

## 1980-1113, Spirit is the purpose of life

View [online](#).

13 November 1980

Spirit Is The Purpose Of Life

Public Program

Stratford (England)

Talk Language: English | Transcript (English) - Reviewed

She [Maureen] has already told you, how it works out. Now what are we living for? You have to think about. Is it just for earning money, earning more, putting some money in the bank, or for the insurance? Are we working for that? If money was everything, then you would have been the happiest people here because even if you are not working, you can get money in England, no problem. But that's not the last thing. Those people who have less money could be much happier than the people who have money. Sometimes money can give you a headache, you see, and a kind of a intoxication.

Then what is it that makes human beings happy? When I walk on the streets, say, in the West End if I walk, I find the people in West End are not at all happy, while in East End they are happier people, no doubt, because perhaps they know how to live with little less than what is required. And all the West End people want to always have more and more than what they require. Perhaps, they are more worried how to get more things. East End I've been always visiting and somehow, I have a great faith that here in East End, one day it will come that lots of seekers will be born in this part.

As it is, I feel that human beings do not know one fundamental truth, that you are not determined, you are not designed for your physical, mental, emotional life. But you are designed for spiritual life. The whole design of the human being is created to enjoy your spiritual life, and not material life. This is the basic thing, basic thing human beings don't understand. And that's why, if they knew this fundamental thing, they would seek their Spirit first, and they would not seek other things. Because if that is the thing which is going to give us the complete enrichment and nourishment, and also the fulfilment, then why run after the things which do not determine our life?

All physicals – for example, this building we built, all right? Now, this building we built with stones and, say, mortars and other things, and electricity is put in, the lights are brought in, and the whole design is made. But why? Because there is a subtle purpose behind this building. If that purpose is not there, this building is useless. It will be just a haunting place. There would be no one visiting this place if there is no spiritual life, if there is no Spirit behind it. The purpose: the Spirit is the purpose. The purpose of human life is the Spirit, and not the purpose that we see.

Now what we do actually with ourselves is, that when the purpose is the Spirit, all of our energy we are wasting for something that is purposeless. Like, somebody who gets interested only in counting these pillars, what will you call him? Or who will start counting these nice fittings here. What will you call such a man? That, this is not the thing you are supposed to do here. What are you supposed to do here, is to come for the purpose for which this building is built. So, if you understand this fundamental thing, that the purpose of human being is spiritual, the whole universe is created to create human beings, for what? To get after these stones and the mortars? It is to become that Spirit, which is within you. So, once you understand our purpose, then we can talk about it.

Now, you may say that, "How do You say that it is the Spirit that is the most important? What is the proof?" You see. All the scientists may say that, "What is the proof of it?" Now with all your science, with all your advancement and all that so-called affluence, and all that human beings are so egoistically boasting about, I have yet to see people who are really happy in life. They are not happy. It's a very simple thing. I mean, you reach a certain conclusion then, that what you have done is not the purpose. If that was the purpose, there would have been fulfilment. That shows that that is not the purpose of your coming on this earth.

For example, somebody says, "All right, I want to have lots of money, lots of power and lots of enjoyment". But if you go and see

the face, face of that person, it looks like somebody who is worn out, who is absolutely like a dead personality. There's no joy on his face. He is not enjoying himself. See, the richest man on the earth, go and ask him. He'll say, "I've a headache. I don't know what to do with myself". All those people like that lady, wife of, say, Kennedy, just look at her. She's every time, whenever she has an interview, what she says is her hankering, her unfulfilled desires. She's talking about that. You see, Mr Ford who was a very great man, with lots of money, you go and ask him and he says that he doesn't know what to do with his money, that's all.

So, one should understand from this, that the purpose of the building of human being, is not the body, the mind, is not even the emotions. It is something beyond, which you cannot see. By coming here, you do not see the purpose of this building, do you? What you see exactly are these pillars, or these floors, or these roofs. But do you see the purpose of this building here? No. But is written somewhere: this is the purpose of this building. Once you see the purpose of this building, written somewhere, by some authority – has to be an authority – then you understand why you are here, and what purpose it is going to serve, and how you are going to work it out.

[Apart] I think they want to come in, is it? Are they wanting to come out? Yes, open the door. Or they want to run away. They are just having a peep in.  
Yes. May God bless you.

So, once we know that the purpose of our existence as human beings is the Spirit, the whole thing has been worked out on this principle that you are going to be the Spirit. You are created for that. Everything, everything that you do is for the purpose of the Spirit, and not for anything else.

There are so many ways by which you understand that the purpose of your existence, that determines your existence, is Spirit. For example, we have had people on this earth who talked of Spirit. They said, "You have to be born again to be the Spirit". They have talked, not only Christ, not only in India, not only in China. Everywhere we have been having people who have been saying that, "You have to know your Spirit". You have to have your Self-realisation. You are to be born again. Everyone is saying that. It's not only that I'm saying, but every one of them are saying.

Now, those who were fake people, those who came for a short time, those who try to put the attention on something else, were found out in no time. For example, Rasputin; he came in. He talked of lots of things. He is lost. Now nobody bothers about Rasputin. Then came, say, for example, Hitler. He came. People were enamoured by him, "Oh, Hitler is great". The whole nation was enamoured. All the nations, at that time, were talking of Hitler, thinking he was very powerful. When he died, people are saying he was a very, very cruel and a brutal person. He was satanic. So, they all get these brands. And these characters, or this type of people who came on this earth who were anti-Spirit, those who did not talk of the Spirit, died out. And though you may have made their statues or do anything, but nobody goes and bows to them. Nobody is bothered to know about it. They are finished. Nobody thinks that they were great or that they were of any use, or they are to be revered. So, a human being doesn't revere all such people. Now, we have so many statues in England. We have seen them. So many statues are there. Do you go and prostrate before them? You do not. We do not think that that is the worth of these big statues.

Once, I went to see a very big castle in India, in Agra, which is a very famous castle. And this castle was occupied by very, very big emperors, Mogul emperors who lived there, who built it. And they had huge, big retinue of servants, and other lords and all that used to come there and big, huge halls, beautifully made, with all kinds of mirror work, and what you call, the embroidered things and also, beautifully carved. Every sort of an art was there, working it, worked out, and which had made it look very beautiful and nice. And we all went there to see it as a tourist place. Everybody goes there to see that. And it so happened that we had a guide who was telling us and it became very late in the night. And it became absolutely dark. And we lost our way a little, and there was no light anywhere. It was all dark, completely dark, and we had to find our way out. And I felt, the whole place is just haunted, there is no one. There is no one who is, who is existing in that place, as if it was a dead place. And the whole place showed Me how these people were there living, in all lavishness, drinking, indulging into all kinds of vices, and very egoistical and arrogant and talking to each other with such arrogance. I felt all that they were there and all in the dead, and nobody felt that there should be one light in that area. Not even a single light. And somehow we managed, you see, to crawl out. And then we saw a little light flickering from outside.

So, we went up to that light and we saw it was a little light was coming through a door that was closed. And we opened the door and we thought we were out. We knew that we were outside of the castle. And that light was on a grave. And we saw that there was a man near the grave. So, we asked, "Whose grave is this?". He said, "He was a Fakir. He was a Realized soul and he was a great Fakir and this has been here much before this castle was built, and every night we put the light for him. All the time, there is light for him on this". And the name of the thing was also- he was so ancient, that they did not properly know the name of that Fakir. And I felt the vibrations of that place: it was tremendous like this [unsure]". And they said that people just come here and touch this, and their problems are solved. And it's such a beautiful place. It was desolate, in a way, that it was not so decorated as it was. But in the night, it was lighted. That shows that which is the place which has an eternal value, is the purpose, purpose of life, and the purpose of life is Spirit. And that I could see, there, just in a very small little corner. Outside that castle was that grave of a man who may have been a very small, tiny, miny person, the way the grave was. And here is the light, burning. For ages now, nobody knows; but there is the light.

There are so many other ways that by which human beings have to realize that it is the Spirit that we have to achieve. We are made for the Spirit and not for the other things so-called Worldly, they say. All the universe and universes were created only for creating a human being, who would ultimately know his Spirit. Why now going to the Saturn? And then they go to the Moon, and they will go to all the places. But what about going to your own Spirit? When are you going to go there, which is your purpose? Is it your purpose to go to the Saturn? What are you going to get out of it? They are spending such a lot of money, and so much they are launching and all that. I just laugh at them. What about seeking your Self, which has been told by so many people? These are the people who are truthful, who have shown us the true, path of truth, and they have told us, "We have to seek your Self". They were not lying us. They were not telling us false thing.

But what I find, when their disciples come in, when they're – I mean, you see, the people who are their followers, they come in, what they do is to start a kind of a cult, or a kind of a so-called religion, which stops the seeking, first of all. The first thing they do is to freeze your seeking completely. I mean, I can't understand. For example, Christ has said, "Seek here your Self. You are to be born again". I mean, He said it off and on and off and on. And I would like to know, which church does that?

Same about Indians. In India, this thing – I mean, if you read any book which is scripture, they say that you have to seek your Self. You have to get your 'Atma Sakshat kar', means your Self-realization. That's the aim of it. But what they do is the so-called Brahmins and so-called people in charge of so-called Hindu religion are teaching nothing but ritualism, some sort of a nonsense which has no meaning at all.

Same about Islam. You can see the fanatics, terrible fanatics coming out of it. How can religion create fanaticism? I just can't understand at this level of mind ! But I do not know how people explained it! You see, for Hindus, their gods are the highest. For Muslims, Mohammed is the last. For Christians, Christ is the only One. I just can't understand how can they say such a nonsensical thing. From where did they get this idea?

Just to fight with each other, they must find out some way. And I think the reason must be that people always unite if you have to hate someone. If you are to love someone, then people never unite. So, it's better to say that, "This is the best", so that the rest is all nonsensical. And you take something like the best and hold on to it, and just start to propound it as, "This is the best. This is the best," and that's how you will all unite in it. But all of them are the best. Which part of your body is not the best? They are all flowers of the same tree. And while we are just plucking them, and holding on to them, and say, "This is the best, and that is the best, and the one you have got in your hand is a dead flower", the living force is in the tree, in the Tree of Life, which is described. Where is the seeking gone? The seeking is lost, because such a clamp has come.

Now when a man starts thinking, he starts thinking, "Oh. God! These people! They talk of God; and look at them, how they are. They are so money minded. They try to own the properties, this, that. How are, where is the Spirit?". And so they go against, and they think, "Oh, this is all nonsense. There cannot be Spirit", you see. So, a new type of people have started saying, "There is no God. There is no Spirit. It's all nonsense. These people are just trying to make money out of us. They are parasites. So, forget them". Both are equally wrong. There is God. There is Spirit within us, and the time has come for us to know the Spirit. This is

what I've come to tell you here. Of course, some of you have been with Me for days together, as Maureen has said, that she has found something. What has she found? It's her Spirit. She, like many other young people, have been really of the category of seekers. There are real human beings who are seekers. I mean, they are born like that. They are seekers. They are not seekers of anything else but of Spirit. Perhaps they do not know, but they are that category, that they are seekers. Even if they take to drugs or to anything, they do it for the sake of seeking. And there are many, many young people in every country.

We had one from Algeria, a young fellow [Djamel], who came down here, who got his Realization. He went back and told about five hundred young people, who were very well-educated and all that. He told that, "There is a Spirit within us". Because they are denied, all these young people are denied. They said, "Look at these mullahs. What are they doing? They are teaching us fanaticism. They are teaching us destruction. How can there be God? How can there be Mohammed and all that? It's all nonsense. We don't believe in religion." And they had taken to communism. Some of them have become so violent, and there could have been anything like a national front sort of nonsense or some sort of a thing like that. And these people, when they heard him saying that, "There is the Spirit. There is the God and you have to find him", they were amazed because this boy was an aeronautic engineer and they were surprised how could he say such a thing. They turned round and they also found it. That is how all these differences are going to vanish, because Spirit is the universal Being within us. We become the Spirit. It's the question of becoming, not just giving you a sermon, calling you, "Here. All right, come and confess and then take one bread and finished." It's something that really has to happen within you.

Now, as I said, the whole construction has been done with the full understanding that you have to become the Spirit. So, don't you think that even human beings who are quite confused, when they build something, they never forget the purpose of the building. The whole universe and this earth that produced human beings, the whole creation, has been for the purpose of making you know your Spirit. Do you mean to say that all is going to fail? That it has not worked, nothing within us?

It is you who is going to seek, and you are the one who are going to - sort of - oblige God, by seeking Him? Is it that He has not made all the inner arrangements within you, by which you get it yourself? After all, He has made you a human being, isn't it? Or you have made yourself? I mean, you don't see any man making himself a human being out of a monkey. He has made you a human being, and He is going to make you something higher. You cannot put in any effort into it.

As Maureen has said, that we understand only physical yoga. I don't know from where this nonsense has come in the West that yoga means only physical exercises. I mean, I don't know if people in the West are going to join a circus or some sort of a cinema show, that they are all the time busy doing all these acrobatic, useless things, thinking that they are going to meet God. This is to be understood that through physical being you are not going to meet Him.

Many people have an idea that if you give some money to someone you can, you can get God. Many people are like that. There are so many foolish people. Even in England, there was a guru (rajneesh) who said that, "If you give me a Rolls Royce I'll come from America", and there are such stupid and naïve people that they starved themselves and got a Rolls Royce for him. He has already fifty-eight. They bought one more for him, and he came down here and they gave him the Rolls Royce. And when people said, "What's this nonsense going on? Why should you give him these Rolls Royce to get the Spirit?" She said, "He gives us Spirit and we give him just a metal". Now, can you exchange this?

For example, now, you have built this house with all these things. By building all these things, do you create the purpose?

First, you have to have the purpose. You have to create the whole building, and then achieve the purpose. That is the way the pattern of the whole creation is. First, is the Spirit. Then the whole body and all that is created. Through your attention, you have to know the Spirit. It is that way you are created. And the whole pattern is made inside your being, which is placed in the spinal cord of a human being, which shows how he has evolved, and all that is not here to show you, but these people can give you some charts and things for the new people who are here, and most of you know all about it, as she has told you.

But now, the trouble I find with human beings is that it is very difficult to convince them. I mean, they want to be convinced. For what? I just don't understand. What do you want to be convinced about? You are not paying any money here. There's no shop to convince them. I mean, it's like the thing I should convince that, "This sells better", or, "That sells better". Just, you have to ask for

it. That's the vicious circle. They don't want to ask for it. They think I should fall at their feet and say, "Oh, please take your Self-realisation", they cannot understand something that is beyond, beyond your power to achieve it. So, once you know that, then you have to ask, isn't it?

Supposing there's a rich man. Well, this may, people may understand, a very gross example. Supposing there's a very rich man and that there's a man who is not rich. Now, he goes to this very, very rich man and he, he wants the rich man to convince the very ordinary man. For what? The other fellow wants some money. Now, what should he convince them? I mean, if you want to have the money, then it is you who has to ask for it, isn't it? Or the person has to convince you, "Oh, please take the money. I beg of you. Please take it. I love to give you money." Do they do like this? It's a very gross way, but you understand. The other person who is spiritually enjoying, doesn't want some, that he wants that everybody should enjoy. Because he's not a moneyed man; he is a person with compassion and love.

So, because of the compassion and love that he has – he has or she has – the enjoyment is not complete unless and until you give it. And that's why such a person wants to share it. The difference between a moneyed man and a person who is spiritually very much endowed is this, that one wants to share and give, and without sharing he is not happy. It wants to create a way of sharing. And that is the reason why such a person may sound convincing. But actually, it is you who has to ask for it. You have to get it.

Now, there are so many ways by which one can try to convince. And that conviction is this, that you see with your naked eyes the pulsation of the Kundalini. Some of you who have come very recently may not have seen, but all of you, those who are been with me now, have seen the pulsation of the Kundalini in the triangular bone. They have seen this power, this residual power, pulsating, with their own eyes. They have seen the pulsation rising. They have seen the pulsation entering into the fontanel bone area, and they have seen the baptism acting in the actual, real living way. That this portion becomes very soft, and then you start getting the cool breeze of the Holy Ghost flowing from your hand. This is what should happen to us. Without that, all, everything that we have done, all God has created, is all a waste; it's useless; it has no meaning. It's foolish, stupid, I feel sometimes, the way people are wasting their time and wasting their energy. Once you get that, once you get to that, then the rest of thing works out, beautifully.

Say, a place - I would give you another example of a Prime Minister who died in India. And, somehow, I happened to be with them because my husband was his Secretary. So, I, we went through the whole thing. And in India the custom is to put all the remains in a big pot, and they take it around. So, because he was Prime Minister, they put that in a very nice, big jar, or you can say, the water carriers, huge big, two water carriers made of nice metal, and inside was put all the remains of the Prime Minister.

Now, the train had to go from Delhi to Benares, to immerse that in the River Ganges. On the way, it was quite dark and it was very, very cold. It was the month of January or February – February, it was – when we were passing through that cold weather. And the people were standing on the road. I mean, we should say, they allowed the railway lines throughout. Imagine! From Delhi to Benares, at least it must be, it is at least six hundred miles or so. Not a single place was there where there were people who were not standing, to see what? He was not there. Nothing. They could only see those vessels. That's all they could see. I mean, there was nothing to be seen. But they were all lined up and they were also coming and falling to grab those two vessels that were there. There was nothing else. His remains were also inside, but they were going to that vessel that they could see, because inside was the purpose of it.

Now, when we went to Benares, the thing was all immersed into the River Ganges. The thing was washed with that water and everything was cleansed out and they took out these two big water carriers, these vessels, outside. And then I was amazed to see that they were pushed on one side. They were lying somewhere and there were two bhoots were standing on top of them and nobody even noticed where they were lying. Nobody bothered. It had no purpose any more. It's finished. It's done. Nobody is bothered, where they're lying, what they are doing. Nobody's bothered. On the way, imagine! On the six hundred miles, it was completely covered the whole night, people were standing even with lanterns, to see that, just to pay homage, to what? But the purpose!

There is a Spirit within us, which understands the Spirit of that. Once that is lost, it's nothing to be seen. Nobody's bothered about

it. Nobody even looked at it and there were bhoots standing on top; they were under the bellies of the bhoots there. I just smiled. I said, "Look at this. It has lost its purpose. It has no [unclear]". Are we leading our life the same? We have to find. Are we leading our life without any purpose? But once the purpose is found out, then the whole universe starts working because you are designed for it. So, the whole universe starts working for that design, and then you get the blessings of various type. Every type of blessing, and that is what virtue is. Then you do not become over-rich, no. That's not the blessing. But you become as rich as should be very satisfying to the Spirit. Then you become a satisfied soul. And the problems are solved. Every sort of problems are solved.

But so many Sahaja Yogis feel that Sahaja Yoga is for solving problems, all which are of a very mundane type. Sahaja Yoga is for giving you spiritual life. It's not for solving the problems. But as a result, the problems are solved. As a result you get all right. Your health improves, of course. You give up all your bad habits and all that happens. I mean, it's a tremendous thing, and all the transformation starts flowing. It just works out that way. Because, see, tomorrow this place can be absolutely vacant. Nobody could be here. It's useless. There's no lights, nothing, nothing. But then the purpose is, supposing of this, to have a meeting. Everything goes up. Lights go up. Everything's spread out, everything clean, everything is all right. In the same way, once you have your purpose established, everything that is topsy-turvy, in confusion, this way or that way, gets into its proper shapes and you get transformed.

Now, there are many people, like Maureen, who are here, who were all lost people. I should say, really lost. And they found their way. But to them, also, they must understand that the Spirit is the most important thing. Not the other things, that all our problems should be solved if you are with the Spirit. You see, people start, you see, so many people get jobs. They get money; they get lots of success in many things. They get married; they get children; they have blessings, this, that. But still, they don't understand. This is happening because you have become one with the Divine. The Divine is giving you blessings. Still, they do not understand that. That is the thing. Immediately, if supposing, something goes wrong with someone or something, "Oh, look at this Sahaja Yoga. Still with Sahaja Yoga, it has gone wrong".

Because, after some time, your testing starts. The Spirit starts testing. It gives you certain temptations. You have seen, even Christ had to go through, who was Spirit Himself. He had to go through the temptations of the Satan. So, the temptations come in to see how far you are. Then people start saying, "Oh, look at this. This is going wrong with Sahaja Yoga; this is going wrong with Sahaja Yoga." According to some of the - even Sahaja Yogis, who are just half-way baked, I would say, they are not yet fully mature - they want a ship to be built, beautifully, then to be launched. But the sea has to be absolutely smooth, you see, absolutely smooth, and the ship should just go balancing. It should not face the sea. Then how do you prove it is seaworthy? The seaworthy ship has to have the facing power, of all kinds of storms. Here, you are not to see the storms. You have to see the quality of the ship it is. You have to find out what is the quality of the ship that is being now evolved, transformed. Is it facing? And that's why people fail in Sahaja Yoga, also. Of course, with this being the real thing, it has to be very few.

Today, we went to the market to buy some things, and even woollen, real woollen clothes were very few. So, I thought something is happening, even in Sahaja Yoga, the same way. It's been too real. It starts with few. I started with, I think, six people only. One of them was Maureen or four, yes. Then I started working out. Now you have seen in East End, how many people have come. But these one or two, whatever it is, the number, is going to start. And once it starts, because it's a living thing, if they work it out with that understanding that you are for your Spirit, they will start working it out within themselves. Then they would like to share it with others. Once they start sharing, it starts expanding and increasing and improving, because that is the purpose.

What is the purpose of this Kali [Yuga]? It's is to get enlightened. Once it is enlightened, then what does it do? Nothing. It does the purpose. It gives you the light. Finished! Then the purpose is filled and there's no more seeking. It just gives the light. And that is what it is. But the trouble is, human beings have really, some of them have really spoilt their being quite a lot, within themselves. Through the tensions of life, through the whole ideas about life, through their old indulgences, I would say, through ignorance, following wrong type of people, filthy things, going to wrong sorts of life, there are problems within you. Doesn't matter. When the light is there, you see the problems very clearly, and you know also how to cure them and love. But remember, you have to be the Spirit [unsure]. That's the main part of it.

So, gradually, the Spirit itself shows, through your collective happening, that you become collectively conscious. The thing starts

flowing in you and you start feeling on your fingers where are the problems and these are decoded nicely in Sahaja Yoga, and you know that, if this is catching, then that is, means you have ego. Now, if you have ego, what to do, how to get rid of it, what to say, is, you know, how to work it out.

Now, ego is something. Normally, if you say to somebody, "You have ego", he'll give you another punch to prove that he has a big one.

[Laughter]

But the Sahaja Yogis are different type. They'll tell you, they come and tell Me, "Mother, please take away this colossal ego I have, this trunk. Because you start seeing it as a separate thing. You do not think that you are 'ego'. You say, "Oh, this terrible thing, please take away". Or, "This I don't want". So, this Mister Ego vanishes, but in the beginning be careful; don't tell anybody, "You have ego". We have other names, you see, code names for that. Otherwise, you will be punched, you see, very nicely, you'll have a black eye. [Laughter] You need to be careful. Gradually the same people, when they improve, they start finding out about others. And there are ways, you see, nice, with the Sanskrit. You see, it's a very good way that the Sanskrit words are there, so that nobody knows what's the meaning of this and you cure the people without they knowing about it. It just works out, you see. Like children, if you have to give them castor oil, you put a coat on that and you can manage it. It's like that. So, it works out. It changes you completely, transforms; it has to transform you. After all, it's such a dynamic thing.

Now, there's no end to it. I would say that just now only thing you should ask for is Realization. Get it; work it out, but just don't slip. It's not like going to Hamstrich, shopping, something, and then throwing it somewhere and getting another thing. It's not a fashion or anything. It's a steady stream of spiritual life which you should have. Without that, nothing is important. Everything is a waste. It's a wasteland, and if you have to understand the meaning of your being there, you have to get your Self-realization; you have to get it.

First, the people who are ardently seeking will get it, not the people who are not seeking. Those who are seeking other things, might get. Some people who are sick might get well, finished. Some people who are seeking, say, mental, this thing, they will be all right, finished. But, those who are seeking the Spirit will get permanently everything else, plus the blessings of the Spirit, which is your purpose of life. Thank you very much.

May God bless you.

[Apart] Could I have some, small.

So now, those who are new, for the first time, please raise your hands. No, not you. You have been to me before. Those ones. One, two, you have been? Yes, three. Now.

And we have all of them who are Realized souls. Can you imagine? It's a good thing. Is he feeling? [Hindi].

Just put your hands like this. Just like this. Put your- both the feet, straight on the Mother Earth. Just like that.

Close your eyes, please. Please close them.

All of you, close your eyes.

[End of audio]

## 1980-1116, The New Age, Plaw Hatch Seminar

View [online](#).

16 November 1980

Talk to Sahaja Yogis

Plaw Hatch Hall, East Grinstead (England)

Talk Language: English | Transcript (English) – VERIFIED

Seminars like this are very useful, because then you can pick out people who are very seriously interested in Sahaj Yog; who are dedicated, who have passion for Sahaj Yoga, who feel that it is the most important thing of life.

Now, you must have realised that you are the people who are the men of God and women of God, and that you have to be prepared to take this banner of new age, of transforming Sahaj Yoga into Maha Yog, into a vast area of spirituality.

You are the channels and you are going to generate this energy through you. If you were just channels then your responsibility would have been much reduced.

But Sahaj Yoga: it's a very different type of a living process. Perhaps you might have noticed it: that once you receive your Realisation firstly it starts transforming you, firstly. Then it starts transforming other people. By your presence you start transforming the other people. By your existence, you start transforming other people. You start transforming the atmosphere. The subtler problems of negativity, they all work out.

Like a tree, when it is blossoming, the fragrance of the blossom creates a different type of aura around itself [such] that it attracts all the bees around to gather the honey. In the same way, when a person is realised, is enlightened, the aura spreads and you start getting people attracted towards you.

We have to remember a few points about Sahaj Yog. That you receive the light first. The second step is that you generate the light. It is never done in any other process that you generate the light, on your own, with your will, with your understanding, with your freedom.

For example, a tree may give rise to seeds and seeds might become trees, but seeds do not regenerate, they do not have a will. Because here the seeds are human beings.

Only the human beings have the will. Now you being enlightened with your will, with your will you can regenerate, or you would say, you can generate on your own, Sahaj Yoga, to go further. It's a very subtle understanding: that when a light comes into this candle but it cannot regenerate of it's will any other; somebody else has to take it to them. So your will is very important in Sahaj Yog: what do you will. That is very, very important. Now will does not mean desire. Will means desire put into action.

So what you do is to desire and then you put it into action. You can do it. First of all we have to know that we must have desire. That is there no doubt: you are categorically seekers. I mean you are that category. You are born as seekers. You cannot get out of it. You are seekers. Whatever may be your problems, from whatever source you might have come, whatever mistakes you may commit, but you are seekers. Seekers are seekers.

For example in this room if you see how many lights there are: at the most 6, 7, 8, 9, 10, 11: in both the rooms put together. In this room only five.

Everybody is not a light. You are the light givers and it is going to work out through your will. So how powerful our will should be! How dedicated we should be about our will, that, one has to know. You have to fathom out that will within you.

Once you start doing this Sahaj Yoga, then you recognise how important is Sahaj Yoga that it gives a real meaning to the whole Creation in the eyes of God and Divine power. That has to work out. That's the purpose of life.

And surprisingly it is left to your will, not to my will. I have no will, I have no action. So it is your will which is going to work it out. So you have to dedicate. And now you have to weigh yourself: "How much I am willed?"

The seminars help you to see how much you really will that Sahaj Yoga should be successful. This is the second point. To make it successful what should we do? We must understand the basics of Sahaj Yoga and try to see within ourselves: do we understand the basics and do we have those qualities by which we sustain those basics?

The first basic of Sahaj Yoga is that you have to become your Spirit so that your body emits the powers of Spirit alone. This is the first basic of Sahaj Yog.

So far, in all the religions, all the great books, even Bible or Geeta, it is written that you must have faith, you must have faith. 'Faith' word was never clarified in any one of these books and mostly people thought blind faith is the only way to believe - is to have blind faith. It should have been clarified. But it was kept a vague term as 'faith'. They do use 'blind faith' and faith.

So the people started working it out. For example you are walking on the road and you say, "I was thinking of God and suddenly I found a gold ring so that my faith was substantiated that it is God who has helped me to get the gold ring." Or say that there was a divorce on or something like that and you prayed to God and the divorce did not take place [so] it is God's help. But this kind of faith can have another side. People can say that the people who do not believe in God at all are quite successful. Then how do you explain that? They have no faith, they are actually heathens, but they are very successful in life. So how do you explain that side?

Sahaj Yoga has another very great truth: that it is the revelation of all the vague terms that were used before.

Because people were not given Realisation one could not talk of faith, a blind faith and the real faith. Because if they do not have their eyes, how can you tell them about the light or the darkness? So, that time the faith was sustenance - how to sustain yourself.

The second was to have faith that you will be resurrected that you will be your Spirit.

Now the third stage is today to know that Realisation gives you experiences and then your faith is established. Not blind but open, enlightened faith.

For example: you come into this house and see for yourself what it is and then have faith in that, that it is so; believe in that, that you've seen it, now you've seen, sakshat! To have sakshat means to get the whole thing which you have felt through your organs, five organs of perception. It's as clear as sunlight! (laughter - the sun must have just started shining) To prove it!

So this faith is the real faith: no conjecture, no just talking about it.

So all these words that were used in the scriptures are a revelation. It means in actual life you have seen these things happening. Like I say 'Ha' and the Kundalini goes up. You've seen it many a time. I say 'Ha' and you start feeling it. That only by saying 'Ha' and 'Hu' and 'Hee' you get the vibrations. (laughter) It is absolutely there, now you can see for yourself. There is no just that it won't work out or may work out, may not work out, may be true, may not be true. All these things are not there. It's absolute before you.

But first and foremost is - you have to become your Spirit. Without knowing the Spirit you cannot know God.

But the Spirit itself is a sensitive thing. It is there, no doubt, it stays there, no doubt. But that it should shine in your attention, you have to know that your attention has to be congenial to the Spirit.

If the attention is not congenial then the Spirit doesn't shine. The Spirit will shine on an attention which is steady. Steady it. By balancing you bring a steadiness to it. Balance your thoughts, balance your eyes, balance your desires. Try to balance it. Ego and superego, you balance it. Attention is balanced very much like that.

Now how do you do it? With your will. First of all you desire and then you act: "Where am I going? What am I doing? I am a seeker. Is this the thing I have to do as a seeker?" Immediately balance will be established.

So this balancing has to come. The foremost thing is to balance yourself.

Any extreme behaviour must be balanced. Any extreme attitude towards life must be brought down. Now here we find that the will acts in an opposite direction. For example people become obstinate. They do not want to accept that we have to balance and they say, "Oh! I am alright." And they'll give all explanations to show that they are alright. But [to] whom are you giving the explanations? You are fighting with yourself. Why? Because you are not yet integrated fully within yourself.

So the second point is the integration, integration of your attention.

Integration comes in when you do something, you wish something, you enjoy something, you want something, then you find integration is also wobbly in your attention. But if you want your Spirit, you just want your Spirit to be happy. Because if the Spirit is happy means you are also happy. Spirit is always happy. How are you going to make the Spirit happy? Only thing [is] when you say you want the Spirit to be happy, what you are saying is this, that you want your attention to be happy.

If you keep your attention happy and cheerful, completely integrated with your being, not with your ego. This is where the discretion has to be used.

So from balancing and integration we go to [the] third point: is discretion.

Because you are very senior members of Sahaj Yoga, very senior students. And now you know how to be discreet. What to take, what not to take.

It's very easy to criticise others. It's very easy to say others are wrong. But it should be the easiest to see what is wrong with you because you cannot correct others, you can only correct yourself. It's as simple as that!

Like a daughter is married to another man. Now supposing there is any problem between the two, it's better to tell your daughter than to tell the other man because she is your own. In the same way it is better to correct yourself than to correct others. It's the easiest thing to correct yourself if you could look at your ego which is stopping it. And who is the gainer? Who is the person who receives the benediction and the bliss of Sahaj Yog?

So the old habits that are within us which gives us obstinacy must be seen with great discretion. And now, with all this training in Sahaj Yoga, you should be able to see even rationally the discretion part of it.

I have seen people who go by the same road all the time are extremely discreet. They know how to turn, which turn to miss and which turn to take and how to reach. That's the sign of your maturity. So you have to be discreet.

Another thing is that you have your vibrations there to teach you discretion. But sometimes you may be missing them. So with rationality if you discriminate and try to find out what is wrong, "Where am I going wrong?" You will very easily understand that, "This part I am doing wrong and better check myself and nobody else." Because you are driving your own car. You can only

control your brakes and not the brakes of another person.

It's such a funny situation that people are driving everybody else's cars but not their own! So with discretion you will know how to correct yourself, even rationally, now your rationality is absolutely logical. Before this, rationality was illogical. But now with the integration your rationality becomes logical and it tells you, "No, this is wrong, this cannot be." You know about everything now, practically everything. I do not think there is anything that requires information for you people. I mean, you just try to think about something and you will get the answer: that's all in your brains. It's opened out. The only thing that I said: develop your discretion. If you are indiscreet then you must develop it, you must grow up with it, you must mature.

So then we go from discretion to understand that when we go into discriminate and find out things, what we have to do is to find our own fault, correct them, discreetly. And then about others, what are we to do?

If you people are of that level, that you catch from even a butterfly flying around and a little leaf falling from the tree. I mean if you were at that level then I would never have put you into big tests. But you are not. You are capable of much bigger tests than this. And it's nice to play with those, isn't it? Otherwise why should anybody even do hitchhiking? Leave alone hitchhiking, why should people swim? I mean better to sit on the bank and see everything. Even why go near the river? You may catch cold. So better sit in the house. And why even put on the light? You may see something and you may get frightened, so better to sleep! (Laughter) Even why to go to sleep, because you may dream (laughter).

So that situation if it is there, that touch-me-not business, then I can tell you we cannot count. We are soldiers! And we have to develop immunity from all kinds of badhas from all kinds of people.

Where is Cooly?

From all types of Sahaj Yogis coming in. Because this is a wide gate where everyone has to come, all sorts. They will have hundred bhoots or they may have ten thousand - come along! Whatever type of bhoots there are we know how to handle them. This should be the attitude. Because I cannot give up anyone. I have to give chance to everyone. If you say, "You who discriminate against these and you throw those people away!" I just can't do it. I am sorry! Some people will come, shout at me, insult me, trouble me. Alright doesn't matter, they'll be alright. I can put them out of circulation when they are absolutely useless. But till the end I will have to try.

And if I find a slightest improvement, I'll catch on to them. I may have to work much harder with them. They may be much more closer than other people are. If they are lost people I have to look after them. So you must know that it is your responsibility that you should take your charge and look after the other things that Mother has no time to look after. That's what the quality you people are, that quality of people. All the Gods and all the Angels bow to you. They are in attention to you. You have seen even the Sun has come round, in these clouds, just see, surrounded by clouds, it's there. Then you have to come up.

And a small thing like collectivity: it's the beginning of Sahaj Yog. If you do not want to become collective, Sahaj Yoga is not meant for individuals. This I must have said at least six years back, or seven years back in England or must be ten years back in India.

Here you are coming to become a collective being because Spirit is the collective being. The quality of Spirit is that it is a collective being, is a part of the collective; it is absolutely one with the collective. It is so collective that you cannot imagine on human level how much it is collective. For example, yesterday I was criticising Geeta and the Vishuddhi was opening. Krishna is sitting here and talking through me. There is no difference at all of that, it's just the same. And I am Krishna, I am Mataji and I am Christ. So much one that you can't imagine how much oneness is there. It's such an unison exists.

So for Spirit to be absolutely enlivened within us, to be absolutely shining within us, we have to know: how do we articulate with others? How do we talk to others? What is our way of judging?

But of course, as I said, there are people [with] whom you should not bother at all. They are not interested in Sahaj Yoga. They are anti-God. They are anti-Christ. Forget [them]! They have started another movement towards hell, you cannot stop them. First start dealing with simpler people.

But if anybody comes into my attention, then you have to accept that person. But on your own don't go on wasting your energy with them. I do not say that you go to one of these bhoots' places and you just go and fight with them, no! If possible, try; if it works out. But do not waste your energy with people, as Christ has said, "before the swines!" Because, in the swine all kinds of parasites live.

So in collectivity, those who are Sahaj Yogis those who have joined Sahaj yoga, there should be complete unison and articulation, absolutely, and enjoy each other's company. Everyone is a beautiful flower.

But I have seen people are more attached to other people who come in. Supposing a possessed person comes in: we had a very good example in India, there was a lady who used to come was possessed. She would every time come, sit in front, she would never sit at the back. And as soon as the tape would start she would go on like this, like that, like that. I tried everything on her, we all tried, she could not be cured. And she was only interested in doing that. Then she would write poems for me and she wanted to read the poems - the most embarrassing thing. I told her, "Don't read", because all bhoots used to come out of her poem. We told her in so many ways it went on for a year or so, still she was on and on, and she was just creating a problem for all the Sahaj Yogis. She was just a medium for all these bhoots to come in. And I told her many a times, you better not come here. Then I told her very frankly. Then I said, "You get out from here!" I went into that level. Second year passed. Still she would not listen. Then I just told her husband that if she comes to the programme we are going to report it to the police. So her husband stopped her. But people have such sympathies for these bhoots: not seeing that she's going against Mother, she's going against Sahaj Yoga, she's bringing all kinds of bhoots inside and that why should Mother say all the time that she should not come? So when I went away she started coming again. Everybody told her, "Baba! You don't come!" But there were some sympathisers with her! "She's a lady! Why should you say anything to her?" This and that. But when she came once, absolutely adamantly, people told her "If you don't go away, we'll throw you out!" Still she would not go, she was just sitting down there. So one of them kicked her purse outside. I mean what's the use of touching her purse also with your hands, you know - this was correct.

And then she got up to catch hold of her purse, because if the purse has gone out of the place she can't sit there. So she rushed out and went away. And there were letters from there, "You see. This doesn't look nice for Sahaj Yogis to behave like this and to throw away the purse like this, and this should not have happened that way, it should not have happened." I said this is indiscreet. If she is a bhoot, you tell her not to come, she is not wanted there, she cannot be a Sahaj Yogini, she is not a seeker, she is a medium of a bhoot, [and] still she is troubling, then who is sympathising? Naturally the people who are possessed. They sympathise with another possessed person. She is not a Sahaj Yogini.

The collectivity has to be with the Sahaj Yogis; not with others. Because it is not there it's a fake thing. It's like saying, "We are brothers and sisters." How are you? You are not feeling, it's not awakened within you. If a leaf says, "I am the flower," does she become? Leaf is a leaf and a flower is a flower.

Among the flowers there should be collectivity, because that's the natural thing that is there existing. Not with others. This is one thing which people do not know: how to discriminate. You are all one together but you will fight among each other, and when as soon as others come in. It's surprising, I have seen this happening.

It's you who are my children. It's you who speak the same language. It's you who know everything. You are the people who are coveted. You are Princes. They still have to become; that's a different point. You sit in your glory.

The idea that all the saints should live at the feet of every third person is not there: you are kings, behave live like kings. You have to maintain distance from others who are commoners. Don't allow your ego to develop, of course. But know that you won't enjoy your kingdom unless and until you get more people into it. We have to get more and more and more but keep your dignity. You

are at that level. Keep your poise.

And then deal with others in the same manner that you are all joined together, you are the same.

(break in audio recording)

One has to be assuming one's powers - assume. There's no pride. There's no pride in it. You are that, so you are that: what is there to be proud of? I mean you are realised-souls, finished! Why to be conscious of it? You are that. So you are that. You are knowledgeable. You are knowledge. Once you realise that, then discrimination will work out much better: that you don't put down anyone, you don't discard anyone, but they are not the same as you are. This principle you must know. They are not low or high or anything. But you are different, they are different. And they have to come and join you. They have to become.

You cannot become like that, but they can become like you. So discretion is very important. In Sahaj Yoga, one of the very great basics for our growth, is to discriminate. Trust Sahaj Yogis. Do not trust non-Sahaj Yogis. Never trust a non-Sahaj Yogi compared to a Sahaj Yogi. Sahaj Yogi is your brother or sister, is a companion, is everything and the others are others. They are another party, you are another party. They are not your enemies. They can come to this side but they are not the same as you are. This must come into you, so the collectivity will grow strong.

We should know that, by fighting with each other, you are reducing the power of Sahaj Yoga. By getting angry with each other, you are reducing the power of Sahaj Yoga.

Imagine if the channels start fighting with each other: how are you going to channelise the energy. So first of all, make your channel alright. And understand that we all channels put together are going to do the work better. We all have to be together. Togetherness is to be felt.

When the collectivity is disturbed what is the centre you catch? Can you tell?

Yogis: Vishuddhi?

Shri Mataji: Vishuddhi and Sahasrara: because I am the collectivity of all the Gods. And all the centres are in the brain, in the Sahasrara. And thirdly when it goes beyond a certain level, then you catch on your Heart. So Vishuddhi, Sahasrara and Heart; these combinations start. If Agnya left or right, any one of them joins in, you develop Ekadasha Rudra.

Now how through Left Vishuddhi and Right Vishuddhi we spoil other people is so evident. Supposing you have Right Vishuddhi problem. In Japan, I went there: Japanese people you know have certain ideas in which shyness and shame has no meaning. I mean, a gentleman who is the chairman of a very big international company came to see me in a hotel. And he had a big thing on his mouth white some sort of a thing like a Hanumana. And I looked at him, I said, "What's that supposed to be?" And he talked to me inside and this thing was on his nose like that. I saw his Right Vishuddhi was very badly caught up. Still I couldn't understand. So he said, "I am sorry for this Madam, but this is there because I've got cold." So they put that thing on, whether you have to see the Queen or anyone they just put on that and then go and see; because when you have cold, others catch it. That's one thing that catches the fastest. Now you had cold so I have caught. So to get a cold one learns that if somebody has a cold, he himself says, "Today I have got cold, you don't come!" If you have to give an excuse to someone that you don't want to go anywhere you say, "I have got flu!" "Alright. It's alright, don't come!" Nobody bothers. So this is the Right Vishuddhi, you can see it very clearly.

But Left Vishuddhi you cannot see, but feel it.

Left Vishuddhi creates all kinds of social problems. The Right Vishuddhi creates all kinds of political problems.

For example those who have Right Vishuddhi are speakers, speak too much. They have to talk too much. They may create

problems with their Right Vishuddhi by talking too much or by keeping quiet, both ways. The Left Vishuddhi people say something sarcastic, something horrible, something nasty, sly: non-aggressive but screwing type. They might create holes into people. They don't believe in killing directly like that. So they want to do screwing up. Screw the person here and there.

The relationship between Right Vishuddhi and Left Vishuddhi is very close, as much as the two sides of a coin. One side is aggressive, so on the right hand side when people speak to each other they oppress, aggress; they say things aggressively. Extremely aggressive things they say. And you have seen people talking like that: boastful, aggressive things.

Left sided as I told you are the sly people, so they do it. They spoil the relationships by too much aggression, say for example one party man will stand up and say that, "I am the one!" The other will say, "I am the one!" The relationships between the political parties are ruined. They cannot articulate. The other side is the one [which] also cannot articulate. Because the relationship in the slyness when it goes down too much, ends up in perverted sex life. Then you go to somebody's house: you find a friend came to stay and he ran away with the mother-or some sort of a nonsense like that.

So on the left hand side this kind of a funny relationship when you do not understand the purity of relationship in social life: that drops down, that creates problems. So in relationship Right and Left Vishuddhi, both of them, play a very big part.

Then comes the Sahasrara. You know Sahasrara, what it is. People want to judge me. They have a right to do it, I mean I cannot say no. You can judge me. You can do whatever you like. I mean, I cannot say that you don't judge me. So we cannot say that you don't judge me; I cannot say. You go on judging me.

But what is the instrument you have got to judge me? I am such a camouflage; just a bubble and such a receding personality. How are you going to judge me? Is there a way? Is there any way of judging me? You can never catch me, anywhere! It's a camouflage. Firstly I am prideless, I am egoless, I am actionless. Where are you going to catch me? On the contrary by all these attributes I create a problem for you, that I am a Mahamaya.

You cannot understand a person who does not have pride. Because you all can talk to me very nicely, you can be very sweet and you can just sit next to me. And suddenly you come out with a remark which shows you are not conscious of whom you are talking to.

Suddenly something you do where you are not conscious of it. Because I go on playing. I am extremely friendly with you, extremely nice to you, absolutely prideless. You see anybody who has even this much position in life, he has a nose like that. Mine is bent all the time! (laughter) Nothing but humour. And then how are you going to understand my position? You see there is no outside signs, there are no horns, there's nothing that I could be a cinema star. I am too simple, too sweet.

There is no way by which you can really feel that I am great. I am absolutely mundane, ordinary. But extraordinary of the ordinary I am.

This is a thing which people do not understand. It's alright for those who are not realised, excused. But you have felt the vibrations and your Realisation through me: I must be something. Put your attention like that, to understand. Must be a tremendous thing inside this body. It cannot be possible otherwise. It's so obvious otherwise to you people.

This is to be understood that, so far, Krishna, Christ, Rama, all of the them, nobody gave Self-realisation to people en-masse.

They had other powers Samharashakti, like Krishna had, he could kill anybody like this. I have also all these powers hidden, but obviously I am a very simple, ordinary, mundane type of an Indian lady, finished!

