool breeze but don't doubt. This is the cool breeze of the all-pervading divine love. All right, let's see. Now put your right hand towards Me like this. Right, and put down your head and see for yourself, if from the fontanelle bone area, you're getting any cool or hot breeze-like vibrations. Just put down your head and see for yourself. Sometimes people get it close, sometimes nearer. It's coming out of your head, don't doubt. It's coming out of your head. All

right, now put the left hand towards Me. Now with the right hand, please see if there's a cool or a hot breeze-like vibrations are coming out. Put down your head, but one thing is there, if you have not forgiven yourself or not forgiven others it will be hot. So please try to forgive now. Now some people get it very close, some get it far away so move your hand and see for yourself.

Now please put your right hand towards Me again and with the left hand again you see on top of your head, if you're getting any cool or a hot breeze-like thing on your hands, on your palm. All right, now please put both the hands towards the sky like this and push back your head. Here again you have to ask one of the three questions I tell you. One question is, "Mother, is this the cool breeze of the Holy Ghost as described in the Bible?" This you can ask three times, otherwise you can ask, "Mother, is this the all-pervading power of divine love?" that is, Ruh, as described in Koran; or you can ask, "Mother, is this the Paramachaitanya?" as described in the Indian scriptures. "Is this the Paramachaitanya?" Ask anyone of these questions three times. Now, push, come down. It's all right.

Now please put both hands towards Me like this, and watch Me without thinking. You can do it. Now all those who have felt cool or hot breeze on their fingertips or on their palm or out of their fontanelle bone area, please raise both your hands.

I bow to you. The whole of Kuala Lumpur has got it, I bow to you. Your saintly life has started but you must value it, you must grow. For that we have a centre here, centres everywhere. Please attend, you don't have to pay, again and again I am telling you. But respect your self-realization. You have to become like trees now. I hope all of you will take care and look after your self-realization.

Thank you very much. Now enjoy yourself and enjoy everyone.

I'll come next year again.

1995-0313, Talk to Sahaja Yogis

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13 March 1995

Talk to Sahaja Yogis

Shri Saraswati Hall, Kuala Lumpur (Malaysia)

Talk Language: English | Transcript (English) – VERIFIED

Talk to Sahaj Yogis, Kuala Lumpur, Malaysia, March 13th, 1995

So yesterday you had so many people, most unexpectedly, and I was discussing as to how will you have your follow-on programme. How will you do that? Because every house at most, thirty, even if you have: ten houses, you will only have [space for] three hundred. So these ten houses, which are the ten houses? Raise your hands, I would like to see. All right.

Now near your house is there any hall? [Near] your houses? It's better that you book a hall. All right? Later you can also charge the people for the hall, doesn't matter, they can pay. All of you should book a hall close by. All right? So that when people come in you can make them sit there. Because I don't think you can manage with thirty people coming in your house and the rest will be standing outside. So the best thing would be to find out some hall which is close to your place that will solve your problem. All right?

Already we are so many.

So today I'm going to tell you what we have to do in dealing with these people, it's very important plan. First of all, you must know that they have come for the first time for Sahaj Yoga. And Sahaj Yoga is the power of love and compassion, not of fighting or arguing. Supposing somebody is arguing too much, then what should you do? You should just give up. They cannot understand Sahaj Yog with the argument, because it is beyond the mind. If somebody argues too much or speaks too much, just keep quiet with them. They cannot explain to a person like that, you will just have an Agnya and all that from that one.

Now somebody who has been to some guru or somebody, you should not say that, "Your guru was bad!" or anything. But you can say that, "I was also like you but it will be all right!" something like that. That doesn't hurt them. Then gradually they will realise their guru was wrong. Now with some people, I have seen TM people are dangerous. They come to Sahaj Yoga but they seldom settle down. We had about two hundred people from TM out of which I think we have only five [or] six who have settled down. They are all the time troublesome people.

Some people are from this Asatya Sai Baba. They have mostly heart trouble or eyes. Their eyes are affected. That's how you should make out people: their eyes are affected. We have say, somebody from this Radhaswami — they have heart trouble.

So immediately you will know also: their left Swadishthana will be catching and their heart would be catching. So with these people, you should not argue or anything, just tell them, "Have you got these problems?" Then you will find people. I don't know which other guru has come here. Can you tell me?