And Christ had a power to get Himself crucified. I too have that. But I am not going to do all that. I have a power to resurrect also. Why these powers are not used? One should understand. Because now the main attention is to raise the Kundalini and for that these powers are not required.

Give Realisation to any number of people. What's the use of getting crucified? Who is going to raise the Kundalini? I would like to wait. I mean, if I were at that time I would have said, "Alright, keep your cross for a while I will have it later on." What's the need, just now, to destroy people? Let's see how many come around. So these powers are not required. Today the power of raising the Kundalini of thousands & thousands and millions & millions of people is required.

And I am going to be just like you all my life: in the sense I am going to get old. I mean, today I should be old, I will be. I'll be just like you. I am not going to do anything outside. It's like a German car! But it is you, who has to know the power of the German car. It's the best type! And once you realise that, that all is deliberately made like that...In the beginning of course, you cannot even understand it. It goes on, "How can it be? How can it be? She does this, She does that." It goes on like that. But don't judge me, because that's not the way you will understand. Just realise and recognise that there has to be something tremendous.

It was necessary to have someone like that to do this tremendous task. And it was necessary for you to be born, to be with me to help me. I know those who are with me; they'll stand by me throughout. I may judge them a little here and there, but I know they'll come round. They have to stand by me. Those who want to run away, they'll run away, today or tomorrow, I know. I'll try. I'll try to get them round as far as possible.

So, we come to collectivity, to understand that you are cells in my body and I have awakened you. If you degenerate, my body degenerates. You have seen that also. When you are sick, I am sick. In the sense I liberate more vibrations and I feel sick with that, because you can't take it. When you take vibrations I feel very happy. But those who have faith in themselves can only understand this. Those who have superiority complex, or inferiority complex [cannot]. Complex means no faith in yourself.

You should have faith in yourself that you are the chosen ones. You are really the people, specially made for this great work. It's a tremendous thing that you are out for. Once you realise and recognise it you won't bother about small, small things of life.

It's the quality in you that has to be nurtured and looked after, through collectivity. But collectivity of the Sahaj Yogis. I know those who have proper reactions to things. Some Sahaj Yogi is coming, they feel very happy, "Oh he's coming!" You say, "There are five people who got Realisation," they feel very happy. They will not shun. They'll be happy to go all out to see a Sahaj Yogi, to meet a Sahaj Yogi, to do anything for a Sahaj Yogi. This is the sign of a Sahaj Yogi. A Sahaj Yogi in difficulty, he'll go secretly and help, not just on money but anything.

This is a new race that is coming up. Others are human beings, you are not. You are not human beings any more. You are Sahaj Yogis. It's a different race.

All over the world this race has to come up. So we have to build up ourselves in one group, in one understanding, in absolute unison. There should be no secrets, there should be no domination, everything should articulate, everyone should talk to each other, everyone should know what is happening with the what.

You have to be absolutely frank, open with each other. Absolutely. Tell them your problems. "I catch on this, what to do? I catch on that, what to do? How to clear it out?" Not to feel shy. We have to enjoy ourselves. Also enjoy our weaknesses so that we clear them out. Laugh it out. If somebody has some habits - laugh it out. That's the best way to do it.

The difference between a human being and a Sahaj Yogi is the same as a human being and a drunk fellow. I'll give you a joke of a drunkard: there were two drunkards who were drunk and went to a hotel. And they wanted to have a room for themselves. God knows what they wanted, they did not know. So they went and told the clerk that they would like to have two beds with a room. He didn't understand you see. No, two rooms with a bed. So he said, "Alright you want to have a room with two beds. Alright." So he opened a room and said these are the beds for you. So fully clothed as they were, they slept in the same bed. So one calls to another and says, "There's somebody in my bed!" So the other one says, "I too have someone in my bed." (laughter) So the first one says, "What should we do?" The second one says, "Let's try to throw them out!" And there was a big struggle and lot of noise

in the room. So the first one says "I've got him out." The second one says, "But he has thrown me out!" (laughter) So the first one says "Alright, you can come and sleep with me," because he's thrown him out, so what to do? This is what they are!

This is the difference. So what is the use of arguing with them and getting angry, getting into tensions. I mean they are blind!

If you see a drunkard, run with the speed of five hundred miles per hour. That's my principle. No use arguing with a mad man or a drunkard. Maybe mad man maybe alright, but a drunkard, till three hours he won't digest his drinks. So that is what is the difference. They are drunk. They are drunk by power, drunk by money, drunk by that. Something is there. And you are filled with the light of God Almighty. That is what it is: the difference is.

If you understand the difference, you will realise that no use fighting with these people. They are drunk. They are like that. If you talk to them, what can you say? I mean, they don't understand you. They just don't understand, so forget it.

I will give you such tests and things by which you will come in contact with them, see them and get out of it, without any harm being done to you. It's necessary. You have to touch them. You have to go near them. You have to be with them. But you are outside. I give such tests to people and that should work out! And I know you can, that's why I give. I give such tests only to people about whom I'm sure that they'll come out. With this, I think, we should decide today that, we all are going to live with one heart, one desire, with one head and with one liver, all of us. Let's see how it works out.

For example, you go to a hotel, five Sahaj Yogis. If one says, "I'll have that," everybody will have that. That's the sign. No decisions are needed. Why waste energy on decisions, arguments? Whether you eat fish and chips or chips and fish is just the same. The quarrel is like that. A Sahaj Yogi does not waste his energies on these things. You have seen your Mother: no choices, just enjoyment. Where is the time to argue? When joy pouring in, let's enjoy.

May God bless you all!

See, why is the problem? That you have a will, that anything else does not have the will. You have the will. And once you try to bring the will in tune with each other, you feel your ego is there and your ego hurts you. You don't want to be, you don't want to lose that. You think that, by doing so, you are becoming sub-normal. No! You are a realised-soul, and a realised-soul is something so unique that you cannot give a parallel to it. You cannot give a parallel.

For example I can say, if there's a wind blowing then all the trees move in the same way. But human beings, if the wind is blowing, supposing any wind is coming, somebody will go that way, somebody will go that way, because they have a will. But Sahaj Yogis, if the wind is blowing, all of them will put their heads against the wind and fight it.

This is a thing which cannot be given any parallel because you are going above human things. So far never such a thing has existed. You are such unique creations that I cannot compare you with anything that was below, or I should say, which was not of this level. The level is different.

So when you do everything the same way, you are doing it because you are aware of that collectivity, of the Primordial Being within you, that's why you are doing.

This transition is the point which you should catch. That's something I feel, that when you start giving any analogies and all that, how can you give an analogy for something that never existed before, never? Atula, which cannot be compared. That's one of the names of the Goddess.

So, I cannot give you analogies, but I can make you understand that if your Spirit is awakened - in everybody is the Spirit which is a collective being - then you do it because your Spirit does it. You don't care for ego, superego and all these nonsensical things, which are barriers in the growth of living collectivity. Now you have become livingly collective and you cannot be happy [otherwise]. You are that. It's a new being that is within you. So you cannot. If you try to do something else, you will not like it,

because this time is not your ego but your Spirit. As before this you listened to your ego and were happy with it, now you will be happy if you listen to your Spirit. Because now you have become the Spirit.

It's a very unique situation. You are the Spirit. And when you are the Spirit, then you become different. What analogy can I give? Then the responsibility is more also to understand that, when you say yes, another says yes. See in saying yes, you will feel happy. Supposing you say "fish & chips", another says, "fish & chips", another will say "fish & chips" Everybody will say the same. "Let's go to the right!" "Let's go to the right!" "Let's go to the right!" Everybody will say.

Unless and until there is somebody who knows the job and says, "No, no. Right is not, the way. Left let's go." Everybody should know that he knows the way. "Yes, let's go to the left." Arguments will fizzle out, because you are in unison.

In the second half I'll have to tell you about the nourishment of Sahaj Yoga. That will be the second half. But the first half is the basics, which I have talked to you.

So, you would like them to come for lunch also?

Yogi: Yes Mother.

(end of recording)

## 1980-1120, The Myth of Ego

View [online](#).

20 November 1980

The Myth Of Ego

Public Program

Hampstead Friends Meeting House, Hampstead (England)

Talk Language: English | Transcript (English) - Reviewed

Public Program, "The Myth of Ego". Hampstead, London (UK), 20 November 1980.

I am told that already somebody has spoken about Me, perhaps Me or Sahaja Yoga as well and I am sure you must have understood why we are here. Sahaja Yoga is an eternal process which is not. Today, it has started. It has been on, and on and on.

Like, I started from My house, then I have to avoid some traffic, terrible traffic on Park Lane. You know, it's a bottleneck, and I have been always thinking how to get rid of it, what one could do to stop this bottleneck. So, to avoid it, you enter into another road, take another road. You find there is another bottleneck, because somebody, some celebrity, is passing that way. Like that, you try to avoid all these roads. When you start

moving you think you have reached there much ahead of time and you may have to wait outside the hall, while you find you land up at that place little late. This whole process is to arrive here and to talk to you. The whole thing is, based on one basic event that I have to reach. In the same way the whole process of our creation is based on one thing, that is, you have to meet your Divine self. Of course, as I said, there's traffic, there's a problem, there are hindrances, sometimes [unclear] it's part of being, but it works. You reach the place, somehow.

So, Sahaja is all the journey through and it is spontaneous. All this happening has been spontaneous. Yoga is the point where you meet, where you meet your Divine self, you see. So, all these journeys, everybody's, everybody's doing, because they think they knew [unclear], will be if they get a Parliament seat.

The other day, I happened to meet many Parliamentarians, and some of your Ministers and Opposition Leaders and things, and they were not aware of the news that you have to meet yourself, Divine self. They have not met. They were not at all aware that this

work is done in this great country of England. They were worried about other things, like Laborites were pulling the legs of the Conservative people and the Conservative were pulling the legs of the Labor. It's a big joke was on. They were not aware. They're seeking power.

Then I met there lots of people also who were very rich. Women were wearing all the diamonds of the world and everything and all that, big economic development, you see, and they, it was about the two Indo-British associations, so, how to make these two countries meet and what they can do to help [unclear: sounds like Indians or England], and none of them, neither Indians nor British, could say that India could also help, in a way, because they were seeking, still, the economic development.

India is now developing economically. See, we are getting sophisticated. We are learning how to use plastics and nylons. While you are a category of people, you are different category. You are not seeking power. You are not seeking money. You are seeking your Self. You are seeking something, which may be unknown to you. Maybe you are not sure about it. Maybe you do not have full idea as to what you are seeking, maybe. Maybe you are side-tracked. Maybe you have gone to the wrong path. Maybe you are mislaid,

carried away. Whatever it is, but you are a category different. You can see the joke behind all this seeking of other people. That is

definite. If you have not yet come to that conclusion and if you still think that all these things are very, very important, then still you may get little bit turn round and look back, as if I have left some luggage behind.

Now we are here to seek our selves. This idea didn't occur to anyone. Only one gentleman somehow remarked that we have a very rich heritage from India. But it is not that you have. We are complimentary people. Nobody realized that we are complementary to you. We can't exist without you and you can't exist without us. And this is, they do not realize, while you realize that there is something lacking which we have to get from others, and they realize that there is something lacking in them that they have to get from you. Now, this understanding ... [Mother pauses to arrange seating for

latecomers]

The category of seeking, or the seekers in the west, is a very fortunate category [unclear]. They are very fortunate, because the atmosphere is now filled with the understanding that all these ventures, whatever we have had, have led us to nowhere. We have not achieved what we wanted to achieve. You are very fortunate that you are already satiated. You are over-satisfied. Like, you have a very heavy meal and then somebody asks you, "What

would you like to have?" Then you'll say, "It's better not to eat, but if I have to eat, let me have some rustic bread. That would be better. I've had enough," as we say that after having a heavy meal, we want to eat kicharee. This is absolutely the most ordinary that the villagers eat, you see, absolutely unsophisticated.

That's what has happened to you people. You are very fortunate, and the atmosphere is also built up, and a sort of a fashion is prevailing, that you are seekers. It's very good to have such a fashion around, you know that you are seekers. You don't have to quarrel with your society. If you say you are a seeker, you're respected. It's a very good thing. It's really a great, great boon on you, that you are seeking.

And such groups of people are much better than individuals in a society, which is trying to develop onto your life. Go up to the cusp, fall into the ditch, and then come back. Now you have known that all our ventures have led us, not to happiness, but to unhappiness. The others are following you. They are going to bring up the rear, as I said. But, you are the people who have to look back and tell them, "Now, you better be alert, because we have done a mistake. Now, you people who are trying to follow us have to learn that you do not fall into the same trap that we have been. Don't run after plastics, but run after the living Spirit within.

Perhaps when I speak to you, you may not realize, because you people have fantastic ideas about India and England, but the conditions are there. England is today one of the best place for seeking. Jerusalem has started in England. In England and in

Hampstead, it was declared that Jerusalem will be built in England. He lived in

Hampstead, and his vibrations have created, really, the foundations for that Jerusalem

which you people have to make, with this understanding that you are the people who are the category of seekers, that you are, according to me, the best placed, as far as your seeking is concerned, in this turmoil and in this darkness, where you see that this is darkness, that you are aware about it, that you can really circulate through the media of your country and your language to other people, the advent of Sahaja Yoga, which is really the only method by which you are going to get to your realization.

They all say the same thing. If you talk to anybody American, he says, "I'm twice born".

Any American is a twice born. He thinks he is born in America; he's twice born. They think that American soil itself gives you the second birth. It's surprising, but anybody you talk to, the President, is twice born. The Vice President is twice born. Everybody is twice born, and perhaps all the refugees who are there must be also twice born, the way they think about.

But they have no idea as to what to expect when you are twice born, and they are having a very simple type of a ego trip, and this

subtle type of ego trip, I think, we can avoid by understanding that ego becomes subtler and subtler, the subtler we become. It attacks the reality, every time by which you run away and thrown away from the reality. That's the work of Ego is.

For us to see that the time has come to become one with the Divine is rather difficult.

Why? Why should it be difficult, that the time has come? Have you ever known so many people, sitting down before Christ, asking for their realization, anybody? Did anyone ask for their realization in the whole of the Bible, anywhere? Did anyone ask Christ that He should baptize someone? Just think of it! What is the situation today, is that you have so many of them asking for their self-realization. I don't say that you were not misled. I don't say you don't understand. That's said. But see the awareness, to what point it has come. So why not? This is the time to get realization.

The first Ego's attempt is to tell you, "Oh, the time has not come." Because Ego does not want you to accept, really, your self-esteem. It doesn't want you to accept that you have that capacity to receive God's blessing, that you should get your realization. So, the first question comes to you, "How can it be?" Now, why not? The first-time question should be asked, to your Mr. Ego, "Why not?"

Second, "How can it be available to Me?" was said. There are some people who came to see Me. One gentleman who was in India, who was sort of trying to help people out, he came to see Me and who got realization. He's an Indian., He's a son of a rich man. So he started an organization, serving these people, guiding them, this, that. He came to see Me and he knows many people here, and he said that, "Mother, I think the people are not yet ready for Sahaja Yoga". I said, "What makes you think like that?" He says, "Because

they say, 'How can that be so easy? How can we get it? We are not ready. We are frightened.' ". I said, "At least, do you have faith in Sahaja Yoga, or not?" He says, "I have". "Then do you have faith in its powers, or not?" "I have." "Then, why? Let us test whether they get it or not." Why are they worried?

Before coming into the hall, do you try to find out that what will be the wall's colour? Do you find out what will be the paneling of the hall, before coming inside? You come inside, see for yourself what's the colour, how it looks like. That is what it is. Instead of that, at the door people are standing, "Oh, we are thinking whether we should get inside or not, because we don't know what sort of a colour it has." What do you call such people? STU All right? And that's what it is. The ego makes you really lacking. Ego really stupefies you in the sense that it makes you stupid. The more you listen in to your Ego, the more you will find you become stupid.

Now, what is stupidity is not yet defined in any dictionary, but we can understand with our commonsense what is stupid. And all kinds of stupid things you have seen in your life, and you have discarded them because you are seekers. If you were not seekers, you

would have been somewhere else, not here. You would have ended up with some sort of a horn, as I have seen many people carrying, but you are still here. You have thrown away all these horns and you are still here, thinking that you have not yet found out. So, one has to be careful about this Mister Ego, which really makes you absolutely stupid. And there are stories and stories in the Indian scriptures, everywhere, how a stupid man thinks that he's the wisest. And that's what one has to know, that when you think you are too wise, you must try to think, "Am I stupid?"

So, I said, you ask a question to yourself, "Why not? Why not I at this time get realization?" If I say the time has come, you should be happy to know about it, but I've seen fifty percent people become unhappy, because I say the time has come. And when I say that you can get your realization just now, the rest of the fifty percent get more unhappy, thinking that, "How can it be? How can Mother say such a thing? It is silly to say that you can get your realization". This is the advice of Mr Ego again, because it does not know your Self. It's an artificial thing, which is within you, which is giving you artificial

ideas. He has no idea as to how you have developed, from what amoeba stage you have been brought, how we have been brought to this stage, and how in this process of Sahaja you are today just ready to have your realization. It does not know that.

The only one that knows is your Kundalini, your Mother. She sits in the triangular bone there and She rises to give you realization. She's just waiting. She's just to be risen and She does it.

Somebody asked me, "How much time?" I said, "How much time does it take for to switch on this light?" They said, "Maybe, split of a second." I said, "The one thousandth of a split of a second you can count. One thousandth part of that you can count." The Kundalini takes just lifts up, that [snaps fingers]. But again, for example, in my mind from Victoria, was on you in a second, but my car would not move. So, maybe that Kundalini is there already in her mind but the body doesn't move, because there are obstructions and there is some sort of a hindrance, which is causing this thing. Doesn't matter. Have faith!

But Ego is speedy. Ego gives you speed. When you speak, you speak telescopically. One word enters into another, you think ahead of time, always ahead of time. It happens

with people who are speedy, that they arrive at the station at a time where the first train is about to leave and the second hasn't arrived, and they reach the time at the station because they have calculated and how calculations have failed. All such speedy things come to us, and we have no patience with ourselves. So, when the Ego is teaching you that, you have to be sure about it, how can you get your realization, and all these nonsensical things. At the same time when it sees that the realization is not achieved, it gives you another lesson. It has failed; it has not worked. Such contradictory things Ego

works out and that's why there is confusion and this is the age of confusion because of Mr Ego trying to play tricks with us. It gives you one idea, and then another idea, and between the two you are standing between the two stools and don't know which side you are going to fall off and which one is going to slip out soon.

These are the blessings of Ego on us. The sooner we get rid of it, the better. But

when you try to get rid of it also, it's not easy, because the more you try to beat it, it swells up. It's like a balloon. If you release the balloon; it swells up. The only way is to know the reality, so it goes down by itself. The whole idea, the myth, falls off. The myth of Ego falls off, you see. Like a person who is going by an aeroplane suddenly starts thinking that, "I am driving the aeroplane". He puts up his hands like this and he starts doing, I mean, like a child or a stupid fellow.

Egoistical people, as I said, can become like that. He starts, "Oh, I am driving the plane". So, what happens is, you see, they start guiding the pilot [unclear] maybe, "Why should he do like this?" and, "Why doesn't he do like this?" and all sorts of things start. And then suddenly they find that they cannot manage the plane. They find that the plane just lands on its tail or somewhere. The person is completely jammed and he cannot manage.

When they find themselves into difficulties, then they start wondering, "What have I been thinking? Why it has happened there? Was I wrong?" That is the time when the Ego will give you another suggestion, by which you will put the blame on Mr Pilot and not on you. So, again the Ego's play will start in that fashion, by which you will be again lost. Why I'm saying that? Because Ego plays a very, very subtle obstruction in Sahaja Yoga. One has to be careful about it to begin with.

To overcome this, now here you see on the right-hand side this yellow line is the one, is the one, which gives us the power of action by which we act. We act through our physical being, through our mental being. So, it looks after our physical and mental being. It gives rise to the Ego on the left-hand side, as you see, and this left side Ego is the problem of today because it covers the whole of the head sometimes, so much so that Kundalini cannot pierce through.

Now, on the left-hand side that you see, is the power of our desire. It's the blue line is shown, is the power of our desire. By this you get your Superego, all your conditionings.

Whatever has been your desire, your past, whatever you have been asking for, and

whatever has been hidden within you, is all expressed in that blue stuff there, called as Superego.

Now, when the people of your category, which are superior most people of any nation, who are the subtlest in any nation whatsoever, whether they are here or in Tehran or in China, just the same, they are the people who can see that this horrible thing

like Ego is before us. They can see it clearly. First, they see it in others and then they start seeing the reflection within themselves. So, they take to another side, run away from it, run away from reality. All this is, start an anti-culture movement. This culture is nonsensical. They can see it. Why do they do it? Because they can see it. Is so artificial. All this artificiality they can see. So, they think they will take to something else, by which you run away from this Ego, but actually, you cannot run away from it. You run away to the other side called as Superego on the left-hand side it moves, but actually in the head it is more on the right hand side. This Superego is nourished by all our lethargic acts.

For example, "We are lethargic". When I came here, I was surprised. Some of those people told me that, "I'm successfully unemployed". I got a shock of my life. I said, "Now, what sort of a people I am chasing there?" They think it's a success to be unemployed. I said, "It's a problem". And, that was the Superego speaking. "Why should we work? Why do we need more money? What is the need to work? Why to have action?" Just sit down and dream. Take some nice drugs. Go on top of a hill. Take the drug. Lie down there and just think you are in Heaven, finished. Imagination. That also has worked out. People are out of it now. They are understanding that's not the way to achieve reality.

So, from Ego to Superego, the future yogis have been moving. The seekers are the future yogis and they have been wobbling from one to another. It's a dangerous game both

ways, no doubt, but you are seekers, and they are respected, loved and looked after and protected, and they achieve what they are asking for. They achieve it. They have to achieve because behind all these games is the Divine Power, which has worked it out so well, so beautifully. He has made you human being, and is not going to fail, when it has to give you that super human power. That is the power of your Spirit that lies within your heart. That has to manifest.

Now, you have your own concepts because of, Ego has concepts. Always Ego will give you concepts about everything. That's why, because these concepts never fit in with the reality. Christ was crucified, because according to them Christ should have been born to Herod, not to Mary. According to them it was too humble for God to be born like that. So, they crucified Him. The concepts that this Ego tries to give you can be very dangerous, too, about everything, about seeking, about realization, about everything. It gives you concepts, means it closes your doors to reality.

Keep yourself open to see what it is really, than to have a conception. So, because of this wobbling people have started conceiving things in imaginary world. Sometimes they move to the right or to the left, and they start imagining, "Oh, this means that. This means that. This means that", and this imagination is so dangerous.

Recently, we have had a big accident [ unclear ] in Brighton. One gentleman came, and told them that he was Mr Michael or whatever it is. People started believing he was St Michael. Imagination starts coming up and can be very dangerous. Now, the whole

Ego and Superego play becomes imaginary. How long are we going to live with

imagination? We have to face reality. And reality is beauty. Reality is joy. It is knowledge. It is the thing you have to have. How long are you going to be satisfied with the artificial thing? You are not.

So, what is the reality? How are we to seek it and how are we to receive it? Do not have conceptions. When you were amoeba did you have any conception how human being is going to look? Did you have any conception about how Sahaja Yoga is going to work out in England? Do you have any conception, even today, how the whole world is going to be transformed? All these conceptions are conjectures. They are not the conceptions of the reality, because you are not there from where you can see and

there is a difference between one and another. All these writers, I find somebody saying, "This is the truth", another is saying, "This is the truth", a third one is saying, "This is the truth", the psychologists are saying, "This is the truth." There is nothing common in them, and this is the problem for us to read them. One person you read, then you read another, and the

third. It's better to go to lunatic asylum these days, than to go in the library and read any book. At least there you will get treated for your troubles while you'll get lunatic if you go to these libraries. It's that mad. And the more you read, the more confused you get.

This confusion is necessary, because without confusion you are not going to seek in the right direction. The earnestness goes up to the point of absolute emergency when the confusion is at its highest. You feel that now or never. You feel so desperate at that moment that if we are lost in this confusion, we are lost forever and something has to happen within us or something we have to face, or to know or to realize within us.

Otherwise, we are finished. Such an emergency, when it comes into your mind, that's the point for Sahaja Yoga, and there the light comes in. That emergency is settled down already, everywhere in your mind itself because mind is running with the speed of five hundred miles per hour. You cannot stop. It's mad, the way you think, you know. I told you there was a doctor in Switzerland he came, "Mother, do anything. You can cut my throat or you can take out any part of my mouth or face, or anything that you want to do, but stop thinking. My thinking is horrible." That's why you are very fortunate, very fortunate, that you belong to that category and the whole situation is so emergent and you are such fighters and such brave people that I'm sure you will get out of it and you'll save many more.

Supposing such a situation arrives in India. Most of them will commit suicide, I can tell you. They'll just shun. They won't be able to understand. Anyone like that goes there, they'll think, "Oh, he's mad. Put him somewhere out, finished. We have nothing to do".

They'll never fight it out, because they're not used to this kind of a thing, this kind of a struggle, this kind of a complete emergence of all the problems of the world on them. All these problems are bombarded on you through different media. You see the whole world going into a shock. They don't feel this. They are ignorant. They don't know anything about what's happening. Anybody today who is aware is feeling the emergency of something happening to us. Something has to happen. They are aware that unless and until this happens, you cannot be saved. Atomic energy problem. There's another one,

the wars are going on. Earthquakes are coming. People are saying that all the stars are going to fall into one line. Everybody's feeling there's going to be something horrible. The reason is the Last Judgement has started. It has started, and you have to go through it. You are going to judge yourself. There is God within you, which is going to judge you, and you are going to be chosen by your own efforts, and you are going to help others, many many thousands of them, to be light.

A certain number is needed. That's all. For every, every evolution a certain number was needed to create a complete explosion. A certain number is needed and you are one of them who are the first to get it. So, here is your Kundalini, which all of you have.

Except for demonic people, everybody has the Kundalini. The Kundalini exists within you, which you can see with your naked eyes in many people, which rises through all these centers, which are within you and pierces your fontanelle bone area. Only what I do, is I tell you what it is. For example, on your fingers if you get cool breeze, what does it mean? If you get all these fingers burning, what does it mean? If you get a particular finger burning more, what does it mean? I just decode it for you.

Secondly, I am like a candle, which was enlightened first and now I enlighten you. You can enlighten other candles. Ego can also start saying, "Why She?" It's a very common thing. "Why you?" Once a doctor asked me "Why you?" I said, "You please come here. I'll be very happy. If you can raise the Kundalini, I'll be very happy to retire sir, because it's, it's better to retire now". I mean, you get somebody like that, nothing like it. I mean, I would become a disciple of anybody who can raise the Kundalini.

They may say it. They may talk about it. If they could do it, nothing like it. Oh, I would retire. I'm looking forward to My retirement. I don't know when it will be, but that's the thing, it is. You see, it has been given to Me to do this job. Now what am I to do? I can't

understand. So that you do not feel hurt. And also, I have a role of a mother, a mother

who bears up everything. Everybody tries to crucify Me. It's not a question of one crucifixion. I have seen many coming and being very rude to Me, shouting at Me, screaming at Me, doing all kinds of things, saying things against Me. It's all right. But I am Mother. Everything I know because you are children. That's why you are seeking, but you will be all right. I know that you'll be all right. But it is better to be wise and to get your realization, to understand the wiser you are, the easier it is for you to mature. You have to mature faster and faster with your wisdom and discretion.

Regarding your realization, nothing can be promised to anyone. There is no promise. You know, there is no enrolment. There is no fees, nothing. Like the trees, they do not enroll themselves somewhere, that, "Oh God, oh, give us the sun, sun's rays, so that we come up". The sun is shining and all the trees are blessed. Some do not get the blessings; some do get it. Some die at the grass stage, some grow up, become heavily laden with fruits, which they distribute to others, and people say, "All right, this tree has come up".

They do not say that the sun has done anything; they just take it for granted.

In the same way Sahaja Yoga is working out. It's just very simple, is natural. There is, you cannot pay for it. How much do we pay to the sun or to the Mother Earth for giving us all that She is giving us? We are giving to all intermediaries, you see, who have created economic problems for us. But do the direct people we don't give anything. The real sources we don't pay anything. In the same way, you cannot pay anything for it. It's so natural. It works out. It helps you and you help others. This is what has to happen to most of the human beings. But first to the number I was telling you which is required, and they have to be sensible, wise, open people who have self-esteem. It's not meant for useless, frivolous, nonsensical.

So, one has to understand that as you are seekers, you have discarded many things which looked nonsensical to you, and today is the time for you to receive for which you

have discarded all that: the sense of your being; the meaning; the purpose of your being; why you have come on this Earth; everything; all the knowledge of the world; everything for which you have come, for which you were created; the whole universe; the stars. They are going now to Saturn. Why Saturn was created? What is Saturn? It's not even the dust particle of God Almighty's feet. What has happened? It's one of the seats of one of the centres. It's here, and the Vishudhi Chakra is made out of Saturn, and the circle round it is nothing but the Sudarshan Chakra, as described, of Shri Krishna, because Shri Krishna resides.

Now, what will they know about it? How are we to talk to them? You see, they have to become realized souls, to know whether it is true or not, because there is no way of

judging it. By your imagination you cannot judge it. You have to know it through your feelings. This is what happens to you when you get realization, that you get the cool breeze in your hands. All your fingers get enlightened. Your palm gets enlightened, and your base of the palm. All of them are centres. Seven centres are there, these five, six and seven, and they all get enlightened, by which you know what it's for. Also, you know if this is the truth or not, because if it is the truth the vibration comes very much more.

When it is the falsehood, it stops.

There are so many permutations and combinations of these feelings, which you learn, and you become a person. You become again and again. You become a person of a new awareness, in which you start perceiving things through your feeling, as reality. For example, the one person is sitting here, and if ten Sahaja Yogis are trying on that person, they'll say the same thing about them.

One gentleman came and asked me, "Mother, why everybody is asking me, 'What about your father?'" I said, "All right, what about your father?" I also asked. He said, "He died suddenly and I was [unclear: sounds like with him, or this thing]". I said, "Then, that

part is little bit showing." "He said, "How do You know?" I said, "You will also know later," but he said, "Tell me, how do You know?" I said, "Very simple. If this finger is burning, that means your father's finger is something wrong". Everybody's this finger is burning. Whether it is a child or a big person, they'll ask, "What about the father?" Now, you tell about your father's problem, and there is a way of correcting this problem. If you correct it,

immediately you get your realization. It's that simple. It's everything is so simple in life.

If you to see someone, what do you do? Do you think about it? You just see. In the same way, when you get your realization, what do you do? You just feel. It's a vibratory awareness. Then you just start to feel within yourself. They have started feeling it. You see a person, you know it's that. He may tell you lies. Doesn't matter; you know this [unclear]. You may not tell that person diplomatically, not to hurt the person, but you know this is the problem. But it's better if somebody tells you. Be thankful. Get rid of it. Not to be angry.

Last of all, I have to tell you, because you have some who have come for the first time, that you can be misled. There could be a guru, so-called, who might have misled you. Or there could be somebody who might have misled you. Still, because you are naive, maybe you might not have understood it. But if somebody tells you that your Void is catching, there's a wrong guru. Better tell the name. It's better to get rid of it than to have it there because your realization is difficult, and even if you get your realization the Kundalini will suck back. It's better to tell and understand how to get rid of it. After all, Sahaja Yoga is only concerned with your wellbeing, and not the wellbeing of all the crooks of the world. Because people have an objection sometimes to Me, saying that She criticizes others.

Do you mean to say that I could sit here and praise Mr Hitler or someone, who is even worse than that? You need courage to face these horrible people. Only a Mother can do it. And I have to tell, and I will tell on the top of my worst, that these devils and these negative forces, which are trying to drag down My children, are going to be doomed and they are going to go to hell. But you give them up as soon as possible. I'm not afraid of them.

That's one thing you should know. They are afraid of Me. May God bless you all!! Can you ask Me any questions? If you want to you can ask a question.???

Any questions, please? You are thoughtless just now. Kundalini has gone up. Most of you cannot think of a question.

I'm sorry, but she shot up. What am I to do? She is so anxious to shot up, than to ask questions, that she's gone out. What am I to do? You got it, most of you have? Try to think. That's it. You will see.

[Audience: question inaudible]

That's called the Void. That's the stomach. That's the void. We call it as Void, but not the Zen style Void. We call it the Void because that's the place where all the Masters were, the Ten Masters. All our Ten Commandments create this Void, in the stomach, in the [unclear]. Now, for this I would advise you, there's a book, which is written about Me by a Swiss - French, gentleman, which is actually in English, and there are some papers they have got, which you go through. It's quite a lot of it. And there are at least three hundred tapes, I think, with Douglas. I don't know how many there are. I have no number now, but you can see all that, and everything you need, because in one lecture, I cannot cover every point again [unclear]. All right?

All this requires explanation. For I would say like this, that if you come in this room and it's dark, you just say, "Put on the light". So you'll ask me, "Where is the switch?" Just put on the light and then you can ask something else, isn't it? First of all, have the light.

Then we'll talk about it. It's a headache, I tell you, to talk about it. Before realization, it's a headache. It's like groping.

[Audience: Is there anything that can interfere with the vibration? Anything that can distort the vibration?

If you are mesmerized, that's a different point altogether. If you are mesmerized, then maybe you may just think you are. You see, you go into an imaginary world, isn't it? You get into an imagination. But that rarely happens. If it happens, you see, it has a reaction on you. You start vomiting and you get all kind of nausea feeling. Within two or three days you get out of it. I mean, you know that is something wrong. But it seldom happens. You see, if somebody attacks you like that, mesmerism. With some people it does happen, but one has to be careful. Normally, there cannot be, because this is pure knowledge. This is purity. Is pure knowledge. You will be amazed. Even if your Chakras are catching, your centers are catching, you are not a perfect person yet, according to Sahaja Yoga, there are different stages into which you rise, and you might not have reached to your best stage so far. Still, you'll be surprised you can give realization to people; you can raise the Kundalini; you can correct the Chakras; you can cure the people. Minimum of minimum you can always cure. You can do all that.

Despite like you see, you have a car, which is new, absolutely new, first class Rolls Royce. Or, you can have a car, say, 1850 or something, it's still called new, you see. Second-hand, third-hand, fourth-hand, fifth-hand, like that you can have many cars.

You see, once my husband asked someone from France. She came to see Me. He said, "I can't understand why She has given you realization. Why are you bothered now about it? Why can't you rise yourself?" So, she said that, he deals with ships, so she said that, "Supposing there are third-hand ships then it is to be mended again and again. He said, "That's true." So, it depends how. But still it moves.

You have to correct yourself. You have to improve. You start enjoying it. Then you are not bothered. You see yourself away from it, and then you start enjoying it, you see. You think, oh, you don't say, "My Ego has gone up". You say, "Mother, my Agnya. Agnya is troubling me." Actually, they say like that. You know your Ego. Right Agnya, means Ego, but you don't say otherwise, "Oh, I'm egoistical". Or if I say to somebody, "You are egoistical," I'll ask for something else, see? So, it just happens. You start seeing all these things even in yourself, and then you don't mind because you are out of it. You don't mind, at all. You correct yourself.

But, as I said, you have to nourish yourself properly, in collectivity. Go on rising into it; then there are less chances. Even little deviations take place, you see sometimes, but they steady down. It's like learning a cycle. You know, how you learn a cycle. You know, first you fall down once or twice and then you get on top of it again. Then you start

balancing. Then you have a discretion. It's like that. But before realization, before buying your cycle, you don't worry about it. That will be done. But later on, when you have to ride it, then you have to be careful and to understand and learn it yourself and be a master.

You have to become master of your Kundalini and Kundalini of others. It can be.

There are already in London and there are many others in India, all over the world, they are masters of knowledge. Can you imagine two people who came from Australia have given realization to two hundred people in Australia? Two hundred people in Australia, two people have given realization. You can master it, because you are a master as well.

Sounds very fantastic, isn't it, but just think from amoebic stage you have become this. Isn't it fantastic? Little bit is left, you see, little bit more. Very little, last journey is just breaking through It's just there, so beautiful it is. Enter it! Enter into the Kingdom of God. It's your place.

See now, is it cool coming in your hand? Now, don't think about it, because I put down. See, I can screw up your Agnya so you can't think. Up to that I can do. But then I allow you to think also. It's a play, because I have to judge you. Don't think. Just don't think. That is the first mantra: don't think.

How many have come for the first time today? Please raise your hands. Good. How many of you are feeling cool breeze in your hands, those who have come for the first time? Or not feeling cool breeze, let us say. Those who are not feeling cool breeze.... at

all. Are you feeling cool breeze? Good. You are not feeling as yet? Don't think.

Now, are you not feeling cool breeze? You are? No, behind you. Not yet? Are you feeling any cool breeze in the hand? Was it tingling? Some sensation?

What about anybody else? Are you feeling the cool breeze? Are you? Not yet. Are you feeling? No, I think his feet are ... You tell him to put the feet down. That will be better, yes. It will work out. Yes, that's all right. You can put anyway. You put your hands like this.

Those who are not feeling the breeze please raise your hand. Honestly. Raise them high. Please raise them high. It's very important. All of you, who are not feeling the cool breeze, not the sensation.

Now, please work on them. Are you feeling the cool breeze? Are you? Are you feeling the cool breeze?

Now, please raise your hands again? Can you see them? Just see, all of you. Now, those who can help.

Now see, they were just like you; now they can help you. Now come along. Take him also. He's got cool breeze. You teach him. Paul? You take him with you. Now good. Now next to him is the lady. Now see these two gentlemen here. Let's see, now, how they

work it out, you see. How it is managed, how it is maneuvered this power, which is flowing from their hands. This is their own power of their own Spirit.

Did you come to me before, sometime? No.

Don't think. Those who are getting cool breeze, close your eyes. Now, close your eyes. Wait. You are not getting cool breeze. Can you work on him? Just see [unclear].

Now, those who are feeling cool breeze just close your eyes and don't think. That's all. You have got it at the back in the corner? No, she has not got. One more person should go there.

Shri Mataji: Hello, how are you? after a long time. How are you now? Good.

What's happened to Peter? Why didn't he come? How are you [unclear] better. No after effects. I worked on Ray, just to get out all these effects and now how are you [unclear] better now. [unclear] I received a very nice letter where are they? Where is she? I received very nice letter; I am happy that I have seen it through. Alright! If there is any effects, put your left hand towards me and right hand outside, it will work out. Alright start, I know, sitting down here.

Better now, close your eyes, close your eyes. You see what happens, if you don't close the eyes the Kundalini does not pass through. Close your eyes. Let her come, let her come, don't bother her. Come along, come along. Don't bother her, let her come. She's all right. Come, come, come. Give me a flower. What about a flower? That's heart, center heart. Put left to the right. Raise left and put it to the right. Left side to the right. You all should talk in whispers, you see people there are people who are first time realized and they have to go deep down. They may be disturbed with sound [unclear] You may not be.

## 1980-1123, You are to become Prophets, Guru Nanak's Birthday Puja

View [online](#).

23 November 1980

Talk to Sahaja Yogis

Temple of All Faiths, Hampstead (England)

Talk Language: English | Transcript (English) – VERIFIED

Guru Nanak's Birthday Puja, "You are to become Prophets". Hampstead Temple, London (UK), 23 November 1980.

Today is a special day of Guru Nanaka's birthday. We have celebrated one Guru puja and, as you know that, Guru Nanak was also the incarnation of the Primordial Master. The same Spirit came on this Earth. And he's the one who tried to re-establish the work of Mohammed.

Mohammed was the incarnation of the same Spirit - the Primordial Master. He came on this earth to establish the religion. Islam is the name of that religion, is the religion of every Sahaja Yogi, of every Christian, of every Hindu. We all belong to one religion which believes in expanding our awareness to the new perception of collectivity. From human level to the higher level where you can perceive and manifest the Divine Power. This is the religion we are following.

All the religions were established on this Earth to create the seekers. You are the seekers. You are the "men of God." Now, all of you have to become prophets. And to become prophets today's Sahaja Yoga has taken the form of Mahayoga. All of you have to become prophets.

The prophets have two special qualities, as all the prophets had: First of all, they have to talk about spiritual education. All of them did that. Mohammed Saheb did it, Raja Janaka did it, Nanaka did it, Moses did it, Abraham did it. All of them prophesised and taught you how to lead yourself in the right path, by the right action, by leading a right life.

You are going to be the prophets of a little different nature. You are prophets, you are Islamic, you are Jews, you are Parsees, you are all those, but you are going to become prophets which are called as "pir" in Islam, in Hindu scriptures it's called as "Atmasakshatkari", "Atmajas." In the way Nanaka has described, he calls them "par." But you are endowed with a greater power. There's more power in you. There they had a bigger propensity. You have another delicate power by which you can raise the Kundalini of people.

You are going to be prophets who are going to make others prophets. Not only to establish religion but to make them prophets. This is the most important thing. Not just to maintain a static state of righteous religious good people but to evolve those seekers, those righteous, good, religious people into prophets. And those prophets whom you will evolve will also be the same type of prophets but they will also have this additional power by which they will also evolve. That is why it is a Mahayoga.

This is the greatest work in the history of all spiritual history, that you are the prophets who are looking after the men of God, and you are going to transform them into prophets.

To have so many prophets now, for me - you can't imagine how happy I must be feeling. I have been, sometimes, very, very sharp with you. Sometimes I had to goad you. Sometimes I had to love you, express my love in that way, that you could feel that Mother is very kind. Sometimes I had to be very critical. Sometimes also angry.

Behind all these aspects of your Mother, She is nothing but Love. Because She loves you so much, and She knows that you have to be the prophets. Your calibre may not be of the same level as those prophets, maybe - you can't say - but definitely you have got special powers. Like, you can say, an old Rolls Royce might be a better car as far as the propensity goes, or an effect goes, or its behaviour goes - is a good car. But one of the modern ones may have more capacity to show new acrobats. For example it

may tumble down, it may go round the whole place and nothing will happen to it. Maybe, after some time, you might find a car which goes half way and comes up a little, like a hovercraft and then goes in the air, and then again drops back.

So, this new generation of great prophets are here before me. But the big difference between them and you is this: that none of them had a Mother to guide them, to love them, to encourage them when they were depressed, and also to spoil them. But you have here a Mother who may apparently look to be spoiling her children. But She is the Master of Masters and She knows how far to take them and how to correct them.

Now, for all of you, I have to tell you that you have to develop your independent discretion. First of all we have to know that, in this new realm where you have entered, you have to have proper spiritual education, about which I have given you so many lectures and things. But education doesn't mean listening to lectures after Realisation, it means it should be imbibed within you, it should penetrate into your veins, and into your every artery, into every cell of your being. You have to educate yourself spiritually. And Guru Nanaka prophesised, just like William Blake, that, "The men of God are going to come during Kali Yuga, and there will be many prophets who will be transforming prophets, who will be transforming people into prophet state," [this] he had prophesised. They have all prophesised about you! Now you have to prophesise (sic) about those who are going to be prophets.

But, as it is, you know that we need spiritual education. Because your Guru is a Mother we lack discipline. There's complete freedom for all of you. You know that if you go to a guru what kind of discipline you have to observe! I mean the real one, also. Unreal, of course. But even the real ones, how they test your attention. Even for the smallest thing, how they treat you. I'll give an example of Ravi Shankar, who was a very great, you know, who is a very great sitar player: my father was an advisor to the Maharaja of Maihar where their guru (Allauddin Khan) was living. This guru was a Muslim but he used to worship Kali, Mother. He used to worship Mother! And [a] very self disciplined man. They say he died at the age of 110 or 120 - Allauddin Khan Saheb. And this Ravi Shankar was there. I saw him as a young man, and this Ali Akbar (Allauddin Khan's son) whom you heard. They were literally frightened of their guru, who was a master himself. He knew so many of these instruments.

One day my father, whom he used to respect very much, always used to bow to him, though he was a Muslim, they touched feet because my father was a great connoisseur of music, and a supporter of music, and he bowed to him and he said, "Now, should I play?" So he said, "Why not ask your disciple, this Ravi Shankar, to play?" And he said, "Yes, yes, come along, play." he said, "Not today sir. Please, not today." he was very frightened. Then he said, "Alright, let it be!" he started playing. He used to play on mrudangam. Used to play beautiful mrudangam - tremendous! I mean, you can't imagine! he was a Realised-soul, no doubt.

Then Ravi Shankar, when he finished and he bowed to my father and he went away. Then Ravi Shankar came to my father and he said, "Don't ask me to play before my guruji!" he lifted his head and said, "See here. Do you see this bump? This morning only, he hit me with my sitar, which he broke, and this is the bump I have got!" So my father said, "What did you do?" he said, "Only one note I played wrong! That too not wrong but little out of tune, and on that point he has broken this part of my head and I have been in this terrible pain and he said, "You are not to see any doctor!" And really there was a big bump. He had covered it like that, with the hair. (Laughter) That's why today they have fame as great masters, because to be masters you have to obey your master and to discipline yourself.

The spiritual education in Sahaja Yoga, under Mataji Nirmala Devi, is absolutely left to your own wisdom: there is no force, there is no compulsion, there is no organisation. It is you who has to feel the joy of your Spirit and it is you who has to share it with others. It is you who has to raise the Kundalini of others.

Now, today, when we are thinking of a Great Prophet who, on this Earth, came to establish good relationships between Hindus and Muslims. Imagine, when Mohammed Sahib came he did not know that he was facing these horrible people there who murdered him. Actually they murdered him. They gave him poison. And when he died he said that, "There will not be any need for any prophet to come in." Naturally, if you torture somebody, what else he's going to say? Also, he felt that whatever he has said, being such a truth, it will definitely prosper and the seed has been sown. And he said, "There is no need for another advent of a master."

But he found out that there was a big aggression by the so-called followers of Mohammed, who talked of nothing but rehmat () - is compassion. Now, before his death he encountered all kinds of attacks from the negative people. Of all of them, the worst of all! I think he has suffered the worst. He had to move from places to places, hiding the children away from negative forces, [from] tribes to tribes. It was a tremendous life, the way he led it. And all his life there was nothing but struggle for existence. Only struggle for existence.

When Nanaka came in, he saw that Hindus and Muslims were fighting, so he started his theme with Kabira, saying that, "Ram and Rahim are both the same, and how can you differentiate between the two?" All their theme was like this, of integration of these two main religions which existed in India.

That time, there was no question of giving Realisation. People were trying to defend their faiths and fight each other and kill each other. Imagine! Created by the same Spirit! Fighting among themselves! How silly it must be, and absurd. In many places Nanak Saheb has proved that he was Mohammed. Once, he was lying down and his feet were towards Mecca. So people said, "How can you put your feet towards Mecca?" He had Muslim disciples and also Hindu disciples. He said, "Alright, whichever way you say, I'll put my feet." He turned round his feet. They said, "Still you are towards Mecca." He went round and round and round [but] still they saw him facing Mecca! And they could not understand how it was that he was facing, his feet were towards Mecca, that Mecca was at his lotus feet. Same with Mohammed.

Now, all these great incarnations had a special power over water. Because you know, in the stomach we have our Void and Nabhi Chakra which is made of ocean. Ocean represents the incarnation of Adi Guru - Dattatreya. These had great powers over oceans and over water. Like Moses - he crossed the ocean by creating a road. That's one of the very significant things which shows that the Void can be crossed with the help of the Guru. And even Mohammed Saheb had a tremendous power over ocean.

Then, Nanaka once put his hand on a rock and water started coming out of that. People were amazed how it started. And that's why it is called as 'Punja-saheb'. 'Punja' means 'the hand'. 'Punja' means 'the five fingers', like this. What do you say to this, this part, [of the] hand? Hand with five fingers?

Yogis: This is the palm.

Shri Mataji: No, no, not the palm! The whole thing. Like this is a punja. 'Hand'.

Yogis: The hand. The open hand.

Shri Mataji: But hand can be like this (a fist) you see? This way. There's no word, alright. So this is 'punja' - this is five. And 'punjab' is five waters, five rivers - in that area - are called Punjab.

Now, another thing about these: all these incarnations had to deal with your attention. So they were particular about looking after your attention. And that is why, from the time Moses or Abraham came in, they talked of no alcoholism. All of them. It is written very clearly in The Bible that the strong alcohols, fermented, should not be taken. If you don't want to read it, one need not. But they think it was Moses who said it and Christ did not say - so Christians can take it, the Moses people should not take it.

There is no breaking of link between Moses and Christ. They are of the same tree, of the same pattern, of the same thing. But those who want to use Moses for their own purpose will follow as much as Moses has said, and those who want to follow Christ will follow only as much as Christ has said, because it's very good for them. For such useless people Sahaja Yoga has no place.

We have to understand that all these people have said for our good and for the maintenance of our spiritual life and none of them are to be criticised or to be challenged but to be fully respected as our Guru. All of them. Whether one belongs to Islam religion or to the Jew religion or to the Christian religion or to the Hindu religion. And if they are fanatic they are going against their guru - it is against their guru. So, they were against fanaticism.

First thing they were against [was] alcoholism. That's the first thing, they thought, because somehow human beings take to alcoholism very fast. At the time of Mohammed Saheb, people did not know how to smoke. Then they developed, became modern. At the time of Nanaka they started smoking so he prohibited that. But Mohammed Sahib said that, "Anything that goes against your awareness, any intoxication of any kind" - he generally, he gave a very general instruction, "is against God."

So, our training, our spiritual education should be that we cannot be fanatics anymore. If you are fanatic anymore, or you are identified with any one of your old ideas, then beware! Be very, very careful! You cannot have fanatic ideas anymore if you want to be a good Sahaja Yogi or a Maha Yogi - meaning a person who is a prophet, not only a prophet, but who is capable of transforming others into prophets.

First is, you have to be away from alcoholism. You should be deadly against it. Whenever you have a chance you find it that it is possible for you to say something against alcoholism. It should be absolutely boycotted. Every place, anywhere you meet, it should be smoking or any kind of intoxication, drugging, anything, has to be completely branded as anti-God, anti-Sahaja Yoga.

Then, fanaticism of any kind. That lingers on. This is another very deep misidentification. I am aware of it. I did not talk of Catholicism till the other day I went to Portugal, when I had to talk. So I said [for the] first time. I never talked about Protestants before, till I had to talk that they are another mad race going round! There are 27 churches of this kind. None of them, except for we, are really Christians. All are nonsensical fanatics: Seventh Day Adventists and Pentecostals, and this and that. All are absurd ideas! All are playing into the hands of bhoots, take it from me. They have nothing to do with God, they are anti-God.

All those who still stick on to all these churches and to this kind of fanaticism - I am saying here of churches because here I have to talk about churches - should know that all these churches have now become the place of bhoots. You'll go to one church and you'll rush to me! From my house I see in the night, hosts of bhoots waiting out of the church. (Laughter) I do not know! (laughing) And somehow it's happening that, whatever house I decide to stay in, there's a big church in front of me. (Laughter) It may be a Catholic church, may be a Protestant church. And they have seen to it that they make it really bhootish by making all those who die stay in that church. They are not Realised people. Realised people only should be buried and all others should be burnt off. It's better. At least the bhoots go out of them. And they are roaming about in the church, and you are taking the children down there into the cemetery!

Apart from that wherever there is an *anadhikaar cheshta* ( meaning 'unauthorised activity') - when it is unauthorised - Gods do not exist there. They leave the place.

So, we have to know that we are no more fanatics. First and foremost thing is that we cannot be fanatics. Now, training ourselves is very important, spiritual education is very important. But in Sahaja Yoga, as your Mother is a very kind teacher, but even such a kind teacher is not such a help sometimes because all corrections are left to yourself, and then you commit really blunders and then you think, "Why didn't Mother tell us? Why didn't She protect us, why didn't She correct?" But this is the style I have adopted because in modern times, Sahaja Yoga is working out because I do not challenge your ego. Otherwise you would have crucified me long time back. So I leave it to you to decide to discipline yourself. It is for you to discipline yourself and understand yourself.

Now, the best way to discipline yourself is to find out, "What's wrong with me?" Not with others. We are very good at that. I have seen every day there's some complaint about somebody coming from someone. But there are very few who will say, "This is wrong with me, Mother, what to do?" So just try to find out what is wrong with you. You are like a fort. The fort has some sort of a weakness. So, the man in charge of the fort - what do you call him? We call *kiledaar* ( ) because a fort is *kila* and the gentleman is the owner of the *kila*, is called as *kiledaar*. Now, this *kiledaar* finds out what are the weak points of the fort and he sees to it that they are all corrected one by one. We are just the other way round. We know we have weaknesses which we hide and keep them there as they are. Whatever strong points we have that we boast of and we try to see the weaknesses of others, and from these loopholes all these negative things creep in and suddenly you find that you are finished.

So try to find out what are your weaknesses. One of the weaknesses, which is very common is that we are very materialistic people, we are still very materialistic, extremely materialistic. And the materialism is getting subtler and subtler the subtler we be. Try to give up some things. Keep a kind of a little balanced attitude, a little detached attitude, not too many things. Few things of value. Try to detach yourself. I don't say you become sanyasis. That is also another thing against. But from inside you detach. See, I'm wearing a very nice sari, but from inside see what is the colour. (Laughter)

From inside you should be detached, not from outside. So that, try to practice this detachment. Whatever you want to possess, you just don't possess. Teach your body, teach your mind: "No! You want a shirt? No! Nothing doing!" You try. Train up your body.

Now some people want comfort, the body wants comfort. Alright, "You want comfort? No, I will sleep on the ground and teach you a lesson!" Teach your body a lesson! Teach your wants and desires a lesson! Let's see what happens.

Now, I don't know why, but in England it should not be so. I mean I expected people absolutely detached because they have got everything. But here it is much more attachment than detachment. There is no satisfaction of any kind. So, a kind of a detachment must be developed, to your desires, to your belongings, to your possessions and whatever kind of a material aspect you want to build up.

I always said that you must not look like people who are coming from the lunatic asylum, that's true, but you should also not look like a dandy person, with a flair, a big bow here, and a sort of a thing. You should be in the centre. And how are you in centre? When you are detached. Then nothing can impress you.

But that doesn't mean...some people I've seen that outside they make a show, that they are absolutely dishevelled, absolutely in a very filthy condition, smelling like pigs. (Laughter) They think they are going to take an avatara of Varaha (boar incarnation of Shri Vishnu) by smelling like pigs! And all sorts of funny things they do in the name of detachment. No - detachment is within. Try to practice it. That is one of the educations you have to develop.

How do you develop that detachment? Is by giving things away. Not to me, but giving things away to others. Say you reach a certain state of - say you have two suits. If you have a third one then give it away. Give away things. It's a very good way of developing detachment, and enjoying the giving away than possessing. It's greater, is much greater, take it from me, is much greater than possessing.

Now for you, at this stage, I cannot say, but maybe after some time, it will become that I prophesise that you will become sinless, absolutely sinless. You cannot do sin and whatever you do will not be sin. I am sinless. Even if I rob you of all your wealth nobody can say I have committed sin. I am absolutely sinless. Even if I kill thousands and thousands of people nobody would say that I have killed because I am sinless. But, despite all that state, I do not commit any so-called sin because I have to lay down my life in such a way that you people follow. That you should not tomorrow say that, "Mother did this, She has done this so why not we?" That's why I'm so very particular.

At the same point I would like to tell you that today Chaya, in her sweetness, went and bought a very expensive sari. And she brought with such love and affection to me, that I had told her just buy me a £10 worth of a shawl and she couldn't bear the idea. But she should know [that] for me anything is valuable that you give to me. Nothing expensive is needed. Even if you give me the most expensive I have every right on that. But you must understand that if this practice is continued too much it will create a bad public opinion. So, at the most, definitely decide that you'll give me only two saris, that's all. I don't need even these two. And I can have all of them. So, the situation is such that we have to be very careful about the public opinion, and people may start saying tomorrow, "Oh! Mother, She wears all expensive saris." Let my husband buy for me, he has lots of money! And you can buy me very ordinary things. And I told once Modi that, "You buy me khadi (homespun) saris, that's the best," but he couldn't bear it. It was too much for him. He says that, "Mother, we are middle class people and we are giving you something middle class." I said, "Alright." So, once for all I told them, "Alright, you buy some saris." And then I bought for them, one of them is this one, and I

don't know if the whole money is paid - most of the money I have paid. But still, you know, there was somebody who came out with an objection!

I know you love me very much and you want to do something for me like that, but I would request that try to get things which are sober and simple for me. By God's Grace, you should know your Mother is looked after, you don't have to worry. Supposing I was a beggar then you would have had to spend much more money but that is not so. And it is not that it is in any way wrong, on the contrary, it's a very great thing. After all these are going to be in your Mother's personal archives and people are going to see what saris you people gave me, and they're going to be very happy - of course, no doubt - and that's going to be very, very great for you. But, still, where the public is concerned you be careful and understand that when you do anything like that for me, this public is mad and we have to keep a proper balance.

Now, about training yourself, as I said, detachment, then another thing is astuteness - astuteness. Try to develop astute habits - astute - specially for religious work. First of all understand that you have to give some money for Sahaja Yoga work. In that you should be astute. I was amazed to hear from some people that for food also you want to have free - that sometimes you had food you didn't pay even one pound. I mean this is absurd. If you were beggars is alright, but for Sahaja Yoga, first of all, it's not too much. But little you have to pay. And you should not make your Mother pay for you. It's wrong. I never said this before, but today I'm telling you. Not aesthetically, but spiritually it is wrong that I should pay for you. It's alright - I may give you a dinner, it's different, I may give you anything, it's different, but that you should not try to take advantage in any way or exploit in any way this Mother of yours, who has got lots of things other than what you know of, which can work out against your spiritual growth. So just don't do anything like that. No exploitation. Learn that. Those who have done such a thing must decide that no more like that.

Now, I'll tell you a difference between Indians and you people is this: that an Indian would never do that. We had one Indian coming here and he was not such a big Sahaja Yogi, but he used to come for his puja, and he would not take money for his puja and these people had to fight with him. Ask him, he's sitting down, he would not take. But how materialistic we are! And then, when people mesmerise you then you buy a Rolls Royce for that person, and here a Mother is giving you all the freedom, so you are exploiting your Mother! "I have no job," all this is wrong. You must pay for your food, and must pay where you have to pay. That's your dharma, that's your religion, of every Sahaja Yogi. Alright, you need not pay too much, but you must pay where it has to be paid. And never take a parasitic attitude. That will kill your growth, will dwarf you.

I am warning you about it. Astuteness. For payment, for accounting, for everything, one has to be extremely astute. Like, I'll tell you, I have seen people used to come to my house, long time back - I shouldn't say this but [it] used to be so funny - they would go in the kitchen, take out anything, eat anything, walk off anywhere. It was amazing! Our cooks could not understand. Nobody could understand such people. Just coming in the house, walking into the kitchen, taking off whatever they like, eat anything. Like bounders! This training has to come within you where you must realise and understand that astuteness towards Sahaja Yoga has to be maintained. Like going into the ashram, walking into somebody's kitchen, taking out things. Using the ashram in a state as if it does not matter. It's ashram! It's a pure thing. You cannot fight in an ashram. You cannot talk loudly in an ashram. You have to lead a pure life in an ashram. You cannot play games with each other. You cannot make it dirty. You cannot spoil it, otherwise your spiritual growth won't come up. This is the simplest thing one should know, is to respect Sahaja Yoga. Love without respect has no meaning. You have to respect, and respect the place, respect everything. Keep it clean, be astute about it. And this is one of the greatest trainings. I don't know how, but to a British mind it should not be told, because they are known for this kind of a training! But I don't know, because now you are saints, I think, I feel that you have had other kind of training before, that you are born as saints. Perhaps you have no self-esteem yet, of the value that should be given to your own character. Without that, nobody is going to be impressed by you. Nobody is going to be impressed by you. Nobody is going to become a prophet. You have to first of all impress. You have to dress up in such a way that you impress others. It's a very important thing in Sahaja Yoga. You have to talk in such a way that you impress others. Supposing somebody's very fat, he must reduce, somebody's very thin, he must put on. He must try to have a body of the centre. Should not allow the body to move this way or that way. One has to be in a proper shape, in proper dress, because you have to impress on others. You must know that if the personality is not impressive how are you going to communicate? Because first of all the people see you, those of you who come to you, see your outside. They don't see your vibrations they see your outside.

So, all of you must learn how to dress up and how to behave towards others, how to appear before others, how to talk to others, so that you become prophets who will do wonders and who will transform many, many, many more people into the same state as you are.

Now, this training you have to take yourself. The another point in training in Sahaja Yoga is that you have to read. There are many people who have not read even Gregoire's book, leave alone any other. You have to learn certain things like chakras and centres and mantras and you have to dedicate. Even people like Vivekananda's who never got Realisation - do you know, these people, twelve people - they used to study for fourteen hours.

Now you will know what to study, what not to study, and even if you study wrong things, you will know where it is wrong. So you have to study. For example, there are Jews with us - let them study Torah and see there where is it, Sahaja Yoga, in there written down. Find it out! If you are Christians read the Bible, find out. You should read Gita, you should read Upanishadas, and you should be masters. You'll find that Sahaj Yoga is such a light that you will know what it is.

We have got the Devi's names and the Sahastranamas: try to read them and try to understand the meaning of that and try to understand what it means, how far it goes. That's how the depth of your knowledge will increase and your Sahaja Yoga will tell you what is right and what is wrong.

Now emotionally, some of you have terribly emotional weaknesses: the idea of 'love'. [About] that I must speak to you because it has come from a group of people who went into another style against the ego-oriented people. And they believe that love means hugging each other, kissing each other. This type [of] nonsense is not love. Love is this, that flows, that is love. And understand the person through this alone. And all nonsensical loves that people talk of is not love.

When a person loves you he doesn't stare into you. If somebody stares into you then know he does not love you - he's full of a bhoot. Only when a realised soul is angry he stares to drive out the badhas. So, anybody who stares into your eyes and says, "I have love," then know that it is mesmerism. With discretion you will know this: that anybody who loves, only a glance is sufficient. But when it is an anti-Christ activity going on then you can stare at that person and the thing increases.

So the idea of love is so absurd. Love is the one that corrects, that improves, that elevates, which is blissful. The relationship is blissful, not hallucinations. And this blissfulness is only felt through vibrations not through by hugging or by kissing or anything, just through vibrations.

Of course, I don't say you should not hug each other and you should not kiss each other - you should, but that's not the way it is expressed, it's through the vibrations. It's the pure love of your being which emits just like light.

Everything should be done in the proper education of the spiritual love. We are people of dignity and sobriety. I have told you this before. Like, some people have a habit of doing this in the — no! If you are sitting in a posture try to sit for at least an hour - try. I have sat on one posture for nine hours, people have seen: didn't go to bathroom or eat anything and just sitting there nine hours. This is known as baithak is 'the seat'. And this baithak has to be great in Sahaja Yoga. Try to establish your baithak, that is very important, so that your attention is brought in line with your Mooladhara and is straight there. Once you do that, practice it, you will find your spiritual growth would be better.

Walk erect, be straight. In your talks be straight, kind and gentle. Need not shout. No Sahaja Yogi should shout at anybody else, should play games with another, should not in any way be angry with each other - is prohibited. Should not get into any tantrums of pulling your hair or doing something like that - is all nonsensical. You have to be very, very dignified.

But another foxy method which we employ very much is to tease and provoke another Sahaja Yogi, which is even worse, because it hits you at a subtler point. Try to be straight, straightforward. Allow your mind to come to normal when you talk. If you have to

say something, wait and try to say something nice, not artificial. Try to say something from your heart, not to show off.

In talking also too much quietness is not good, too much talking is not good. Some suffer from too much talking and some do not talk at all. It's better to talk whenever it is necessary. Talk something sweet, no sharpness and sarcasm. That will spoil your Vishuddhi. Sarcasm is not allowed in Sahaja Yoga. You are not to be sarcastic to each other.

Because of a new generation and a new race that you are, you have to learn that to keep your vibrations alright you have to have collectivity within you. Because you are collectively so much charged that's why the Kundalini's rising. If your collectivity breaks then it's a very, very, very, very wrong thing.

So, try to be nice to each other, kind to each other, try to understand each other's problem. And never, never complain to me about any other Sahaja Yogi - till I ask. It's prohibited! If you have to say, tell me about yourself. Unless and until of course something happens, then it's alright, but not against anyone. Because you will only see the bad points of the another person and you will not imbibe the good points.

You have to meditate and think about what you have to do to become the real prophets of modern times of Mahayoga. How you have to dress up, how you have to behave, how you have to talk, and how you have to be kindly, that you have to decide.

On this day, I would say that I have talked a lot and only thing that you have to do is to imbibe it in you and not on others, that's all. To others you have to be kind, you have to be sweet, you have to be patient, gentle.

Now, today's puja has to be very simple because it is the puja of Guru, who is an avadhuta. Avadhuta, as I told you, always teaches you that the whole thing is futile, all this pattern is futile. He even doesn't talk of any Deities, because he says, "Alright, let's worship the Abstract. Why talk of the Deity?" Though they will talk of the Mother, alright. All of them talk of the Mother. But not of a Deity, because they think if you talk of the Deity, people will talk more about the Deity and not about the essence. But talk is a talk.

Only at this stage you are prophets who are talking about the Deities, and who are giving Realisation, and who know the Abstract is flowing through them. You are empowered to do that. You know all about Deities, and you know all about their mantras and you know how to awaken them and you know about yourself. You are all very great.

This may be the last puja now in London. As a great thing we are worshipping today Guru Nanaka, that's me [so] that - may you become great Guru Nanakas. All of them were created by Adi Shakti. All these Gurus were created by her. And today I say that you all become as great as Guru Nanak, as great as Moses, as great as Sai Nath, as great as Nanaka, Janaka, Mohammed. All [of you] have to become as great as all these great incarnations. Just desire! Have earnestness in you and alertness to achieve it. [Only] earnestness is not sufficient, you have to be alert.

I have already told you how to practice this alertness. Try to do it.

I have told Hari certain things, you can ask him, and I have told other people also, how to become alert, and how to change your little habits here and there. Anything overdoing should be stopped: taking of too much tea, taking of too much milk, eating too much, too much reading. Anything like that, just try to moderate. Moderation has to be brought in, and you will be surprised [that] you can master your tongue, you can master it.

May God bless you all, this day, in the name of Nanaka I bless you all with that great Spirit of Master, which you all should become - the great prophets who are going to change all the men of God into prophets.

May God bless you!

Today the puja has to be in a different way if you don't mind. Gavin, first of all you do me any favour. I have to tell you that today I

want to give some presents to you all and accordingly I have brought some presents for you all. Because these are material things, but all are used by me, all are vibrated, and very spontaneously we are going to choose them all. It was within two hours time we have done some choosing.

But in this one has to understand that it's all done just to express the Dhanesh Shakti of the Mother, just that She loves to give. She loves to give. Just out of joy that I had in Hampstead, I felt I should now give you something. It's beautiful there and that's how we have today tried to make some arrangement for that kind of a thing. So just before the puja I wanted to announce this and then we can have the puja - very simple one, because today is a day of simplicity - complete surrendering.

Just imagine that these two colours are in the Void, green and yellow, and if you mix them what is the colour you get? Green and yellow? You get the blue. So the green is the Nature. So an avadhuta has to become one with the Nature. This is the sign of the Surya nadi, the Sun. That means an avadhuta has to be brilliant like the Sun, brilliant like the Sun, and that detached as the Sun is. All the detachment must come into him. He need not have liver on Sun line. He will not have liver if he knows what to eat and what not to eat. Normally all these gurus ate fruits, and they ate meat, never fats and that's how they kept their liver alright. This is, these are the two combinations which are there in the Void. And the combination of these two, when they combine, it makes a blue. What is the blue? Is the water. So, in the water. Now see the Gurus are surrounding the Lakshmi on the Nabhi. On the Nabhi is the Lakshmi is in the centre and they are surrounding her. They are her beauty. Without vairAgya, without ascetic temperament, the Lakshmi has no meaning. It has no meaning. It is expressed in giving, is giving. That is what it means, that without vairAgya the Lakshmi has no meaning. Without the feeling of giving Lakshmi has no meaning. Why should Lakshmi come to anyone if they do not want to give? And that is what one has to understand, is the significance of giving.

Now, today's speciality is this, that: though I am the Lakshmi - alright, I am the Mahalakshmi in everything - but I am also Vairagyi, I am the detached. The One who is Nirmama, is beyond. Nobody can tie me, nobody can. Nothing can bound me. I just talk but it has no meaning, I am beyond. In the same way, all of you should try to be beyond.

So, from the Lakshmi angle I want to give you something, because Lakshmi looks after the saints, and the saints have to be detached. That is the way it is going to work out.

I hope you won't go back and wear kashayas, the orange robes (laughter). Discretion, discretion, has to mature. It's the maturity of discretion now.

So, now, for puja today, Chaya, let's have a very simple puja, whichever way you like. Now, have you got Guru's names?

Just see it, their name.

That I know, Graham.

Guillemette: Guillemette.

Shri Mataji: Loudly.

Guillemette: Guillemette.

Gavin Brown: Guillemette.

Shri Mataji: How do you spell?

Gavin Brown: G-u-i-l-l-e-m-e-t-t-e.

Shri Mataji: What's your name, please? Loudly.

Brian: Brian

Shri Mataji: Brian?

Rachel: Rachel

Shri Mataji: Rachel?

Christopher: Christopher

Shri Mataji: Christopher?

Christopher: Nicolas

Shri Mataji: Nicolas.

Shri Mataji: What's your name please?

Richard: Richard Mother.

Bernard: Bernard

Shri Mataji: Bernard. What's your?

Ian: Ian

Shri Mataji: Now who else is here? Eileen? I now here.

You haven't washed my hands? No, Isodor has. Alan you have? Never? Imagine! (laughter) Alright. So let's have the start.

Gavin Brown: Gurur Brahma, Gurur Vishnu, Gurur Devo Maheshwara, Guru Sakshat Parabrahma, Shri Mataji Nirmala Ma, Tasmai Guruve namaha.

Shri Mataji: You all know the meaning of this? Gurur Brahma, Gurur Vishnu, Gurur Devo Maheshwara. The Guru is the creator, Guru is the protector, and Guru is the existence and the destroyer. Guru is the embodiment of the Parabrahma, it's the beyond state. And to such a Guru we bow.

Just a little you can take it on your fingers you can dip it, you see, and put it on your forehead, maybe. It's a water which is now [vibrated]. Haa! You will feel better. On the Sahasrara you can put it.

Just sprinkle it all over you can. Let him do.

Sprinkle it all over.

Who are these? Maria is here. Yes.

Jaldi karo! (hindi: do it quickly)

Five people together should come forward - alright? Come along! Five of you. Yes. Come along!

Get your finger into there and to my hand. Turn it like that, clockwise, with both the hands. Alright. Now you rub your own hand. Now come along, you do it. Come along. Rub it. It's good.

## 1980-1124, Are You Seekers?

View [online](#).

24 November 1980

Are You Seekers?

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

...that has to be first realised - what is your category. And if you are that category, of the category which is seeking beyond what you have and that you are not satisfied with what you have already, then you are the category of seekers who have been seeking something that is very subtle, that is not gross, not intelligible through your sensory organs.

How it happens within us - it is very interesting to see. Within us, as I have told you, there are these subtle centres which have developed through the process of our evolution. Through the process of our evolution we have become human beings. While we were becoming human beings, all these centres have been also evolving within us. These centres are placed in the spinal cord, in the centre of the spinal cord, and they manifest outside grossly on [the] physical level, as plexuses.

As they are evolving inside, also the outside, the gross plexuses are also evolving. For example, animals do not insure their lives, do they? They have fear. They know how to react to a fear but they do not know how to insure. After some time the animals forget their children. Animals can pass through any filth, any dirt, any untidiness. They don't understand tidiness, neatness. Animals do not organise. Animals don't plan. They do sometimes when they have to catch hold of a prey, but that too, not too far. Like we have five-year plans, ten-year plans, twenty-year plans as the human being have. They do not put any energy into that.

The reason for all this is that man has evolved much more than all the animals put together. He is an evolved soul. Now these evolved souls have also got a category of greater evolved people who are not satisfied with the general norms of life. For example, there are people who are interested say, in having power. And they want to have power. Till they die they want to have power. Till they die they won't give a resignation. I mean, sometimes they put one foot in the grave and still the resignation in the another hand, in case they do not die and they have to pull out the leg, so it's better to keep it handy!

There are people who stick on to other games of life, like money. They are money-oriented people. They find their securities in money. They run after money. They plan out everything according to money. All their lives they are doing that. There are [a] third type of people who indulge into so-called love affairs and things like that; into emotional movements of their mind.

But there are some others who think that these things are not so interesting for them. So the fourth category takes to religion - to know about beyond. They read about the prophets, the great scriptures, all the great religions of the world. But as the pioneer of the religion dies, the followers, somehow or other, built in fanaticism around them and fanaticism is the death of religion, is absolutely the death of religion. I have seen people who get cancer are sometimes fanatics. If you could cure their fanaticism, you can cure their cancer because all such false identification requires extra energy in a man. He has to stick on to some sort of obstinacy!

Now supposing I am holding on to it (the microphone) and I do not want to leave my hand from here - for nothing at all! I say, "No, I am not going to leave." "No! This is the thing I believe into. I am going to stick on to it!" Then I require a lot of energy to hold on to it. But if I could be free and see, it is better. Like I remember a gentleman fell down from the sixteenth story and he was asking for help and help. And he saw people passing from the back. He was holding onto one of the rails, and he could not understand how the people are passing around. He said, "Help for what?" He said, "I'm falling." They said, "Where? Here is the road!" He had, just near the road, had caught hold of the rod! And he was asking for help, and he was just shouting. When they said, "This is the road. You better put your foot down." he fainted! Because he had put all his energy into a nonsensical thing, believing into a

myth. And myth always takes away your energy, while the Truth enriches your energy. Because you don't have to hold on to the Truth, the Truth carries you along.

Any kind of fanaticism is not your way, as I told you yesterday. And if anybody is a fanatic, then he is not seeker. Because he's found whatever it is. He has to deal with his fanaticism and his faiths. So the another category of people are there which are anti everything: everything that is established. Anything. Christ - they are against Christ. Anything. They are reactionaries. They are against Nanak Saheb, they are against Mohammed Saheb. They are against everything that has been established because whatever is established is not true. Those who have established have taken a mythical attitude. When they take up a mythical attitude and they try to stick onto it, those who think about it are shocked and they think, "These are drunk people. These are possessed people!" So they say, "Alright, that we are not!" So we become atheist. We don't believe in God. We don't believe in any spiritual power. We do not believe in any divine power. We do not believe in anything that is said before.

According to them, all prophets were wrong. All religions are wrong. There is no God - [they think they are] the wisest people every born! So there is another category of extra-wise. You can call them intellectuals. These days I don't know what you call them. This is another category.

Now there is another very subtle category, which tries to exploit all these things that are existing. Some of them do it because they do believe that they have found out something new, like psychologist, like Freud. They are ignorant, absolutely half-baked people. They do not know the whole thing. They just know a part of it and to them that's the truth. Like you find a needle somewhere and say the needle is the whole world. They know very little and they don't know what to do with the needle, and so they come out with the needle, saying, "Needle is the world!" And such people are very anxious to write books and convey their messages to the world and communicate to the whole world what they have found out, while whatever they have found out is nothing but just a few drops of truth. And they are trying their level best to spoil [it].

Now there is a category of another people which are sinister. In that you know so many types which I do not want to discuss here. From Hitler you can start, all kinds of brutal people and all that. They go parallel with all these categories. But I would say the worst of all are those who try to make money in the name of God, and worse than that, the worst of all, are the people who try to play games with God. Those who take money are openly bad but those who try to play with your Kundalini, with your Realisation, are really to be called as demonic categories. And all such people should know, as Blake\* has said, that they will go to the hell from where they can never rise.

Now whether you believe it or not, there is God. Sahaja Yoga is a thing today which has reached that stage where the category of people who are men of God, they do not proclaim on the streets that, "I am a man of God." No. They do not stand up with banners in their hands that, "I am the man of God." They are very normal people. They are householders. They have children. They have grandchildren. They are very simple people. They lead a very ordinary life. They are not very successful people. But they are people, men of God. And these human beings of God are the ones I am talking about, is the category you people are. If you are not that category, Sahaja Yoga is not going to work on you to begin with.

Later on, when we have a particular number of people, the evolution will take such a dynamic form, that thousands of people will receive their Self-realisation. Now the Self-realisation is the thing in which an ordinary man who looks an ordinary common person but who is actually a seeker, a true seeker, not a false seeker but a true seeker, receives the grace of the Divine and becomes a prophet. He becomes a prophet.

This is what Sahaja Yoga is, that it makes you a prophet and a prophet of a very unique style, because the job of today's modern prophets is very different from the prophets which came before, as I told you yesterday. The prophets who came before, as we celebrated yesterday, Guru Nanaka's birthday and Mohammed Saheb and all others, like Moses, Abraham and all these, was to maintain your sustenance through giving you Ten Commandments. And these Ten Commandments exist in that centre there, where you see the green centre. You can see it very clearly in your stomach. The religion is in your stomach. It's a thing built within you. It is not that I can give you a lecture about religion. But it is built within you. It is inside you. And this religion is to be maintained, was to be maintained that time; very important was that people should know what helps them to be a human being.

And that was the job of all these prophets and they did it very well. But their disciples and maybe their followers made them into fanatic religions. You can't help it. I mean, I have always said that they were like living flowers on this Earth, who came one after another on the Tree of Life. And people just plucked those flowers and said, "This is mine. This is mine." The flowers became dead, ugly and useless. That is how fanaticism has prospered. And all the fanaticism in these modern times is [now] challenged. Everywhere people can see it that it is not logical to be fanatic. But as a result of ego activity in thinking they go to another extreme by which they condemn even the real flowers, even the originators, the ones who came on this Earth. This is going too far from the right point. From one extreme to another extreme they are moving.

Now the specialty of the modern prophets is that you can make other people prophets. That means you can give them Realisation yourself. This is the difference between the Sahaja Yoga that worked out at the time of other people. That's why there was hardly one or two Realised-souls. At the time of Janaka - say about eight thousand years back when Shri Rama was ruling, his father-in-law, who was a great prophet - he had one disciple whom he gave Realisation. And with very great tests and all that he took under his own guidance. He gave him Realisation.

But today the time has changed because the Life's Tree has increased, has reach to that state of maturity, where thousands of you have to be transformed. It has to be done. It's the God's plan. And those who fit into it are the people who are of the category who are seeking. Now, such category can be understood by many ways and there are some tests to understand what these people are. It may be that such people could be extremely nervous people, could be, because they cannot bear the unrighteous, sinful, deceitful world. The whole atmosphere may be jarring them. That's why they are very shaky. Could be they might be very nervous because of that. They could be a people who might be a recluses. They might be people who might be hot-tempered. They might be people who are escapists. They could be the people who could be druggist. Could be alcoholic. They could be anything, because they are running away from the so-called horrible 'reality'.

Sahaja Yoga is a thing which establishes your reality within yourself, by which you feel secure, because your reality is beauty, it is joy. And then you don't want to run away from that.

This is what we have to understand, that we are here to receive our reality, to know ourselves. By knowing ourselves, how many things can happen to us, you have no idea. The whole property that you are, the whole wealth that you are, the whole beauty that you are, becomes your own. You become the master of your own being. This is the first thing that should happen: means your ill health must get alright.

You know that there are people here who had very serious diseases, who got completely cured. You know there are people who have mental problems, who had epilepsies and things - they are cured. And how it happens? Just by knowing yourself, how powerful you are. Just think of that! Think of your own powers that, just by knowing yourself, how you have become so powerful.

But this knowledge is not through your rationality, that, "I am such. I am Napoleon. I am this." This kind of a knowledge is really stupid, it's egoistical. But this knowledge is a dynamism in your own awareness. It's a new perception within you by which you become something. You become a different person. You become a higher, evolved soul. And then you realise that you have suddenly become a being who is collectively conscious.

Some progress very fast but some do not. Some progress tremendously fast. I know of a gentlemen who was supposed to be a drunkard and used to waste all his money in races and he did all kinds of things. He used to smoke like a chimney. And when he got his Realisation, the whole room was filled with fragrance. And everybody said, "This man? How can we believe, Mother? He is this and this and this." I said, "But this is what it is! This was all the clouds upon him. And all the clouds have gone away and you see the sun coming in him. He's a different man." I don't believe in the clouds, I believe in the sun. If I see the sun, the sun is there. I don't see the clouds at all. I see the sun. Perhaps I have more penetrating eyes than you have. And I see the sun in the man. He has risen out of that. And now he is shining like a sun. So accept him and bow to him. He's the one who was seeking, really, within. He thought that by playing races he'll find joy. He thought by eating food like that he will have joy, or by smoking

like that he will have joy. But he never was satisfied within himself. He never got involved into it to that extent that he lost his own being and his seeking and that's how he is the one who is a true seeker.

Sometimes it is some shocking to see in Sahaja Yoga how people get transformed just like that. Just the change starts coming, as if some magic has happened in the person's life and he changes. But actually it is very simple to understand. When it rains and the whole place is so foggy, you don't feel like going out anywhere: it's so grey, you feel so horrible. But when the sun comes out, everyone, children, old people, young people, the housewives, all of them come out to greet the sun.

When your sun comes out and you see your brilliance yourself and then, "Oh, it's me! Is it me? Oh, God!" And that starts transforming. And you are amazed to see yourself the way you are transformed. That has to happen for you. But for this, already God has planned within you all these things very beautifully. As beautifully as He has made your exterior, He has made your interior equally beautifully, very delicately and with very great, very great care.

Within you lies the Kundalini, in the triangular bone, the sacred bone called as sacrum, which gives you Realisation. This is one about which Christ has said, "I will appear before you like tongues of flames." What is that? Every person has talked about him, but the trouble is, how will you explain tongues of flames? Kabira has talked so clearly. He has said, "Ida, Pingala, Sushumna." Everything he has talked about, he talked about Kundalini! Shankaracharya has talked about. I would say Blake, William Blake. You read him. You will be amazed! He's talking of today in his book, "Milton". He is talking of Jerusalem of today. This place, this England, is going to be the Jerusalem, is the pilgrimage, where the people of God are going to be the prophets. He has talked of today! Can you imagine? He was not very old; he was not very ancient, very modern. He has prophesised about these days and it is happening. You don't have to worry about these things.

It is God's plan that He has done it so well, and individually all of you have got this Kundalini in your triangular bone, called 'sacrum'. See, the word 'sacrum' means 'sacred'. How did they know, the word 'sacrum' to be put for this, is a sacred bone? This was discovered in ancient times, long, long time back. Even they say that Indra was given Realisation by Dattatreya. To that extent! I mean, how many years back it was done! But it was a guarded secret. It was done for very few people. Only it was Shankaracharya who started first. Adi Shankaracharya I would say, not these [modern ones]. But the Adi Shankaracharya started talking about it so clearly. Everywhere you find, even in Koran or in the Bible, everywhere it is said, any scripture which has lasted the time, it's said that, "You are to be born again."

Now people have taken a note from that and they certify, "I am a twice-born." Now what is the proof that you are twice-born? Everybody says, "I am a twice-born." It is absurd. What do you mean by twice-born? As I have told you before that a bird is called as twice-born in Sanskrit language, and a Realised-soul is also called a twice-born. As the bird is an egg and, when the egg breaks, we do not see the egg but we see the chick coming out of it. In the same way it has to happen to you that, when your egg, which is made by the formation of ego and superego, the yellow and the blue on your head, has to break and then you become a new personality, a personality which is very different from what it was before.

Egg doesn't grow, does it? But the chick grows. Now the growth starts in the spiritual arena, in the spiritual understanding, into spiritual education. Now it starts! Not before that. You start feeling the Divine Power around and you understand that you are a universal being. All these nonsensical ideas, of race, of different religions, of different communities, are products of human endeavour, or we should say the human thinking; which is so stupid sometimes that it is impossible for a person like me to understand why we have to carry a passport from places to places. The God Almighty also must be failing to understand how this has been worked out by the great wise human beings. That He made only one world. He didn't make many worlds. He just put some rivers and some nice mountains and some hills and dales, to make it a beautiful, interesting place for you. And you have divided into nations and into cities and villages and then into smaller places and then into a road and then into your houses and then into your kitchen. That's what we have become!

But the category of the people about whom I am saying, they can't remain in their kitchens, they can't remain in their houses, they cannot remain in their nations. They transcend the whole Universe. They cover the whole Universe. Because they become universal beings. They cannot think in this terminology. It hurts them. It hurts them. You see, it would be like a great person being

put in a sack. You just force him to get into a sack or into a cup - how he'll be hurt? Either the cup will break or the fellow will throw it away. It's the ocean you are trying to put it into a cup, which you cannot do it. And such a stupidity has been done so far.

But the time has come for all the oceans to be awakened to their greatness. And once they are awakened they will throw away all these minor boundaries and all these nonsensical barriers that has created such a mountain from one seed to another seed where two beautiful human beings are sitting and are fragrant with the fragrance of universal joy.

After Realisation only you can also enjoy another personality. Normally you cannot. What you enjoy is his car, or his house or his dress or his looks or his behaviour towards you. At the most his intellect, his success, his horses. I don't know what else. But after Realisation you just enjoy his vibrations! You just enjoy him in his innate thing. You do not see his age, you do not see his caste, you do not see his race but you see all this chaitanya, these vibrations, coming from the person and you just enjoy for hours together just feeling that. It's so enjoyable. One person like that walks in, and all of you, "Ah!"

This should happen to everyone. It has to happen. The time has come for this happening. That's why we have so many seekers. They have been ill-treated, they have been deceived, they have been used, people have made money out of them. I accept [that]. But then I have to accept also that in seeking you had to be tested also, to see where do you stick on. If you want to go to the Truth, you will discard everything [else]. And once you come before the Truth you will have it. And that's why this testing has to be done, because there is ego, human beings have their egos; they think, "Oh I will do this. I can do it. I can sort it out." Alright. God says, "Alright, have it. Have it your way." Then they will go and break their heads, break their legs, break their hands and then come saying that, "Mother, see, I have broken everything. Now what will you do?"

So alright! The Sahaja Yoga has to work it out. But why do all that? Come straight to the Truth.

Now, one has to understand that before Realisation you don't have to do anything, but after Realisation those who do not understand their own esteem, they do not value their potentialities or their powers, can lose their vibrations in the early months. It has happened with many people: they have lost their vibrations completely because they have not paid any attention to themselves. They have not tried to improve themselves. They have not tried to keep up the vibrations. It's like enlightening any light. We have to look after it for a while till it takes its own form. And that is how in Sahaja Yoga so many come and get Realisation, but those who grow are the real Sahaja yogis. The rest of them are wasted, are just wasted. They'll come back again but they take too much time and the Divine does not have interest in such people, it does not help such people.

So I have to request to you, request you that if you are seekers, you have to have your Realisation. Without that you will not be happy. But you must have full idea and responsibility about yourself that you are now an enlightened light. You are a beacon and you cannot afford to hide yourself. You have to give light to others. You have to work it out that way.

It's not now a question of only one Christ bearing the cross or one Mohammed talking about the message or one Nanaka fighting the whole world. It's all of you put together have to fight it out and work it out. That's what it is today. That's why Sahaja Yoga, one can say, has reached the state of Mahayoga.

"Sahaja", Sahaja means born with you. It's spontaneous. It is within you. The whole thing is within you. Just like a seed sprouts, the Kundalini sprouts spontaneously. You do not have to do anything about it. But when it becomes Mahayoga, means it becomes en masse, thousands of people can be given Realisation. In India we have someone who has given Realisation to ten thousand people in a village! He is just a farmer and he has done it. So you can imagine how much you can do.

But in the West, as I have always warned you, it's a very ego-oriented society, and people are very exclusive. Everybody wants to sort out. Immediately after Realisation everybody becomes an Archbishop of Canterbury! And they think no end of themselves. You have to have spiritual knowledge after this. You have to know everything about it. You have to master it. You have to master your body, you have to master your mind and you have to master the whole art of Kundalini. Then only you can say that it works. Otherwise, it's just a waste.

You are the people who are in the foundation, and you have to be the strongest people. You have to be the masters of Kundalini, absolutely the masters of Kundalini. It's not individual. This is Mahayoga. Anybody who tries to be individualistic will be lost, will be no more in the circulation. This I have told you hundred, and hundred and one times. And the Spirit can only grow in collectivity because the nature of Spirit is universal. You cannot achieve anything exclusively. Those who try it will fail.

You all have to join together and should know that you all awakened people. In the Primordial Being you are like the awakened cells who know the Primordial Being and who have the powers by which they can communicate the powers of God to other people.

You all have to be absolutely one with each other, not to find faults but to love and enjoy each other. That's the best way you can move.

As you know that this subject is so varied, and it requires so much of explanation, for which now we have lots of tapes, and if you people want you can get tapes from Douglas (Fry), who has really put in lot of effort for it. You can play them and can understand and can improve all your knowledge about Sahaja Yoga. And now I'll be going to India and perhaps there may be only one lecture more where it will be just a farewell function we'll have.

I would like some of the Sahaja Yogis to ask some questions today, because it's a nice opportunity for you to ask some questions. But not the people who haven't got Realisation, because those who haven't got Realisation are not entitled because they do not know. They have no news about it. They don't understand. They should not ask any questions. Those who are Sahaja Yogis should ask. I mean, it would be something like those who have never visited India, are asking questions about India. Better go to India, find out about [it] yourself, see it in deeply, how it is, what it is, and then you can ask questions. Not just visit Delhi talk to some Westernised Indians and come back and tell me stories about them!

In the same way, those who have not been to England, meet some of the politicians or something like that, go back and tell something about England which I will not believe and you should not believe. You have to understand the country on a philosophical level, on philosophy - where are they. And unless and until you understand that subtle thing, you cannot say anything about it. For example, for England, I have always said that the young generation of England are the best in the whole world. Take it from me, whether they are English, or whatever it is, whatever nationality, but the young generation that are English are the best. No doubt about it. Because they have developed, no doubt, but they have kept their wisdom intact. India, the young people are developing and they have to go through all your discotheques and all those rumble-tumbles, till they come to the stage where they'll take alcohols and then they will take to your drugs and then they might take to [seeking]. Americans are too shift. They have not kept their wisdom intact. (laughter) But thanks to the tradition of British, that you have kept your traditions still intact and you know about your country because it's a small country.

So I depend very much on the English youth. But if you ask anyone else, they will say, "Oh, these English youth [are] extremely rude, arrogant. Good for nothing! Drugged, lethargic. Useless!" But I have seen now young people and young people all over the world and this is what I have to say about them.