Sahaj Yogi: Guru Maharaj

Shri Mataji: my goodness! He is a...he is now settled down with big money in America and he's married already but his disciples are absolutely useless. I mean, don't try them because they are brainless, absolutely! Which else?

Sahaj Yogi: Raj Yoga

Shri Mataji: See, this Raj Yog is a misnomer. What is Raj Yog, is like this: that when the Kundalini rises then what happens that

the centres open, to begin with, and then they close, to keep the Kundalini up there. So it's called as bandha. When it comes to Vishuddhi also, what happens first [is] the Kundalini rises, then the tongue is little bit pulled inside — you don't feel, Sahaj Yogis don't feel — and this is called as khechari mudra (). Khechari means it is pulled inside, khechari mudra.

You see these things happen automatically, like if there is a car. Now if you switch on the car it starts moving its wheels, its everything, naturally, there's nothing unnatural. So what these people do, they cut the tongue here, push it back, saying this is khechari. Now that has stopped because there was one organisation called "Self Realisation," they used to do that.

Then some people are doing 'bandha', but artificially. First the Kundalini should rise otherwise for which you are doing the bandha? So these Raj Yogis are doing artificial things. Supposing you start moving the wheel will the car move? Or you start moving one of the tyres or something. It will all be spoiled. It has to be, first of all, the connection, like the connection of the telephone. If there's no connection and you go on moving it the what? The telephone will be spoiled. All these prayers and all these things are like this.

In the same way [are] mantras. They give you some mantras somewhere, all kinds of stupid mantras. If your Kundalini has not moved out, if you are not connected, whatever you say mantra is useless, isn't it? There's no connection. But the mantras should be very scientifically said wherever necessary. For example, supposing it is stopped here. If you say the mantra of the Nabhi you are doing wrong. That is how their life is ruined, because they have spoiled their chakras. By saying wrong mantras they have spoiled their chakras. Their brains are useless! I mean, they cannot become good Sahaj Yogis.

So what you have to tell them if they have got this problem put your left hand towards the photograph with the light, put right hand here and they have to say, "Mother, I am my own master," ten times. If they go on repeating the [false] master will run away, the false one who is there.

So this is the problem with the left-sided people. Now left-sided people suddenly become also prone to cancer and all these psychosomatic diseases, so they should take all the time three-candle treatment. But it should not be taken as a ritual, it should be taken as bhakti, as a devotion. Otherwise, if it's just a ritual it doesn't work out. It's a bhakti, it is devotion. You have to feel that devotion within your heart and then you should do it.

Yesterday I felt very much the devotion of the people who were there. I felt very happy. I was very clear, I was very happy. Because the people who had come were mostly very clean people, they have not been to any guru, anything nonsensical; very nice people.

Now even if you have been to some guru it can be cleared out. But you must know that this guru has ruined your capability to become a real Sahaj Yogi. To become a real Sahaj Yogi you have to have a very clean mind and a very clean central path.

Now one should say also harsh things, "You're a bhoot!" "There's a bhoot in you!" "You are possessed!" Never talk like that. Sahaj Yogis must be extremely, extremely compassionate and kind. And don't argue, don't fight, nothing.

Every Sahaj Yogi must support another Sahaj Yogi.

You see, it's not that when there's somebody talking another Sahaj Yogi should go and support the person who is arguing. You must always support each other, because we are one, we are collective. Do you see the point?

So this one is a test also of our Sahaj Yoga: how we deal with other Sahaj Yogis. You have to respect them, you have to show compassion, you have to understand them, you have to have patience. If they have any questions you should write it down and we'll write to Mother, in case it is difficult. If it is easy you should explain to them.

But the argument should be avoided because you'll catch from them. All bhootish people argue, they'll start saying, "This is not good, that is not good," finding faults here and there. If you find anybody like that you ask him, "You get out of Sahaj Yoga! We

don't want you here." They're very troublesome people, so we don't want them. We want people who understand Sahaj Yoga and Sahaj Yogis.

They always find faults with other Sahaj Yogis, they find faults with Sahaj Yoga. All such people you should say, "You go to some journalist and join journalism!" They are absolutely useless and troublesome people. All right.

Now the second point, is very important, is that they have to recognise me. It's one of the main conditions of Sahaj Yoga.

So far they've not recognised any one of the incarnations, so far. And all incarnations tried their level best but nobody recognised them. But for Sahaj Yoga, in this modern Sahaj Yoga, you have to recognise me. It's a fact I am telling you, very humbly.