Now I would like you to ask me questions. First the Sahaja yogis, then we can ask the non-Sahaja yogis. Difficult. You have become thoughtless, actually, you cannot ask! This is the trick of Sahaja Yoga! When it crosses this point, you cannot think. Even if you want to think, you cannot.

No questions? Now non-sahaja yogis, please.

Seeker: How about times when you should do the meditation? What sort of times?

Shri Mataji: Oh, there's nothing. No rules. You go beyond time. Every time you are in meditation only. You see, what is meditation? You cannot do meditation, you have to be in meditation. You become meditative. You are all the time in meditation. I

mean, there is no time when you are not, because you become a different person. Those people who do meditation, I don't know how they do it. Really, I can't understand. Because which is the way you enter into the realm of meditation? Unless and until the Kundalini takes your attention to that state, you cannot meditate. So how can you do? You cannot lift the Kundalini with your hand and put Her there. No lift can work it out. It's only through spontaneous awakening that the Kundalini rises. So you cannot do meditation. And once you are there, you are there.

So there is no timing. Nothing fixed. But it depends on the kind of a person they are. For example, say somebody who gets up [at] eleven o'clock in the morning, doesn't brush his teeth, rushes to the office, comes back home, sleeps at two o'clock in the night, can't sleep before two o'clock, then such a person has to develop certain habits. Because we have to neutralise the habits that we have had. So maybe that time we will have to just turn the tables, and we can manage. We can change all our habits. And we can have such habits by which we neutralise our old habits.

It depends on what sort of a person it is. For example, we Indians have a bad habit of getting up very early in the morning and having a bath in the morning. Whether it is England, America or even if we are with Eskimos, we'll do that! That's typical. Otherwise, we don't feel happy. Just before going to the office, we'll take our baths and walk out in the cold. I mean, it is the greatest punishment for an Indian to say, "You don't take your bath." I mean, after coming to England some of them have reconciled. And to take bath in the night and sleep, they can't believe it, they just don't know what it is. So they get lung troubles. Some of them have got lung cancer. One of the common diseases I've seen amongst Indians is what you call the, we call it the heart chakras, the, the cardiac plexus catching; common. The reason is this, that, they have no consideration about the temperature outside. Now if you tell them, they can't believe me. They think a religious person must take his bath every day. That's the idea they have. Not in England. I mean, you can take your bath every day, but not the bath and just walk out [of the house]. Then I have to tell, "Can you have your bath, say, thrice a week or four times a week, if possible?"

But to an Englishman, you better get up at four o'clock and have your bath! It depends on who you are. So there is nothing like having a fixed thing in Sahaja Yoga. It depends on what sort of a person you have, what habits are there, what are your loopholes, what are your weaknesses. So we have to look after that.

Like, it's very common practice, you know. Supposing we have to go to my house from here. Now you don't know how to go, so you see the map and whichever way you have to go, you just go. It's a new life. It's a new map. So you have to see which way you have to go. You change accordingly and you go accordingly.

You cannot have fixed idea now, anymore. You have to see. If your car has got a trouble with its brake, better is to repair the brake, isn't it? Or will you say that, "Doesn't matter. Even [if] my brake is bad, I'll go ahead. As long as my tyres are alright, I don't care for the brake."

Sahaja Yoga is just opposite. If the brake is not alright, don't worry about the tyres, but think about the brake. It's very discretionary. You become very discrete about yourself and you start repairing your car; that's yourself. Because you get out of your car and you see the problems. You are not identified anymore with you. For example, Don would come and tell Me, "Mother, I am catching on my Agnya here." Now what does that mean? It means actually Ego. But he will have no objection in telling me or he will in no way feel ashamed to tell me that, "My ego is like a balloon here coming up Mother. Better solve the problem." You see your ego so clearly and you want to get rid of it. Anybody would do that. But if you tell somebody before Realisation, "You have got ego," you've had it. I have never done that and none of you should do. Let them feel the Agnya after Realisation. They come and tell you and you move it.

In the same way, any other trouble, even for diseases, if you tell somebody that, "You have such disease," he may jump down from here with fear.

In Sahaja Yoga you come to know about the diseases much, much before any doctors know, because on your fingers you can feel it. But you don't have to tell the person at all. You just talk in your code language. What is catching? You tell, "This is catching. Ekadasha Rudra is catching." Alright, what does that mean? That is the beginning of the cancer. There's already for it.

So Ekadasha. Clear out the Ekadasha Rudra, is all here (pointing to forehead). Now nobody knows what Ekadasha Rudra is, except for the Sahaja yogis. And they know there is no danger because it is curable. So they clear it out.

That's the beginning of a personality, where he starts getting into this trouble or that trouble. And say left Agnya is catching, is a sign that he is going lunatic asylum and little combinations. You don't have to tell the person but you can save him from going to lunatic asylum. He need never go. People have come down to our program to lunatic asylum and when they went back, they were told, "You better not come up here." It can happen like that.

It's very simple. It is so simple, you can't imagine. The whole thing is so simple but you have to learn what it is. You can cure people. You can help your atmosphere. You can do lots of things. The greatest of all that you become the collective being. So it changes. There's no time, nothing. You are a free bird. It's all freedom. There's no bondage. You yourself want to sit down meditating. Now I came here, I was supposed to talk and start my speech but I was enjoying my meditation so much so I went into that.

All the time you are in meditation mood and you can enjoy it anytime you want to

Seeker: Do you hope to come back to England in the near future?

Shri Mataji: No, no, I am stationed here. Absolutely, I am glued to this place for five years more! And I am going to come back very soon. I am there only for two months, or one month I will be going to Australia. So [after] three months altogether, I'm back. I'm sure even when I go back after five years, your government won't object [to] my coming here. I hope so by that time. So, it's just I had to come here. I have been now here seven years and five years more. Twelve years! Can you imagine? Alright? That should set you alright. That was one of the fears is it? No. Now is it alright for all of you? Anyone else?

Sahaja Yogi: You can tell us something about dharma Mother.

Shri Mataji: Dharma?

Sahaja Yogi: Yes.

Shri Mataji: There's a, there's a tape on dharma and on Guru which you can see. Dharma is the sustenance which is established by an aspect of God in our stomach. Our stomach teaches us our dharma. "Dharayati sa dharmaha", means the one you sustain is your dharma. For example, the dharma of gold is that it is untarnishable. The dharma of carbon is [that] it has got four valencies. If you have seen the periodic laws of chemistry, you will know that all the elements have got their own dharmas. And they are given these dharmas by the law of God. It's the Divine Law which has given them these dharmas.

Up to the stage of human beings the dharma of a person or of any animal, or of any element, is determined absolutely by divine laws and they do not cross it. For example, a lion will behave like a lion. He cannot behave like a cat. A scorpion will behave like itself. It cannot behave like a lion. A tiger will behave like a tiger. Tiger is the king and he won't eat anything killed by another animal. Only when he is hungry, he kills the animal and he eats whatever he likes in one gulp and then he rests and others come and eat that. He won't eat anything that is eaten by others and he won't kill anything that he need not kill. He's the king. That's why if one tiger is killed in a forest the whole forest seems so gloomy. Because their king has been killed. Though he's a terror for them. But he lives with his own dharma, with his own boundaries. He doesn't cross his boundaries.

Any one of these, up to the human level, have their own dharmas. Only the human beings have been given the freedom to cross the dharma, they can. I mean, in a human being, you can find a lion, you can find a serpent and you can find also a worm. You can find the combination of all that in one person or in the whole group you'll find all kinds. But if they want they can transcend. And the greatest thing is [that] they can transcend the dharma itself. Means they become so great that they can be sinless. Just they can't do any sins. These dharmas are established within you. These Ten Commandments are there within us. If you try to transgress them you are losing your dharma, your sustenance, beyond which you have to rise. For Realisation, you have to rise

beyond dharma, dharmateet – beyond. But first your dharma must be established. If it is not established, you cannot rise. But in Sahaja Yoga, even [if] your dharma is disturbed it's forgiven. Still you can get your Realisation. Then you establish your dharma. It's better. Because it has been seen [that] those people who tried to establish their dharmas can become extremely, extremely dry. They can be fanatics. The compassion part of it is lost. So the compassion itself works in such a way that all adharmas you have done, whatever you have done is forgiven. And you better have your Realisation and with that power you establish your dharma. And you have to establish it.

For example, you know that alcohol goes against your awareness. Awareness is the main thing, which is enlivened, enriched by dharma. The human awareness goes down through alcohol, you know [this] for definite.

All the great saints who have looked after the dharma, the prophets, have said against alcohol and against smoking. Mohammed Saheb did not say about smoking because they did not have smoking. But the same person came as Nanaka. As Guru Nanaka he has prohibited, absolutely prohibited anything that intoxicates you, your awareness. Because they knew that it will harm you very much. It does harm you. You lose the chances of your Realisation very much. It is true that it is injurious. One thing as alcoholism, I am saying. There can be something else people do, like thieving or anything like that, is against your sustenance.

But Sahaja Yoga is a method by which you first get your Realisation and then your dharma is to be established so that you are empowered by itself. For example, I never tell people, "Don't drink," because half of the people would walk out, even Indians. They just drink like - I don't know - fishes. I don't know if fishes drink, but human beings do! And then if I tell them, they will be very angry.

We had a doctor here who used to drink who came to me. He got his Realisation and he went to Germany. And he was fond of a kind of a wine, a special wine they make in Germany. He said, "Let me try some of this." He had given up because you don't remember that you have to drink. You never get bored enough to drink! You see, you feel, "What's the use of getting up and getting a glass and all that? I am enjoying myself. Why to do?" You are never bored of your company. You enjoy yourself so much that you don't want any drink. Like when you get the nectar of life, why should you get after these horrible things? You just don't do it. But this doctor thought, "Oh, how can that be? I may have forgotten but today I'll have it." So he walked into a pub and asked for the thing. He drank. After that he had such a pain, he vomited all that. And he told me, "The same wine which I used to enjoy, started smelling like cork to me. As if cork has been pushed into my tongue. I just couldn't bear it and I vomited and I had pain in the stomach. Mother what is this?" I said, "Alright, it's good!" You cannot do then adharma. You just cannot do it. You just become dharma. You just cannot do it even if you try. It just works.

I mean, there are people here, at least fifty percent people, who have been druggists and chemists! Absolutely! They have given [up] drugs just like that. Just like that they have given [up] drugs. Of course, they had to get over the after-effects of drugs. That's different. But as far as giving up is concerned, no problem at all, no problem of any kind. I didn't have to tell them even, it just happened.

Dharma is established within you, because when the light is there you see what it is. But this seeing is not what you understand before Realisation - is through your rational being or through your sense organs - but is a happening within you where you become that, you just feel it. You just can't help it. That should happen; is the best, because human beings otherwise are difficult. They find it difficult to maintain it.

Now, I mean, everything they surpassed. First they use to say, "What about our social relationships?" Their social relationships have improved, their jobs have improved, their all material things have improved. If you don't drink, I mean you save fifty percent of your money as it is! [It's] practical apart from anything else! But, according to Sahaja Yoga it's much subtler because the power of maintaining our material well-being is called as Lakshmi. And this Lakshmi is a very powerful deity or a very powerful thing. But, alcoholism, alcohol is one thing or any such things like drugs and all that, as soon as she sees entering into the being, she just disappears. She just can't bear it.

So a person may think that by drinking he doesn't lose his money [but] he is sadly mistaken. If he does not drink he will have ten

times more money than he has. And you can see the result today that, when Englishmen were known in India, Englishmen's whisky meant this much, every night; that's all. Today if you see the same thing in third generation, you'll be shocked. I mean, first time I came to England I was surprised because to us Englishmen means one peck, so little, before sleeping, very decent. That's what we thought they were gentlemen of that calibre. But when I saw here, I was surprised. "Oh, God, what is this? What Englishmen are these?" So this happens in [the] third generation.

If alcoholism somehow or other reduces in England you can surpass all the economic problems; take it from me. Absolutely! You'll solve all your economics. Just stop alcohols. All your strikes will stop because they want money for what? For alcohols only. If you get money - have an alcohol. Somebody dies - have champagne. Somebody passes - champagne. Somebody married - champagne. For everything there is a champagne! Even in the church you see barrels and barrels of whisky flowing in. Barrels and barrels of this thing is flowing in. In mean, even in the church!

Now today somebody told me that he's got a special wine from a Catholic church, which is called as Benedicts and is a special one. I said, "Where did you buy that?" He said, "In Rome, in the Vatican. You can only get it there, the best!" I was surprised that you can only get it in Vatican and he was so proud of it and he was showing me that! And now it is called as 'Benedict'. Just imagine! 'Benediction'. 'Benediction' is that which gives you Realisation. What Realisation does the drinking give you? I don't know. Only thing I have seen [is] that people fall on the streets, they talk like stupid people. You don't know what to do with them. It's most embarrassing.

So this is what is dharma is, that is just enlightens you and you enjoy your virtues. Not your weaknesses but your virtues. And you enjoy the virtues of others. That's what is dharma that has to be enlightened.

May God Bless you!

You have to just put your hands just like this, just like this.

Put both the feet on the ground.

Please close your eyes.

According to the way the Kundalini is moving, which I know on my own Kundalini, I will ask you a few things. Please try to do them with earnestness and alertness.

Now, I have to request you to forgive everyone. Forgive everyone: those who have troubled you, tortured you, have made you unhappy, anyone. You just say, "I forgive." Is very important.

Just try to forgive. Say, "I forgive. Mother, I forgive. I forgive all of them, all the people who have tortured me." Just say that from your heart.

Please say that, "I forgive."

Please close your eyes. You have to be honest to yourself.

Just say that, "I forgive." Only saying is sufficient. Only saying. But say with the heart. It will help you a lot if you can say that. Forgive everyone. Everyone you forgive. When you forgive everyone, actually you leave it into the hands of God to punish them or do whatever they like. And that's the best [way] to manage the thing. Just say, "I forgive."

Best thing is to leave it to God to do the job whatever it is. You don't take the load. They may be nasty. They may be horrid. They might have tortured you. Doesn't matter. Just say. Even Christ said that.

Just again, please say it. Close your eyes and say it, because if you do not forgive also, what do you do? You are playing into their hands. Nothing is harmed, they are not harmed by your not forgiving them. It's you [who] are harmed. Because you are remembering all that, you are harming yourself. You are tortured by that. You are torturing yourself not they.

Now the second thing you have to ask [for] is the forgiveness, yourself. Because might be some mistakes must have been committed. By mistake you might have done something wrong, something unrighteous. In seeking, you might have done something wrong. So just ask for God to forgive you, that's all. You put your right hand on your heart and ask for forgiveness. It will be better. Left hand towards me and right hand on the heart.

Now, [while] asking this, you must know that He is the ocean of compassion. He is the ocean of forgiveness and He is the ocean of love and He is anxious for you to enter into His Kingdom. He is the One who wants the culmination of His Creation into a beautiful happening by which He gives you the complete joy of your being.

So you just ask for His forgiveness but do not feel guilty about anything. Whatever has happened, has happened, is forgiven. So you just say that, "If there is anything, please forgive." But do not feel guilty.

I think best thing is to say, "I'm not guilty." Again and again to say that, "I am not guilty." Because that's a very common practice here, to feel guilty. Let Him judge you. Not to feel guilty at all is very important.

Please tell yourself thrice that, "I am not guilty."

Now the Kundalini will rise and you will feel absolutely thoughtless. There's no thought in your mind. You'll see that.

Just see it: is there any thought in your mind.

## 1980-1128, Evolution: people have to come out of the ignorance

View [online](#).

28 November 1980

Evolution: Certain Number Of People Have To Come Out Of The Ignorance That They Have

Public Program

Paris (France)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2. Paris (France), 28 November 1980.

... now in this world in such a big number. What is the reason that such a seeking [is established?]? Suddenly a great number of people are seeking God? They are like I the evolutionary process anywhere. For example a certain number of fishes had to come out of the sea to become the reptile. In the same way in this process when we have to become something superior - super human beings - then certain number of people have to come out of the ignorance that they have.

In our evolutionary process what has happened is nothing but that our awareness has been improved - evolved. In the same way the category of people as I've discussed yesterday who are seekers are the ones who are chosen to be the transformed people or the evolved people of the second stage.

As I said last time that flowers have to become fruits. It's only flowers who can become fruits the stage is that today that you are flowers and that you can become fruits. The leaves cannot grow like a flower grows.

This transformation is the sign of something prophesized long time back. This is the Last Judgment that has started. Our idea about Last Judgment is sometimes very absurd. Actually God has made us in such a way that a time will come when we ourselves judge ourselves. For this purpose He has placed within us a power called Kundalini and a triangular bone called as sacrum. You can see[...]

This power rests in our triangular bone in three and a half coils. This power has to rise, awaken to give us our Self-realization as they call it. After this realization only the transformation will start. Without that there cannot be any fundamental transformation in our awareness.

Many people think that if they can read about God or if they could talk about God or they do certain techniques they will become one with God. This is a living process and has to happen spontaneously. You cannot force it. You cannot argue it out. You cannot certify. It has to happen within you.

This is the Last Judgment because that's the only way you can be judged. God almighty is not going to have a balance or something like that in which He puts you and weigh how much you weigh. We have - you can see here clearly - there are three forces acting within us. The first force is the force of our desire and the second force is of our action. By the first force we have our emotional side and by the another one we have our physical and the mental side. This is the very subtle energy within us which is flowing and is expressing itself - manifesting itself outside in the gross as sympathetic nervous system.

Now, the central line that you see there represents whatever awareness we have so far achieved up to the human level. There is still a big gap within us which has to be crossed. This is the gap of our seeking which you can see as the green part here. In this area we seek. We seek through our central - that point there is called as the Nabhi Chakra - is the navel center.

For example, as an animal we seek our joy or our happiness in food. Our awareness develops up to the point of food only. Then we seek power as human beings do. They want to become king and become politicians. Then some of them seek money then they seek success but still they are not happy, they are not satisfied. The seeking is still on and beyond this man does not know

what he has to seek.

For this we have got great incarnations and great prophets who came and told that you have to seek your Self. Now, your Self is within your heart, your Spirit, and how do you enter into it to seek? If I say you pay attention to your Self inside, can you take your attention inside? Your attention is towards Me but you can't put it inside. That is why this happening has to take place. With this happening your attention is subtly attracted inside. Your attention exists in that area and this area has to be somehow penetrated or brought into the realm of Spirit. This Kundalini, when She rises from Her sleep She pushes out your attention just like this [translator later describes: like a cloth], upward. Now, because of this pulling up it also pulls your attention from the left and the right side.

When the Kundalini rises She pierces this area of fontanel bone and this area is called as Brahmarandra in Sanskrit means opening into the hole of Brahma, of divine power. The seat of your Spirit is here and when the Kundalini goes and takes your attention to that seat your attention gets enlightened by the Spirit.

Spirit is absolute. It enjoys by itself. You cannot feel the enjoyment of the Spirit because you are not one with the Spirit. As soon as this happening takes place you start feeling the emission of the cool breeze in your hand which is your Spirit. This is the divine power flowing through you. This is the spiritual power actually this is what that is flowing through you.

If this happening does not take place in you, you cannot be certified as realized souls. When this happening takes place then you start judging yourself. Because as soon as the Kundalini passes through all these great, great chakras, it enlightens all other chakras on your fingertips. You can feel them on your fingertips.

For example today while coming in the taxi (we had no car, we got in a taxi) and immediately getting into the taxi I knew that the fellow was possessed. And I started giving him correction on this center which is the left Swadishthan. Comes out of black magic, fake gurus, all kinds of mesmerism, psychology, any unauthorized behavior.

If somebody belongs to an organization [not of God, he cannot do that?] You cannot organize God. You cannot regulate Him. You cannot conceptualize Him. He is what He is. You have to just see how He is. We have to humble down before Him to see Him as He is. Not to put our human ideas upon Him.

Sometimes people tell Me very childish things and I just laugh at them because they don't know what they are talking about. But this unauthorized behavior can be very serious like they crucified Christ because they were ignorant. They were stupid and foolish. They can be forgiven but not those who have got Realization and still do not try to judge themselves and correct themselves.

You have to have realization, no doubt. That is the responsibility of the divine and that is going to happen. But it is your responsibility after realization to be humble and allow yourself to grow in His light. You can feel your own chakras on your fingers but also the chakras of other people whom you want to give realization.

You will realize very soon that only a realized soul can give realization to other people. But I've met some very highly evolved people but they cannot give realization, most surprisingly. Sahaja yogis know because perhaps I know how to tell them. They have no one to tell them so they don't know how to raise Kundalini in a second.

That's why they are hiding themselves in the Himalayas and in big mountains where they don't want to face human beings because they know they are of a different awareness. They know about the centers and [many things?] but the Kundalini doesn't move under their hands so fast. They think they are incapable of handling human beings.

And also I was surprised that human beings have been torturing them - most of them whom I've met. Human beings are really very ego-oriented. They do not know how to judge people. The saints are crucified by them but the people who are scoundrels are garlanded. They have been very, very unkind to saints even today, but if they get some guru who can hypnotize them they go

all mad after him.

Sometimes I wonder if human beings want to be free at all. If freedom is given to them to achieve their own goals, they just don't know how to do it. Though you are the category of, no doubt, of that promised personalities called as God's men, the slavery, the sluggishness within us has to be given up.

We have to be a very great personality. If you are misidentified with nonsensical ideas like [...] and all these destroying taboos and barriers of life you are sure to lose the ground. You have to know that it has been created within you the possibility of getting your Self-realization. Your Self is anxious to manifest itself in your awareness and it will happen to all of you if you just ask for it. But even that much you people sometimes hesitate.

It has to be done in complete freedom. There is no compulsion about it because it is complete liberation I'm talking about. Those who are not free cannot enter into the Kingdom of God. You cannot be forced into it like a pistol you take and push them in you cannot do that.

It is necessary that one should understand that this is the most important time of your life. For example, in the villages of India Sahaja Yoga is working very fast. They are not complicated people and they have very simple habits. They have not gone too much on the left or on the right. They are in the center. Of course, in the Indian cities it doesn't work out because city people are getting sophisticated. It means really spoiled. But in the villages it is growing very fast.

But in the western countries only the thugs and the scoundrels are working very well. Only those who can cheat you nicely you run after them. Those who can outwit in your intelligence and your ego such people are [big ..?]. For example there's a group of people in England who are already hundred thousands in number and now it has been declared as a malignant cult.

In England we have another group of people who are about ninety thousands they have now become reclusive and are in a very bad shape of epilepsy but still they can't give up. They have become extremely poor. They're on the streets, their children are starving. Still they cannot give up. These are the effects of mesmerism. That means human beings are more adepts to hypnosis than liberty.

On the left and the right hand side as you see here there are two areas within us. The left side is our collective subconscious beyond [...] and the right side is the collective supra conscious. Now, it has been established by doctors in England that cancer is caused by some sort of proteins entering into our beings from some unknown area - unknown, they are very honest. There are, because they may call them as protein 52 or protein 58 or something like that, they have given a name to it. And they also admit that these areas are built within us from the time we were created, created from the time creation was created. So, these two areas exist within us but they do not know what these areas are.

When you go to the left or the right, means if you move with these gurus to the left and the right, their hypnosis and their methods of enchanting you, you enter into these dangerous areas and you are attacked by all kinds of proteins which have gone out of circulation of the evolution since creation.

Virus infection is caused by vegetables which have gone out of circulation. Fermentation of anything, even of cheese or of the fermented alcohol and all those things are again taking you the left side. We are not aware of the problems one can face with these indulgences we have. That is why all the great prophets have prohibited us to have anything that will go against our awareness. And that is why those people who are real gurus if these days existing cannot work on you. Because if they tell you, "You cannot drink; you cannot smoke," you will run away.

If they say that you have to obey the Ten Commandments, you'll say it's very old fashion and you'll denounce it. But if there's a guru who will say, "Doesn't matter, you can have ten keeps and you can cheat hundred people, you can do smuggling, you can do what you like. Only thing you give me the money then I'll be your guru." Then it's very good for you. It's a convenient one. You like to have convenience in spirituality also. It is the greatest convenience otherwise; it is the greatest convenience to be religious, to

be virtuous. A person who is virtuous has never problems with the police, with his own wife or children. Any virtuous society would be the most [? Translator : heureuse] No deception, no hiding is needed. But human beings found it impossible to be that. So, we have to have something which will give you realization first and then you judge yourself.

Now Marie who is talking to you today, you won't believe, you must see her photograph, she came to me she was half in coma and half aware. She could not even talk to Me and today you see her that she's translating Sahaja Yoga. She gave up her drugs as soon as she got her realization, as soon as. The impact was so great because she is one of the great seekers, I would say. Her friend did not come to Me so readily till he got liver cirrhoses and doctors refused to treat him because he was such a [?] and they were expecting him to die within days - a month time. Then he came to Me. He lived in My house.

My husband had gone out. When he came back he was shocked. He said, "What are you doing? If this person dies we'll be charged of murder." But the gentleman requested My husband that "I will give you in writing that nothing is going to happen to me. If something happens you are not responsible." And within eight days he got completely cured. He looked very handsome after that. He went to India and people from India told Me that he was looking like one of our very handsome actor. Then he went to Australia.

No, the thing is, what happens to you is you have not yet found meaning. You don't know why you are there and you are really fed up with yourself. I mean you are absolutely bored by yourself. Supposing you go to jail, I mean somebody sends Me to jail, I'll be the happiest person. Because I can enjoy My Spirit there better. I don't have to [?] with hypnotized, possessed people. But for humans beings being alone is punishment because they cannot enjoy themselves not do they enjoy others.

They say they love, they marry and next day they go for a divorce. In Moscow there is a big [?] a big, you can say a square through which every bride and bridegroom - would be - has to walk. And I asked, "Why this parade?" for these poor things have to walk. They dress up of course with all the formalities and with all the [?] and everything and, "Why this parade for them to go?" Two hundred people, sometimes it rains, sometimes there's mud. They told Me lest they decide to divorce they will have some chance.

Really we don't know how to love because we cannot feel another person. After realization you'll see the beauty of the person. You see how a person can get his realization and how he can be beautiful. I see that beauty in you. You do not see your beauty and that's why I have patience. But you have to have patience. If do not have patience with yourself what's the use of My having patience?

Apart from that you have to have humble attitude, because if you expect Me to pamper your ego you are sadly mistaken. I'm here to love and give you your realization. I'm not selling anything to pamper you nor am I here to degrade you. Because in My eyes you are that category which is supreme but you do not have self esteem. If you had then you would have known why I have patience with you.

You can be very beautiful people with this, you can then really start feeling others and you can give realization. All this sounds fantastic because whatever is divine is fantastic. You have not yet known that. Even for a villager a television is a fantastic thing so for you also the divine power has to be very fantastic. But it's not so surprising.

This light first looks just like little wax pillar or a poor little stuff but when you enlighten it, it is giving light. If you use it for your realization, you can work out this fire. You will see that sometimes this light can become so strong like that. Sometimes they tremble for no reason at all. And sometimes they can give such smoke that the whole room can be filled with smoke.

In the same way you can enlighten the water. This I'm going to tell you later on, all about it. First of all you get your enlightenment then whatever you touch becomes enlightened because your heart has been enlightened. This is your own, this is your own power built in within you, potential within you.

Now for this subject as I've told you tomorrow I'm going to tell you more about after realization what is to be done, but for today I

think that should do and you can also read through the all the[?] for yourself what I've said. Not a word is false in there. You can yourself verify it.

Through your own enlightenment you can enlighten another people, but apart from that you can cure them mentally, physically, emotionally. You can give them realization means you can make them prophets as you are but you have to have assiduity for that and I'm sure it will work out very well.

As I told you yesterday that a farmer in Maharashtra in India has given realization to ten thousand people. [...]But now I have many of them who have got realization European disciples. At last thousand are there who are really, really good all over England, so let us see what we do in Paris.

May God bless you!

Also you can get tapes from England I've got three hundred or four. I don't know how many lectures which are in English but they can be all translated and you can hear about all the aspects of life. There are any questions?

Q.: [translator] He says: "What is the correct attitude to meditate?"

A.: Have you got your realization, my child? Not yet. Now, attitude should be cheerful, very cheerful. You are going to enter into the Kingdom of God. You are going to fulfill your seeking of the ages, of expectation and no [?] about it. Sit very freely and know that you are just facing your Mother. Feel relaxed and secured and it will work out.

Q

∴ [translator] She wants to know because she says Kundalini is an energy which [shows effect?] in the spinal chord and...

A.: Is the triangular bone, at the triangular bone which is called as sacrum. There's a triangle. Now sacrum word means [?] it is sacred.

Q.: [translator] She says while meditating it feels a vibration in the body under the navel and she wants to know what it is...

A.: What meditation she has done?

Q.: [translator] She says some sort of meditation which doesn't have a name...

A.: You cannot meditate; you have to be in meditation. It happens to you that you become. It's a question of becoming. If you try anything else then you are actually using your sympathetic activity.

Q.: [translator] She says she doesn't do anything, she wants to know where it is...

A.: The Kundalini is there at the triangular bone as I told you, on the triangular bone, but you see people try to do something about it. For example some people concentrate here is absolutely wrong because this is not the way the Kundalini is going to come out, is going to come out here. You should not concentrate or do anything - just keep quiet, that's all. You should be in the center.

It is like just sprouting a seed. You can't put in any effort. You cannot pull out the [?] from the seed [...] But it sprouts like that, it's spontaneous, effortless. Only the one who knows can do it. Once you are realized you can do it yourself. All right? Absolutely spontaneous.

Q.: [translator]It doesn't answers what she's asking [...] She says she feels a pulsation under the navel...

A.: That's not good. That's not good. [...]But that can be cured, that can be corrected. You don't have to worry about it. Everything is to be corrected. That's the job I have to do, then you have to do.

Q.: [translator] He says, "What about vibrations in the whole body?"

A.: Vibrations are not the thing. You have to feel Cool Breeze in your hands. Cool Breeze. You see vibrations can be wrong. Only you should feel a Cool Breeze of the Holy Ghost. Just Cool Breeze, not vibrations. You see, when the car goes out it vibrates, tuk, tuk, tuk, or if there is any heat or anything it comes out of the - uh... you can see that if there is no water you can see lot of smoke coming out and heat coming out. But these vibrations are also misleading to understand that it's not [?] you shake. You should not shake at all.

On the contrary, Cool Breeze flows within from Me, if you take it, or from any realized souls or you emit Cool Breeze. You see, that is the best car or the aeroplane which does not vibrate at all.

Q.: " I have something to ask you currently, a question. What is the difference between Kundalini yoga and other kinds of yoga? The reason I ask is [?]other types of yoga are concerned with raising Kundalini with different methods, I don't understand.

A.: Now, I'll tell you that. Please be seated. See it was in the ancient times in India we had a system called as Chatur Varna. There were four periods of life. The small children after five years of age were sent to these schools called as universities that you call them were gurukulas, called as gurukula and then these gurus were all realized souls, specially the head guru by which the university was named.

And the universities were called as gotras. Till the age of twenty five years for boys and twenty years [for girls...?] they used to lead an absolutely celibate like, absolutely, absolutely, in the past. And it was so much that anybody belonged to the same gotra - for example My gotra is Chandilya - now, I can't marry a man who comes from the same gotra. Even today, like brothers and sisters.

Now these students were trained by those gurus and they were chosen - some of the chosen students whom they wanted to give realization were taken up and were given realization. Now Patanjali has written Ashtanga, eight yoga [sama [?]at the same time, eight aspects.

The first aspect is Ishwara Pranidhan meaning realization - Ishwara means God; Pranidhan means... Pranidhan is established. To establish God within you is realization. After that, they had to go into the training of Yama-Niyama means rules and regulations of how to lead a righteous life and also they were given physical exercises according to the need of the centers [properly?]

We are doing the same in Sahaja Yoga. Then all the mantras, the whole science of mantras is taught to Sahaja yogis. But now, what has happened is some of the people who tried to go to some gurus in Himalayas, specially Shivananda, and when the gurus found them unsuitable they came out from there, in recent times, I'd say. And when they had just learned some few uh... few exercises, they started teaching the people.

And those who know these exercises we have found in Sahaja Yoga mostly catch on the heart center [?] because the attention has to be on the Spirit but the attention comes to the physical side. So the Spirit is angry with such people who are so much worried about their physical body.

Modern time is such an enslavement, you can't imagine. They have got even measurement for the body that you should have so much inches and so much inches and so many inches. If they are left to themselves they will even have measurements for noses and eyes I tell you.

Everybody's competing in that kind of a nonsense. They all want to become cinema actors I don't know what sort. Whatever it is I don't understand is how they get into any competition you put it to. Even if you tell them that "You have to rub your noses and let's see how many times you rub your noses on the wall," they will go into any competition. What is there to compete? You are all

individuals beautifully created so different. You have to be different otherwise you will be so boring.

In this universe not even one leaf is like the other leaf. If they do their measurements match? But here the human beings like mad they're having a kind of an idea of measurement. And then what you get? The human beings or they are like pantomimes?

So that is how Hatha Yoga is nothing but standing on your head. We also may use that exercise for certain people, never for French or English. It is meant for people who are mentally deficient not for people who have thoughts who grow like horns. Already you don't know how to stop your thinking. So, like a complete medicine box people take the Hatha Yoga into their body. Sahaja Yoga is a systematic training of understanding, logical understanding. You have to know about Mantras, you have to know about physical exercises, you have to know about everything. You must know about emotional side also. Main thing is that you have to become integrated. Sahaja Yoga synthesizes, does not analyze. It synthesizes all the yogas.

For example Raja yoga. Now in Raja yoga actually the thing is when the Kundalini rises all these things happen inside automatically. For example the bandhas you see that take place. Bandhas means closing down. When the Kundalini rises above the stomach then the bandhas take place, doesn't allow it to come down.

Then your tongue is little bit pulled inside. Then your eyes are dilated; then your fontanel bone area becomes soft. Now, what the people do is like this: Kundalini is not rising. They pull their stomach inside. They'll cut their tongue here, put it back. That's how they believe that their Kundalini has risen because can put the tongue back.

Some of them might ask you to make this soft by beating here [Brahmarandra according to translator.] These are all artificial yoga. The real is the Kundalini Yoga where you become one with the Spirit, you know that you are becoming close to you.

It is like this: There was a man who went to the King and told "I can make a huge, big palace for you. Give me lots of money." He's name was [?] After six month the King sent [?] He said, "No, yet not ready." Like this for about three years he was saying, "It's not ready." So King went down there. And he asked, "Where is the palace?" There was nothing it was just the ground. So he started telling him a story, "See, such a big - can't you see a big, huge door here? And now you walk into the palace, and this is the palace..." and he gave a big description. "And see the big darbar of people sitting down, all the court [?]" And here is your throne where you are going to sit."

And the King rubbed his eyes; he could not see anything. He wondered, "What's the matter with my brain, something wrong?" The brain was sick. And the King said, "Oh! I can see it's done." So the fellow was very happy, he has befooled. So, very quietly the King says, "Now, I want to bestow the greatest honor upon you. Please come and sit on the throne." And he made him sit like this. In the pose as if he's sitting. And, can you believe, he could only sit like that for two minutes and he got tired. So he stood up.

He said: "No, be comfortable, I want you to sit like this for at least an hour." That's how it [takes place?] All these artificialities and falsehood will be seen very soon by all of you.

Yoga means union with God, which is spontaneous. That's why it is called Sahaja - means born with you. But now we call it Mahayoga because not only that you become one with God, but you can give this to others and masses and masses can get realization.

This is the time when many flowers for blossoming are going to become one with their Spirit. This is how all the yogas are. They also have something like Kundalini yoga in India, you don't know. They also have Sahaja Yoga also. They even use My lectures. Ho, that's [?] Ra, uh, Ra... What's his name Za... Za... Zararsu... There's one fellow, he's using My lectures and he calls it Sahaja Yoga. So, what can I do about that?

You should judge whether you get your realization or not, whether your realization is working it out or not. You have to see yourself with complete alertness. Thank you. So, I've told about all the yogas but I have in details given lectures in London. You can get the tapes and see for yourself. It's very interesting. You'll laugh a lot. A very good question, I'm very happy. May God

bless you!

Q.: Inaudible

A.: TM? That's the one I was saying. One of them. [?] I'm going to send somebody who was the director of their academy in Scotland. His wife got epilepsy. She was [with him?] for sixteen years and he himself was epileptic who is now a [broke?]. And what a fool he has made of everyone, really!

Q.: [translator] He says: "What do you think about Zazen?"

A.: Zen? Oh! Great! But you cannot practice without realization. Zen means realization first. The same thing with us, you cannot follow... Zen is Sahaja Yoga. What Zen has taught is Sahaja Yoga. Lao Tse, same thing. It's the same. What Mohammad has taught is the same. What Christ has said is the same. It's the same but still, also, the head of the Zen today in Japan is not a realized soul. They are just organizing buildings, houses, foreign tours, [?], I don't know.

I've also given one lecture on Zen, completely. I've been to Japan Myself and I know Zen means Sahaja, absolutely the same. They are all just the same. They were true people but their followers were like that, what to do? The followers made a mess out of them.

In Japan I gave realization to somebody who started an organization called Mahikari. They know that, and this, his own daughter starting twisting it. She was not realized. But you'll be amazed and there are thousands and thousands of Mahikari all over the world, maybe in millions. And how many Sahaja yogis there are? Because in Sahaja Yoga you have be, you cannot be member of an organization, just hang something round your neck and say that "I am a Sahaja yogi." You cannot. You have to be.

You see, it is easy to make artificial flowers. To make a real flower it takes time. It's just like that. These are all plastic gurus and plastic disciples but poor disciples. They are seekers. Very sad. All right?

Q.: [translator] How can we know that there is a realized soul?

A.: Once you get your realization yourself, you [start?] the Cool Breeze flowing from your hand. This is described in the Bible and is very well described in a book written by Adi Shankaracharya. Now, when you see a person wants to know whether the other person is realized or not you put your hands towards that person and you start getting the Cool Breeze from him. You can also get Cool Breeze from ether, you can see Cool Breeze.

Like, I've not met many people - many gurus, sorry, good people and the other day in Spain one boy came up, just said, "My guru has sent me, Mother, to help You." Uh, I've never met him before. He lives in the Himalayas somewhere. I asked him, "Who is your guru?" He told Me the name. And as soon as I heard the name everybody started getting vibrations, cool vibrations.

We had a priest here the other day who wouldn't get his realization because he was not married. Then he wrote a letter to Me with a friend that "I have a guru in Rameshwaram, maybe because of him I'm not getting realization?" I read the name and I said, "He is a realized soul." And he then told Me that "Yes, he has told me that Mother has come. It's You." And he told him about Me, with whom I've never seen before. We just know it.

In Rangun one lady, her name is... uh... she's an American lady I think. She went down there and there is a big saint living somewhere who doesn't meet anyone. She came back and she said, "The guru not only called me but he made me sit in his feet, saying that "You have met with Mother. I've not met Her." They know. This lady is in Kuwait, I'll send you the address you can ask her.

They know Me and I know them and you will know them too. This is the knowledge of the Self. Only through Self you will know God and you will know God's people. Not through rationality. How will John the Baptist know that Christ is the One because he

was a realized soul. It's very simple.

Let's have it now. Please put your hands like this straight, just straight like this.

## 1980-1129, The Creation of the World

View [online](#).

29 November 1980

The Creation Of The World

Public Program

Paris (France)

Talk Language: English | Transcript (English) – Draft

Public Program Day 3, The Creation of the World

Subject: This is, Human evolution and what is the situation today?

The subject itself says that it is the evolution of man from amoeba to this stage of creation in one part and the second is what is going to happen to be him after. So what has happened from creation we shall hear today and what is going to happen after today. The part of it which I am going to tell you today maybe is not yet known to many people. The part of it which I am going to tell you later on is known to our science. But is not yet being felt at the subtler level what it has done to us. So the attitude should be about this is when I'm talking about something which is not yet known about creation and then about the future of your being, attitude should be of more listening to me.

The attitude should be to see for yourself, like in science we have a very open mind. Whatever hypothesis is put before you, you should get it and see if it works your laws and then it is called as a law, then it is confirmed with experimentation. The subject is here [UNCLEAR] us of .... have such a very short time so I have to be very fast in it today, and the subject is also very serious. So to make yourself little bit lighter I would say that if the taxi is late I have to be very fast. a [UNCLEAR].... is choking-Who?-He [UNCLEAR]

First I will tell you in short how the creation came into being. First it is the Divine. Say this [UNCLEAR Divine plays]. First it exists just as Brahma in a static state, and then the Brahma which contains God's attention becomes separated or becomes, forms, a nucleus. This is the static state, forms a nucleus, the whole thing goes into that state. Now, this one (nucleus) does separates, emits around it, this is what is the regularization starts. A circle, it forms, of its energy. This is the power of God, which forms a circle, because now it starts, the formation stage starts like this. Now, from then all this forms a nucleus, somewhere here and all this flows into this nucleus. So we get God almighty and His power. There's no difference between the two. They are just one. This is the One who is the Spectator, and this is the One who plays. This is the God called Sadashiva in Sanskrit language and this is 'the Shakti called as Adi Shakti', the Primordial power.

Now this Primordial power creates everything for the amusement of this Spectator Sadashiva. Now this creation takes place by many methods but one of them to begin with it has to have time and it has to have space. By delimiting the abstract that the creation starts. Now when this one comes up first thing She does, this power, is to go round in an ellipse.

This is as if She garlands. It is a very sweet relationship. And She doesn't want to leave Her master or She doesn't want leave Her husband we can say. I mean that's how human beings understand, so I'm saying husband.

This stage is the zygote state as you can call it or we call it the Pradakshina. Now this is the time what we call the second stage is lasya, in which this is, now this wants to go, doesn't want to go, for example, it doesn't want to create, it wants to be born. So it moves forward by which this move becomes like that, you see, but He gives a push to Her promising that You go ahead and I will be always with You, sort of. It is very poetic.

By this push, you see, this goes back, and it forms like that. That's how OM comes in. The first sound is here created when it breaks bond here. This is the first sound. Is sound without any percussion. And this is the sound is called as the Anahata or the

OM.

Now the second part of creation starts where She returns back from Her creation. One creation She does again comes back then She returns back, comes back again. She creates again and comes back again. And that's how She returns back again and again there have been many creations, but in one creation there are fourteen Bhuvanas, means there are fourteen layers She creates. For example to create this universe what She did was to come down here and go round here and end around [UNCLEAR turn it all] here.

So that all this became very limited and became very compressed. Because of compression there was a Big Bang. This I have said about 1970, when had gone to Iran. And later on I read it in the papers people are talking about Big Bang. That's how these fragments are created. These fragments then because of the momentum of this movement of this one go into round round thing, you see momentum, this is Sanskrit word, it is English of momentum, then there are fourteen are caused like this, and then they go into another sort of a bang and then Suryamandal is caused. Suryamandal is the Sun, the solar plexus.

Now, in the solar plexus now what do they do is to...this is The Surya this is the Sun and this is the Moon. For example, now part of it breaks out, the gases and all that they come out and they form. First earth is brought very close, close to the Moon with this kind of a ring which you find on Saturn, sort of a ring, it's like an yoyo, you see. Now, what happens at this can be moved up and down up to a point, so the whole earth is frozen first. Then it is brought to a point where it starts melting and then it is adjusted in such a way that after melting it fully then they want to adjust it in such a way that it can have life.

All this movement is spiral of the Earth is a spiral movement. This also recently somebody said it of course I have written about it long time back, said about it. With the movement of the Earth like that they really the evolution is generated. How you move towards the Sun and the Moon is adjusted in the centre. So the Sun and the Moon, the Moon gives you the power to desire and the Sun gives you a power to act. Thus two powers are created out of one power of Shakti. And between the two on the Earth a third power is created which gives you evolution. These two powers can be described as a cross. Not the Christ's cross, but another one, actually it is shown like a 'Swastika'. When these two powers move like this: this is the first power and this is the second power. When these two powers move like this in clockwise manner then the creation takes place. When they move anti-clockwise then the destruction takes place. Now the evolution is here in the centre. It starts from here. Out of these two powers, first the carbon is produced. This gives oxygen, this gives hydrogen.

This, the third one, when it comes in the carbon, established, when it is fully balanced, established, then life takes place. So you get the third power by which life starts growing. So the life starts coming up to a point. At this point leaves a gap, now human evolution has started from here, up to here. And this is the Grace of God, now there is a gap here. And this gap is to be filled. For to keep this gap all right, not to create any problem, many prophets are born on this Earth.

So you have to keep your attention in the centre. Those who go the left or right go out of the circulation of evolution, like the mammoth and all this big animals who were very very fat and without any intelligence went out of circulation. Then there were very cunning animals who came up and the cunning animals also started going too far, extremes, this side, the movement on the right. They also went down. Then there were many emotional people. They came up here, they also went down, then the spiritual people came here. And that is how we have the fourth being within us. The physical being here at this point actually comes, the mental people, then the emotional, and then the spiritual. That is how our evolution has worked in four periods. And it has left its mark within us and it has left its conditioning within us.

So from the very beginning, from when you were just a matter, this is matter, and then you became carbon, till you became animals and then you became emotional beings and then you became spiritual beings, all these are within us. Thus we have within us basically seven levels plus we have two more centres, which are called as Sun centre and Moon centre.