There's nothing. I don't want anything from you, nothing! I don't want anything. What is it? What are you surrendering? Is your ego. That's what Mohammed saheb has said — Islam means surrender. So surrender your ego. I am trying to tell you that when you surrender your ego you'll open out, completely.

Unless and until you can easily be, absolutely dissolved into the ocean of joy, you are not a Sahaj Yogi. If you are still dissatisfied, if you still think, "No, no, no, Sahaj Yoga could be better," this thing, that thing. It's nothing. You have to be better!

And as yesterday we saw so many people coming down, we have to understand our responsibility. You see, if I could do the work myself, I would not have come all the way to Malaysia and Australia. But I need you as channels for this energy. This energy has to flow through your channels. If the channels are defective, how can you flow the energy?

So instead of correcting others, instead of finding faults with others, you better look after yourselves. Your leader is quite capable, he can look after the people, he knows what's wrong with what.

The third thing is very important — that we respect all the religions. Not only that [but] we worship all the great incarnations and all the seers, prophets, with the same reverence. There's no difference.

For us every religion is great. But there are defects in every religion which we start seeing easily once we get out of this outside religion. Then we'll see what's wrong with this, and then we start understanding and then we start correcting it. Not only that but also when we see our own community, immediately you will find, for example, I was saying that Malaysians have too many cars, and every car has one passenger. So all the Malaysians laughed because they don't mind: that's a fact. So they do not identify themselves, they do not identify with their children or with their husbands or wife or anyone. They identify themselves with me, in Sahaj Yoga. So what is wrong in your community you should see. If you cannot see it then you are not a Sahaj Yogi. Because you are outside, outside that community now, you are a Sahaj Yogi. You see what's gone wrong with your community, where they went wrong, what wrong they did. And that's how you can really show them by your own behaviour. In your life, how you behave, how you talk, how you love others, how you respect others, is very important.

Your image is the one that is going to carry Sahaj Yoga very far. Just one article has brought so many people. Of course, forget about Australia, because Australia I have been going for years together and there's too much of Australia. But otherwise Japan or, say, other places I go to, here — Hong Kong, now tomorrow I'll be going to Thailand. I am sure we can never get so many people as we got here. We can say because there are so many Chinese and Indians who are culturally about the same people. It's very difficult to teach anything to these Western people. I used to break my hands, you know actually, because they are so conditioned, they have no tradition, nothing. But now they are changed so much, so much changed. They are such wonderful people, you know. I am going tomorrow to Thailand — twelve people from France are coming to help us, can you imagine? All the way they are coming to help people in Thailand. They have no relationship with Thailand or anything. So that shows that we have to help each other.

If you need any help — I told him that if you need any help in money or in any way, all the Sahaj Yogis will help. But have a proper things to do. And one can work it out. He said, "We are self-sufficient." Now you'll be much more than self-sufficient.

And if you tell them that, "We have to pay for this hall, all right, give one dollar each." They'll definitely give. "We are not paying for Self-realisation, for anything, we are paying for this hall." [Be] clearcut. One should be honest and clear cut. And say we are doing this for that. Because we don't have any guru business here, you see, they are all commercial people. What we need is a hall to meet every weekend. That you find out near your houses, all right?

Now, another thing is that I was saying that every month end or maybe two months end you should go out somewhere for picnic or something where you all should meet, that's how it has spread in Australia. If it is possible; or if you can meet in one big hall. But it's better to have a picnic-like thing with all the children there, food there, enjoying yourself for the whole day. You have such beautiful forests, such beautiful greenery here. You can go anywhere if you like and the company you'll enjoy is only of Sahaj Yogis, nothing else you'll enjoy, if you become the real Sahaj Yogi. Talk about this to your friends, tell them about this and try to get more and more people into Sahaj Yoga.

I think I was really so impressed yesterday. It's all due to your own great help, I should say, the way you have worked and brought it to that level. It is unexpected, absolutely unexpected and it has really given me the greatest pleasure.

Now if you have any question you ask me.

Yogini: Is there any swayambhu in Malaysia?

Shri Mataji: I don't know, I haven't seen any. Must be, they are everywhere.

(A yogi brings up a very large map of Malaysia to show Shri Mataji)

Yogi: A map of Malaysia, Shri Mataji.

Shri Mataji: Oooh!

Yogi: West Malaysia.

Shri Mataji: This is that? The whole of it?

Yogi: West Malaysia.

Shri Mataji: All right, should I put my foot there?

(Mother puts her feet on the map to vibrate it!)

Yes, good. It's sucking the vibrations.

It's not important, because swayambhu, only thing is, that it's created by Mother Earth spontaneously and emits vibrations. If you go there you can testify that it is emitting vibrations but it cannot cure people, it cannot talk to people, it cannot give Realisation to people. So you are much greater than a swayambhu, much more effective. What are these swayambhus doing for years together? Nothing! They can protect, of course, protect you. But they will always protect you as soon as you become a good Sahaj Yogi you are always protected.

Now the miracles are quite a lot. Also, I'll tell you about some miracles that have taken place. They are taking place everywhere. But [the] last miracle that I heard about was in Delhi, when one girl who was fourteen years of age, by mistake, put a revolver of her father here (Left Swadishthan), and she triggered it. And this bullet came out of here (right shoulder) with some blood and

there was a hole here, small (at her Left Swadishthan) and a big hole here (at her right shoulder) and she was quite conscious. So they took her to the hospital and she was conscious. They x-rayed her, everything. They were amazed at it, that this bullet has not touched any bone, any lung, any muscle, anything, no nerve. And as if with a [zig-zag] stroll like that, it came up. I think her, all the, Ganas must have helped to come and make it out. But it's a big miracle and it's a fact. So there are so many miracles like that happen suddenly you ask someone: spontaneously you find things, spontaneously everything works out and you are amazed how these things work.

Now, when this happens, you can write it down, you can send it over to people in America, maybe in India. There are so many miracles like that [which] are happening. But there are some people who start suddenly thinking that they are maha yogis, that's a very dangerous people. They start seeing things, they start talking big, they think, "I am a Maha Yogi." There was one who said, "I am Adishakti!" I said, "All right, you send him some of my saris, I have too many of them!" (laughter)

So there are stupid people like that also. They think they are something very great — maha yogis — and they start saying, "I am this thing, I am that!" It's horrible!

So, such people if you find, you should immediately let me know and also tell that person, "All right, you, Mr. Maha Yogi, please go away!" There are everywhere like that. They do all kinds of things and talk like this without any sense in their head. So you have to be careful about it, not to be impressed by such persons who says, "This is this, this is this." There is nobody like Maha Yogi in Sahaj Yoga, everybody is the same.

Yogi: Recently there was news from Canada stating that there is a little boy who has seen you through his meditation and he described about many...

Shri Mataji: He has not seen me or what? He's not seen me before?

Yogi: He has not seen you before.

Shri Mataji: Where is he, Toronto?

Yogi: Quebec, Montreal.

Shri Mataji: Quebec? I have not been there. But could be possible [that] he's a great soul. It's possible. If you see me in dreams it's good, very good, to see me in dreams. He must be seeing me in dreams, I think.

Yogi: He said that when he saw you, you mentioned that he was an angel before.

Shri Mataji: Could be. Now I give up! You see, so much is happening. Like we had some photographs taken in Jaipur. So I'm not there at all, I mean I'm just all vibrations everywhere, you have to see very microscopically I am somewhere, my face shows. These vibrations are, sometimes you cannot explain. Have you seen all the vibration photographs? It's so much, with deities sitting, this, that. And I give up now! Because this is all done by Paramchaitanya — It can do anything. These vibrations might appear in some mosques, in some temples, might.

Yogi: How do we ascend in our meditation beyond Sahasrara?

Shri Mataji: First fix it up, the one you have got it, all right? Now don't go on futuristic things [because] then you'll become Maha Yogi! (laughter) You grow automatically, spontaneously in a Sahaja way when you are in thoughtless awareness.

Try to increase that area — thoughtless awareness — then you will automatically grow. Does this flower think how to grow? No, it grows spontaneously, all right? In the same way, you will grow when you just become thoughtlessly aware.

And you will know your growth and you will become doubtless about it. All right? You can watch on my Agnya in the photograph, [and] can become thoughtless. Thoughtless awareness is very important for the first, to establish yourself. Once you start establishing thoughtless awareness the doubtless awareness comes in. And then you are just settled down with yourself, you don't think of future or past or anything, you are with yourself. All right? Real growth is natural and Sahaj. This is not artificially growing, isn't it? In the same way, it's a living process of growth.