The first centre which is we should say our carbon state, lies below the Kundalini. It is made of the Mother Earth element. It is innocent. That means it is innocence within us which is established first of all. Before making anything of this world of creation, we should say, before creating this Mother Earth even, this Deity of innocence was created.

And this innocence is within us, which resides in that centre called as Mooladhara chakra.

This is a very important centre, because this centre is the one which informs the Kundalini. This is the innocence of child and the mother is the Kundalini. All of you have your individual Kundalini here, your individual mother. And she is there to give you your Realization. She is connected with your subconscious area. And whatever you have done in your past, in your past lives, in ages She has all recorded by her. But the one who records, I mean who informs, who is the informer is sitting in that centre, which is the Mooladhara chakra.

This is the only centre which is outside the spinal cord that is why it is very sensitive.

But it is innocence, this centre gives rise to the pelvic plexus, which is responsible for sex, for all excretions.

Now, this is a very important centre which we really do not know how we try to tamper. The deity is known as Shri Ganesh, who incarnates later on as Jesus Christ, at this point. This deity was created in the beginning and is a giver of wisdom. He removes all the hurdles and gives a spin. Now this centre is the holiest of holy because the holiest and holy is a deity.

But we really do not know what is the protocol of this centre. The all excretions are private affairs of an individual even the sex. It should not be exposed and talked about and discussed. If you do that and think about it, this moves upward in the awareness in our brain. And you think about sex by which you become impotent. It is a spontaneous behaviour.

Either you become absolutely impotent, in a very early age, or you get possessed by people who are very lusty. And you become addicted.

To keep ourselves in the centre all the time, the institution of marriage came into being through the training of your unconscious. And the conscious has given us the idea of marriage. All the incarnations have been married except for Christ who was innocent, but you are not Christ. So you don't take this pattern. He is Spirit and He cannot be married. He is married to two women, they say, is one who is satisfaction and the second is the mastery, Siddhi. See, the Siddhi will be doing two things than in one itself. So He is not married, but all the other incarnations are married. He being the Spirit, He is the only one who was resurrected to prove what Shri Krishna has said at Vishuddhi Chakra.

And Vishuddhi is here, to prove what Krishna has said that it cannot be killed by anyone. This was announced so many years back. But you sometimes think that Christ is in your pocket. You think you can build up anything in His name, and do whatever you like. First you get Him awakened within you. First you know where He resides within you and then you will know what He wants.

Now the first chakra I told you in short that a person who has to cleanse this sath chakra has to know that it comes from the Mother Earth.

In the book "Advent" Gregoire has written in detail as to, how you have to outer balance the defects of this chakra. On one side it causes the problems of the prostate gland that comes mostly with [UNCLEAR laxation?? 31:30] also it causes the problems of all improved bad diseases. On the other side when a person does not have interest in sex or things like that or if he is very hard-working or sometimes also overindulgence in sex, both ways it can cause. All these things also causes constipation and all the troubles of the alimentary canal at the other extreme.

Now people have been, I must say, people like experts, are really half baked, are very dangerous people. Only you could see it because He was a Realized soul, He got his Realization. But his disciples I have seen in India are mostly Jews. And they don't want to accept Christ as an Incarnation. Whether see, they accept it or not, He is. This is how the effort of Juwa also have failed because He could not give Realization to anyone.

Now the second centre that is here is, though it is looked, the third one, it is the naval centre. Through this centre we have our seeking. Our seeking goes so far as towards our spiritual seeking. And today in the taxi I was laughing aloud, because they told me that somebody is an intellectual and he has read too much and he is conditioned. After all what can the seekers do but to read? But they read tons and tons and tons of books. And their whole tonnage is on their head like a ship carrying the heavy load, any time to be toppled down.

And I, when I have read Kabir sometimes, long time back when I was very young when I was a child I should say, I read Kabir who is very straightforward and very furious, tremendous fellow. But I could not understand one of his things he said that "Padi Padi pandita moorakha bhai", that means by reading too much even the wise has become stupid. Moorakha means actually idiot, they've become idiots.

Then I realized that when my husband started doing some shippage that if the ship is loaded too much it can topple down. The human brain should be able to bear it and some matter could be exclusive to your being. You have to verify everything that you do before loading the ship. And that's why when you lose your wisdom you don't know you're going to take to every self-destructive.

This is the state of our seeking, that we seek in books, and believe all kinds of idiots who've written idiotic books. We have no way of verifying. This happens, very often I've seen in the west, specially where people are really overread. It is difficult to decondition them. Mr. Freud took a lead from them. He was really satanic in some way, because, he says that if you follow the Ten Commandments, it said 'do not do this, do not do that', then you get conditioning. Because for you to keep in the centre you have to be told 'not to do this', otherwise you go on the left or the right. But according to Mr. Freud the Great, all of this is wrong. But he should have said, if he was honest, that don't read any books of Mr. Freud. He has conditioned you the most. All western countries are conditioned by Mr. Freud who was a Satan of the worst type.

There are many who might say, that "Oh! Nothing has happened to us, we are all right". But after getting Realization and enlightenment you can see in that light how horrible you are. He has uprooted human beings from their own, fully from their own sustenance, from their own source of wisdom. This is the seat of wisdom.

Children are very wise, you know that. They come out with very wise statements because they have not lost their innocence. I will give you an example of my own grandchildren. The elder daughter has two daughters and the younger one is only three years, when she was three years they went to the school and the elder one was about seven years. She brought a paper from the school and told me "What is written in this paper? Just see." And the paper was addressed to the parents, and it said that there is a program in which if you come you get your transformation. You have to only pay hundred rupees for that program. Both of them are born realized.

The elder one says that "This is a course for transformation, is it?" She says that "Without Kundalini awakening how can you have transformation, Grandma?" But the little three year old says: "My father has done fourteen courses, his Kundalini is not awakened? So how can you have course in Kundalini awakening and how can you transform without awakening. The elder one says "You may give thousands of rupees to the Kundalini, it won't rise".

I was amazed at their wisdom, to grown up people it is very difficult to convince them, but children see the point immediately. They have innate wisdom. The difference is when you get Realization, when you are grown up then you can communicate better. Talk about Sahaja Yoga, write about Sahaja Yoga. But they, you don't have to tell them anything. They are so beautiful. That's why Christ has said you have to be like children if you have to enter into the kingdom of God. Now, it's so spontaneous a child has come today to grace this occasion.

Now the seeking that we have has to be with the wisdom. We cannot seek wisdom in Freud. He himself died of a horrible catch. He had funny relation with his mother. That's what are we going to do? There are gurus who are teaching you horrible things that

"Can you have sex with your mother Kundalini? This is the greatest sin.

In London, they were publishing a picture saying that Christ had bad relationship with his mother. And they protested so much that the Queen had to say no, it cannot be produced in London. And maybe in America they might be allowed under the name of freedom. And I can tell you if it comes to Paris half of the Paris will be booking itself for three years. Because we are reduced to nothing but sex point. We have no human existence. We eat sex, we think sex, we see sex. It's horrible. To me, it's nauseating.

I will tell you again and again in this place called Paris where I came first time, I stayed in a very big hotel 'Sheraton' I think, yes with my husband. And we were VIPs. VIPs are big people so they gave us a special seat. And they gave me the seat facing a very famous painting. And when I sat down and looked up. I was shocked. A dirty woman sitting with her dirty nudity completely on a chair! And everything in detail, "eww!". Horrible.

He said, "I am going to the bathroom". He vomited. He came back, "O God I can't eat anything anymore". And the VIPs was left without eating anything. And I also vomited a lot. That was the first day we had dinner in Paris.

This kind of wisdom is lost, which every Indian has so far, thank God. They get westernized, but they know it is wrong. But you are so conditioned that you do not know it is wrong. And in it is filled. I should not say this but you are in the country where people like, 'what's his name whom I really was worshiping in this country? Émile Zola'. He was a realized soul. How he brought out all this nonsense out and how he really protested against this? And here you are, I don't know how you are playing to the hands of this mad man Mr. Freud who had bad relation with his mother.

You must respect your privacy. How can you allow anybody to disturb that? This is your own pride. Now I need not tell too much on that point, but now I will go to the seeking. Because why I said, because now the seeking has gone into sex. Now see how Kundalini is placed above that. Only the six centres are penetrated.

Shat chakra.... as they call it, not the seven, so what you are doing is to go down at the very beginning of your evolution. Like I have seen people have very nice films made showing how you have to learn from animal behaviour or from fishes, fishes! Are you going to become now fishes? You have to become super human beings, 'master of yourself', Master of yourself, not slave of anything. This is enslavement.

Now in the third centre which we call as Swadishthana is the centre which in a way acts in for your thinking. As well as for other organs like liver and spleen, pancreas, kidney and etc. Now this poor thing has so many things to be done but it has to also convert the cells of the stomach fat into proper cells for the grey matter and the white matter of the brain. Now when you start thinking too much then it has got one work is to replace the cells used by your brain.

Now when he has to do this job: one thing only that to look after the replacement of the cells, what can he do? Poor thing, it is thinking, thinking, thinking. It has no time to look after the other organs. So the liver goes out of order. People get diabetes. Because of pancreas they get spleen problem they become speedy because the spleen is the speedometer. Because people just don't bother about the spleen. When you have taken your food you just want to jump out. When you are taking your food you want to listen to a horrible radio news that some catastrophe has taken place. The spleen becomes crazy. You become speedy and anxious, as if it is like going to take a train about three hours before it arrived. You live in the future all the time.

'Watch' is another curse. You always want to plan everything ahead and this planning is very dangerous and not practical. For example now we had to come from our house to this place. Supposing we had planned our car to move out in one direction, do you think we would have reached here? As it is the taxi man lost the way. That's why all your plans fail. Like in India they are five year plans for three times and I went to one mystic place and saw lots of these tractors like just rusting in the yard. There's a yard. They said, according to the plan we imported these tractors but there are no roads for us to take these tractors to the village. And so they are becoming a junk there.

It should be done spontaneously. For example if I have to go to London and I have to book a seat I have to book it today, there is

no plan. But if I sit down: I have to do it, I have to go, I have to go, I pester myself morning till evening, I have to go on this date and I have to book, I have to book, I may not book at all. And some people have a habit of writing it down in the diary. Once they write it down, it's done according to them.

Moreover is the brain, works too much, hands do not work, there is imbalance, there is no integration. That's why for you hand-made things are so precious, because only your brain works, the hands do not. You have lost the depthness, the whole energy is gone into the brain only and the third dangerous thing is by this imbalance by right hand side, as you call it the right hand side working of the brain and the action accordingly, what happens is that your heart is enveloped in ego.

You like only those things which pamper your ego. Now supposing I tell somebody "Don't go to [gramping] [UNCLEAR]. He says to me, "What's wrong? I like it". But which part of "I" likes it? Of course not your Spirit, is your ego. Is all your ego trips, see for yourself? They know, they know it, ego trips [ha you know that Yuva Shakti...].

And the whole society you see, builds up your ego. They will say you, smoke this cigar and you will look like somebody great, get cancer. Also such absurd advertisements coming and it is "Oh! It is great to be like that". But this ego-oriented personality gets into a freezing attack. They do not talk like human beings but like some "Frankenstein" style. Like this, "Yes...so what? What do you mean?" To their wives they will talk, imagine. Is this the way to talk to your wife, sweet little thing, or to your child? There are no emotions which are flowing out of the heart. The heart is so closed.

Reactions to this came into this world when people started anti-culture movements. They got so frightened of their ego there, they said escape this ego, they couldn't bear it anymore. They couldn't bear themselves, because so dominating, that they felt hurt. So they said "Let us get out", so they took to drugs and things like that. Even alcohol is because of that, you see. Take to alcohol, for the same reason. And as a reaction they took these drugs. And they entered into the area called as superego. This is the area which one gets after getting conditioned.

So, from egoist they became super egoist. Super egoists are the people who are dominated by other people, other spirits who are very sly. Such people are very sly and could be very sexy and all sort of which goes in the left side. Because they said this is love. They confused sex will love. It's only with your wife that you can have sex in morality. Otherwise why do you feel jealous? Why do you get diseases? Why you don't want your wives or your husbands to have relations with others. Or if that relationship is so holy and good why do you hide it? And why do you tell lies?

It's all adharmic, it's all irreligious. Now this heart business is there in another chakra, you can see there. This chakra, it has got two parts in it. One is the mother, another is the father.

Shri Mataji: Why is he crying?

Sahaja Yogi: Just find out.

Shri Mataji: A? I hope nobody is speaking.

Sahaja Yogi: No.

Shri Mataji: He must be wanting to, come here. Now, why do you force him? Let him be here. He is all right.

Now this chakra is of the Mother universe, lives there. Mother of universe. As a child till the age of twelve years the antibodies are built within you at the sternum level. These antibodies are responsible for protecting us later on in life. And that's how as if She builds her soldiers for us. I don't know if you do it here or not, but in India as soon as a child is born, the first thing they give to the child is honey. Honey nourishes antibodies within us. Pure honey, not this artificial. And these antibodies are responsible for looking after us when there is any invasion.

On the both side is the father's and mother's chakras. The father's is on the right and the left is mother's. When the right chakra is caught up which has Shri Rama's incarnation adorning it, then you get diseases like asthma, and on the left hand side the mother's thing is caught up, then you get diseases like breast cancer. The right side is the father's. Is the father is the complete image of a good father, is Shri Rama.

Now if you have any bad relations with your children also you catch on this chakra. Or with your father. If your father has died early, also you can. Very recently in England they found out a little remedy for anorexia where women just give up eating. If the father of the girl has died and the service was not attended by her or there was no service for her, they arrange another service of a thanksgiving for the father. And they have found that the girls get all right, because these are spirits of the father or of the husband can possess such people who have not been able to see them at the last moment even grandfather, grandmother, very much, very much, it's true and apart from that if your any relation like that has died and you are too much fond of it and you sometimes try this [UNCLEAR plaintiff] things, then it's horrible.

So, one has to know how to deal with the dead, once they are dead you should tell them "We are all right, don't worry about us, you take your birth again and you take your Realization. We are very happy and you also be happy. We have no business to tamper with their freedom now when they are there." You must leave them alone where they are.

But I have seen people have no idea about the dead. For example they bury all the dead in the church! I happened to live near a very big cathedral the oldest one in that town, just there. And I see so many spirits coming out of it every night, layers and layers. And there the children go, everyone goes, that's why people going to church become little flatter. I know of a Sahaja Yogini whose mother was like that. And in old days she used to go early in the morning to the church. And she could not recognize her own children. But every Sunday morning she would get up, dress up and go to the church and one day she got lost and only some bhoot used to come on a Sunday to her, to take her down to church. Bhoot means possession. And then she became very funny and she had to be put in an asylum. Once I travelled with her on the bus and I saw two-three people walking in one after another. Of about say sixty to eighty years of age, -

Sahaja Yogini: There was only one?

Shri Mataji: No, no There was another one sitting. Yes.

And they were talking they were just talking like mad [incorrectly] and I asked her what is she talking. She said "About the last walk". I mean all these things happen, when you try to get attached to the people who are dead. You have to live in the present. Not into the past or into the future, but into the present. And you will be amazed when you will be involved in the present, how great you will be.

Now the time is coming up and this is the centre, now we come to, which is the centre here at behind which most of you catch. This is the centre of Vishuddhi. Has sixteen plexuses, which looks after your sixteen sub-plexuses to supply your mouth, face, eyes, nose, ears. This is the most important plexus for human being because this is the time when man raised his eyes upward, when he stood up. Because of this movement the life, these two crossed each other.

And that's how ego and superego developed into our heads. And because of ego development the brain started becoming more triangular. Animals at the most have superego. When they live with human beings they have pituitary body, very advanced.

And it goes down when they start living with human beings. The movement of the ego is from back here, you can say from this here to this side. And the movement of super-ego is from back on to this side, from this here to this. Because of ego development, the super-ego which was developed which was overdeveloped was pushed back. And a shell was formed in the brain. It became like an egg and this "I"ness came in you, "I am" came in.

See, this is the right position. Those who lived in the centre have this kind of a position. And then when the Kundalini rises she

sucks in both of them and that's how your Sahasrara opens out and your fontanel bone is pierced through. That is how you get your Realization.

Now regarding Vishuddhi I don't want to tell you much but is the Deity of Shri Krishna. Those who have a very good Vishuddhi become witness of the play of the Divine. It has left and right two sides which you can see in the paper and you will know.....

Now between the pituitary and the pineal we are away and on the optic chiasm crossing each other. That point. That's a very subtle side. This centre is the centre of Agnya. It has two petals, by pituitary it controls the ego, by pineal it controls the superego. Now this centre is the centre adorned by our Lord Jesus Christ. This red mark you see is the blood mark of Jesus Christ. Is the most important centre because this is the door to the Kingdom of God which is the limbic area. His message is not crucification but really it is resurrection. He came to show that you can be resurrected but none of the Christian associations, institutions or countries are working out towards it.

They are just making these churches symmetric, symmetries of churches and in some of the institutions seeking is not even permitted. He has said that you will have to be born again, seek yourself. So we have one group of people who do not believe in seeking. And the other group of people who are self-certified that we are realized souls. Human beings you give them anything they know how to make a mess out of that. I don't know how did they interpret Christ like that. I said, how? Why? What makes you think that He asked you to do this social work?

So, they told me this: "Once Mary Magdalene brought some oil to rub on his feet and on his body". And, I think Peter told that, "Why should you do that? Why don't you give it to the poor? It's a very expensive oil. Better sell it and give it to the poor". And Christ said, "That, poor are forever, means that they are headache forever. But I have come for a short time".

And because of this kind of nonsensical interpretation there's a great drama going on in the idea of helping the poor. I mean sometimes I just don't understand, now I come to England and I find that it is nothing but plastic: they have no cottons, they have no silks, they have no brass, they have nothing genuine, they wear plastic, they eat plastic, they sit on plastic, their houses are plastic and they think Indians are poor. The Indians don't sit on plastic. At least they have their wood there, they wear cotton. I mean how do say you are affluent.

You have no gold, you have no precious stones, you have no silver. Every Indian will have some silver in the house. Every, even maybe a beggar might have. You see the ideas you have given to Indians makes them feel they are poor because they don't have plastics! Because they have no nylons. When I go to India you know what I have to carry from England - nylon sarees.

That's being very modern, very sophisticated. You go to somebody's house, who is rich. He won't give anything, in a way in a proper ceramics, he won't use any ceramics. He won't use any artistic piece which in his country, is so much available. But he will use stainless steel imported from Germany or an aluminium pan from Japan. You see it's the idea. Idea of poverty is so funny you can't imagine.

The one who is a saint is not enticed by anything. Nothing can comfort such a person. He is comfort himself. He can sleep on a bare land or can sleep in the palace it's just the same. For him it makes no difference where he lives and what he has. Because he possesses his Spirit which is the most precious. And that's why he is the king of king's. Even if he is born as carpenter's son so what does it matter. He behaves like a king better than all other kings. He doesn't need any diplomacy or any kinds of a compromise. He stands on the truth. He is brave and courageous. But that does not mean that you should become poor. I must give the other side of it because some people feel that if you move like beggars of a street then you are very nice. Or if you look like clowns it's a very good idea. You are a nice target for all horrible possessions to get into you. Both are artificial.

Like even a boy came to me and he had all his hair dishevelled and he was looking like somebody from ancient times, you see, some primitive personality. I asked him, "Why do you look like a primitive person?" He said "I want to become primitive". I said, "By wearing this rags you cannot, your brain is modern. Your brain is English. You cannot become primitive. You cannot become that, it's just your own imagination. It will never happen." Like if you put say a hundred pound notes on a donkey does he become

a millionaire?

By changing outside you do not change inside. So you are not to look pitiable, unhappy, nor miserable [UNCLEAR]. Like even Christ, they have tried to do that to him. I went to see this. I today only I told them, this Vatican City, I went to see this, Vatican City. Michelangelo was a realized soul. And in the Sistine's chapel you see a huge, big Christ with a big stomach he is called as 'Lambodara'. Tremendous fellow he is. Standing there on top and these Catholics have put a table in front of that. And on a cross some skeleton is hanging miserably. They have no shame.

How did they dare insult Christ like that? He carried his cross on his back. Let anyone of these popes carry those crosses I would like to see, very easy to say carried a cross when somebody is carrying the whole cross in front of him. It is sadism to see Christ so miserable as that. A person of that personality shining as brilliant. Happy and joyful and healthy. It is in "The Devi Mahatmyam" [Devi Bhagavatam], written that He is the support of the world. We mean that skeleton, that miserable skeleton is going to be the support of the universe?

All funny ideas are falling into human beings. Like mosquitoes they want women to look. Horrible. With a very bad heart and very bad liver. There's no warmth, there's no love. They cannot be good mothers, when children don't like bones, I don't think men also like bones. Imagine a skeleton around you, bah. I mean you feel so miserable in such a company you know so guilty that you are so healthy and this person is such a skeleton. Do you have, got a Mona Lisa? Look at her health. See her face. How radiant? Thousands of people come to see her and then they pay money for these beauty contests.

Modern times are the times of confusion and nonsense. I mean to what nonsense they can go one cannot say. But in this confusion the seekers are going to get their Realization. Because of the confusion they have reached that stage to receive. That's why they are awakened. They are thinking about it. They want to know what is the end of confusion.

It's there and you can see it's the limbic area, is called as Sahasrara. There are one thousand petals. There are 998 nerves, which when enlightened look like flames. And according to doctors how can it be one thousand? Actually they are one thousand whether they like it or not. But they'll just go on quarrelling on this whether there were 998 or one thousand like she'll say the one that she wants. Just now, you also tell, but there is only one point there, but why? All right? In the same way.

That's how it is. You do not see things and then you want to quarrel and argue. This is what Kabira meant that people become stupid. You are so conditioned and your ego is so developed that you cannot see. But the one who sees you should not challenge. Better see yourself. Receive it for yourself. I am here to give you counsel, give Realization with all my patience and my compassion flows ahead of good. But the one who is going to come has eleven destroying powers. And when he will start his destruction then he will judge you on your Kundalini. Not on anything as you must have heard that "You will call me Christ, Christ and I won't recognize you".

So, please be careful, please have your Realization and try to give it to others.

Do not take advantage of me. You have been already warned in the Bible. Because I am prideless. I am very simple, to look at. But there's a lot of thing.

[End of recording]

## 1980-1201, New Year's Day Talk before Havan

View [online](#).

1 December 1980

Talk to Sahaja Yogis

(India)

Talk Language: English | Transcript (English) – VERIFIED

New Year's Day talk before havan, India, January 1st, 1978

[Few people are also moving slowly.]

Sahaja Yogi: Need aasan [chair].

Shri Mataji: Need aasan? Who has?

Now just see his vibrations now, are you all right? He is all right. Take the name of Radha Krishna. Yes, all right now. Ok, come on whoever wants to wash it, wash it fast, Aradhana is standing, take some salt, she will put salt in water, you just take it from right hand.

Shri Mataji: Why do you want to mix up all these things together?

Sahaja Yogi: Because there is another one, Mother. [Unclear conversation]

Shri Mataji: Actually, but there should be another group we should say that why do we need money for drinking? Going to pubs? Why don't you reduce on that? I mean strike has a little controlling, [Unclear. A Sahaja Yogi is explaining something]

Shri Mataji: But one has to grip something, what I am saying, you are gripping one thing, one finger is not going that way and another is not going that way you see so whether you are on the contradict [unclear] should be used in this way that, even the fingers may be different, you can grip the same thing. And when all of them put together they can only grip it. But why not give up drinking, what I have don't go to go? Give up drinking, give up drinking. That's how you save your money. At least, save your money there. They are asking money for what? For drinking only.

Sahaja Yogi: [unclear] Money is so low.

Shri Mataji: David, I tell you, it's not that, you see, it's not that low. Because I tell you now that people who were coming to me for work, I mean, I don't think I was giving them too much money but they, after lunch, they would go for pub in the day time.

Sahaja Yogi: I know because its cost [unclear]

Shri Mataji: That's the thing! See. So, one should point out that there are people who get lots of money and still go. But we are not the people like that, we are already very low paid that should be pointed out. You are very low paid people.

Sahaja Yogi : [Unclear]

Shri Mataji: Good, that was good too. What about- who else is left now?

[Sahaja Yogi in Marathi]

Shri Mataji: Marathia. [In Marathi].

Shri Mataji: What else?

Sahaja Yogi: So, the All-pervading Devi will constantly preside there with senses with all beings and governs all the elements. Salutations again and again to Her who is pervading this entire world abides in the form of consciousness.

Shri Mataji: Chaitanya rupe.

[Cut in the audio]

A new year starts and I was telling you just now that life is a cycle. If there is no cycle then there is no life and because the cycle starts, a new year also has to start. If there is life, you must have seen that there is a change in nature too. It has to be that way because if the seed has to grow which has to become the trees, the tree has to become the fruits, and fruits have to become the seed. The change is all the time there and the change shows the progress, the growth, the life itself.

So, the poetry of life is all the time changing itself, its moods, its tones, until it reaches a point where it feels it can manifest its beauty in its fullest way. And that is the time that has come today because this is the era of enlightenment and that is why the enlightenment has to come. We have to understand why this life is created in this way, what are the undercurrents that have created this life. How are we here? How do these undercurrents work within us? How these centres and chakras, which are not seen by the naked eye, are acting? Now, people have written about it, talked about it, said about it but nobody has felt them. So, this is the era of enlightenment where you feel them, where you understand that they exist within you not only mentally but also like an actual experience within you.

As you feel the heat and cold, in the same way, you start feeling your chakras, this you know. But today is a day when one has to start afresh again, every time a new thing. So, what are we to now decide as Sahaja Yogis? Because most of you are Realized, you got vibrations, you have done a lot of wonders with your vibrations and you know what Self-realization is. So, what should we decide today?

A special day today, on a New Year's Day we have to resolve certain things within our mind. Now it is for all of you to decide for yourself, you're free to decide whatever you like, whatever you think proper which is to be done. But, the main thing, the basic thing should be that as we have got now Self-realization, as we have now risen higher into the realm of the Unknown, now as we have entered the kingdom of God, what should we do? How should we progress? Why are we kept back and why are we not progressing faster? And that is what one has to resolve, that we will do our level best to rise within ourselves and whatever is needed has to be done.

As I have told you before, that before the car starts you cannot make it progress but after Realization, only your car has now started, it is working now you know it is working now. A new style of life has started within you in which you feel those chakras and you feel your undercurrents and you can feel the undercurrents of others. And you have started also feeling the thoughtless awareness as we call it, and also, you're quite doubtless about it that there is something like that.

But let us face the problem as it is with us and what can we do about it. Now, as I have said that we have a problem, the way we have led our life. Now, we have a different problem in the West and different problem in the East. And, as the problem in the West is that people are mentally very developed, intellectuals as they call themselves, have read a lot of non-knowledge so far. They have to go to knowledge. Now, the knowledge you know is so different from what you've known so far because there is an All-pervading Power which you know you can feel it through your fingers sparking out. You know how it cures people and you can feel where is the problem within yourself and you start feeling yourself the problem of others. This is a very different thing and how the elements are controlled and how you see that even fire and flame can be controlled and all these things you have known now.

All these things, once they've come to you, it is necessary for you to understand that the knowledge you have had so far through books and through reading and through this or that is nothing compared to what you have got. Within 2-3 months of Realization, people will find that they are very much more knowledgeable now. They understand the essence of everything because you have now picked up the essence.

But let us see the essence of the Western problem. Now, the Eastern problem is different than the Western problem. And, the Western problem is this that you have been achieving everything by going out. And you have been thinking and planning, organizing out of material things and now materialism has caught hold of you now. It is sitting on top of you. You cannot think anything but without thinking about the matter. Somewhere or the other you get involved into it, again and again, you get involved into it. Now, one way would be to fight the materialism by not thinking about it or by denouncing it or by getting rid of it or there are ways of just fighting the materialism. But these are no good, these are no good because the more you try to fight it, the more it sits on you. So, for a western mind, to get over the materialistic side of life is- easiest would be, through proper rationality. They can use their rationality to understand it. Then by rationality, if you understand, after Realization before the Realization, of course, it is not possible but after Realization. I mean so many of you who have taken to say, hippie's life and things like that still are quite materialistic. Because the trouble is that what you have done is to denounce something, once you denounce something that means it exists there, whether in a negative way or a positive way. If you say it is night means you know there is a day somewhere.

So, when you denounce that, you have to remember one thing that you are still accepting within this thing that is why you are denouncing it. If it is not there, how will you denounce it?

So, what do you do to really get rid of these clutches of materialism? Because of this Western life, you see, we are so materialistic. Because of the so-called advancement of our brain that we have become so materialistic. And we are in such a terrible grip that we do not realize that we calculate every 'pie' [Indian smallest money] that we spend, we calculate every 'pie' that we earn. We think in terms of money all the time. We calculate also the other person what sort of a dress the other person is wearing. How much money he must have spent for it, how is he dressed? All this mind has to be cleansed and how do you do it, is the point.

So, for you people who are Realized it is very easy to understand how to get rid of materialistic domination on us. It's to look at it, rationally you can look at it, to think that, "What is it after all?" You see, a question of money comes in: now you should think, "Why am I thinking about money? For what? What do I have to have? What is so essential?"

You must have this, you must have that, all right. But why possess it?

If you could get rid of this idea that you possess anything, half of the battle is won. Which rationally you can understand you cannot possess anything; you cannot take anything from this world. Even this much you cannot take. It is a fact. Try to tell yourself, "Am I going to take this with me? Am I going to take this with me? Am I going to take this with me?"

"Why should I roam about things? Why should I get things? Why should I worry myself? Why should I waste my energy on these things?" That doesn't mean that you should become untidy people or you should become lazy people. I am not saying that. But don't waste your energy in this because finish it now, had enough of it. Why do I need it? Why should I bother about these things? These are not important. This is one way of looking at it rationally.

Secondly, you must think that you do not possess anything it is only registered in the shop or it is registered in some sort of a registration office that "this is yours". This belongs to me that belongs to me. All this I am going to leave here. That doesn't mean that you should be untidy and that you shouldn't have even the things that are needed. I am not saying: "You go and sleep on the streets and do all those yogi tricks". No! You should lead a life of a simplicity. Try to be simpler and simpler.

Then, third way is when you want to get something. First of all, think, "Is it for sharing I am getting it or is it only for myself? Is it exclusively for me or is it for sharing? If it could be used for sharing, all right, I'll have it. But if it is exclusively for me, I don't need it actually, there is no need".

You are the people who have to set in this nucleus working, so that in the Western mind this starts that simpler life is needed. No elaborations are needed, not showing-off needed. Why do you need? You are Realized souls. Your faces are shining, your whole being shows that you're Realized. You're the enlightened one. I don't- I'm not talking about people who are not Realized. I am talking about people who are Realized. Then calculation of money is not needed of any kind. When you understand it rationally, what are you calculating? You will see, after the Realization, that all your calculations will fail, "Sankalpa vikalpa karodhi". Whatever you will decide you're going to have will be all finished and you will be amazed at yourself that how is it after Realization! Many people think that, "How is it Mother?" After Realization, they think they should become multi-millionaire, you see.

[Shri Mataji is talking to a Yogi in Marathi.]

Shri Mataji: Lindsay, will you be able to go? I think you'd better go. You see, she's trying to find out. Now.

The materialism is to be just watched and you will laugh at yourself! It is such a joke going on. We are wasting so much of our time, it is such a joke going on! Then, that witnessed state comes into you. You start seeing things, you start understanding. And with that witnessed state you will understand that matter has one quality, and that is joy giving and that is the beauty that is contained in the matter[unclear word]. Look at this white, this beautiful white, the forms, the ripples it has created of beauty.

That is all it is. It is nothing more than that. It has a joy giving quality and that is the beauty, that is contained in the matter. Nothing more or less. It has nothing to do with money. It was created much before money started and is there and will be there even when the whole money will finish off. So, do not value money and beauty together. It has nothing to do with that even a small thing becomes great if it is beautiful. But the beauty is enhanced even hundred times more, hundred times more, when you put a little feeling into it, a little feeling into that. The matter, a little thing, a little thing, now you have seen you have given me now this, whatever it is. I don't know what it contains, I have no idea. Now they have given Me with love. That is sufficient for Me with love, with fragrance, will be a hundred times more when it will flow out of my being because you have given it to Me with love.

Sahaja Yogi: What is the number of sister's house?

Shri Mataji: Whose?

Other Sahaja Yogi: It's 61.

Sahaja Yogi: Take right before petrol pump, the house near the bridge, that is the house.

[Shri Mataji is talking in Marathi].

Sahaja Yogi: Do it fast.

[Marathi conversation].

So, this one thing one has to do, is to understand the beauty in the matter comes to us through some eternal forming capacities in that matter. There are some forms which we see, may appear beautiful, but that beauty is perishing. That is perishable, that is not eternal. But behind this perishing beauty, there are forms which are eternal which do not change their form. They are stars. They are eternally there and they create these temporary beauties for a while and which vanishes. You know in every chakra we have got different deities and these are the forms which are eternal. Now, this small thing you have given Me to eat now this chana, see now the form of this one. I don't know if you have noticed the form of chana, Anita?

The form of a chana, you won't believe, but it is a fact that if you take a coefficient out of the depth and the thickness and the length of this small thing chana- [Hindi conversation. Shri Mataji is asking a Yogi to wait for some time until the end of her talk]

It's the coefficients that works out, it's the best for vibrations. It is most surprising a small thing like chana. You can take a lime. Lime also has the same type of coefficient as this Chana has.

There are some things which are absolutely very near to those forms which are emitting vibrations from your being. And these forms, though they look insignificant to you, can be of very great power. Like we can say, a garlic. Garlic has got a tremendous power to throw vibrations. If you can take garlic, I was telling her, it can work wonders in you, if you can really slice it and eat it. If you take chana, it is very good too for you.

So, there are many things like this which perhaps normal people do not know. But those who are sensitive can find out and say that this is a thing that is emitting vibrations. And, this is how something that is matter becomes important for you and some things which are matter are absolutely useless. For example, plastics, nylons. You have one thing but don't have things which do not emit vibrations as Realized souls. Because you people should pay more attention to vibrations than to anything else. And, to have more vibrations, you must understand the value of the matter which you are using or which is there.

[Hindi conversation. Shri Mataji telling a girl that she is talking to people right now.]

So, these matters, material things as we see them, there are some things which are very good for you and which you must have in your house. For example, incense. Incense is one of the most important things. You all must have incense in the household. Now you know Parsis, and many people light an incense in the morning and evening. Most of the people who are religious they do it without even understanding. Lamps and lights and things, these are very important but how much time do we spend on them or how much money do we spend on them?

So, if you can find out what things are necessary for your life as spiritual people, you spend time on that. Find out proper things of proper vibrations, use that. The rest of the material things, you leave it to God and he will manage.

You look after your spiritual rights, you achieve your spiritual rights. Like we have got 1st class citizens, 2nd class citizens, 4th class citizens and 7th class citizens. In the same way, you have to be the 1st class citizens in the kingdom of God. And the rest of it he looks after: "Yoga kshemam vahamyaham" [Gita, chapter 9], I look after your yoga, that is, of course, is the Realization and the "kshema" is your wellbeing. Both things are looked after. You don't have to bother about it.

As Christ has said, "Look at these birds, so singing the praise of God" is the best way that you forget all your material problems to him. He looks after.

But many people, you see, are like this they say, is the attitude you see the human attitude is so converted I don't understand; I mean I don't know what to call it. The way it is, it should be- it is upside down. They say, "All right Mother, we are singing praise to the Goddess, we didn't get this. I was trying for a job; I didn't get the job". I said, "Now what to do with these people? They are mad!" Why are you doing all this to get a job? Why am I telling all this to get a job? I am telling you this that you rise within yourself. That you become that 1st class citizen. I am not telling you all this to get a job or to get a material life or to become a king somewhere or to collect a lot of money. This is to get your position in the kingdom of God, I am telling you. How do you relate it to your achievements? It's the way your attitude is. If your attitude is wrongly placed you can never see the thing properly, I mean it is a very common thing.

[Cut in the audio]

Just to see: do you get involved into it? So, remember that you have to go beyond. Rationally you can understand it, by God's grace you have got Realization, you can get into thoughtless awareness and you can really combat your right-side problems of planning and acquiring more and more things and getting more and more enslaved by your possessiveness or being possessed by your possession. All these can be overcome rationally.

The left-hand side problem you know that, is that where you get into fears, into troubles, you are afraid and get oppressed by others. Then what is the solution for a Sahaja Yogi? For a Sahaja Yogi, the solution is that he should know that he is the medium of love, of divine love. And that is the greatest weapon a person has is of divine love. But to have divine love one must have faith. And you should be able to surrender yourself to that faith that there is God Almighty, that he is All-pervading, that his powers are working and you have seen his powers working and that you have to use your imagination if you want to call it because after Realization, there is nothing like imagination because reality starts. Just think about it how you're going to surrender yourself to God? Every moment of yours you have to think about the surrendering and then you will be amazed, that the joy that is promised to you will be your own. Through your faith and love in God, whom you have come to know through your Realization. You will know that he is the Joy-giver. So, for that, you have to start teaching yourself going to the imagination, going to poetries, sing about it. All the time be with Him and clear out your left side as we call it.

All your fears will vanish, all your troubles will vanish and when you will know that you have the power of love. It is very simple: you have to give a bandhan to the person who troubles you. There are so many powers you know by which you can control another person who is anti-God and that is why he's against you. Try all these methods and you will be amazed how you can work it out. But for that you have to have surrendering. If you're surrendered then your powers are heightened. Your power of divine love increases if you are surrendered. If you are not surrendered, it is minimum.

Then the surrendering should not mean that you are sacrificing anything in it. It is a joyous thing to do, the most joyous thing is to surrender. If you realize that, that is what is joy, is to get dissolved into it then you will not feel that, "Surrendering, how can I surrender?" You are only surrendering your silly ego! That is all! So, love, is the key for the left side and for the right side is the wisdom, the rationality that becomes wisdom. By putting every kind of questions, you can find out, this is the wisdom. What is this wisdom of doing this? What is the wisdom of doing it?

Then you will understand there is no wisdom in all this nonsense going on. There is no end to it, these are mad people! These are stupid people! These are foolish people! And, the other side is the left side is the divine love that you have. So, use your wisdom that you have got through Self-realization and use your Divine love.

And, today you have to resolve that, "Dealing with any problem in my own life, whatever it comes to me, I will be using these two weapons to overcome all the hurdles that are facing me." And it is such a beautiful thing to think that we have these two powers already with us because we are Realized. And all this is going to bring to you a compassionate heart, a generous heart like a lion, and a compassionate heart – [aside] "Oh, may God bless you. "

And a beautiful being you will be, satisfied with yourself, not trying to satisfy others, not trying to harm anyone else, not to aggress on anyone but a beautiful lamp of wisdom and love which is emitting wisdom and love without aggressing anyone.

I hope you'll resolve today and I hope when I come back from India, I will see the results of that. You know all the ways and method by which you can achieve and you have to work them hard with wisdom and understanding about it.

May God bless you!

Shri Mataji: So, we'll have the aarti now, they will do the aarti, and after the aarti, we'll have a little fire, 'yagna' as they call it, which will burn all problems. And then we'll have our lunch.

[Hindi conversation with a child:

Shri Mataji's granddaughter: How can I eat food without medicine?

Shri Mataji: You can eat food, there is no problem. You can call at home, what is the time now?

Shri Mataji's granddaughter: I don't know? What should I do once I call home?

Shri Mataji: Not now, afterwards.

Have you got the [inaudible]? India aarti you can say.

[Sahaja Yogis sing the aarti, 'Saba Ko Dua']

Shri Mataji: May God bless you.

[In Hindi, Shri Mataji is telling someone to help others to serve food. Then Shri Mataji ask people to prepare the havan]

We'll do the OM first of all. Now, you all should sit there, near the fire, surrounding the fire. Who will light up the fire? Okay lets start my child, sit there and take havan's ingredients. Now give those names, you have got some names written down? You've got some copies of the names written down.

Sahaja Yogi: Yes, we have.

Shri Mataji: Ah! All right. Now you can sing with that "Jai Jagadambe". So, give it to the people, those copies now. We need not do all the names. You can do 51. Would you like to do all?

Sahaja Yogi: We can.

Shri Mataji: All right. What's the time now?

Sahaja Yogi: Half past nine.

Shri Mataji: It will be very late. No? We can do only 51. Can you ring up home and found out if she has arrived? It will be very much delayed, you see. Have only 51 names.

Sahaja Yogi: Acha.

Shri Mataji: Ah. And tell them as soon as she arrives, you tell us.

All right. Now, can we- what are you doing? Just sit there, whatever you need will be provided

What do you want? You ask somebody to help you there.

[In Hindi:

Shri Mataji: Please help him.

Sahaja Yogi: I need tissues.

Shri Mataji: Take my towel, it's good, it's vibrated. Now what do you want?]

You have got "talis" [plates] with you?

Sahaja Yogi: Yes, Mother.

Shri Mataji: Just bring the "talis" for the puja, it's better than this.

Yes, may God bless you. How are you?

Sahaja Yogi child: Fine.

Shri Mataji: Happy New Year! You are growing up. You grow on taller.

Sahaja Yogi child: Yes. Everyone says so.

Shri Mataji: Yes, you're growing taller.

[In Hindi:

Shri Mataji: Aradhana, did you recognized Kareem? No? He came before to meet you, she knows, she forgets it because he has grown taller also.]

Whatever you need, they will give you everything you need.

[In Hindi:

Shri Mataji: Please lite up the fire, you please sit here. Others will do this work. If you will do everything by yourself, so much time will be wasted.

Put it inside, need to put more rice?]

I think all of you should be seated now. [Inaudible]

The fire is one of the elements within us. within us, which has made the Nabhi. Nabhi chakra is made out of fire. [Inaudible] Now what we do is to burn away whatever is wrong within us for this harmony, this health. So, we are requesting the fire to take this in the realm of that God. That's how we take the names of the Goddess and put it into the fire. So, the fire burns

[inaudible]. In India, you will be surprised how it will change your inside, it's most miraculous.

Come this side, I think you can sit, come this side. Now.

Shri Mataji: Douglas [unsure]?

Sahaja Yogi: She's not here yet.

Shri Mataji: She won't.

Sahaja Yogi: No, no, she won't be there for a while, I think.

Shri Mataji: So, 51 names you should do. Because we are just waiting for people to come and we have to start it because it is already one twenty.

Dr Rustam Burjorjee: Mahashakti is the last name.

Shri Mataji: Mahashakti is the last.

Dr Rustam Burjorjee: Could you make it 52 up to Mahamaya?

Shri Mataji: All right, up to Mahamaya, it's good.

[Laughter]

You see, all of you should have a little bit.

Sahaja Yogi: Little bit and keep it in your hands.

Shri Mataji: At the end of it, we will put.

Sahaja Yogi: End of it, because everybody cannot do it.

Shri Mataji: Put it in the right hand. And in the end of it, we'll put it all over.

Sahaja Yogi: Yes. You come nearer.

Shri Mataji: Those who have problems, they don't know to sit should sit on a chair. You shouldn't trouble yourself much. Those who have got problems should not bother. One has not to be uncomfortable. So, start it. And somebody has to put harmonium otherwise they won't be able to sing properly.

[Sahaja Yogis start to sing "Jai Jagadambe".]

Shri Mataji: Just a minute. Let the not be there, otherwise you will again- everybody should feel the note, all right? Just start the note now.

## 1980-1201, You Are Part of the Divine Being

View [online](#).

1 December 1980

You Are Part Of The Divine Being

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

"You Are Part of the Divine Being". Caxton Hall, London (UK), 1 December 1980.

I could not accommodate all of you in my house then I thought better to come here all of you would fit here! And today is the last day for our Sahaj Yogis (before Mother's trip to India).

We have to understand certain very, very important things about ourselves and our organisation that is divine. Now, in broad lines I can tell you, not individual problems and individual things because you are no more individuals now. You have become part and parcel of the Divine Being and you are awakened cells and so in a broad way we must understand what we have to do about it. First thing, we have to know that we are Realised souls, and that you have got Realisation and that you are saints; that you have all the powers that a saint could have. No saint ever had more powers than you have, as it is, which is manifesting. No saint had any knowledge that you have today.

You'll be amazed, none of the books which have been written so far have been able to tell you about the spiritual being that is within you as you have come to know through Sahaja Yoga. One has to accept it. It is so. Any one of them, whosoever has written any books - even, I would say, Adi Shankaracharya, he could not explain so many things which you know. But the quality of Adi Shankaracharya is very great, or people of his type, Markandeya or Buddha. The quality is very high because they are extremely pure people - purity. They have achieved individual salvation of a very high degree. While you have achieved your collective salvation better. But individually they are of a very, very high quality. I mean, they had no doubts about Divine Power, they had no doubts about God. They never had any doubts and they were very dignified. And they never bothered as to their petty problems of life. For them this was too petty to think about. Anything which is so petty, we spent so much time over it.

I know we had to do it because, after all, we are human beings and are being into Sahaja Yoga with our human awareness and then we got our Realisation. So the purification time is very, very short. And while they had such a lot of time to purify themselves. Now, for example, Moses was an incarnation, a very pure form of a personality or, you can say, Jesus was an incarnation, absolutely purest form of incarnation. But they are there to be our ideals while what we have done is to become, from human beings, a prophet. So, you understand both the things very well, what the weaknesses human beings have, what are their problems, how they get away from reality, how they are deluded. But still we do not use our vibratory power as we should use. And this is what point I want to tell you, that you all have vibratory powers. When we start using our vibratory powers also we do not know what dignity, protocol we should have for using this power. It is the power of the Deities within us and it's a ritual by which we get their power working in it, in us, sorry.

As you know that people of ancient times did lot of miracles through this power but they were very dignified people. There was no frivolousness in their character and not useless problems within them, absolutely of no spiritual value. When you use your vibratory awareness, you should not use them for useless powers like, for example, going to a cinema and there's a traffic and you think that there's a traffic so you must use your vibratory powers to reach that place. Because it's frivolous; it does not matter. In Sahaja Yoga, it does not matter whether you go to a cinema or not. What matters is what are your spiritual powers, how far you have come in your spirituality. It (the cinema) does not matter at all. You are a saint, and what saintliness you are achieving within you is the main problem. Otherwise, all the rest of the things that you have, has no meaning. Or all these problems have no meaning in spirituality.

So, all the Sahaja Yogis must realise that you are now newly born and you are people of new awareness and you have to have that dignity. For example, people- I'll just give an example because I was discussing with someone today that, when you give somebody a sort of a bandhan, you just turn your hand like this or like that. This is not the way it should be done. Your hands itself are to be respected because these are the hands of a saint. And all the deities reside on your hands and fingers so when you have to give them bandhan or anything, you have to use them properly. Use them in such a way that it's dignified to do it. Any indignity or cheap behaviour should be absolutely avoided.

Then dealing with each other you have to know that you are all now in the circulation of Divine Power. You have to respect each other and really love each other. You must respect because you are all saints. Every saint must respect another saint. That's the minimum of minimum. And if you do not respect each other, your chakras will go out of order, especially Vishuddhi because it's the collective thing. And also Mother's Chakra will go out because your sense of security is your collectivity. And the love between each other has to be not only looked after but is to be nourished and to be worshipped and to be - it should be a virtue. You should not treat each other as human beings treat each other. No! It's a precious thing. And even while talking to anyone very close, say, your brother, sister, husband, wife, you must respect, you must respect, otherwise, it has no meaning.

You must respect your parents much more than you ever respected because they are Sahaja Yogis, because they are saints and they are your parents. Respect is the keynote of relationship with each other to begin with. And respect without love has no meaning. Respect and love for each other. For somebody is highly placed in life, somebody is lowly placed in life, in Sahaja Yoga it does not matter. How much you earn, what is your position in life, where you live is not important. The main important thing is that we are one and we are the people who have become now prophets and we are the ones who have got the powers to raise the Kundalini of others and such a power has come into us because our Mother loves us very much and it is our duty that we should love each other. And how I respect you? I need not because you know that there's a big gap between you and me. But I respect you because you are saints. And where the saints are not respected that country goes to dogs.

So, first of all you must learn how to respect each other. And that is a very, very important training we should have. Whether he's your husband or wife, whether he's your brother or sister, father, mother or child, because he's a saint - respect!

But I do not know how you will react to this one that immediately you start thinking about people who do not respect you. Think how many people you do not respect. It's a typical ego-oriented reaction that immediately we start thinking, "Oh, that man does not respect me! That man does not respect!" But just think how many people you have not respected yourself.

When I am not here, I am here much more. I have not been to Australia, and you know how tremendously these people have come up - so pure and so good and so fantastic. But that has not happened so much here because I had to work, really labour here. Not that England is that bad. But all the time to feel that, "Mother is around. We'll put all our problems to Her and She can solve them." Even small, small problems you ring to me - it's all right - but now you are capable of solving your problems as well as solving the problems of others. Unless it is something fundamental you need not bother about me and you need not also ask me about it. You can go ahead with it now. But you must think everything in the terms of Sahaja Yoga by which - how much, by that, you are doing for Sahaja Yoga? How much you are working out for Sahaja Yoga? This was the meeting of the Sahaja Yogis today.

And fundamentally we have to understand one thing: that we have to grow and we have to let others grow with our growth. Not by curbing our growth, but with our growth. You'll only grow if you make others grow with you. Otherwise, there will be no growth. Now, whatever I say goes into the books, sometimes into the brains of the people. It has to go into the heart. The whole Sahaja Yoga system works on the heart; that is the Spirit. Spirit is the thing I'm talking about. It's the Spirit [that] is happy by that.

Some people, I am told, are using their hands like a weapon and all that. This is very dangerous! You are not supposed to do all this for yourself. You are still saints, you are not yet gods! So don't try such things. Some people have a habit of also hitting a person with the hand like that. In my presence, if I say, it's all right. But otherwise you should not.

You have to respect. Use all tender and gentle methods, never anything by which you show any disrespect to a saint. Of course, you are hitting the negativity in another person, I know that. But you have no business to do that or to discard anyone or to put somebody out of this thing. You will go down very much. This is a serious thing one must understand. You have all the powers you know how far to go. You must keep to your maryadas. Don't go beyond, because these things give you ego, and ego is the most dangerous thing which we face always. Try to improve your language. Be gentle. Be very gentle with each other.

I expect that you'll have many more people by the time I come. I expect fantastic things from you. I don't know if I should but I have given you something so fantastic, so tremendous. It is unbelievable. I expect it from you, no doubt, because you are specially selected and I have worked with you for years together. You have got the tapes in English. French people, poor things, they don't have tapes in French and they have to be translated. They haven't got a book in French and they have big problems of understanding me. But how dedicated they were, how deep they are. Each one of them came and said, "Mother, I love You very much. I love You." "I have many defects and I offer myself to You. Will you accept me?" All of them said this way. Just imagine! I mean, I was surprised how they were saying all these things to me and the way they were understanding their defects within themselves.

Now, we have to change our mode of behaviour towards financial, material, emotional, physical and all these things. For example, say, one is married - marriages should be successful. If your marriage is not successful and happy, you are not going to be blessed, not at all. Try to make your marriage very happy and successful. That's very important. Marriage is the institution established by Adi Shakti. You cannot dishonour it. Do not play frivolously with your marriages. Then you must also allow the children to be born to you so that you get great souls coming down on this earth by which we are giving them a chance, a very good chance, to lead a very happy life. But if husbands, wives are not happy, and even if Realised-souls are born, they have a trouble with you and they do not prosper well and they have problems.

So, first of all, create a family of happiness and joy. Some people think if they get away from Sahaja Yogis, they'll make a good, happy married life. It's absolutely wrong! Absolutely wrong! If you cannot make a happy married life in the ashram, you cannot make it anywhere else. First try in the ashram. [It's] worth trying. Otherwise, you cannot make it. Because then you understand how you share your life with others and your married life.

Any such thing like any material thing, like getting a house or getting this thing, that thing is not so important. Your house should be clean within yourself, your temple of your heart. We are not here to build houses, not to accumulate money. We are here to build our temples within ourselves. The real temples which are growing, which are the living temples of living God within us. So, these material things are important up to a point, not more than that. Most important is not how you are substantiated by Sahaja Yoga but how much you have substantiated Sahaja Yoga through.

Many people think, "We should get a good house because we have come to Mataji." Yes, you do get. You get good jobs. All right. You get it. You get your financial conditions improved. All right. Everything happens to you. But how much have you given to Sahaja Yoga? In the way: how much have you substantiated? People think sometimes that if they donate money that's sufficient. It's not. To enrich it with your heart, with your lovingness, with your friendship, with your sweet understanding of each other, enjoyment of each other's company in the purest form, not with any purpose or with any intention of getting any low type of joy or low type of happiness from someone ego-oriented or sex-oriented. But it's pure joy, pure joy. Purity is the theme we have to take to. We have to try to be purer and purer. And the purity will be shown brilliantly on your faces, in your behaviour, in the whole being as you would be. Your presence itself will show that you are Sahaja Yogis. You won't have to certify. You won't have to wear some special dresses to say, but people will know from your faces that you are saints, from your behaviour.

You have to stand back in the last queue. You should be the people who should look at things. You should not be the first, unique, to getting into the thing first, to getting into the queue first. No, you are the last because you are with yourself. They are not. They have not [got] their own securities. They are trying to find securities in these things. You have your own securities. Change, according to the Spirit, all your priorities, and then joy is your own.

I really expect fantastic things from you and I hope you all will join together and work it out and create something fantastic. I don't know how to tell individually about things but as it is I have already spoken to these Sahaja Yogis in Paris and I have told them that Sahaja Yoga is a very speedy thing. And it's very speedy. It's such a speed and if you do not keep with the speed of Sahaja Yoga, you'll be thrown out. You have to keep to the speed of Sahaja Yoga. Those who cannot keep by some method or other, or [who] get locked up by something or some misidentification, will drop out. You'll only grow when you will keep to the speed of Sahaja Yoga.

It is going to be tremendous in India. I know these five years are going to be tremendous in Australia. England maybe; depending on your people putting up the speed. It's going to be tremendously speedy and you have to understand that, "Drop out all your shackles and drop out all your misidentifications, all nonsenses of fanaticism or of misidentifications that you are British, this, that, all this". And just become Sahaja Yogis and universal beings. It's very important. The time has come now. From next year it will start.

So, I wish you a very Happy New Year and a very, very happy and cheerful Christmas.

May God bless you.

Now we have to await for other people who will be coming now but [if] any Sahaja Yogis have any problems or any questions should ask now till other programme will start.

Can you have some chair nearby to talk to them? I think a simple one will do, it's too elaborate to more. Douglas wants to move the whole big thing? Just an ordinary chair, Douglas, is alright for me.

He wants to move the big one.

Ask me questions, very important, on to small, small things. Later on, "Mother said so," or, "Mother said so," should not be there. Sahaja Yogis should ask because new people who have come, who have not got yet Realisation should wait for a while because I am just dealing with the Sahaja Yogis. And then we'll start our programme after just, say, ten minutes. Is it all right for new people?

Just put it (the chair) here.

Douglas Fry: Should we bring it further forward?

Shri Mataji: No, no, no. I am alright. Just bring it nearer here.

Now, I want Sahaja Yogis to ask me questions. It is important. Sahaja yogis should ask me questions. Please. You have to do everything with consultation with each other. No group should be formed separately.

Ask me questions. Come along! What's the matter?

Don. You're getting thoughtless. Then, "Mother said like this," and "Mother says like this," and "Mother has told.." - this should be stopped. You see, actually we think outside going, outside doing is the way. No! Inside! Grow inside.

Certain things I am going to write it down so that there's no confusion about things but, till I come back, the ashram system should go as it is today. Then when I come back we'll change it. But just now it's all right as it is. Nobody should take new steps. If you get a house or something, all right, you take a house. But better thing is to stick on to ashram for the time being, look after it and substantiate. I mean [if] somebody is allotting you a house, it's all right. But you need not take a house on rent or something to get out of ashram. That's the escape.

Ray Harris: I often find that it's better to - after telling them the basics of Sahaja Yoga - to wait for them to tell you. And in what they say and their vibrations, what is it that they want to know, rather than really telling them everything.

Shri Mataji: No, no. You should be very discreet. As I have told you in one of My lectures that there are three groups of Sahaja Yogis. One are the people who are in the inner circle. Most of you are here. You need not tell them many things. Everything need not be told. That is being not dishonest but that you are discreet. I mean, you need not tell everything. That's a wrong thing. Discretion is to be used. Then the second type are the people who are Sahaja Yogis but yet not there. Still [who] are doubting and still are not so developed. Their Kundalini is not up there. They are still [a] funny type. These are the people you have to be careful about. You need not tell them everything because they can't bear the Truth. They are not yet ready. Unless and until the Kundalini has reached a certain stage they cannot bear it. The sooner you start doing that, the worse they will become. Their doubts will be more because this is too much for them to bear. So you have to wait, wait and see for yourself. That should not be done. Just talk about Sahaja Yoga, direct. You need not talk about me. Now how will they understand me? I mean, you cannot understand me, how can they understand?

The other day somebody asked me that, "Kundalini rises with such difficulties, and they had to purify yourself and all that, and here how my Kundalini has risen like this. Mother? How could it be?" I said, "It has risen or not?" He said, "Yes." "You feel it?" "Yes, yes, I have. It is risen." Then I said, "There must be something with me. All right?" He said, "That's what I was wondering that must be something about Mother. How is it that She's done it?" I said, "There is something. All right. So just now you need not find out. Just now you find out about yourself. Let it grow. Because I do not want to shock you. There is something about me, no doubt."

And one of them was saying that, "It's such a miraculous thing that my sinus has gone, I am feeling so much better. My drugs I have given up. I'm so much better and so fantastic that I can't believe it. How can it be? I tried all kinds of medicines, I went to the hospital, I did this, I did that, I had an operation. Nothing worked out. And how is it this simple thing like Sahaja Yoga has worked out?" I said, "It is too simple but it is to the point. It's so precise. It acts. It is something that acts." "But how is it?" I said, "It does!" Like we were going to Paris. They announced that the temperature of Paris is zero degrees. So, Christine was sitting next to me rather worried. I said, "Don't you worry! It is going to improve." Within fifteen days they said, "Suddenly the temperature has gone up five degrees!" Today London's temperature has gone up after my coming here. It works but they are surprised how it is working.

After all, all these things are promised. The time has come. But you need not tell them! No, don't shock. It's correct, Ray, what you say. It's very discreet. Ray is a very discreet person. No doubt about it. He has tremendous discretion. And that's what you should use: What to say to anyone and how far to say. It's a very discreet method. And you must know how to compromise also. You should not be something like a cynic. You must learn to compromise. You must learn to compromise. And understand [that] they are people who are not yet Realised. You are Realised, you are grown into it, you are much more matured. So you have to be much more gentle with them and not to show off to them [that] they feel small. Like somebody is asking a question, maybe stupid, may be, possibly. Doesn't matter, he's not Realised. And if you laugh at him sarcastically or make fun of him, naturally you lose him. You are not to lose these people. You have to get them in, and that is their right, they are seekers. They are seekers. We have to really understand this with great compassion and love for them. They are seekers. We have to work it on them, not to just laugh at them or make fun of them or in any way to put them down. On the contrary, show them due respect because they are seekers as you were. Before that what we were? What sort of people we were? How many arguments we have had with Mother? How stupid we have been? We just forget all that and suddenly we become very wise. No! Wisdom lies in understanding that they have to have their enlightenment. They haven't got it as yet. They have to grow in that light. This is the problem.

Now you have to use your discretion. There's no need to ask me. I will know from your mistakes, where you have done mistakes. But consult each other, consult each other. Talk to each other absolutely freely. There's nothing to be hidden amongst Sahaja Yogis. Nothing to be hidden among Sahaja Yogis. But with elders, with other people, be respectful. Maybe you being young are more active in Sahaja Yoga. Maybe children are still not so developed in it. We have to take all of them together, not to be unkind

by any kind of sarcasm because I have told you a hundred times and hundred and eight times now: sarcasm has no place in Sahaja Yoga. This is no way of joking! It's a very sly method. Nobody should beat also, in the same way. It's just the same, other side of the coin. Beating or shouting or putting up your head like this on other people, like this. Many people have a habit of putting their heads like this when they talk to others. Or French people have a very bad habit of putting their face like this. I was surprised. Anybody you talk to ... means nothing goes into his head. I said, "What's happening here?" Is he like a duck? And you say anything, again they will say another thing. I mean, everything has a tail coming out. So is that these are our tails? We should understand that. We should not put up ourselves to such barriers but accept things as they are. And those who have, who come to you, don't get angry with them because by talking or argument you are not going to convince them but by only by Sahaja Yoga. Try to give them Realisation. Do not argue!

Some people think, "If you talk to them sweetly, if you are sympathetic." No! Also that doesn't work out. You go on wasting your time with them, and they'll go away. They'll not be there. Where is their Kundalini? How far is it rising? That's the point you should see. Instead of just trying to be very nice to them, then discussion, then this. No use! Waste of time. In the same way if you are angry with that person and argue; it's also wrong. Both are a waste of time. But be gentle and kind and see where is the Kundalini.

Best is to use photographs. And please do not start curing people. Otherwise, I'll find all the sick patients in Sahaja Yoga. They are not to cure. It's finished now. Better not do it. What's the use of curing these people? They are so ungrateful. They have no sense at all and they don't want to do Sahaja Yoga. We are not interested in such useless people. Those who come to Sahaja Yoga will improve in their health automatically. You don't have to give them any treatment. They can work it out on the photograph, that's all. That's the end of it.

Sit down!

Now, what any other? Maureen? Mark [Rossi], ask some sensible questions. You are good. They have been a very good husband and wife, I must say. Very happy with them. They are a good, ideal couple and I hope they keep it up.

Also there are some people I know who are very much interested in getting everyone married. Now stop it! Till I come back you don't have all these things. Otherwise the mind, it becomes a marriage bureau. Some people have a specialty about it. Instead of loving others' children, also create your own children.

Some people like to play with others' children. It's also not good. Better have your own children. That doesn't mean you just love your own children. But that's how they get that thing satisfied and they don't want to have children and then who's going to bear the children who want to come on this earth? That's a big responsibility.

What else? Ask one or two questions. Gavin, please ask some questions. It's two minutes more.

Gavin Brown: How do we prevent Sahaja Yoga from becoming a cult?

Shri Mataji: What is it?

Gavin Brown: How do we prevent Sahaja Yoga from becoming a cult?

Shri Mataji: Yes, it's possible. Because, you see, you think, "I'm catching. I'm catching." This madness has come also in Sahaja Yogis. This will become really cultish stuff! It will really become a cult. Nonsense! What are you catching? You are pure vibrations. You give Realisation to anyone - none of your chakras catch anybody else. Everybody thinks, "I'm pure," - what it is they say? Holier than holy! What is catching? What? All such dainty darlings are no good. "I am catching. I ! You have to be brave warriors. What is catching? "I don't want to give vibrations with this catching. I don't want to do it." All right, use the photograph to begin with. But if you have to do it, you should not be frightened. You are swords!

It is true, Gavin, what you said. It's very true. But you look after that part - that none of them should become that, "I am catching this and I am catching that." And "I don't like this and I don't like Sahaja Yogis doing this." This is all wrong. This will make a big cult out of it. Of course, that's not possible. You try such tricks and you will know what it means! That won't be possible though. But be careful; you will go out of gear. Nobody has to form a cult. Everybody who is coming to Sahaja Yoga has to be absolutely with both the arms stretched out, "Come along!" Just like your Mother. I should be the greatest cult myself. Why should I bother about anybody else?

This catching business should drop out from your mouth. Everybody comes and says, "I caught it from him." "I caught up from them." I am amazed! How can you catch up from anyone? What are you? A dainty darling or what? Now no more it is going to be tolerated! "I caught up from that." Go and beat yourself with shoes. If you are such a dainty darling that's what you deserve! You know how to do it! (laughing)

Nobody should say, "I am catching." Also neglect these things completely. The more your attention you pay them, the more they will sit on your head. Just neglect and go ahead.

What Paul has pointed out is true. This is very common in England, not in India. Nobody says that, nobody. I've not heard one person saying, "I am catching from that person." Never! They say, "This is my weakness so I must have felt for that." They never say like that. This is [your] speciality - putting the blame on others. This is typical ego style business. Put the blame on others! As if you are pure and you have caught up from another. It's your weakness. That's all what you should think about.

You are brave people. You have to be very, very brave. Without bravery how are we going to do Sahaja Yoga? Just tell me. You have to love with bravery. In love you don't think and consider and all these things - you just go ahead. Such a powerful thing to love someone.

That "Such person should not be there and such person should not do that" - nothing! Now those people who come for the first time, or are not so much - they may not have proper protocol - that doesn't mean that you get after their heads. Otherwise, it will become a cult.

The first thing is consideration of others! And understanding that they are not Realised, they are not enlightened. This is very important. You must understand this. They are not enlightened as yet. They have not got their vibrations. They haven't got their vibratory awareness. To get angry with them is wrong, absolutely wrong.

What else now? That's a good point. One more point you can ask me because some people are coming.

Also do not allow your weaknesses to sit on your heads. For example, some people have a habit of telling me, "Mother I had this, I was this, I went there and still that is lingering into me." Then you are absolutely useless! Why don't you take it out? Finish off. Like that. "Still I have been to this yogi, I've been to that yogi. I have done this, I have done that." It's done! Finished! In the present time you are pure Spirit. Become that.

What is there to be proud of these nonsensical things? They are no parallel to Spirit. When the Spirit shines the darkness has to go away.

If there is still darkness that means something wrong with you, and if you are wrong, then what are you boasting about? I mean, people have a habit of boasting! Try to be alert and loving; loving and alert. You have to be really alert.

What else?

Yogini: [unclear]

Shri Mataji: It's a little personal question, isn't it? I'll tell you separately, all right? Because this is not the problem of many, all right? General problems should be solved. This is very personal. It's pertaining to you.

What else?

Man: If I follow you, do I have to give up friends who...?

Shri Mataji: No, no, no, not at all. Why should you? On the contrary you'll want all your friends to come and join us. You don't follow me; you follow your Self only.

It's a question of not giving up but your priorities change because your awareness changes. Like I could say that if you take a horse through the streets of Paris, he would not notice anything. For him any dirty place, filthy place, is the same as the any street. If you take a man or a woman, she will notice prostitutes standing on the street. He may be repelled towards them, may not be repelled also, possibly. Mostly he would not be repelled. But if you take a saint or a Sahaja Yogi, he'll have compassion for a prostitute but he will know that she has to learn herself. And he won't go near her. When she will come to him, he can pardon her and look after her. But there is no involvement in her, in no way.

So the awareness changes. You start giving up things which are not spontaneous, which are not living, which are dead. You start living a living life. It automatically works out. You don't give-up. On the contrary you get new friends, lots of. They are all your friends and brothers once you get it. Because the language changes, the style changes. You have the light; they are dark and black. They are still in darkness. So they are fumbling, while you see the things straight. You can help them. But if they are fumbling and trying pull you down, you will say, "No, I can't come that way. Now I'm changed." You are changed, and they are not yet changed - that's the point.

It's transformation, actual, that happens within us. You don't have to give up, not at all. On the contrary, you must meet other people, you must talk to other people. But, for example, if you have other friends who are anti-God, you won't be able to tolerate their company and they won't be friends anymore. I will think, "They are not my friends. They are anti-God. They are anti-love." You would not like to waste your time with them, having a whisky party or something. You would not like. What a waste! You would not like. But you may be with them but you may not like.

Many people do like that, I have seen. Many people even after coming to Sahaja Yoga try to spend their time with other people. Some of them do it because they have to do it. I know, I have a double life myself. But My life is such that wherever I am, I am with myself. But Sahaja Yogis try to change, I have seen. They spend more time with Sahaja Yogis than with other people like brothers, sisters, cousins. They start changing that. Either the brothers, sisters, cousins try taking more interest in Sahaja Yoga, or they don't enjoy their company. It's just they may go just to visit or to see someone but they don't like their company, they don't enjoy their company so much. It happens like that, because you are enlightened people. Like drunkards: they don't like non-drinking people. And non-drinking people don't like drunkards. If you go with the drunkards, you are frightened. And mad people like mad people. It's like that.

So then the company changes. And if you don't change, you really don't enjoy Sahaja Yoga really into its fullest extent. But there's no cult as such. You are saintly people. You are saints. So saints talk in different language. Yes, they are much more congenial and happy with the saints. But they would like to meet people and talk to them and try to bring them, because we have to bring such a lot of people to Sahaja Yoga. But you should not waste your energies with people who do not matter in God's work. You don't feel like. I mean, I don't say that "You don't!" If you have to go to see somebody, I don't say, "You don't!" But it happens with some people. And such people can go down because they have influences on these people, and it happens like that. Your priorities change. You only then start enjoying whatever is God's style. You don't like something which is anti-God. Like I don't say, "Don't drink!" I don't say Ten Commandments, nothing. But it happens to you.

There were so many people who were drug addicts who came to Sahaja Yoga. They gave up drugs. Now, how can they be with

people who are taking drugs? So they started going to them and talking to them and they said, "We have given up drugs." All right? There's somebody in Paris whose husband is drinking such a lot, and he is still a drug addict, and she is a Sahaja Yogini. But he comes to My programme, and I told that she should be very kind to him and gentle because he wants to give up. But a person who is dragging her, "You must also take a drug!" Then you don't like that aggression. I mean, you should be allowed to be non-smoking also, if you don't want to smoke. But they don't allow! For them it is difficult. They'll force you, "You must drink. You must smoke!" I mean, you must be knowing this that, if you go to any party, and if you don't drink, they think you are mad! And they'll go on asking, "Why don't you drink? At least take this, at least take this." If you tell them even once, "Why do you drink?" "Oh, you don't drink?" - finished. Then you are the most anti-social person, you have no manners, nothing. I mean you are telling something nice but they'll go on forcing on you. You have to go on telling them that, "Oh, we don't drink. I don't drink. I don't like it. The Doctor has told me." All sorts of lies you tell them but they'll go on forcing you. But even if you say once that, "Why do you drink?" or "Please don't drink." - finished. You are the worst person in the whole world. This is such an aggression! Such an aggression. It's a very subtle aggression of these people who are licentious.

It's funny sometimes, I tell you. Like we went to a party, and at that party there was a funny couple came in - that was a woman who was a keep and this and that, and it was a party of married women and married men. And the way the woman was on with everyone, I mean, nobody liked it, neither the women nor the men. And we didn't like that the man - why should he bring his keep there because it was not a party of keeps? But it's aggression. And she was so aggressive! She was saying, "What's the use of being married to a man after all?" She was just saying all kinds of things against us, those who were married women. "There's no use marrying men. I am very happy. I am a keep. He looks after me better. You better give up your husband and live as a keep with them." She was just giving us a lecture on her status! And we could not say anything to her. But if we say that it's nice to be a married woman and to be virtuous, "Oh, they are the worst women. You are victorian! You are old-fashioned hag!" and all sorts of things will come on you!

There's a very big aggression on saints. They can't talk. They can't say anything. While even your own brothers and sisters and mother and father and children will do that, "Oh, you are very old-fashioned. It's nonsense!" Like that. It's not easy to exist with virtue in this country especially, and in the Western countries because now I know what it is.

My husband also doesn't drink so they tell him, "Oh, is it your wife who has forced you not to drink?" I mean, he said, "She doesn't say anything like that. Why do you blame Her?" Immediately [they say]. I mean, there's no shame about it of saying such a dirty thing! I mean, there is shamelessness, complete shamelessness about it. And not only drinking - all sorts of shamelessness goes about. You ask a lady, "Are you married?" "No! Why should I? I am not a fool like you!" It's a typical answer. I mean, because you are married you have to look like a criminal! Because you are virtuous you should be crucified immediately. When you change that, with these people, you give up, naturally. I mean, you don't want to meet such people. And then they might say that you are cultish but it doesn't matter. I mean, we have to save ourselves. I mean, we do not want certificates from them! The certificate has to come from God, not from these people. They are incapable of giving us certificates. That you know very well.

So should we start? Something else?

Who are the new people today, for the first time? You? I am sorry I had to say all these things because today was the meeting of the Sahaja Yogis in the beginning. And we are all going to enter into the same Realm and it will be handy for you to know what is expected of Sahaja Yogis, and with that expectation I request you not to pay attention to what I have said, much. You should not be frightened. It's not that frightening. You'll like it later on very much! What I have said it, you see.

So come forward. Those who have come for the first time, please come forward. You come for the first time? All right. Come forward! Will be better idea.

No, no, here, on the chair. On the first row of chairs. Will be a good idea. Yes.

Actually, it happens that your religion gets enlightened. You become that. Then you can't help it. What to do? I mean you don't have to tell, "Don't do! Don't do!" It just happens. You just can't do it. It's so helpful, isn't it? You just can't do it. You don't feel like

doing it! Because if you are enjoying your Spirit you don't feel like doing nonsensical things.

It is better to get it and see for yourself what happens. All right?

That's the best way to give it a full chance.

Those who have come for the first time do come forward. You've come for the first time? Please come forward.

No! You are not for the first time!

Let her come forward here.

You are all for the first time here? No. You can go one step backward, is a good idea. You see, you can receive my vibrations even from there where Kingsley is. Isn't it Kingsley? Aren't you receiving my vibrations?

Much more! Yes that's it.

Now this is a system which is built within us. That's why it is called as 'Sahaja'. This is what is the system within us that exists. 'Sahaja' means 'born with you'. This is all born with you. You have achieved it. It's all within you. It's a system that is built into this or built into that. In the same way it's a system built into you. You are just ready. You are to be put to the mains. That's all is the job is. For putting to the mains also there's something built into you. If you see the triangular bone called as 'sacrum', means 'sacred bone', this Kundalini is there. This is the one that gives you your rebirth. By rebirth what happens [is] that your awareness, which is human awareness, becomes enlightened by your Spirit. Your Spirit comes into your awareness. So far your Spirit is not. Your Spirit knows all about you. It is in your heart. But you do not know about it.

So what happens [is] this Spirit, which is enjoying itself, enlightens your awareness and you get a new awareness by which you start feeling a cool breeze in your hand, a cool breeze in your hand. And this cool breeze, for the first time, on your central nervous system starts flowing. So you feel it, actually you feel it.

Now the enlightenment takes place of all these centres which are within you, which are there because of our evolutionary process. And these enlightened centres are on your fingers. They get enlightened too and you start feeling them within you. You start feeling your own centres and you start feeling the centres of others.

Now this happening takes place within you of the Kundalini awakening just to attract your attention inside. Because your attention is outside, you cannot take it in. You know many people think, "You put your attention here, you put your attention there." - it's all wrong. It has to be spontaneously attracted inside and it's done by this Kundalini, and Kundalini is just like a germinating primule within us, a seed. It just rises spontaneously. And when it rises it breaks through here. And this is what is the real Baptism. You really feel it here coming out. You can feel the cool breeze coming out. You can feel the cool breeze from your hands. This is real Baptism that John the Baptist wanted people to have, and that Christ talked about.

All the religions have taught us to be in the centre. When they said, "Don't do this, don't do that," they did not want to condition us but to tell us that how we are going to be in the centre. And when we are in the centre then what happens to us [is] that you get the desire to know your Spirit. And this desire is fulfilled through the awakening of the Kundalini. Now the Sahaja Yoga at this stage is really a Maha Yoga in the sense [that] it is the Great Yoga because many people can get Realisation. Thousands of people can get it because the blossom time has come. But even if they get Realisation, they are to be looked after, they are to be nourished, they are to be told about it. Everything should be decoded. You will be amazed - everything becomes so logical. Gradually you start understanding it. Your complete freedom is established.

Nobody says that, "Don't do this!" Nothing is said. But you just don't do it - yourself! I will not tell you as Moses had to tell, poor thing. He had to face all the mad people. But no, after Realisation it just happens and you just don't do it. You will not do it. It just

happens to you. It is nothing to be told. It just happens. It works out. This is what is Sahaja Yoga.

In the beginning you have to be really ardent Sahaja Yogis. In the beginning you have to be. It's the beginning of Sahaja Yoga still in England, I would say. Really ardently attached to it by which you develop yourself very well and develop this tree of Sahaja Yoga in your own country. Because you have to save so many. The Last Judgment has started. It's started. Through Kundalini awakening only you judge yourself. You know what are the centres you are catching, what are your problems. You know what are the centres others are catching. You judge yourself.

Supposing a person comes and tell me, "Mother, my Agnya is very bad." Do you know what it means? That, "My ego has developed." But [if] you tell somebody, "You have got an ego." - you will have a punch on your head! But the person himself comes and says, "Mother, I see my ego." You start seeing yourself. You start seeing your problems, because you are out of it. And then you can cure it also and make it better. You improve it and you are better. You judge yourself and you judge yourself with love and understanding. You don't hate yourself by that. It's only you, yourself. You are going to judge. Within you is the power of God that judges you, is the Spirit which tells you. A rapport is established with the Spirit. The Spirit itself will tell you, "This is the mistake, this is the problem." We don't need anybody to tell us. It's only you who will know. It's only you who will judge yourself. It's only you who will grow yourself. It's your own freedom. It's your own Self.

Your entire personality changes, entire personality changes. I have never told anybody not to take drugs as such, except for one or two people who were still carrying on. But also very mildly. And I told them how to get rid of it. But you just don't want to take them, just don't like it. You find it very filthy. You feel like vomiting. Just like that, the religion is enlightened in your stomach. That the time has come now for you to do it. That was the time when it was not so [then] they taught you how to do it. But today the time has come, it can work out. You are all just there.

The completion of the whole creation has to come this way. It has to work out. But you cannot reason it out. But once you get it - because it's beyond reason, it happens beyond reason; the Kundalini awakens not by reason, spontaneously, by master only - once it happens then the whole thing becomes logical. You see, there's a microscope, then you can see through it. But if there is not a microscope, you cannot understand. The 'microscope' is your Spirit.

It's very simple.

Now, I do not want to go into details about it. I think these people have been given... Gavin have you given them the papers and things?

Let them see for themselves. Have you all got the papers? Have you got? No? Let her have. Let this lady have. You sit a little erect, all right? Straight, sit little straight. All right.

You have to sit a little erect, not much, but a little erect. Not slouchy. Neither like this. Just sit straight.

Put your hands like this, all of you. Just put your hands.

Now close your eyes. Put your feet like this, little straight, on the ground. Not pressing much but they should be on the ground properly.

Come in! Come! There are three, four seats. Here, in front. Yes.

After Realisation you have to go very fast and try to understand it, otherwise you may lose your vibrations. That happens with some people. So be careful! It's a very, very delicate thing; it's very subtle. And because we are gross - suddenly we become subtle - if we do not catch up to it, we lose it also. So for one month after Realisation you have to be very, very careful and get hold of another Sahaja Yogis here and we also have an ashram here. We have to work it out.

Close your eyes. Just close your eyes. It just works. Just close your eyes. Don't think about it. Don't think. It will work out without thinking.

Put both the hands towards me, please. Both the hands like this.

One of the centres that is catching in most of you is that you all feel guilty for nothing at all, for nothing at all. It's a fashion to feel guilty. So everybody starts feeling guilty for nothing at all. Or maybe we confess and this and that. Now I have to tell you that not to feel guilty at all. Say that, "I am not guilty."

Thrice you say, "Mother, I am not guilty."

This is also a myth that you feel guilty. That will help you a lot.

Once you get your Realisation you have to also have the spiritual education to know how to handle this, how to handle this power. You are getting it because this is your own right, but you must know what you are getting.

They've got it, all of them.

All the Sahaja Yogis should receive vibrations and expose completely with their heart, absolutely. Just put it. Be meditative today. And you have to promise in your heart. You have to be much more active and ardent about Sahaja Yoga if you have to save your brothers and sisters. Only your heart can be binding, nothing else. Nothing else. It's only your heart. As you are attached to someone you love, you should be attached to your Spirit. Spirit you should love the most. Nobody is more important than your Spirit.

Are you feeling any cool breeze in the hands? Not yet? Close your eyes. Have patience with yourself. One has to have patience.

Close your eyes. Have patience! Just don't think. It will work out. Have patience with yourself! You put both the hands towards me, not meeting each other but towards me, separate. Put both the hands separately, not towards each other but towards me. Please put them towards me. Yes.

Close your eyes. Close your eyes. And just leave it. Don't think about it. Don't worry about it. It will work. It's like just a flower becoming a fruit - spontaneously.

Just close your eyes and put your hands towards me. Put your attention to your heart. Catch the joy part of it.

Just heart. Just put your both the hands towards me only and just pay attention to your heart. It will work out.

Are you feeling cool breeze? It's good, great. Just enjoy it. Just enjoy. Do not pay attention in one particular direction. Just leave it free. Just leave it free. Do not fix your attention anywhere. Just leave it free. It will work out.

Gavin, organise for these people behind. Ask people to slowly come along.

Keep your eyes shut. All new people please keep your eyes shut. They are going to check you.

One by one, yes move on. Jill, come forward.

Start moving in the centre. Yes. Good.

Those Sahaja Yogis who want to get themselves also checked up, ask other Sahaja Yogis to do it.

Magda, I think these three people are for the first time or what?

Just see them, their vibrations. They haven't felt it yet.

Can you move a little coming up here. Marcus? Or who is there?

Those who want to be checked. Also ask others to be checked.

Douglas, go and check Dinesh.

All of you must get checking! Those of you who want checking should raise your hands. Ask people to check you.

Check her.

Vishuddhi, Left Vishuddhis are horrible. I don't know what to say.

Hesta [Spiro], you ask somebody to check you also. Peter [Pearce], you sit down.

David [Spiro] you sit down! Get yourself checked! Linda [Pearce], Peter, all of you. Please. Because I am going away. Let everybody be checked - better is. Marcus? You be checked also.

Better to get it done once for all. Get them checked.

Who can check her? Ray [Harris]? Where is he? Go and check Hesta

He's got it?

Kingsley you check Hesta it's better. He (Ray) is a Jew (also) so it would be better! (laughing) Somebody else should do it it's better.

May God bless you!

But everybody gets checked it's better!

John, you sit down. You get yourself checked. Sit down.

Marcus? Is he checked? How are they?

Now those who are checking should get themselves checked also, is a better idea. There should be nothing.

'Prana' - say the mantra for him. For her, Malcolm [Murdoch], 'Prana' is the mantra for her.

Haa! Done. Just broken through. Haaa!

Now this is to be judged a little by yourself. You should know. These are the small things that one should know.

This gentleman? Why don't you see this gentleman?

Can you check John. John, put your left hand towards me and right hand outside.

Felicity [Payment]. Somebody should check Felicity also.

Brighton people should again get themselves rechecked afterwards.

Everybody should get themselves rechecked. Somehow or other get yourself cleared out. Every one of you. Gavin you also get yourself checked. Everybody should get yourself checked. That's the best way. And we should be thankful to people for checking us and giving us vibrations. Instead of getting angry and upset.

How are the children? Jane [Brown] bring her. Is she alright? Bring her here.

How is it? Let everybody check today and give bandhans.

What about this gentleman? He's got it? He's Ray's father, he should get it. Tell him not to feel guilty about anything! You are facing Mother who loves you! Just say, "Mother I am not guilty."

Just say that. What guilt can you people have?

Jill? Coming?

Haaa! Alright Jill? It's come up.

How is she?

Don't talk. Just raise the Kundalini. Just raise the Kundalini.

You give him a bandhan.

Chaya, tumse karab dekho. Regis, you also get yourself checked and others should check and you check others. Every one of you.

John, please put yourself into a bandhan. Now check other people. Come along.

Those who have been checking sit down and those who have to be checked.

You've done it? Have you done? You've got it? Have you felt anything? Did you feel any cool breeze? Good, great. Now close your eyes. Enjoy your Self. Now don't stop at that!

What do you say Malcolm? Better?

What about this child?

## 1980-1205, Advice, Marriage and Collectivity

View [online](#).

5 December 1980

Talk to Sahaja Yogis

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – Draft

"Marriage and Collectivity", advice at Chelsham Rd. London (UK), 5 December 1980.

....Marriage where you marry and next day you are running away with another man. It should be genuinely done. That means you must respect but genuineness should be there, there should be no deception nothing. You are partners for life.

Now one more point I want to tell you, that always I have seen in Sahaja Yoga marriages fail on one point, which is very important, is the point where collectivity clashes. When there is a clash of collectivity, Sahaja Yoga marriages fail. Now you are marrying under Sahaja Yoga you are not marrying in a way that others marry. And that's why one must understand that collectivity comes first. But you must love each other, you must understand each other, be sweet to each other, be kind, considerate, be conscious and aware that you have a wife or a husband. But first thing is collectivity.

Now I have specially given presents to Jane and to Linda because they have produced two Sahaja Yogis of a very high value. In the same way I am going to give you presents when you do that. But, but this is a beginning from the child that you develop you must learn (?)...it's not that my child, my husband, my house what should I do about this house, my house, my children, my house, my children. You have got a child to expand, the love that you get for your child or feel for your child you should feel for all others. You have to be mothers of all the children not of your own child. For both of them, especially, I have to say they have to be collective very much more than they are today. That's the first thing; they should expand themselves. Nobody can have respect for any woman who is not like that. You have to be just like a mother to everyone.

The second point is that there are certain systems, which are built in, in a society where marriages become conditioning. And one of them is a very handy and a good system. The system is like this that the wife becomes the mother and even the brothers of the husband are mostly with the wife, with the bhabhi, who's the sister in law. So they go and tell all their problems because they can't face their elder brother directly. So they go and tell the sister in law. Then sister-in-law, in her own clever way, tells the husband and gets the permission. And this relationship has to be established when you are married. When you are married say there's a sister-in-law who is younger who is not married she doesn't understand about love and things. If she has a problem say she's going to get married or anything she will not consult her mother she'll not come and consult me but she'll consult her sister-in-law. It is a very sweet relationship that exists between the brother-in-law and the sister-in-law is a very, very sweet relationship and all the time they joke and laugh and they are one. With the mother you have certain limitations; it's a little formal with the mother. But with the sister-in-law it is such a blessing to have somebody slightly older than you with whom you can say, and that person goes and tells. I would say Chaya has been doing that very well and I am very happy with her. Give her a hand. (Applause)

But she has to keep her husband also pleased. If she does not get her husband pleased, if he is not easily pleased, still he should be made to be pleased. May be the most difficult man. It is the art of the woman, is the beauty of the woman, how she manages her husband. Because she is there for that kind of a job. And if she cannot do that, then she is failing in that part. So she has to do both the things; you have to strike a balance between the two. Sometimes the husband wants that he should have the company; all right, give him the company as much as possible. But you should also know that unless and until your husband gives you the authority, you are no one with others because it is he who has given you the authority to talk to others. If he says no you have to be with me all the time, then you cannot say no. He has a right to have your company. So one must understand and strike a balance. Do not do anything to the extremes. We have to be very normal people. This is the second point I wanted to tell you.

The third point, very important for all the parents who have children, Sahaja Yoga children have to be extremely well disciplined. If you do not know how to discipline your children, you are sadly mistaken. Your children must know how to behave themselves; they must know how to answer, how much they must talk. Do not spoil them with presents; give them presents at the right time. And tell them how they should behave. You have to discipline your children. This is your duty to discipline them; it is the time they should be disciplined. The condition here is that people don't say anything to their children. They don't even scold them; they don't even teach them anything. And by the time they are sixteen, seventeen the children are absolutely like vagabonds. And they have no sense; they have no sense of despair. They answer you back. No child should be allowed to answer the parents back. If they answer back, give them two slaps. That's allowed. Teach them to be respectful. If you do not teach them, they'll be disrespectful to other people, and other people will smack them. Then you won't like it. But they have every right to smack if a child misbehaves, because children must know how to behave themselves. If they do not know behavior, you have to teach them; that is your duty.

But here everybody wants to shirk the responsibility. Want to shirk it. It's really easy to love your children and not say anything. Let them go up to sixteen and then throw them into the winds. No, you have to be extremely strict with your children when they are growing up. The grand parents can spoil them not you. You are not their grandparents; you are parents. You have to discipline them; you have to tell them how to behave, how to. And sit down with them for one hour and talk to them, not in the presence of others. Tell them that you are like queens and kings. Put self esteem in them so they behave themselves and they learn how to go above. If they do not do that, means you have unnecessarily produced a problem for yourself and others. It is necessary, if necessary. I've never beaten my children, and I don't like to. But if you don't know how to teach them and how to control them, you may use sometimes a slap, doesn't matter for boys especially once in a while doesn't matter. If they don't understand, what to do? So you have to discipline.

You see, discipline is one thing lacking in western countries. Children don't know how to behave, how to be respectful. And they misbehave and they will start tomorrow answering you back and ill treating you. And now the whole society is (aware?) It is very important. No use spoiling your children. Here they will see something on the TV you get it back for them. No. You must tell, no, what you want is not what the TV tells you but what you need is this and keep it. If they break the toys and all that, tell them that if you are breaking toys you are not going to get any. Keep them, properly arrange them; let them organize. This is how you train. I've seen My grand children. They have got things that I bought for them when they were little babies, still just the same, kept very carefully. Who has given them what, what is where; they know everything not like a mess of toys, plastic toys that you give them. Give them few toys but know where they are. Where are they? Give them the list. Ask them to keep a list to understand.

Respect, respect is the thing; we do not respect our possessions we just indulge in them. Do we respect? We throw our cloths here and there. That's why the children are born when they grow up they have no discipline; they throw all their cloths here untidiness then you shout at them. Another habit the children must form is to get up early in the morning. The parents must get up in the morning; give them bath; get them ready; give them tea. If the children do not do that, it is because of the parents do not discipline them. And also the parents must be ideal about it. If the parents do not have that, then the children are not going to. So the whole responsibility of spoiling the children resides with the parents and no one else. Even Sahaja Yogis should not spoil the children. I can spoil because I am the Grandma. You must take your responsibility. I did not spoil My children. You have to tell your children 'til they are sixteen years of age. Everything that is good, righteous, how to behave and how to live you have to tell. Otherwise they become vagabonds and they, you see, they take the whole thing upon themselves. They think, oh we can do what ever they want, "What's wrong", "What's wrong". If they say, "What's wrong" don't give them money. Don't spoil them. Make them starve one night; they will be all right next day

Let them do the work. Of course you should never pay for children's work. If they work then they are working for themselves It is a very bad habit to pay them for doing some work. They are not laborers. All this training must be given. That's a very good training because our social side is very weak. You do not know how to discipline. Too much interest in children is also not allowed. That all the time run after your children, do this for your children. It's all right. Because once they know they are dominating you they will sit on your heads. They should know where they stand with you. Gradually they will learn and behave. See children are still not human beings. Either you make them human beings or you make them devils. It is in your hands; they

are raw. You should not be unkind by any chance. But you should not be in any way dominated by them. It is not the parents who should take instructions from their children. In Sahaja Yoga it is necessary to understand parenting.