(Question on the environment.)

Shri Mataji: No, we should be careful, at least as far as we are concerned you should be concerned about nature and we should be worry about it, no doubt. But as Sahaj Yogis, you will be amazed that environment clears, it clears out as Sahaj Yogis and you won't be so much affected by environment so much. It clears out environment also. There is one experiment Hamid has done, He's done it in Austria, where many trees were, had become dwarfed and burnt away, with this acid rain that comes from the environment. So he went there and experimented with some vibrated water. But [with] so many trees, he didn't know how much to put vibrated water for them. It worked a little bit. So then what he did, he took the badges you wear and pinned them on every tree; not every tree but every ten trees. So he said that he went after two months and he found the whole thing had come up except for the trees which were about sixty years were not responding so well, otherwise, every tree had become great. So you just can imagine what happens.

He also experimented for growing more wheat. So he couldn't put the vibrated water to the whole field, because [it's] very difficult. There's a pipe going like this. So what he did, in the pipe he put the ring that he was wearing with my photograph, and he experimented with that! Can you imagine? So it is very effective. But I think it's more your shraddha in that photograph [that] works out. But in India we get a kind of a doser, we call it, like a funnel it is, it has two sides in which you can fix the two sides of a pipe and you can put vibrated water in there. It's so remarkable that one of our fields had been put with the raw cow dung by somebody, and all the small little, all kinds of insects, they crawled up to the leaves and were eating them. So we put the doser and put the vibrated water — they all ran away!

Vibrated water is very good. Tomorrow I am going to leave vibrated water in NG's house, everything vibrated. But it depends also how you treat it, it's very important, with respect. Respect is very important in Sahaj Yoga.

If you do not respect that vibrated water it may not act because it thinks, vibrations can think. It loves and it thinks. You must understand this point, it thinks. And I have seen people who try to make some money out of me and they are absolutely in big trouble. I didn't give them trouble, myself. They are in big trouble. Anything they try to do to Sahaj Yoga, immediately they have some sort of trouble. I think these deities, when my attention is not there, try to do something to them.

So one should not in any way be disrespectful. And nobody should think that they have a special relationship with me. Some people think like that, that they have a special relationship with me! Such people will go off in Sahaj Yoga in no time. Nobody has special relations. I am alone.

So this idea, also, that, "I have a special relationship with Mother," all these things can be very detrimental to your growth. Now you have, in your houses, say a little gardens or one tree or something is a good idea, and put vibrated water. Also you can drink vibrated water. Take a little vibrated water and you can increase it in another bottle with other good water. But never put your hand into it. Just take out with a spoon which is kept separately for that. It's very important because everything has vibrations, bad and good.

What other question?

Question about havan.

Shri Mataji: Yes, havan is very good. Apart from the three candle treatment you can do also an aarti with the camphor, you can do

havanas — it's very good — but this is for the left-sided people, not for the right-sided people.

Yogini: Can Malaysians send the children to Dharamshala School?

Shri Mataji: Yes, why not? You can. But first, find out how many seats are there and this. It would be nice. Please send them. Everybody is allowed.

You have to pay, how much? You should find out how much to pay. It's not much compared to what we pay in schools, in Western schools or in Malaysian schools. It's a very good school, no doubt, it has changed the children completely, it has made them beautiful, no doubt. But only thing you should find out if there's a seat for the Malaysian children also.

You write to Yogi [Mahajan] or to Dharamshala school, you have no address of Dharamshala? Nobody has? NG has. You tell your leader and he can find out. You find out first how many children are going. He can telephone to Yogi. Yogi is nowadays in Delhi. And now if you have to send you to have to do it fast because they are opening after my birthday.

Do you need a visa for India? You need? Because you see these people started having visa for us, so Indians are vindictive now I think. They are after all Indians, why should they need. For no one, they should have visa business, nonsense it is. But still, the world has to be one.

What else?

Yogi: Shri Mataji. I feel that life is meaningless. I don't know what's wrong with me. (laughter)

Shri Mataji: Because you're not working for Sahaj Yoga! Your life is now for Sahaj Yoga. You dedicate it to Sahaj Yoga, that's why. All right? If you dedicate your life to all kinds of nonsensical things then you think like that. But if you dedicate to Sahaj Yoga then there's a meaning to it because now you have found our your identity. All right?

Yogi: How to give Realisation when we meet people somewhere outside?

Shri Mataji: You can do it, nothing like it. I have done it on stations and on the roads, today in the shop. But if you can do it properly then you do it.

Yogi: How to do it by talking to people.

Shri Mataji: By talking to people they will find you are very peaceful, you are very quiet, then they'll ask you, "How are you so quiet? How are you so peaceful?" And your face also shines, so then you should say about this. Especially if you are wearing my badge then they'll ask, "Who is this?" You see, wearing a badge is a very good way of propagating Sahaj Yoga, I have seen.

(another question about the photo/badge which is unclear)

Shri Mataji: No, you should put it here, why in the bag?

Not in your job but on the way going somewhere and on your table you can have it in your job. If they ask, "Who is this?" You say, "My Mother," finished! I look like Chinese, as well as I look like everything. When I am in Russia I look like Russians. When I am in Spain I look like Spanish. So it's all right. I look like Chinese also: in China, many people thought I was Chinese!

It's better to have a photograph when you are travelling around, also you are protected. People will ask, "Who is this?" You should say. But for job, you can have it on the table if you like.

Yogi: Can we give Realisation on the spot through ourselves?

Shri Mataji: So you see, what is it you should pray to me that, "Mother please give him Self-realisation," just. Finished!

Yogini: Looking at Shri Mataji's photograph Sahaj Yogini answered

'This is my Mother's photograph.' Then the person asked 'what is the difference between This Mother and your mother.')

Shri Mataji: There's no difference at all. You see, my own daughters are not as fair as myself and my own brother is very dark so you can't say. In India we have all complexions.

Yes, what is it?

Yogi: Mother, our previous life on this earth has it got any bearing as to what we are today as a Sahaja Yogi?

Shri Mataji: It has to begin with, you see you are conditioned by that. By your previous life, your karmas, you are conditioned, in the beginning. But the whole thing drops out, whole thing drops out. On the contrary, whatever good you were comes out. All bad things drop out. Supposing you were a seeker, you went to wrong people, you did wrong things, doesn't matter: all will drop out and your goodness will come out.

May God bless you.

Yogi: Shri Mataji I travel a lot in the car so I listen to your tapes. So when I stop the car can I stop the tape and continue with the tape on the onward journey? Is it all right?

Shri Mataji: It's all right. You see, you must only ask for forgiveness, that's all. Respect is the thing. It's not like other tapes, so you have to respect. Respect is the best way to grow in Sahaj Yoga, I have seen, respect.

Yogi: We have some news from India that the Sahaj Yogis of the world will be put to the test by Mahamaya this year.

Shri Mataji: Who told you that? They just create stories, you know, like that. On the contrary, it's very different this year — I must give you the good news that two people came to me for their blessings, you see, one was known as Mr Advani and his wife. They belong to the Bharatiya Janata Party. And then the another, Bal Thakrey, is absolutely at my feet. So they are both are now elected and this horrible fellow, the chief minister who was there in Maharashtra, Sharad Pawar, one of the worst — he's resigned already.

So now in Maharashtra, we have our own people. Not only that but the same party has come in Gujarat. Moreover, I am sure with this thing they will also succeed in coming into Delhi. Then we will have our own say, Sahaj Yoga will have its own say because I have given Realisation to both of them. So there is no Mahamaya testing going on. They just try to frighten you, you know.

I mean, it's your stupidity sometimes that people don't realise and do things which they should not. I do not want to test anyone. Say you are under my protection fully, but if you want to go away from my protection, I can't help it. There are negativities all around, they catch you. So it's not my testing, but it's your own testing yourself.

Delhi people just want to frighten you. They are very anxious that I should have my birthday in Delhi. All right. Now they are getting [T.N.] Sheshan, you know Sheshan? The fellow who was busy with the elections. He is going to come and speak for me.

He met me in a train and he was very sweet and humble. He touched my feet and he said, "Mother please protect me!" And now he's going to speak. So all such good people are coming up, so it's a nice idea. So Mahamaya is working on the other way round I think — getting good people here.

Yogi: Shri Mataji, you said that once you have ?? Sahaj Yogis people will come really from the outside. So with the idea of getting people from the outside, we arranged with South Indians...

Shri Mataji: Oh My! (Laughter) The less said the better! Terrible people! I have been to Madras so many times, you know. When I go there the hall is full. After that everybody disappears!