So up to the as you said that you must have children and don't hurry up. That's very true. Think it over properly and then have children. When you have a proper place to live in, and all that, then have children. Will be a good idea. Now as far as the ashram is concerned, I would suggest that as the present position is, keep it up till I come back. Do not change anything. As it is Linda is managing her affairs as far as the money is concerned. What ever is her charges she paid that. Let Chaya handle the money and everything and puja because she knows that. You also all learn from her; she can teach you something about Hindi and all that.

The most important thing is that Sahaja Yoga is not a cult. You have to be absolutely normal people. Don't have to behave, like in the ears you put in five pounds of cotton and walk about. You should look very normal people. Do not behave in a manner that you look absurd. You see, maybe, some people told me they do it because they want to show off they are different. This is not punk rocks here. We are not punk rock. You have to be very normal, balanced, good people, respecting our elders, very normal people. Nothing abnormal should be done. And that is the person who is the most normal is the person who is the real Sahaja Yogi. Because you normalize by Sahaja Yoga all abnormal things. (Child crying) She is feeling cold and stomach pain...is there a fire? Just put some fire. This is what it is to be done about Sahaj Yoga. That in Ashram you have to have ideal way of life.

You have Linda here she is very good and also Peter Pierce is a very good man no doubt. But he goes off because of certain problems he has had before. See? So you can beat him with shoes, not directly, indirectly, and also Linda and also Chaya, if you want. Or like this anybody who is doing anything in the ashram is all right. But as far as possible elders should not be beaten with shoes. You can ask somebody older then them to beat them with shoes. But I am sure gradually they will all become responsible, sensible, and respectable. If they do not if they are not respectable how can people respect you? And lastly I have to tell you that Linda was telling me that she is feeling very different. Now the reason is (child crying: can you take her out. She is very hot I think or cold whatever) the problem is this way. Now I am going away physically and that's why you are depressed. You think Mummy, Mother is going away. (Child crying: What happened? Why? Come along. What is there to cry? Yes you are going to break it for everyone like that. I don't know, how do you break it? Show me. Show me.)

Now I would suggest that the whole thing comes up because you think, physically, I am going to India. And that's why you are disturbed. And you are thinking that Mother is going so what will happen? If something happens to me who will cure me? Or something goes wrong what will happen? Now you are grown up children, you are not that small. And I am not gone; I am much more here when I am not here. You will see. So now you should decide one thing that Mother is gone doesn't matter. We are going to show Her something special. By the time She comes back, She is going to see what we can do. What we have done in Sahaja Yoga, how we have become normal good people, and how we are getting other people to Sahaja Yoga. By Gods grace now so many things have happened that about Sahaja Yoga now it might be published in seven hundred papers already. It is all done through Gods grace only. But you have to desire and it will work out.

So first of all improve yourself; improve your collectivity. Try to be nice to each other. We are human beings. We are not donkeys or dogs. But we are not only human beings; we are Sahaja Yogis, we are saints. So develop that dignity, and that love, and that understanding, that etiquette, etiquette of a divine person, that sweetness, that gentleness of a divine person. Of course that does not mean that men should walk like women. You see I've told it correctly. If I said gentlemen, then gents would start behaving like women. Or if I say you have to be come manly, the women become manly and the rest (?). It always goes the other way round. Ladies should try to be more ladylike. They have to be more ladylike and men have to be manly. Like just now I said that you have to follow the man that has to be. It looks decent, you see, for a man to be ahead of you, and the woman to be behind; she is the shakti. She is the shakti behind the husband. And she need not walk in front and show off and argue with him and put him down and put his hand like that and all that. She should not do. Doesn't, its not graceful. It is disgraceful to behave like that. And then only with understanding and love we have good children.

And that my wife says so, this is a very wrong idea. I mean, some people are that if the wife says go to the north, they'll go to the north. They say go to the south, they'll go to the south. I mean that should not be so. It doesn't look nice. One should behave in a way that a man is. And let him, let them be men, and you have to be women. To be a woman is a very big thing. Your mother is a

woman. You know how great it is to be a woman. It's very great to be a woman because women have such powers. We have really by competing with men, we have finished ourselves completely. So the two roles of men and woman is like the, I would say, the flower and the fragrance. Which is higher flower or the fragrance? If there is no flower, there is no fragrance. But without fragrance what is a flower? Or a beauty? It is so much inseparable fragrance and beauty and flower. In the same way the flower shows, but who is the beauty, and who is the fragrance is the wife. That is how it should be. And then only people will respect you and your husband. And it is going to be much more easy. That's the way it works out very easy. If it is other way round it will never work so let it be worked out this way.

And there is nothing like domination who can dominate your spirit? Nobody can dominate your spirit. But it is an adjustment because in the society the man has to do all the outside work. And he is the kinetic person and you are the potential energy. So the woman has to listen to man, because she preserves her energy much more by that. And there is nothing like domination. Nobody can dominate you. On the contrary there is such domination on the man that he just can't exist without you. He comes back home straight from the work, that's how you should control your husband. Control of love, as I control you with love, you should control with love. It is a question of how much you love, how gracious you are, how beautiful you are. Next time I come I'm sure I'm going to meet great ladies and gentlemen, which I expected in England. And we are going to be on that level, very nice dignified, sweet, very serene and not frivolous. Frivolousness is a very big curse, you see, should not be frivolous. Neither you should be so serious that everybody gets bored of you. But you should be in the centre. You must talk little more those who do not talk. Those who talk too much should talk little less. So normalize yourself. Now any questions please ask me because today is the last day and I am going tomorrow morning at 8 o'clock from my house and I don't want to trouble you.

All those who are coming to India; there are some things I am taking for the Sahaja Yogis. So Malcolm you come along with me. I'll show you all the things I brought and I'll mark them. And Christine my cloths are there also in one of the boxes, two boxes, one small, one big. Are you taking too many things with you? Very few things? So then it's all right you can take them and you can bring them back if you like later on the same boxes if you have to carry things. So this is what it is. Don't carry too many things to India. Because I know you will be overloaded there things are so much cheaper and better. But whatever things you carry you must know they should be elegant, because in India if you do not have elegant dresses, they are never impressed by you. For example hippie dress they don't like. They should be elegant but it should not be dandy either like a bow tie and a red coat. That is also not good. In the centre, wear decent dresses and they prefer suits or combination or something as an English man dresses. They are shocked, you see, to see hippies walking with a small little loin cloth or something, it is too much. So you should not also shock them or come with translucent dresses. You see? They can't bear all that. You see, you should be decently dressed. And if you want you can take your saris from here or you can buy some nice saris there. What ever you want they will be very helpful.

Those who are coming last time you know how much they spent money on you. On everything they paid for your taxis, for your food, and lots of things. I mean they did such a lot of expense. About 50 thousand they spent last time. You can imagine, they are poor people there, you are affluent. And before that nobody paid not a single pie was paid by any Sahaja Yogi who went to India. They just had everything free. Nobody paid for anything before. It was all right. Why? Because they wanted they have a gesture of great generosity and they don't mind it. But I think it's not proper. Even today you see they telephoned to Me the other day they said "let them come, what is there? We will look after them. Why should they pay." It's not proper because they are not rich people.

So we have calculated and we have come to the conclusion that, those who are going there, should pay 151 pounds as soon as they come there. And they have to pay it to me and then I'll pay it to them wherever they want. And if there is more money needed they will provide it. So 151 pounds directly you have to pay the day you come. Nobody who does not have that money should not come because it is very embarrassing. Only my bank balance is going down. I don't mind, but it's not good. We have done that before. The people who have gone before can say that, that all the expense and everything was borne by them. It's not good and you know. You must spend your money you must that's not proper that's not good. Even one person came from South Africa and he paid for his food and everything, even one person. We did not pay for him. While so many people went there and they paid for food, stay everything they did. It's not good that has happened so we have to be very generous.

I think we have got sufficient things for them not more than that will not be required, photographs, I was saying, and tapes and all those things. Have you made the list of things? (man speaking "yes, we made the list we will distribute to everyone who goes there. We have a few names. Who is taking the photograph album being prepared by?") Only one photograph album you will take? You have to at least give two of them, one more. Why should one person give it? All of you put together should give it. There should be not such a thing. All of you should provide for it. Have two photographs, at least two minimum you should have. So that one can leave in Maharashtra and one can leave in anywhere someplace...(?) There should be two. And tapes should be also two. (Man speaking I don't know yet how many there are) We can afford to pay that, there's no problem, as it is God has saved your money for the gifts. Peter was telling that he got it much cheaper for this. It's very surprising you see and I am really surprised how you've done it in such a short time. It's very nice. It's really we would not have done it in our house. It's remarkable. Only the one who knows what it is can understand. It's a tremendous work. Give a hand. (applause)

Now any more questions? I am going now. You must take, all of you must take, addresses of Bombay and Delhi people. Two, three, four numbers you must take. (Man talking inaudible) I mean I'll see the situation as it is. But in any case I have purchased it. So you put on glass and everything. I've packed it very well. Tape recorders we have got and we have got also watches. There are five watches.

Ah children thank you very much. What is that? Ah good, good, beautiful, beautiful. From you? What? I'm very happy. You just sent me a card that's all.

(lady says It's the Merchant of Venice to read on the train)

(Shri Mataji talking to attendants about luggage and food)

Lady speaking : Mother would you please send all our love to the Indian Sahaja Yogis that I so wish I was going again.

I will. I will tell them, all your best wishes everything, all your love

Lady: I wish I was with them

(Shri Mataji talks in Hindi)

All of them come along. I should just tell them we are going to look after them, tour lots of places, this Ganeshwar they can stay. Then poor Modi wrote to me: Mother you have to live with the nature there, there's no bathroom nothing.

Man speaking, "Warren also wrote specially to say that he has prepared all the Australians and they won't have problems with the Indian living conditions."

No it's not going to be that bad like that. See we've got all these gurus also the idea of ashrams has been spoilt. When you go there you've got an air-conditioned room with a big bathroom attached where you can sleep the whole day. But it is not like that. You have to learn to be detached and little self sufficient. Not to depend on other things to give you comfort but your own spirit should give you comfort. Now I can tell you neither my spirit nor my body (?).

So what is it? Flowers. How are you? (Lady: I am very well thank you) The children are so much all right now. (Lady: Yes very much) Not you, you are perfectly all right. She's a very normal person. You have to be normal. Very good

## 1980-1209, Seminar

View [online](#).

9 December 1980

Talk to Sahaja Yogis

Sane Guruji Vidyalay School, Mumbai (India)

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

Paying attention to all worldly things, like my daughter's wedding. Gone. Then Mataji's five hours are used up. There is no awareness here. London has a heart. People here don't have heart. They have lost their heart, it's gone. Long time back it seems to have melted somewhere. Vanished. It is not a heart, their heart is frozen. Over. The third one is Europe. It is full of liquor. How will the lever be in this case! So this is the condition of great people.

Now you should be awakened. Your attention should be drawn to the Almighty. Oh Yes, we do visit Hanuman temple. Pay our respects cursorily and that's it. We do go in the morning! All right. That's enough. Atleast we bow in front HIM. We do have faith in the the Almighty - As if it's a great favour to the Almighty by all. We should ask these people if they want to achieve something significant. The main work of the Sahaja Yogis is – what does a lamp do after it is lighted? What to do after achieving Sahaja yoga? - Should enlighten others. How many people have we enlightened? So much fragrance is there in all of you. So much happiness is there in all of you. Did you distribute that happiness, or just enjoyed your happiness. It is enough if I am good in my devotion. "I do meditate a lot, sitting at my home, and there is no progress" How will it happen, it has to propagate, right? Till collectivity is not achieved, globalization does not happen, universality is not achieved. Till then there is no meaning to your SahajaYoga. It is worthless.

If a flower blooms in forest, however fragrant it is , what is the use of that. So this news must spread in the society amongst the common people .We should speak, should tell that we are Sahaja Yogis. You get your kundalini awakened and get your realization. This land of Maharashtra is so blessed!. Not only the saints but even the the Ashtavinayakas are here. What do the people of this holy land pay attention to? Pay attention to what you are and who you are. You are Men of God; you are the sons of the Almighty. The Almighty is all set to bestow His empire specially to you. Leaving all this aside, you are focusing your attention on unimportant things.

For SahajaYogis, it is very delightful to know that I have explored nearly seven countries. Portugal, Spain, Italy, Germany, Switzerland, France, North of France and both sides of South. And in all these countries almost 200-200 people have become devoted Sahaja Yogis. I have told you about Algeria. Very devoted. They have memorized the book of "Advent". They all know my tapes by heart. There are about 200-250 people in Australia. All of them know my tapes by heart. They are well versed with the stories that I have narrated to you. And if I ask you –

"Did Mataji speak something like this? I don't know".

On the otherhand, the movie songs are known by heart.

This is not Sahaja Yoga. And this is not the method of Sahaja Yoga. People devoted to such a noble cause should lead a noble life. This is a life of sacrifice. It is not something that any Tom Dick and Harry can do. The Mavlas and Marathas (King Shivaji's warriors) fought battles. This work is greater than that. Need to remove the negativity of the world. Need to attack the fanaticism of the world. Need to temper everybody's political thinking with common sense. How this is going to happen? You tell me.

Sahaja Yoga is somewhat like Shiva's marriage procession. I receive letters from Mumbai. Worth reading! If you read letters from many, you will understand what Mataji has to say. Some people are deep. But the others keep on rambling on and on. Letters with 28 pages! In summary, nothing significant. What can I do? I don't have time to read 28 pages. Even if I read them in stages, in the hope that somewhere there will be a mention of Sahaj Yoga. No, nothing like that. If we tell Mother like that then finish! She

may become happy for no reason. Why? Why to please her even a little bit? Every body has only their woes to relate.

But amongst them, there are some people who are really like lotus. The moment I receive the letter, the vibrations start.

Now you will be surprised, although the people in Europe took birth in filth, how elegant their living areas are, how amazing their customs are – You should see it once. They worship each one of you like God. They are in great awe of the people from India. They think that a person who takes birth in India must be a holy person or a saint in his earlier life. We are dirty people so we took birth here. You are the real ascetics and saints. They are welcoming you with garlands now. They think that they will be blessed by your mere sight. There is a fair amount of truth in that. To achieve the Almighty is easy, to recognize him is difficult. To sustain it is difficult. One has to open his heart, and with that open heart one needs see ones own sublimity first. One needs to be that noble. And if it is not so, nothing can be sustained. Nothing can be captured in that camera. Everything will be out of focus. One needs to focus. That needs effort.

Secondly, with the blessing of the yoga bhumi (the land of yoga), we can accomplish with little effort. Very little effort. We can achieve with very little effort but your attention must be towards the Almighty. If you could do so, then you do not need anything. And once you start liking it then nothing else will do. All your problems will get solved. Now to narrate you one incident. Yesterday a lady had been to me.

She said, "I lost my diamond jewellery."

"What then?"

"I sent you a letter and the day you must have received the letter, the same day I got back my jewellery."

To be honest, I had not read the letter. But it came in my hands. That's all. But it is not my job to retrieve the jewellery. It is the job of the police. Is it my job? But she got it. But what I liked about her is that she said,

"I did not receive any response from you, so I thought, who am I to trouble Mataji for my jewellery? And she taught me a lesson. I was very obsessed about my jewellery. "

It was good that she got rid of the obsession. Only that was my job. That she got chastised, was my job, not that of the police.

This way a lot many worldly tasks can be accomplished because the Almighty has said,

"Yoga kshema vahmyaham"

Let the task commence and I will protect it.

But let the task commence first.

Everyone forgets what the Almighty has said.

Without being realized, what do you ask when you visit Siddhivinayaka?

Where is your connection? You are connected only to the priest. Means the priest earns whatever he can. But where is your connection with God?

"I was only calling Vitthal. Just chanting his name"

"Why?"

"Whatever may be the need, only let Vitthal know"

"So?"

"I got a vision."

"I see. Is Vitthal indebted to you in some way? You take him out from your pocket and say- Vitthal do this, Vitthal do that -."

At least let the connection happen with Him. First get the connection established. Firm up your relation. Identify your level. Then you need not implore. There will be a shower of blessings. But the biggest blessing – should be able to love the Almighty. This is the biggest blessing. Pralhad was intelligent that is why when the Almighty appeared in the form of Narsimha, He asked Pralhad –

"What do you want? Ask anything from this world ."

He was Vishnu in person.

What did he ask for?

"Let me be at your feet."

( Tav Charana Ravinde).

Even an eight year old boy had this wisdom. If one gets this like nectar, then nothing else is needed. The Sahaja Yogis should aspire to achieve the same as this is an emergency situation. If we win, then not only the heaven (swarg) but the entire empire of the Almighty is in our hands. And if we lose then there will be the reign of the devil.

Hence this is a 'do or die' situation. And this time only valor will be victorious. One should not give up valor. You know that your Mother is not afraid of anything. Not afraid of threats, not afraid of anything. What are you afraid of? So march ahead fearlessly. Our country has a great tradition in this. All our deeds will be successful if we follow this tradition and its principles. It should imbibe sweetness, understanding, tolerance and special traits. Our mutual relationships should be that for giving, not for taking. Does not your Mother have a relationship of giving or do I take anything from you? You should keep on giving away. The fun in giving is more than that in taking. Everybody knows that the way it flows from the hands, it flows with such abundance that it cannot be expressed. It should flow like that only. Now after achieving the extreme, achieving the supreme what is the use of these stones and riches. One should have a simple thought like that.

Sahaja Yoga has started yielding fruits. There will be great achievements in five years. But you should figure out where you will be then. Many people in Sahaja Yoga go out of circulation. Just like a tangent. So don't get out of circulation. Stick to it and make others stick. You should have prestige. One should have prestige in your personality. People with dignity do not get affected by petty things. Your dignity should have prestige. You should maintain your prestige.

Some say that our country has such people who need only Bengalees, or South Indians. Then what if Maharashtrians prefer Maharashtrians? If all are donkeys then why do you attach a tail to become a donkey? Why don't you embrace sanity? A time is going to come when the whole world will learn Marathi. Do you know this? That is if you embrace sanity. Otherwise you may have to learn French. Everybody is learning Marathi. In London everyone is learning Marathi. This is so as maximum number of books and discussions on Kundalini are available in Marathi language. But our Maharashtrians have become Sahebs. When Europeans (Sahebs) come to India, they are surprised to know that these people don't know Marathi. Then what is the use of learning Marathi? They don't know Hindi at all. Why should we speak Hindi? Are we villagers to speak Hindi? You will not find a

single person in London who speaks Hindi. You will be surprised. Everybody speaks English means like our Gujaratees. Great. Everybody has become a perfect Englishman after going there. Very surprising. How come such an old tradition got obliterated?

Just a few days back, they wrote a very demeaning article in a magazine about the ras (dance). In that Ras, intoxicated young boys and girls dance together. Their snaps along with the deity's photo were published. They dance in front of the Deity in an inebriated state. At this time, boys and girls choose partners among themselves and it is allowed to do whatever you please. What to say now. Now there is the deity's photo. I thought these must be Tantrik (false guru) of some sorts. This goes on for nine days during Navaratri. Poojan and other things are side tracked. They prefer to dance for 8 to 10 hours in an inebriated state. And that too in front of the deity. Unheard of poojas have started nowadays.

Sahaja Yogis must understand what the truth is? What religion is, its true meaning and its immaculate form? They must understand everything and must stand for it. With courage.

"Now our neighbours advise us to drink liquor. Now Mataji, tell us what to do? As we are senior officers, we indulge more in such filthy things."

- Is that so? How big an officer you are to drink liquor?

He said – It is compulsory.

- I see. Otherwise what will happen to you?

I was very astonished even to hear this.

- We are from a simple family. Have to have liquor else I will not get my promotion.

- Why do you need a promotion with this demotion?

- So how will there be a social life without cigarettes.

When you will suffer from throat cancer, then Mataji will be there to cure you. Otherwise tobacco is needed. Isn't that too social!

Means do things that will make social life zero. Ask people who do not smoke, about smokers. If one smoker comes, they feel like running away from him. But you can quit anything in Sahaja Yoga. It has to go and if it does not go away then he is not a Sahaja Yogi. Don't call yourself Sahaja Yogi then.

There was one person who used to drink sometimes when Mataji was not around. I got to know. He then came to my discourse and started telling

My face is bloating like Hanuman.

Is that so? What are you doing in my absence? Leave that tobacco.

He got well when he quit tobacco. The other thing you already know. Need not be told.

Sahaja Yoga is such a self correcting force that you can observe right in front of you. How will Mataji get to know? She keeps on saying things. Now let's face it. It is such a big mistake - to strike on your Vishuddhi chakra –means it is such a big mistake! Just imagine! It is Viraata's position. You strike on Virata. Means do you value yourself or no? A Sahaja Yogi must understand this and even now those of you who call themselves Sahaja Yogi and who smoke should write on their forehead that "we are not sahaja yogis". Means the Sahaja Yogis should not feel that they can commit any sin and still we are Sahaja Yogis. I call it a subtle type

of ego. The sahaja yogis develop this subtle ego that we sahaja yogis are beyond reproach. Even if we commit murder, we are beyond reproach. However, it is exactly the opposite. The more you rise, the harder you fall, so don't fall. Hold tight to the heights you have achieved. If you move a bit, you will fall down. To rise with such a great effort, and then have a fall for some two penny worth filthy tobacco. Who has taught this wisdom?

Now there is another incident related to this. All Sahaja Yogis were at Jaslok (hospital). Fine. Tomorrow if someone suffers due to intake of tobacco, don't visit him. I tell you, let him die. If they suffer, they will again come to me. There were so many letters, telegrams, this and that for him... He did get well. His cancer was cured. But now I will not intervene. Why to consume tobacco. You are associated with me for so many years and still you consume tobacco? Then keep consuming tobacco. I will not tolerate henceforth. I had not received as many letters as I received for these people with the tobacco addiction. Everybody wasted their energies on these people. After recovery when they came to me, they had catch on their left nabhi. Everybody's spleen was affected. Speedometer out of order. Now do I have to set right their problems again? We should not have sympathy for such people. Now we should tell straightaway – Mataji has informed that anyone who consumes tobacco is not a sahaja yogi. Don't bring him in Sahaja Yoga. First discard tobacco then.

Then speaking lies! Should be forbidden. Your tongue will lose the Saraswati power. Don't speak lies. You don't have to be very explicit about it. It does not mean that if you see someone – 'Hey you....'

There are such inconsiderate people.. One must not be too outspoken. You need not tell everything. But whatever you say, must be the truth otherwise do not say anything. Don't tell lies.

I am telling you because we had several such experiences. What is the use of speaking lies with me? I can see far, far, far beyond what is happening. So why to speak lies with me? Hence you must give up falsehood entirely. Absolutely. You must consider it as leprosy. The shortcoming of our country is falsity. We speak any lie with out blinking the eyelid. What happens? What can happen? - Must discard falsity. Sahaja Yogis should take a vow that they will not speak lies. Instead don't speak. Don't tell. We don't have the right to tell others. Imagine a person comes to kill someone and asks me "Mataji, tell me where he is?" then what authority he has to ask me? I will not tell him anything. But what is the truth in telling that he is hiding there, go and kill him. Sahaj Yogi should develop an overall sense – that of discretion.

There is no need to tell lies. People speak lies when they are afraid about something, when they need something. Why to speak lies when the Almighty himself has awakened in you. When the truth itself has awakened in you, why to speak lies? So we should take a vow that we will not speak lies. The second vow that we should take is that we will not speak lies – we must give up addiction and we will not speak lies. This is our vow. And then see the fun. To enjoy ones's own virtues is such an enjoyable thing. Just relax and observe it. Ahaha. So beautiful are our colours that we spread. If we have vices and to avoid its stench, if we put people in jail, they dislike the jail. I would feel good if I am put in jail for a while - would feel happy if I spend time with myself. Enjoy ones own virtues. Enjoy virtues of others. Ignore the vices. If there is squalor somewhere in the town, we will not go to that side. Will cover our nose with a cloth. But if we find that someone is filthy from within, then we will not rest till we circulate that news in public. Then it must come in the newspapers.

"Did you know? The daughter in law of such and such person ....etc.etc."

We have editions of these amongst us as well. This does not befit the Sahaj Yogis. It is not becoming of us to spread such rumours and talk so much about petty things. We are dignified people. You are well dignified people of the society. So you must maintain this dignity.

Now the reporters would come. What will they see? Mataji has worn a sari. So how was the sari, this and that? They can't see beyond that. They are reporters. But you are aware. You should cultivate the seriousness. Thinking about petty and trivial things, - did you hear this thing about – this is called gossiping. It would be futile if Sahaj Yogis spend time over such matters. You have only one valuable life, do not squander it away. Even this much is substantial. Because we do encounter numerous such people

–

"Mataji, have you heard this? We have heard this.. about them."

What do I care? All town gossips. Such and such ran away with her, and she ran away with such and such person. Let them run away, what do you lose? Why to pay attention to such filthy things. Why to even open your mouth for that. Instead of using your chaste speech for the Almighty's work, there is no need for the Sahaj Yogis to gossip on such things. This is the third vow that you should take. Don't pay attention to trivial matters. Whether to give two paise to the rickshaw person or three paise.- well, pay three paise, does not matter. He brought you breathlessly puffing. Why do you further take away his breath? What will you lose if you pay him three paise? Learn to give. Don't calculate too much. Otherwise you will suffer. People who inordinately run after money also suffer inordinately from it. So don't account for each paise and reduce stinginess. This is the fourth vow.

It is good to control oneself especially regarding eating spicy food etc.

The moment they arrived, I knew they had catches on liever. I had warned them not to eat so much fried food. This is very typical about our womenfolk. To feed tasty food to the husband and control him so that he straightway reaches home after office. I have prepared this special menu today... the husband has to come straightaway home ...how can he go elsewhere? There is delicious food so he has to come home. Where else can he go? But where does his lever go? One has to pay attention to this. Liever is connected mainly to our facet of attention. Our attention is sustained by our lever. Hence too much attention to food that - I like to eat this, I want shrikhand today (a typical Marathi sweet) – Finish! Then you are out of Sahaja Yoga. We have seen about Mataji. Whatever is offered, I don't even remember. Whatever I get is ok with me.

"I will be as you wish me to be".

Sahaja Yogi should never say," I can't relish this."

You should pay less attention to what you eat. The tongue of Indians is most active and sensitive. Not the eyes. The nose is sharp though. But ears and eyes are not as much. If one swears, then everybody finds it humorous. If someone swears, uses abusive language – people find it as something great, it is like swelling up a sea of humour. Our ears are not sensitive. Whatever songs that are filthy, still they enjoy them saying what delightful songs these are. There is no sensitivity in the ears in that regard.

We must listen to something melodious. We should listen to praises of God (Sada Sarvada Tujha Ghadava – pray that I should be lucky meet YOU always), some such beautiful things should fall on our ears. People don't pay attention to this and absolutely nil towards the eyes. The environment for aesthetic vision has changed so much; there is no compassion in the eyes. And the way of looking at people is either analytical or lascivious. This is not becoming of Sahaja Yogis. Only compassionate, merciful, only benevolent gaze, gaze that throws light, gaze should be such that does not expect anything. The kundalini should be awakened instantly in one gaze. Only then he can be termed as a Sahaja Yogi. Just with one gaze. The next stage should be that of resolution. Just make a resolution, the awakening must take place. This power must be achieved. Well, you are Marathas from Shivaji's kingdom. They have since taken birth in England. It may be appropriate to say that the vagabonds from there have come here. Because I am surprised to see their chivalry. They have confused people's minds in that country. All Britishers were brought to their senses.

So the main point is that you are people from a special category. You are especially distinguished people. The almighty has opened his kingdom for you. Now that you would be part of it, what should be your state of mind? How should be your existence? What should one feel the moment they see you? You should stand in front of the mirror and tell yourself, "I am a Sahaja Yogi." You are responsible for such a big cause; we have selected each individual out of several people with such great care. That is not without reason. There is no issue with my choice; I have not made any mistake. But you should not prove me wrong. You were deserving hence we have ferreted you out. That's why you have been given everything. Nobody has so much knowledge about kundalini till now that you possess. Go and inquire. There are many accomplished people, ask them, none of them has knowledge about kundalini that surpasses that of Sahaja Yogi. And only your kundalini vibrates on your palms. Even though you

have catches on many of your chakras, still it rises fully in an immaculate manner. Nobody misses his realization. You know that even though you have catches on your chakras, whatever issues you may have, still they do not come in the way of your awakening. I need not tell you about it. When you possess such tremendous power within you, shouldn't you have a suitable personality "Sash – Shisash?"

Means our personality should be superior to others.

If you live in an above manner, then you can imbibe that dignity in yourself. And it is a type of personality, a special personality. People must feel that this person is someone unique. Someone special. Definitely. They must feel that there is some charisma about you the moment they see you. Barring this aspect, all other facets are quite beautiful. The main thing is that nowhere in the world there are so many realized souls, no such great gathering hence it is a Mahayog (Great event). Nowhere in the world had people achieved their realization so quickly. Means, how amazing! Look at this. Look at the state of readiness. In the beginning for two years, with great effort and perseverance after working on 25 people we could get realization for 12 of them. And after that it started to happen quickly one after the other. You know how people are getting realization. Just look at their state! Means look at their progress? Astonishing! No one has seen such a great achievement in such a short time. I have not observed such a thing before. Not even in the mythological state which we term as Satya yug, not even then. So many people to achieve their realization, is a special thing. And there is no limit to your power. Really no limit. Enormous power it is. You just have to use it. Now what else is remaining? You should ask "Mataji, please tell what else is remaining? When you say this thing to us then tell us what is remaining?"

There is only one thing missing that is know - what you are? What grade diamonds you are? How many facets you have? – know these things first. That's it. Then I need not tell anything more. First know about yourself. And to know, I have given you Chitta (attention). You have an enlightened Chitta. First know with that what you are then I need not speak anything, tell anything. You'll see it for yourself.

You have the countenance of devotion, it is all so holy. Only shortcoming is that you don't have any idea about yourself. Recognise who you are, understand it and learn to respect yourself. If we don't respect ourselves, we cannot respect others. First know your value. You may be great for me still you must feel the same about yourself. Then see the demanour. Once it commences then I have no role to play. Once you know yourself, then it is fine. I have nothing more to do. This is the only task and it should be accomplished. Sahaja Yoga is a vast repository of knowledge. It is such a vast sea of knowledge. It can flow entirely through you. The entire truth can overflow through you. You can control the whole world. This is your state.

So

"Mataji what are we? I have a salary of only 500 rupees. How will it suffice?"

"What salary did Christ, who shook the whole world, have?"

"We are mere clerks. We have nothing."

"What else?"

"What to say Mataji. I am only a carpenter."

"Wasn't He the son of a carpenter? He also did not impart awareness to anyone which you have done. So value yourself and establish your worth."

Let's see. Many blessings to all.

It is a very earnest request to participate in this Mahayog( Great event). All the invaluable diamonds must be decorated with

glory. I do not want anything else. I need to obliterate whatever is abominable in this country.

You are responsible for this work. If you really are true Indians, set right the heads of Indians. This cannot happen without Sahaja Yoga. It needs only Sahaja Yoga. It cannot happen without that. Impose Sahaja Yoga on them. What can one do if they cannot understand it easily, then we need to impose Sahaja Yoga on them.

If you have any questions, please ask as this is for Sahaja Yogis only. Please raise hands those who are new. Oh, I can see a lot of them. Please don't print incorrect things. Now let the new people sit in the front. And if they have any questions they can ask our Sahaja Yogis.

I have not actually explained Sahaja Yoga. I was just giving an outline. Did the new people feel apprehensive? Come in the front. It is not a complex thing. It is quite easy to understand. I was explaining the things that are to come....

Is there no chart available? Ok, doesn't matter. You have heard about Kundalini. But whatever has been told is the truth. We have the power called Kundalini situated in us in the triangular bone and this bone is termed as Sacrum in Latin. Even the Latin speaking people had the gumption to call the location where the Kundalini is situated as sacrum meaning sacred. Means it seems that they also had some insight in this.

The second thing is that Sanskrit language was prevalent in Norway. The language before Sanskrit was known as Pre Latin Language. After learning this language people realized that the odyssey of Kundalini creates a humming sound and we hear the sound of those movements on our chakras and based on these they created our Devnagri language. So on the Vishuddhi chakra – the reverberations of Kundalini in the form of the devnagri alphabets is present. The Gods know this language so it is called as Deva Vani (Language of Gods). In this way, the meaning of Sanskrit language is – San + Krut – San means unblemished or pure, krut means made of, such a language is Sanskrit. After whatever remains became Latin. This way the Sanskrit language manifested and it started getting used in India. That is why Sanskrit language was called as Deva vani (Language). Sanskrit has its importance because it is known to the Gods; the reverberations are understood by the deities residing in us. Similarly the word sacrum has been derived from the word sacred. The language which was read which was Latin, in that language they called it as Sacrum. Means they have also had knowledge about Kundalini. Otherwise they would not have called it sacrum. According to Medical Science, the triangular bone does not burn even if the complete body gets burnt. That is why they call it sacred.

Now this power resides in us and you can see it with your own eyes. When Kundalini gets awakened, then in many people, Nabhi chakra which is the higher chakra is pressed tightly. That's why when kundalini gets awakened; it pushes it to open it. The bandh (knots) about which we read in the Rajayoga, happen internally. It need not be done artificially. This event takes place internally and we can see it at that time. Kundalini is palpitating in the triangular bone as if it is a heart. This actually happens. But people whose state is balanced, who do not go to extremes, who have not reached too high, their kundalini rises effortlessly. Those who do not have any physical, mental or intellectual issues, in such people Kundalini rises effortlessly and they do not face any trouble. Especially, if there are small kids, they do not have any issues. Have seen many elderly people whose Kundalini rises in a second and they get their realization without any trouble.

So this power is present in each individual. It is present in us in a dormant state. Just like the power of a sprout is in the seedling. When planted in the mother's womb, in Mother Earth's womb the seed starts germinating. And the power which is dormant, it gets activated and it starts sprouting. Similarly we too have this live process in us, and this live process takes place in us. It can happen in a person only when the power which can activate is present before him. This power is not like electricity. Does electricity understand what I am saying? This is the power of love. This is the Almighty's love. So it understands everything. It knows who I am. It also knows who you are. It also knows what all mistakes you have committed. It is all taped within you. She is your tape. But she is your Mother and she is only your mother. Your Kundalini is your Mother. She does not have another son or daughter. You are her child and you are her everything. She has no interest beyond this. Any how, this child of mine should take another birth is what she struggles for, birth after birth. And that is what she does. So people who say that such a Kundalini troubles you, are bloody fools. Don't listen to them. Your mother who is struggling day and night for your well being, how can she

trouble you? Now what they do is an unauthorized attempt. Suppose a person from village comes and he inserts his fingers in an electric socket and says that electricity gives a shock instead of light, and then what will you say? This is a similar thing. The one whom you call as a wise person is knowledgeable but this knowledgeable person should have knowledge not due to his intellect but due to his state, should know his own state. His wisdom has a state, he is not knowledgeable due to his intellect but is in a specific state and that state is achieved by everyone after Kundalini is awakened. This state is called as self realization.

This Kundalini pierces only six chakras. Seventh chakra is below Kundalini. This is also to be particularly remembered. Means donkeys like Rajneesh, - even calling them as donkeys is an insult to a donkey – these people do not know I think, that Kundalini is above the lower chakra. So she is not connected to these things. Ganapati is installed there – the one eternal child Ganapati – he is situated there. He has no relation with this. When this Kundalini awakens, it traverses very subtly like a thin hair through Bramha Nadi - I will not give the names of all nadis as it will be confusing – this is the innermost nadi (channel) and Kundalini emanates out of this and pierces the bramrandhra where the fontanel bone area is, which is called as Talu(in marathi). The talu become very soft as a result. And you will experience chilliness.. You will experience cool breeze coming out of your head. Cool breeze will emanate out of your palms.

Now the position of our atma is in our heart. In the heart lies our atma. But this is Hruday Chakra's seat of its own. Imagine our seat is at Delhi. Even if you are the president here, you inform Delhi. If Delhi knows it, it will reach him. So when the piercing takes place, immediately the atma knows and the cool breeze that flows out of your palms is the reverberations of your atma. This is Anahat. And this is flowing like a cool breeze from the palms; this flow of divine vibrations is emblematic of your atma. Atma is engrossed in its own happiness. It does not think about happiness. It does not search happiness. It is happiness itself. But when its brightness shines on our chitta then it also spreads happiness in our chitta. So this chitta of a human being is the attention of human consciousness. This is human awareness. When the light of atma enters it, then the entire atma enlightens us entirely.

If there is a small flame, as we have seen in the gaslight, there is no light to the gas. But the moment the flame touches it, it emanates copious light. Similarly our chitta (attention) which is in darkness, it gets illuminated spontaneously. Due to this light, it imparts universality to us. Means don't have to tell, the event takes place. It has to. You don't have to say. Or that you all are brothers or brothers and sisters need not be specified. These divine vibrations that start flowing through your fingers, you get to know on your fingers itself, which of your chakras have a catch. Because these are all the chakras. 1, 2, 3, 4, 5, 6 and 7. Whether there is a catch on the leftside or right side, you get to know on your fingers. Not only this, but you also know which ones are affected on someone else. You get your realization and you would be able to indicate about these people. It is like this. It does not require any knowledge.

Now this small girl here, has already attained her realization. She can also tell you which of your fingers have a catches, because of this you are suffering from cold. Even if you blindfold ten kids, still they will indicate the same finger. Because there is only one truth. Means this becomes subjective knowledge. Hence there is no argument about it. All will indicate the same thing. Even if they have to tell about themselves, still they will say," my agnya chakra has a catch, Mataji." What does that mean? Agnya chakra gets affected due to ego. But if we tell someone that he is egoistic, he may retaliate by hitting you. But in Sahaja Yoga, the person himself says," Just remove this. I can see a big source of ego. Remove it." This because we see ourselves after getting detached from ourselves. If our sari gets soiled and someone tells us so, then we would readily agree to clean it. But it is not the same with human beings. If someone tells,"you have ego" then one would retaliate. You are not the ego, the ego is stuck to you. Better to get rid of it. At the end he starts observing himself. He becomes a witness to the events and all of us in this world who have forgotten the Almighty, realize that this whole thing is a play(drama). And the drama in which we think we were the Shivaji, we realize that no, we were just enacting Shivaji's role wearing his clothes, nothing else. This is when life becomes colourful and it becomes blissful.

Whatever I told you earlier happens very easily. People should agree at least 99 %. There were some people who came to me whom I called druggist or chemist. Means they used to be in state of coma. Such high consumption of drugs. But they got out of drugs from next day itself. Liquor, cigarette everything. 99 %. But 1% may still be stuck. Some are stubborn, but they should strive hard and they do strive else one gets catches. Then you realize that there is a Catch on the left Visshuddhi, this and that. Then it pains. There is no alternative except removing the catch.

This way it happens automatically in a Sahaj manner. Sahaja means Sa-Ha-Ja. Saha means that which is born with you. Such a yoga is your right. This is your birthright which you should achieve. But you get this right with the grace of God and you should request for it humbly. If you say that you would go on strike or form a union for that, it does not work. You must be humble, nothing else works. And it happens for sure. How to tell? It does happen. How to tell? It happens what can one do? It can happen but it is better to tell you beforehand the issues that crop up after you get it. You should be able to fit yourself in else you would be wasted. Don't get wasted. You will meet me again after ten years and tell me, "Mataji, we had achieved it. But we wasted it". Then it will be late. So enjoy it completely. Once you are in, and then enjoy it fully.

But this is the issue with Sahaj Yoga. You cannot pay money etc. to Mataji. You cannot tie up Mataji. She will come and go at her will. This is the situation. So a person feels awkward that he has not given any money. If a movie is not worth watching and you have paid for it then you would sit through because you have paid. So even if it is so painful still you would sit through. You have not paid anything for SahajaYoga so what binding do you have? You need to acquire some insight. When you start enjoying, then even if I ask you to leave Sahaja Yoga, you will say, " No, not at all. We do not want anything other than this. This is what we want". But first you have to progress with some effort. They see. The various deities in you observe all this and the level at which you are. If you are not up to the mark they will discard you. So I personally wish to tell you that even if you find me pretty straightforward, I am not like that. There is a lot of illusion. So do not get entangled with me. Keep a check on yourself. Understood? Because without the use of illusion how can I recognize you? So sometimes I do weave a yarn. Do not get entangled in it. Keep a check. And ask those who have got their realization before you so they will tell you," Where did we fumble, what mistakes did we commit." You will understand after they tell you that you should not fumble just like what these people did.

Now there came a person in Brighton who started showing off. He came and sat in a huff and then he said to me, "I am here to help you etc. etc." in a very loud voice. If a person is abnormal then he is not a Sahaja Yogi. In Sahaja Yoga you should be absolutely normal. His clothes should be normal means if someone starts moving around in weird clothes, and then consider that he is not a Sahaja Yogi. Only if he is absolutely normal then he is a Sahaja Yogi. This is his identification. If someone starts behaving in an abnormal manner as if he is someone special then you should tell him that it's OK, he will get cured. Many such people had been here.

There is this episode regarding Jawaharlalji. Once he had been to a mental hospital.. An insane person asked him,

"Who are you?"

"I am Jawaharlal"

"Is that so? Are you the Prime Minister Jawaharlal?"

"Yes, Yes. Its me "

"Don't worry. You will get cured. We also used to say the same."

So this is what it is.

So keep a watch on yourself. Everything will become normal. Do not show off anything. Don't do anything special. You are done the moment you show off. Many such people used to be there. Used to breathe abnormally, used to shout. I wondered what sort of mental hospital is this? Don't do any such thing. Whom do you want to show? You are showing it to yourself. You are giving certificate to yourself. Don't need any certificate from Mataji. What is the use of that certificate? Give your own certificate to yourself. This is enough. Don't take Mataji's certificate. Because I am a tricky person. I may tell you something. Don't get entangled in that. I may not tell you a few things. You understand yourself on your own, you do have that competence. Just keep in mind that I will not be untruthful to myself. Why to do so.? If we start cheating ourselves, that's the end of it. What sort of

wisdom is this? So do not cheat yourself. Achieve it. The other thing is, you will not get it by thinking. One might say that I will achieve it by thinking. This is beyond thoughts. This is not within your bounds, it is infinite. So what is infinite, you cannot put a boundary around it. There is a limit to thoughts. But what you will achieve, you will find it logical. There is logic to it. It is not illogical. But it is not rational. Means you get confused, how can Mataji say this? How can that happen? It happens, you just see. It is possible. But instead kept on pondering.....

"Recently, I read a book. It was written therein."

Mataji - "But did you get it, think like that. You did not get it until now, right? Then get it. You did not get it – this is indisputable. Otherwise why did you come to me? Now that you have come, get it. What else can I say beyond this? Get it for free. I am giving you what is yours. Take it."

Now ask questions if you have any. Not later on.

Question – Don't feel that Kundalini has awakened.

Answer – You will feel after it happens. You will feel when it happens. Means what will you feel? You will have cool breeze coming out of your palms. After this feeling, how to recognize if one has become realized or not. Imagine, I have given you a thousand rupees. And you are Englishman. And you don't know what a rupee is. How will you know till you encash it in the market. You need to use your hands to know what has happened. It has no connection with the intellect. You need to experiment it. When Mataji says that one has become realized, Just check, try to raise the kundalini. Does it rise for others? You will be surprised with yourself.

Met a boy at Paris. He said, "It is too good to be true, Mother. I don't know how to believe it. "

I said, "It is. I am talking about God; I am not talking about simple things. He is God Almighty. You say that. But do you know what does that mean. He is God Almighty. It is an enormous power. Try it out."

There is another thought as to how it will come into us. Well, it is so because you are someone special. Told you hundred times. But people don't believe that they are special. So again and again I am telling you that you are special and something should happen to this special one, so that his speciality should get illuminated. This event should only take place. Now you yourself should experiment to know if it is true or not. But there is a protocol to it also. Imagine that someone gave you a diamond. Will you say to that person that this is a lie, this is not a diamond? Is this befitting? Then you will surreptitiously take the diamond to a jeweller.

"I did not say anything there. I don't know how this diamond was acquired. Please check if it is real."

Then he will bow to you and say, "Oh my God! Where did you get it from? It is precious."

So, do you sense the cold breeze?

Close your eyes, remove your spectacles.

## 1980-1209, Seminar Part 3

View [online](#).

9 December 1980

Talk to Sahaja Yogis

Penicillin Factory, Akurdi (India)

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

[Marathi to English translation]

Last year we had a program at Akurdi, at that time I had casually mentioned that we should explore in Penicillin factory; lot of people could get their realization. People did not understand then why Mataji had mentioned the name of Penicillin Factory. The reason was that I had come here at Pune for my brother's wedding and had stayed in your guest house. That time, I had walked a lot bare foot in the morning and it was my desire that if this place could also become vibrant, then the atmosphere here would certainly have an effect on the workers who would come here. And that is seen today. So we will understand the reason why Seeta and Ram moved around bare foot in this Maharashtra.