One Mr Murthy was there and he said, "Mother all the buddus (fools) are born here!" (laughter) I said, "Why?" They do all kinds of funny rituals, you see. They take out the hair of women, put the water on them, they roll them. These Brahmins, you know, terrible! They have befooled everyone there. They have befooled even the Brahmins! What to do?

I am trying my level best. I want to go Kerala also. We are trying. But last year I went there, I was very disappointed. And the Sahaj Yogis also, some of them are very funny, very funny.

It's all right, I think gradually everywhere it will work out. But, see, Punjab is growing so fast. They said, "You cannot control it's so fast!" They said, "This time Mother had to come to Punjab!" Otherwise, I will go to old Delhi. Then in North India, you will be surprised, in a place like Haryana where people didn't know who was Dattatreya — you know even in U. P. nobody knew Dattatreya — such Sahaj Yogis! There were thirty-five gates they raised for me on the road when I went there — thousands and thousands and thousands. In Delhi itself, there are sixteen thousand Sahaj Yogis. I used to call Dilli (Delhi) 'adilli' (dil means heart in Hindi this could be the reason) and now that has happened.

So you can't say, maybe some turning point. Bengal another place, I always have now my programme in a stadium. First time I went there in the hall there was only one person and all were looking at one tantrik who was beating himself like this. Now the same Bengalis you see, you ask them they said, "We're are bekip!" 'Bekip' means some guru has put something on their heads — all kinds. And when that was over now gradually, you can imagine in a complete stadium full in Calcutta.

I am surprised at Punjab also, how the Punjab has taken on. The last time when I went, of course, to Chandigarh the whole hall was filled — at least four times bigger than this Lala Lajpat hall. And Sahaj Yogis had to go outside and so many Sikhs came there.

Yogi: Mother, when I go into meditation and look at the photograph, I always cry, I don't know why.

Shri Mataji: You start crying. It's all right, it happens. You'll be all right.

You see, emotional things are there within us. Many people who see me, the first time they start crying, and I also cry with them. This is love for Mother. It's all right.

Yogi: I feel like touching your feet.

That is the conditioning that you want to touch my feet. My feet are everywhere, all right? The thing is if you touch my feet everybody will touch my feet. In the beginning I allowed people, so my feet swelled up like that, you know. And in Maharashtra then one gentleman he said, a leader, that nobody should touch Mother's feet, so they started beating him!

Indians unless and until they touch my feet they never feel satisfied. But you must have some mercy on my feet, you see. They have to do a lot of work. They get very swollen up.

Yogi: Mother, is vegetarianism conditioning?

Shri Mataji: Vegetarianism is not a bad thing, and it's not something punyavan (good deed) also. If you don't like, don't eat. If you

like it, eat it. But you shouldn't say that eating meat is a wrong thing because the animals are made for us. Everybody used to eat meat: Shri Rama used to eat meat also and also Shri Krishna, because they were kshatriyas, they were kshatriyas, are you a brahmin? You are what? Kshatriya? You are not a Brahmin? It's all right if you don't like, it is, you see, whatever suits you.

Now for me, I will be surprised, I can't eat vegetarian food, much. Immediately I will get diarrhoea. You know the Goddess has to have meat. Though I may like or may not like, I have to eat it, what to do? That's my swabhava (- nature).

Yogi: Mother, the mantras are sacred, but if they are pronounced wrongly, will it have any bad effects on the yogis?

Shri Mataji: It won't have any bad effect on you but you have to use my name with the mantra so that you are doing all right. Then nobody will trouble you. But mantras you don't say wrong mantras normally, but if you are saying something wrongly then better get it corrected. But my name should be there otherwise nobody will listen to you – it's a recommendation.

Yogi: Shri Mataji I have Shri Ganesh statue in my house. Now I have become a

Sahaj yogi so shall I give to somebody else?

Shri Mataji: (in Hindi) Keep it with you. Keep it as a hobby. It is a decorative piece. But do not perform puja because if it is made by Sahaj yogi then it's all right. That is why murti puja was banned. People used to make idols and earn money. If it is made by Sahaj yogi then it's all right, but you cannot perform puja mostly.

If it is swayambhu then all right. Keep the idol with you. You have several articles like pots. Keep this with them.

Shri Mataji asks whether how many are Hindi-speaking are over here and says - It is better to learn Hindi. Everyone knows English. Nowadays Gods also understand English. English has influenced us very much.