The Almighty has done a lot of work. We don't realize what the entire Almighty has done for us. Look at the entire nature how beautifully it has been created by Him. We see that in our everyday dealings but we do not realize that whatever food we eat, whatever fruits we eat, these fruits also have been created by the Almighty for us. We cannot extract a fruit from a flower. Cannot do even a single live task.

Science professes that we became humans from amoeba. That too has been done by the Almighty. Several times there have been incarnations of God. In The form of Vishnu. And He has done this work of evolution. But whenever these incarnations took place, people did not understand what benefit it brings to them. That is why we did not have any structure. That is why we did not have any higher pedestal. Why don't we think over as to why did Shri Vishnu have incarnations as Dashavtaar (ten forms)? And if we observe carefully, we see first is matsyavtaar (Fish Form). Why matsyavtaar? That's because the fish came first out of water. If we see further incarnations one by one, even then you will notice that then the reptiles got created. This way, many different types of creatures that got created has God's hand in it. Lastly the humans got created. In that too, the Incarnation of Christ should be believed as the last one. After that Budhha came, Mahavir came. Nanak, Kabir, all of these came. Great saints hermits like Dnyaneshha took birth in Maharashtra. There are several others saints like them such as Namdeo, Eknaath, Tukaram. Great saint Ramdas Swamy was also one of them. These saints did not establish any religion as is the common belief. They established that religion in us. Within us. They have built a religion of mankind. Not as an external entity.

Built temples, we became Hindus. Built mosques, we became Muslims. Great. Christians built church, we became Christians. You are only humans. You must accept this first. Christ has also said that all those who do not oppose me, are mine. Who are they? But he was not allowed to speak. He was eliminated in three years. He spoke only for three years. He was not allowed to speak after that. A great blessing of Dattatraya like Sainath had come here. He was a Muslim. Still we revere him, right? We believe that he was Dattatraya. How did we know this? How did we know that he was indeed an incarnation of Dattatraya? Due to his power. We came to know because of his power. But now, a state for humans has come that you yourself know your power. Whether Ashtavinayak is true or false, jyotirling is true or false . Not only this but I have seen in London, people out there don't know anything. There is a place known as Stonehenge. There too, there are stones that are protruding. And they have vibrations, those are divine vibrations. They don't know what that is. They call them by this name or that name. But if you see, then you understand that they have vibrations. So you should be born again is mentioned by everyone. Muslims called them Peer. That you should become a Peer. Nanak has called such person as "par". There is no difference between Nanak and Muhammad. Not even the slightest. Both are same. Christ has called it as "you are to be born again" clearly. You should be born again. Called as Baptisma, baptism. In Hindu religion it is called as "Bramhatva". Should become a Brahmin. Today one becomes Brahmin as per ones birth. It is not like that. If that was the case then sage Vyas would not have been a Brahmin who has written Geeta. He was a son of a fisherman. Valmiki himself was a fisherman. People are classified by putting in their heads, some deceptive concept

that religion is as per birth. How to break the structure of a family, how to isolate them, to break them, how to create disharmony and create an environment of hatred is the work that these people have done.

But a human is an element of God. If the Almighty is a complete body form then each cell there in is a human, each peshi(muscle) is a human. It is only when he becomes awakened, only then he understands that he is a part and parcel of the cosmic superpower(Viraat). Unless this happens, it cannot be understood. Externally whatever worship we do. It happened with Tulsidas. Tulsidas himself applied the kumkum on Ram's forehead and Ram appeared in front of him, recognized him. Nobody recognized Christ. Had he been recognized, they would not have crucified him. The one who himself is God's son, incarnation of Ganesh, actual incarnation of Bramha, Bramha who appeared in person, you crucified him. If they would have recognized that Sainath is an incarnation of Datta, this is very recent, that in your land of Maharashtra he did not even have food to eat. You are such great followers of Datta. Did you recognize Datta? Now after he is gone, they are worshipping him. But you have given immense respect to rogues when they were alive. That happened due to ignorance. You did not have knowledge nor the vision. Could not see. That is why this happened. The Almighty has decided to forgive all for this. Forget what has happened. Forget all that happened in the past. Only achieve what is there at present. And to achieve that, God has retained this power in us. Since ages, this Mother, Kundalini, called as Jagdamba has been retained in us by the Almighty. It is in a dormant state like a seedling. It resides in the triangular bone. It is called as sacrum in English. See. Sacrum also means sacred. Means holy, pure. In those days too, people knew in Latin language that 'this' is a special holy thing. It is written that due to awakening of this power, you can have the vision of atma. This power must be awakened in us. If this power is awakened – in spite of that by mere discourse or by pursuing some thought that we are fine, that what we did is right, we agree with that only - our lives will go waste.

If we do not connect this machine to the mains then it will not work. It will not have power. All the labour, whatever hard work we put in to make this, will all go waste. What the Almighty has made you by putting in hard work, till you understand its meaning and know what you are, till then you too will go waste. So you should get connected to God. 'Sahaj' means since birth. Your relation of being one with God is your birth right. It is in you since your birth. This resides in you in the form of a seedling, in the form of a power, in the form of Kundalini. But this Kundalini too does not get awakened normally. It is beyond dispute. If you give a seed to a savage person and he does not have an inkling about trees. If you tell him that that this large tree has grown from this seed, then he will say how is it possible. He will break it, demolish it. Will say that we tried to penetrate it still we did not understand. If this power was there, would have seen it. But if you give it to a gardener he knows that after placing it in the womb of mother earth, it will sprout. Because it has this power in a dormant form. That is why a mother's form is needed. Because mother is ready to toil. To get upset, to get angry is very easy. But people find it difficult to love. I don't at all feel it difficult. Also the awakening of Kundalini will happen only in those people who themselves are loving. Those who do not have love, who do not have presence of God in them, those who do not have the right for this, Kundalini will not get awakened before them.

Now take this general observation. If a school teacher comes then the children will immediately stand up. But if a school porter comes, will the children rise? Only the person who has the authority will be able to do this job and this authority too is in love. We do not understand this. We construe authority only as rule of stick. But this is authority of love. Only that person can awaken the kundalini who has the authority of love. This is the dictum. Not only this, the person who established the Hindu religion, who was the motivator, Adi Shankaracharya has preached that by doing yoga sankhya etc. by having a debate on that, by having discourses on them, by talking a lot about them, or by standing upside down or by singing bhajans(religious songs), you do not achieve God. You get it due to awakening of Kundalini and this awakening of Kundalini happens due to blessings of Mother only. This is written very clearly. And in his last book, which is known as "Saundarya Lahri" (Waves of beauty), he has not discussed anything. Firstly, he wrote a book called Vivek Chudamani in which he has said nothing else, only praised Mother. The one thousand chakras of mother that he knew, he described them entirely in great detail, what is the meaning when she says "hun", what happens when she says "ha", how she moves around and at that time how the paths(route) of power are created and how the Kundalini gets awakened etc. etc. only this he kept on describing. So people asked him that in spite of you being such a learned person what is this? He said that there is nothing beyond this. Without this if the Kundalini does not get awakened, then why tell other things. Means if we wish to grow a seed into a plant and if we give a lecture that this seed is like this and that one is like that, this and that, then is anything going to develop in it? You may do hatha yoga in front of it or stand upside down otherwise lot many people cut their tongue and thrust them down the throat. Try various things. To stand on one foot for hours, keep a fast. Do this. Do that. Keep on chanting names. Keep on parroting things by heart. Try it. Is it going to form a sapling? It

will come easily. Will come automatically. Spontaneous. You don't have to do anything for it.

Today you have become human. What is your contribution in it? Now this invention of Penicillin made by Madam Curie, how did she make it? It is better to reproduce it from her book. She says that I was searching everywhere but I could not find. Once I was sitting quietly when somewhere from the unknown, suddenly I got to know that will get this penicillin at this place. Whatever is known is in front of us. It is available in the library. Whatever is unknown when conveyed from there becomes knowledge. And mostly which is unknown is this truth that you are an atma. You are atma. You are not this body, mind, intellect, ego . You are atma. This is the real truth. Once this truth gets established in us, is felt and the atma starts flowing through us then we will know the real truth means you will become capable. Before that if you say don't do this, don't do that, break this break that . wear black clothes or wear white clothes. Otherwise wear this on head and move around like a sanyasi - is there any meaning to all these things in the world. Those who did all this , you have seen since thousands of years- traditional- does it have any meaning? Till the time you become aware, till the light enters you , till then transformation is impossible.

Take the example of a seed again. There is transformation in the seed only when its seedling gets activated. The seedling should get activated. Till the time the seedling gets awakened in you till then transformation of any type in you cannot take place. There can be no growth in you. There can be no progress in you. And whatever behavior like a blind person you are doing, it cannot change. Once you get the vision, you will immediately understand that this is black here, this is white here, this is blue here. In darkness, all colours look alike. You don't understand anything and don't know what to do. Now one method is, you came in a room full of darkness. While groping in the dark, you get hold of a chair. You think that the chair is the room. You know the story of an elephant. ( Mataji speaking with sahaja Yogis – come a little forward..... Till 16.5) . They go to the temple. We want to have darshan. It see this here too . Mataji give us darshan. Even if thousands of people come still they want darshan. Enough of darshan now. How many times you fell at God's feet. From here you go on foot to Pandurang's place. There you have rubbed even his foot excessively. Did anything enter inside you? Ask yourself this question. I saw, that even the feet of poor Pandurang , even the stones of his feet have been scraped out. But has anything happened here? Just say that "Pandurang is being dwindled like sandalwood". He is being dwindled but what has become of you? Did you imbibe the fragrance of sandalwood? Because the sandalwood is not yet awakened. It should get awakened. Let it happen then we will speak the rest. First at least take the light. If you come in this room in darkness, like what I was telling before, what will you see? You see this thing then that is the truth, see that thing then that is the truth. If you stumble across a fan then the fan is the truth. Keep on fighting for that. The fan renter to fight with the chair renter, the chair renter to fight with the carpet renter. This happens continuously. They say this is the truth, others say that is the truth. But because everybody's eyes are closed ... Now see, mother will tell you this. You sit down a little quietly. Will open eyes , then see. You know that if you press one button then you see light everywhere but you need a knowledgeable person. Only the person who knows these lights will know. Only he will become. If he tells you to press this button to light the lamp, the light will get on immediately. But behind this light , there is so much of prior arrangement. Complete history is behind it. That is why it is not only like pressing the button. Means this Kundalini which is within us and these chakras which the Almighty has created in us, and those are positioned , those you can see. The rising of the Kundalini, her vibrations are seen in many people. So this work which the Almighty has done is not today's work. When you were carbon, whatever you were even before that , it is from those times. And the whole universe is within us. The whole universe is within us. But to know that universe, one needs to first acquire the light of atma.

In the evening I am going to speak on atma. Today I will speak on Kundalini. Kundalini power is the power of your pure desire, power of pure desire. Means there is no other mixture in that desire. Only to obtain the Almighty, to amalgamate with the Almighty. To obtain the Almighty by achieving the vision of the atma , is the pure desire that the Almighty has kept in you in the form of Kundalini. She is there. But is faint. If she gets a little motivation then she will become fully awakened ,will overcome all your desires and suck your complete attention inside and give the vision of atma to you. Now if you are asked to take your attention to your atma, can you take it there.? You cannot. Your attention is towards me, towards my speech. But if I say that take your attention there, you cannot do that. But once this event takes place ,then automatically the attention will be sucked in and the person will recognize the atma. When this happens then there is a sudden transformation in the person. Sudden. At that instant. The face acquires a sudden glow, the eyes start shining, just like diamonds. Cold breeze starts flowing through the hand. "Sheesham Shivam".

When electricity comes here, we need to tell you how to manage it, how to use it. How to take it from here to there, how to do its connection, how to put in instruments like rheostat etc. in between. It is similar with Sahaj Yoga. After becoming realized, learn about it. But it is so easily achievable.. .. because inside us, I don't have to tell you now that this is blue colour. But once somebody did tell you that this is blue colour. Now we know what blue colour is. Know what is red colour. Need to be told once. Similarly if it is told once that this is Vishuddhi chakra where ShriKrishna is positioned, and when it goes bad that causes diseases like cold cough etc. This chakra also goes bad due to excessive name chanting. Similarly this chakra, this is left side Vishuddhi chakra. It catches due to consumption of tobacco etc. Or if a person thinks that he is always wrong, means a person who all the time thinks with an inferiority complex gets a catch on his chakra. Then how to overcome this? Because one can do it only after getting connected. Before that without a connection where will you make even the telephone call? They say that we remember the Almighty all the time. Just like that. Then? They say that they perform pooja of the pind(emblem of Lord Shiva) by taking it on their hand and suffered from an heart attack. How did you suffer from a heart attack even while you had Shiva in your heart? The reason for this is the unauthorized try. You still have to go in the kingdom of God. Till the time you don't go in the God's kingdom, you are not the citizen God. Unless you become citizen of God, how can you use the blessings of His kingdom? What right do you have over it.. Imagine you are the citizen of India then you have the right on the prime minister of India. But if you make a protest march after going to England then people will apprehend you. Who are you? Hence a person first needs to go to the kingdom of God and then his devotion really blossoms.

Krishna has said very beautifully about this in Geeta. Krishna was a great politician. In fact his entire incarnation was a divine play(leela). He used to create spectacles to explain to people. They normally don't listen easily. Give them a whack somewhere then they understand. If one cannot extract ghee with a straight finger then bend the finger slightly. And the time was like that. So Krishna told only Arjun. Did not tell anybody else. And in event if that was not understood by Arjun, then he did things by bending his finger. I will tell you Geeta exactly in two words. What is its essence. Then you also understand it.

Firstly, in the beginning itself He said that acquire knowledge. How are you going to acquire knowledge, by reading a book? Kabira has said, " by reading excessively, the learned becomes an idiot" (Padhi Padhi pandit murakh bhaye) and I see such idiots, they come daily. "Padhatmurkh" ( educated idiots) is a very sharp expression in our Marathi language. Ramdas must have seen several educated idiots that is why he has referred to them as Padhatmurkh. With these Padhatmurkh it will not happen.

The consciousness that we have inside, when it gets awakened, in that consciousness what we know is knowledge ("Dnyan"). Today we have human consciousness. Imagine there is filth here then we cannot tread through that filth. We would immediately cover our nose. But if you need a horse to wade through, it will not get the putrid smell. It does not have this consciousness. Its mind has not got that awareness. Or its being does not have that consciousness that this is filth, and one should not go through it. Again if you give him anything of any colour, it will not understand. We understand colour combination, understand what is beauty. The human consciousness has these things. But we understand sin and virtue only by our intellect. Don't do this because mother told you it is bad, don't do this because father has told you or don't do this because it is written so in Geeta. But it has still not entered in our consciousness. After Sahaj Yoga it comes in your consciousness. Means even if you want to do it, you will not be able to do it. You will suffer. Get the vibrations. If you think that let us try to do something, immediately your head will have a catch. It will happen automatically. You don't have to make any effort for that. After this dharma gets awakened in you, I will not have to tell you. You can do on your own.

There was a gentleman. He used to consume a lot of tobacco. After Sahaj Yoga also he made no effort. In a moment he could have quit it. But he did not try. As he was taking tobacco since childhood, he was unable to quit it. Finally he came to me and said," Mataji, when I sit for meditation, I feel my face is becoming increasingly bigger. I don't understand if it is becoming like Hanuman." Now shall I tell you the truth? I know that you take tobacco. Go to backside and sometimes take tobacco in this way. Isn't it the truth? He said I do take a lot. No doubt about it. I concede that. I said promise in front of me, will not take tobacco. What do you gain by hiding from me? On saying this, the tobacco addiction was gone that very moment. Gone forever. By different ways such things can be gotten rid of. Automatically Dharma gets awakened within. Needless to say, no need to toil for this. This was the awakening of dharma, that is knowledge. Knowledge means, the persona that is within you, has that consciousness. That consciousness itself must get awakened. Krishna has called this "dnyan"(Knowledge) and that is why he

has said that you can understand God with Dnyan only. This is knowledge.

About devotion, He has then said that if you wish to perform devotion, then it must be ananya (exclusive). That is very good. Flowers, Fruits, Water- offer me whatever is there. I will take it. I take everything at the time of taking. At the time of giving, ananya. Now you see that word has a sub element. Ananya. Means when the other one is not there. Means those who have achieved realization. One can enjoy devotion only after he gets realisation. Otherwise whom do you call with your entire might.

Just like what I have told you, there are many types of Sahaj Yoga. Several people got innumerable blessings. We had one architect. Said Mataji I used to worship God so much, used to worship Goddess so much but I was always in abject poverty. After coming to Sahaj Yoga it is said it pours rain of rain. What is rain of rain? So he said I was sent to build houses of a special type at a place, where it rained very heavily and there it was flood of money.

A very ordinary man. Farmer. His small piece of land. Only half an acre and he was a Koli(fisherman). Whenever he used to come for my darshan everyday he used to bring a beautiful garland of flowers. I said," Dear brother (Dada), why do you spend so much? This is too much for you Patil (headman). Don't do this much. I feel awkward. "Mother, he said. You know it, then why say this to me. He said that in my farm, half the land was barren. And I use half of the land which is nearly half acre. A fellow came to me and said can I take some soil from this land. If I use this soil then due to this soil, the bricks will turn out to be good. Even if this soil is mixed a little - and he said he got lot of money from it. So one garland is nothing. This way the Lakshmi principle within you, which is on the Nabhi Chakra gets awakened. It happens. That is why Krishna has said that do the "ananya" bhakti (devotional worship). Till the time you are not connected to the Almighty, what is the use of this crying loudly. So many varkaris (Vitthal's devotees) go for pilgrimage. See what their condition is. Poverty. Their health is bad. They are suffering from cancer. Trouble in their throat. The beating they got from the Badwas (strongmen at the temples) and many such atrocities. Their state is like beggars. Would Vitthal like such things? But they are not yet connected to Vitthal. Everything changed the moment it happened. That is why He said do "ananya" bhakti. First get connected to the Almighty. Then that devotional worship becomes enjoyable. Otherwise it seems that it is something imaginary.

Our children do not remember God anymore. Because at our place get up at four in the morning, prepare chandan paste, give bath to God. What did they get even after doing this? They become angry with the same intensity. They drink if they feel like. Have black money so they use black money. All ill pastimes. Only they get up in the morning and prepare the paste. So what did they get? If they did not get anything then why should we toil. Hence they have concluded that there is no God.

In Algeria their elderly people , they are just like Khomeni. They are called fundamentalist. And their custom, if a person makes a slight mistake then his hand is severed. If someone does something, then shear his neck. Bury him in sand and hit by shoes from the top. Such draconian methods they applied. They came up with a race. Started something similar to what Khomeni did. Excessive religious fanaticism. Seeing that, the children out there became communists. They said that God cannot be like this. How can God be so cruel? But one of the boys came to our London and achieved realization. One boy. He immediately went and told that there is God. He was not a religious fanatic nor he denied anything, he was in the centre. And today you will be surprised , here there are much learned and well educated children of Muslims. Five hundred children have achieved realization in Algeria. Hence think of your children in your society tomorrow. To tell you further, this is the time of fight till the end. Hence you should do the "ananya" bhakti.

Third is Karmayog , what Krishna said that whatever karma(deed) you need to do, keep it at the Almighty's feet. (offer it to Him). Several people ask me " Mataji, whatever we did, we kept it at the Almighty's feet". These are impossible things. It was ShriKrishna's method that tell the impossible things. Impossible. Even though you say you have kept it in the Almighty's feet, but have you actually kept it? Because till the time you have ego , that thing will not leave you. One must get rid of that ego. Now people think that to leave ego they will have to fight with the ego. They started in that direction. Just like a balloon gets bigger and bigger whenever it is struck. Such a person acquires double the ego. They say we have relinquished this, given up that. Only given up intellect. Nothing else. People thus acquire lot of ego. And they live in the false belief that they have left everything to the Almighty. In illusion. It happens only when this starts flowing through your hands effortlessly. And what do you say ? its flowing. going, coming, something strange. You are someone else, this is divine energy flowing. Should say, Mataji , Kundalini is

rising.

A lady had accompanied me to America. She said Mataji I came with you with so much expectation that you would give realization to my son but he is not getting it. I said what can I do? You give a certificate. The lady said, how can one give a certificate. I said, it should happen. Just like you, I also wish but even then it should happen no? Should happen. One cannot speak lies in that. One cannot pay for it. Cannot stand upside down Whatever it is, is like this.

Even in karmayog, this will happen only when, you get your realization. Then they say its happening, coming, going. Now we have witnessed it ourselves. Till this does not happen, till then people should not think in their illusion that we have become great farmics( dharmic). Then we must say that the dharma gets so much awakened as if a flower becomes a fruit and the flower completely get used up, a person becomes gunateet (beyond satva,raja,tama gunas, transcendental ), becomes dharmateet( beyond Dharma). That state should come. These days there are innumerable types, different types of gurus different types of cults. Mushrooming uncontrollably. But did you get anything?

Only yesterday a person had come to me. He said that I feel I have got realization. Who gave? My guru. I said listen, if feel so then tell where this person's kundalini is? You must atleast have this much knowledge. I cannot say that. Ok, then tell me where is yours? I cannot tell even that. I said then what realization did you have? Imagine a blind person gets his eyesight. Will say " my eyes are ok now" then the doctor will ask how many fingers are these. I cannot tell that but my eyesight is back. How can this happen? You should see that , right? Should understand that , right? Should feel that right? Otherwise how is your eyesight OK now? These are the types of gurus. Said that I can feel the action. Is that so? A person came and and sat with his legs towards me. A sahaj yogi told him you should not sit like this, in front of Mataji.. I know that but what can I do? If I fold my legs then I become like a frog. Is that so? What our guru said that once you get your realization you will become like a frog. Now are you going to become a frog henceforth after becoming a human? Or a snake or a scorpion? Consider this simple thought. How come you fly like a frog, stand upside down means you cannot even maintain your own balance. The body whose balance you gained in the human form, that too is lost and beyond that you started dancing erratically, started flying like a mad person, started taking off clothes – means what is this idiocy? And that person said that he achieved realization. If a person was to get realization by becoming naked then first get realization for all animals. Why people? They infer absolutely senseless things. But one wonders about the limits of these idiots. If you emulate such intelligence then you already have a supply department for this. Many people come after getting ready this way.

There was a gentleman at our Nagpur. I know him very well. He was in Saheb's(my husband) company but a very useless person. His father requested to position him somewhere. His father was also in our office. So Saheb said OK, I will send him to the personnel (department). He did many frauds there. He did black marketing, smuggling whatever he could do ,he did. Then his father died. He inherited property etc. sold wife's ornaments, sold the house, did this and did that and ran away. His mother came weeping now what to do, we believed him and gave him ornaments , all of them . Now the son has done the robbery, how to go to the police. The poor lady went somewhere in Baroda at her mother's place. Now this fellow became very famous. In the name of Gulab Baba. He kept his name as Gulab Baba. His mother said that he sent lot of money to her and did so many things. He established a house for us again. Used to send money. So once I implored to him. Asked him who are you. How do you send us money. Wrote this in a letter. Later on got to know that he is well known as Gulab Baba. Gulab Baba. Means he is an aggressive ( overbearing) fellow. So I sent a message that inform that Gulab Baba that I am coming to Nagpur. After that, Gulab Baba was not seen at all for three months by anyone. And what was he telling everybody- the numbers(tips) for the horses on the race course. And all the Marwadi people would go there and ask for the number for horses. Now think about this. Does God know the number for horses? But people were standing there in a queue. You will be surprised. Thousands of people going to him, see the wisdom of people All such gross things. Of Sorcery. So what if a diamond is given to you or even a horse , doesn't God have common intelligence?

Another thing, our ladies get possessed. All the maids get possessed by the Devi. She could not find a better place, poor thing. Started worshipping them. Fall at their feet and that's it. But how difficult it is to get possessed. How much they suffer? People turn insane, become crazy. These all are matters of sorcery. Especially in our Maharashtra and they do it in the temples. This thing takes place in the temple of Mahalakshmi. Their trustee told me Mataji you here in person and still these things take place.

Said stop it right away. First thing to do. Second thing, close these shops then I would come. And called them straight away in the temple. Told them that first stop these businesses of extortion that you have started in the name of God. That resulted in their annoyance with me. Said I don't care. You will get upset today, tomorrow. The government took over in ten days. You give importance to your own people and they take advantage of you. You will not get God this way. God is within you. Attain Him.

Then the third type. Nanak told that search within. If Search within then chant those bhajans incessantly. Search within O man ,search within. Who is going to search? I told you that if you take this penicillin then you will feel alright. Then you start chanting on the road that If I take penicillin then I will be alright. So what, did you take the penicillin? Did you treat yourself? Did it give you any benefit? This is like applying your intelligence at the wrong place. Then using this intelligence make fun of God. There is no God. This is some unnecessary falsity. It is either "durbuddhi" ( bad intelligence) or "subuddhi" (wisdom) . Not subuddhi. Subuddhi means God Himself. Hence we beseech Vinayaka to give us subuddhi. This is our innocent Vinayak who is the giver of subuddhi. And we ask Him to give us Subuddhi. Let us also obtain God through your(Ganesha's) subuddhi.

Now who is Vinayak? Who is Shankar? Who is Krishna? What is their position in us? Who is Christ? Who is Muhammad? We do not know anything about them. Some religious preacher stands up. Applies black powder made from tar to us. And gives some lecture with a blackened face. We fall at his feet that's the end of it. God has already given you such a great treasure in yourself. Shouldn't we obtain it? We must obtain it. And you will surely obtain it. Especially in this holy land of Maharashtra. After seeing Shivaji Maharaj I suddenly remembered those days. .. and how great was his understanding. As if he was an incarnation. He knew what dharma is. He also treated the Muslim daughter-in-law with great respect and set an example as to how one should regard the ladies belonging to others. Inspite of being from the royalty, such enlightened people have taken birth in this country. This is one speciality of Maharashtra. But they were realized , awakened people. They were the greatest Sahaj Yogi from Maharashtra. But that time whatever action was necessary, that time our country was under foreign rule hence it was necessary to fight, they did that task. But as they were realized souls, they acted with righteousness. Did not perpetrate injustice.. Today the situation has come where the subservience that we have within, whatever we did with our subservience, to overcome that, we must awaken Shivaji within us. This task is very simple and straight forward. I have conjured the alchemy for it. Whatever afflictions different people have, I have delved deep in their kundalinis and ferreted those out. I know the minutest detail about these people and understand that they belong to this genre, these people belong to this melodramatic group. Then how to manage them, that's exactly what I am going to tell. It is very easy. But one should not have any illusory ideas about oneself. First thing. One should not have an inferiority complex. Many people feel, Mataji I am a poor person, what capabilities I have, I am good for nothing. Listen, if you were, then why would you be here in front of me?

Second thing is that I am someone special. Supercilious person ( Marathi- shishtam bharti). They say that one scientist is a very accomplished person. I said if is it so. Now ask one question, Mataji do you encompass the entire knowledge of science? Immediately the power started flowing through his hands. This power comes from somewhere. Outwardly the huge tree that we see, where does the power in it come from? From its roots . These are buried deep down. If we become only the tree can we live? In the western countries, people are only behind becoming the tree. Now they think only about one thing as to how to end life. Right from morning to evening they are engrossed in how to give up life. The tree will survive only after discovering the roots. And the roots are in this country itself. We have got hold of them. Now entire human life will become pleasant. The power needed for this will be accomplished by Sahaj Yoga.

Today evening I am certainly going to tell you all about chakras. And due to this ,how the state our political,social, financial and mental as well as physical condition gets better, I will tell about this in the evening. Still I have told a lot. Ask if you have any questions. And now get your realization as it is quite late. So get your realization first . Without getting realization , nothing will happen. If you have any questions please ask.

## 1980-1210, Seminar Day 2 and Public Program

View [online](#).

10 December 1980

Talk to Sahaja Yogis

Sane Guruji Vidyalay School, Mumbai (India)

Talk Language: Marathi | Translation (Marathi to English) - NEEDED

Talk to Sahaja Yogis, India 1980, Takshashila Cooperative Housing Society, 739, Bhikobra Waman Pathare Marg, Dadar West, Mumbai, 400028, Maharashtra, India

## 1980-1213, Public Program

View [online](#).

13 December 1980

Public Program

Bharatiya Vidya Bhavan, Mumbai (India)

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

Vinugopalan sir has explained very nicely to you that the Kundalini within us is the power without awakening of which one can't even get anything, can't get anything and there's no way because to attain God, to know God, it is necessary to know the Soul. Unless the Soul is known, one cannot know God. Because the Soul is the power to know God; like without opening our eyes we can't see the world, the same way everything is useless until our soul awakens. God cannot be known through useless talk, it's true, there is no doubt about it. Even if people get angry or feel bad too, even then whatever is right, we have to say the same thing and in that there is nothing to feel bad about because if you have set out in search of God, if you are searching only for Him, what is said that you are a true seeker, in your heart you have only the thought of meeting God, then only we can talk to you and the rest cannot be talked about, the reason is this that man does not know that he is not yet connected to his soul.

The soul knows you; you know not the soul. It's not connected with you. Your consciousness is not yet enlightened, not even the slightest. When our inner self gets enlightened, then the power itself starts flowing from within you; this is a fact. And it's a living process. A living process, the way you evolved from amoeba to human, the same way you can become higher than even a human being, but you will become the same way; man finds new ways for anything. God has his own way of doing it. He has already set everything inside you; it is just a matter of connecting yourself. Unless there is a connection with God, there is no connection with the soul, then what is the benefit of doing the rest of all these things?

Understand, if it's not having any connection with the Main, what is the use of me talking over it? He just came, that Pai Sahab, and said, "Come on, I'll just go and make the connection right now." A very practical, logical thing required to be said is that right now you do not have any connection with the soul; your soul within is not yet enlightened. Now many people will say that mother should first clean the candle. Even if you keep the candle clean, whether you rub it or clean it, if there is no light inside then what's the candle going to mean? What for to work hard, but it doesn't seem interesting. If it is said that not with any hard work, because what we understand, we say 'I like it'; in Marathi it is said 'mala thara - unclear.' Who is this, who says that I like? This is your ego; it is ego that says, I like this, I got this benefit from it, I got that benefit from it, what a benefit, just your ego is ego. That's something. 'That' is something! When the ego swells, when we feed the ego, it becomes happy. It happens. And which is the superego, the superego. Because of that, you get sorrow. By conditioning, you get hurt and when you do deconditioning then your ego gets inflated. Beyond these, there is God; beyond these, there is the soul. God, who is the controller of the Universe, has well-arranged it inside you. You may believe it or not, but it's there. Why don't you agree? Because you didn't see him, you don't know him, you don't recognize him. But at least in our own India great people have been there, like Adi Shankaracharya. They told that inside you exist Kundalini Shakti; Kabir was there. In its entirety, Kabir, Nanak, Gyaneshwar, everyone has said that awakening of Kundalini Shakti is needed. That's the only one task. Finally, everyone talks about the Kundalini, they talk about the chakra, everyone talks the same thing. But Kundalini is not awakened, what is the use of doing such talk, even if we talk to you about the whole world, what benefit is going to happen; talking will remain a matter of discussion. What benefit did you get from the talk? You look for self; look at the meaning of 'self'; 'self' is your spirit. Did you get its meaning? It means that is your 'self' activated—what for it is meant. Is it acting somehow? Or is it lying aside and you are as you were?

This should be thought of first: if we are really seeking God, we are honest in this matter, and we are searching for God only. We are not looking for our ego. If you put forth such a thought in front and then think, what do we need to do for this? Because whatever action we do, will our ego be bound or not? Whether you will be bound by karma or not, some event has to happen inside and that is a living event, spontaneous. You can't get it done; standing on your head, can you grow seeds? Can you grow seeds by reading Geeta? Can you grow seeds by chanting mantras? Can you grow seeds by jumping? By reading books, giving money to gurus? From shaving all that head and wearing saintly apparels, can you do by wearing it? Kabir has hit everyone hard.

You can't do it by doing all this. There should be inner awareness. Samadhi is spontaneous! It should be comfortable inside.

Recently a Saheb also invented Sahaja Yoga. That means the height—how many ways to earn money, people come up with? And there is no limit to befooling because people are idiots. One who is a real man, few people will come to him. The first identity is this. Very few people will come near the one who is real because there happen to be very few who value the real one. People die for copied things. If you ask for making flowers out of plastic, thousands will be made. Come on brother, make me a member; he also becomes one. You are adorned with a gown; now you are a member. Come, now you become his disciple. Neither do we have any disciples nor do we have any sect. If you want to transcend, then you come and get transcended. Nor can you give money in this. A thing that should be thought about is, the thing for which you give money, how can that be God? In temples, money is taken; the Pope takes money, and all around the world the Acharyas take money. So all people think if Mata ji does not take money, then what use will it be? I ask how much money do you have? What can you give me? What at all do you have to give? What kind of thing do you have that can pay for it? These stones and pieces, will you price it for? And with any kind of feeling, will you attain God? How did I abandon my home? All this is mental hoarding. Which is called Bodhi Acro Bats; that I left the house, I left the door, gave up the whole world. Why did God create the world? It was to be renounced? This exodus, what is the need for it? This is needed as the humans quickly fall into this trap.

When someone is asked to see that while living in your own world, living in the household, this happens within you, he thinks what is there in that then? Where did I show off, where did I show off myself, and if you are really willing to attain, then you will say let's go. In these external things, in external ostentation, there is nothing! And these people will also tell you that there is nothing outside; everything is inside and will get done. Minding everything outside, and you will be lost in it. It's a pity that you are the seeker; you are the infinite. You have been searching for God since time immemorial, and the bigger sorrow is that in this abundance you too will perish.

What is a living action being the power, ability, and God has created its entire creation within you? Just think about what you have done. Now that we have built massive buildings, then thinking that Sahab! We have constructed massive buildings; these stones have been laid one upon the other. Which living process has been performed here? What else have you done except to make the dead out of dead? Is there even a single living act that the man has done? So tell me; living work is performed only by the man who gets the soul. This is the key to finding your soul: your hands will do living acts. Kundalini awakening is a living act. This can be seen by your eyes; its pulsation, its dancing, its rise and fall you can see with your own eyes. The act that you can do very well, like someone says to sit in meditation, sit with your fingers like this, sit with your nose like this, then you can very well do. There is nothing special. If someone says that you should raise one leg and sit; with a little practice, you can do that too. If someone says, jump on a horse and sit, as far as you can, jump a little higher, and that can also happen.

There is a sir; these days he is teaching someone to fly. Hey brother, do you want to become a bird? There is one sahib who started jumping like a frog. I said, why jump like a frog? He said, my guru said that if your Kundalini awakens, you will jump like a frog. I said tomorrow you will climb a snake and crawl. What are you going to be now? What! Are you going to be a snake, going to be frogs, or going to be a bird? Why do you need to jump? What is the need to shout and scream, what for? If that power resides within you, then respect yourself. Understand about yourself that God has crafted so beautifully your human body. His artwork is very delicate, and in that artwork, He has so beautifully placed the Kundalini that no one can touch it. Placed in the triangular bone. Triangular bone, to your surprise, you can't burn. Even the bone cannot be burnt; no matter how Kundalini leaves it, you cannot turn it to ashes. It is incinerated with great difficulty through electrolysis, etc. It turns to ashes; even then its atoms are of a different kind. Its name itself is Sacrum; look at that time, people in Latin language, in such ancient times, they called it sacrum. The Greeks called it sacrum. It means that it is the most pious thing. People did its calculation, its imagination even at that time, in a country like Greece. In this, God created a place for this Kundalini. What a beautiful creation! Why after all? You also say, "Mother! What is important just as we were made an amoeba? We also could have been made God too! Make us a soul too. But in the transformation from amoeba to human being, your consciousness has kept growing. This has matured; you became human.

How much difference is there between you and the animal, you don't know? Sometimes you can act like animals. If you want, you can become a scorpion, and if you want, you can become a lion. That's for another thing, but even then between you and the

animal, the difference remains. You take a horse from some dirty drainage; this does not matter to him. You take any human, and he will close his nose; he can't go. The beauty about which I have said, animals do not have thoughts; it is present in humans, although sometimes it is quite external, and above all, the biggest thing is that the human must have an attraction towards the soul. Only humans can have a pull for the soul, not animals. When your consciousness becomes so intense, when your special consciousness Nurtures you or adores you, that consciousness itself should know what is God. If an animal knows what God is, what would be the benefit? The consciousness of man, when it's in full freedom out to God and invokes Him, only then the bliss of the soul illuminates its consciousness, its mind. It illuminates it. To understand that light, man's consciousness was increased from one side. Now this is, we are speaking through this. This is connected; everything is fine, but does this thing know what we are, what is this we are saying? Understand, by continually increasing this thing, a human came into being, and then the thing that is a human being, if it becomes connected to God, he will know what God is.

So inside you, inside the human being, in his full freedom, completely in your freedom, only this event takes place. By mesmerising or by useless talks, this does not happen. Understand, whatsoever speeches I might have given, what is the use? What benefit do you get from reading a book, unless you have transcended? You shouldn't believe me either. In our Sahaja Yoga, to come on my feet until you transcend, it's not permitted. Why should you bow your head before me? Until you get realised; without transcending, you won't have any faith in anything. There will be no benefit in coming forward without inner faith. The faith that is completely enlightened—that is real faith. So there are two words: faith and blind faith. Otherwise, thousands of people are going like sheep and goats, and so we are.

Once a father told his children that where everyone else goes, it is better to go there. So when the boys grew up, short of intelligence, they saw that many people were going to one side, so they thought let's go and followed them. Those people were going to the cemetery. Similarly, man should understand that there should be some abstract intelligence within us; there should be discretion. A person who has no discretion, tell me what Sahaja Yoga will do for him? He should understand what is real and what is imitation. Do you want imitation or the original? The first thing. Because imitation is not going to make any sense; you will throw that away in a few days. You see all the imitations are getting exposed; one after the other, they are getting to know. So, they murdered him; they were killed there; they ran away from there; ten families got ruined; this has gone bad, that has gone bad, because whatever imitation will get created in His name is going to be destructive. That will destroy you, and that will be original in the name of God; it will be constructive. That will make you flourish, raise you.

Therefore, man should first decide whether he wants real or imitation. Gold, we want real. Then you go to Calcutta. So there is a shop for real gold and silver. In the matters of gold, we are very particular; in real 'Marathi-Cholas', [Marathi- , , -unclear] and about God, I say all those who have such misconceptions, Sahaja Yoga is not for them. 'Sahaja Yoga', this is the work of real heroes. For wasteful, useless people, Sahaja Yoga is not meant. May you be a minister, or else be a President somewhere, else be something; it's the work of real heroes. Those who are truly brave may come forward, and Sahaja Yoga is not for the useless people. You only tell me, if in front of you many broken lamps, chips are lying, do you repair them? Only that lamp is repaired, and that lamp is made well, in which the lamp can be well lit. Because money doesn't work here, nothing works; what works? Sustenance, stability, it is called in Marathi 'Baithak'. Many people transcended in Sahaja Yoga; here in Bombay at least fifteen thousand people are realised, fifteen thousand. But how many are there who settle down, grow like a tree? At the most a thousand, who have settled down and become trees, those who have mastered it. There are not more than a thousand such people; the rest will become waste. What is going to happen to them?

Today only, there was a lady saying, "Mother, you made me transcend, now I am having pain here, and I am having this and that." She was transcended some eleven years ago. So what's now? Now such a condition is happening; I have lost my vibrations, and now I can't do anything. What did she do after getting realised? When your sprout becomes live, then how much is needed to be flourished? You know how much to cherish, how much to care. With what effort it has to be raised. That effort, that love, that understanding, it is necessary to be in you. Today there are many Sahaja Yogis sitting; some of them came since long, some are from forever, and some like that.

To all of you I have only one thing to say: Sahaja Yoga takes you to the other end. You become someone else; you become your soul. You are no longer your ego; you become your soul, but your state which is there, it has to be made. On that thing, you need

to establish.

In this case, I would say that the people of England, it's surprising, very surprising that the people of England, who at one time showed so much power here, these people of England firmly settled down, did not only seek, but settled also. And we, for whom thousands of incarnations took birth here, especially made this holy land so pure that the vibrations of consciousness are flowing in its veins. In the people of that country, the depth and intensity isn't existing. It is a great surprise; I am very surprised myself. I took birth in India, especially in Maharashtra; this is a sacred land. This is the land of saints. Now Maharashtrian people have also become 'Sahib'. The day Maharashtrian people become 'Sahib', your country is finished. Take it. The day this happened, you were gone. All the ashes mean Ganapati is forgotten. All temples, get closed; all temples, as many Ganapati Ashtavinayaks that you have, lock them up.

And the intellectuals, with their minds, have come out with such things that you get enticed on that. Now the era of fear is about to come; that's a great demon who destroyed those countries, but they recovered, and you people will not recover. Because the British have taken that, so we should take it; they did wrong, then we must be doing the wrong thing. With this in mind, we lost all that thing whatever we had. Then these days new Gurus also have emerged to cook up things, to refute everything. Some imitate Krishna, some become something else, some something else. Becoming something doesn't help. Krishna was there; if someone shows His destructive power, we may recognize. A fellow came there, saying, "I am Krishna." I said, "Alright, walk on water, show." Krishna, the embodiment of Brahma, he imitated Him when he reached in front of me saying, "I am Krishna." And 'thr thr' in front of me, like this his body was behaving. Whole body 'lut lut lut,' trembling. He came depicting like Krishna, and he has a large following; as is said, big beard, he has kept like Krishna, turned skeleton and roaming around.

I said that first Krishna was not a skeleton, you idiot. If Krishna is a skeleton, then why would he carry that large cross? You made Him a skeleton, because you couldn't appreciate His health, and you wanted to show Him such that Christ was weak, and the whole world would say that why to be Christ? We too shall become weak 'Margilla'. Today they have said, but what is this about Christ? The one that is called Raj [Bindawi-unclear], what a physic, health, nice face, and a glow was always visible on His face. What, you just imagine, the man who shaped Himself in the shape and form of the world, He will be like this; like this He is depicted. Similarly, every kind of incarnation, every kind of high things, all that was nobler in life, were all put down. And we also, like idiots, follow these people.

Yesterday someone asked me, what are the symptoms, how to recognize? Which man is true and which is a liar? First of all, someone who takes money and organizes, he is a big liar, a villain. To such a man, to his door one should never go, be he calls himself a Brahmin, whether he calls himself a Pope, and whether someone sits as a Guru. The one who moves in cars on the cost of others, and eats food in big platters and drinks; such a man can never be an incarnation. All the incarnations have suffered for you. All the saints and sages have till date suffered hardships. Not only did you cause pain, you people caused great torture. Jesus said, "This I will forgive, whoever persecuted, those who have not recognized Me, I will forgive them; all that can be forgiven, but not against the Holy Spirit." If someone of you harasses Adi Shakti, beware. But to torture Adi Shakti, none is born yet; even to torture Jesus, no one was born. They played a drama because people were idiots. Now you need to open your eyes and what you need to understand is that the treasure you are looking for is within you. It is established inside you; find Him. The most important thing for you is to get this thing. If we are your real mother, then we would like to give you what is real. Will your mother ever give you an imitation? How will we give when your mother won't give? But if we want to call it your ego, you are a very accomplished man, you are such a wonderful man; such false ego will not be promoted that later you see a balloon is coming out of your head, and a horn comes out of it.

Whomsoever you see, he is struck with that. Whatever is truth is better to accept. It is difficult to believe truth; it is very easy to accept what is false. That's why all the hypocrites and liars flourish, and it is so difficult for man to believe the truth. Nor is it that truth is not beautiful; truth is extremely beautiful. It is such a precious thing, so much joyous thing, but man does not accept this as in his ego he is enwrapped. He feels pleasure in his ego; two or four apparels he got to wear, he feels proud. If he sees to ride in a good car, his eyes change. If he becomes a minister, what to say, he has no time for anything. Something that strengthens his ego, man remains in lookout for that, but it's only momentary pleasure, momentary.

Real joy, in which sorrow and happiness is not there; there is only pleasure, just pleasure. As Venu Gopalan just told you, this is just what is called bliss, it is the soul's happiness. Find the soul; don't find your ego, and it will put you in confusion. 'Gadhapanthi pana', when compared to ego, is the biggest thing that is called stupidity. I have seen such arrogant people, and looking at them can't understand whether to laugh or what to do; such stupid talk and in arrogance, they know that we are stupid. Kabir used to say, "Education makes scholars fools." All those demons were very egoistic. Now in Kaluga, they have worn robes. They do not show arrogance on the surface, but from within they are very egoistic and may eat you all up. You are similar to a newly grown up plant. Similarly, extremely ['Navik'-Unclear] sober is the Nature; If a wind blows and you get carried away, it is not your fault, but one must keep in that God has given you intelligence. You should use it and recognize it that what is real and what is imitation. Now there is Kundalini within us, she is awake. She only gives you self-realization, by which you are reborn; about which many have written in all the books that search within yourself, find within yourself, It's inside yourself. But how, this is living process.

As how does a flower become a fruit? How does a seed grow? How a tree is formed, all are living activities; everything is done by God; in the same way you too attain your self-realization. Just as a gardener puts the seed in the mother's womb, sprouts It putting it in mother's womb. Alike we too do something, that's all, more than that we have nothing to do with you. It's yours own, you take it. But how to nurture it, take care of it, and raise it, definitely we do teach you. Now! Venu Gopalan Saheb said that love the mother; if you do it, better; if you don't, so mother is not going to leave, she definitely does love. But if you love, you can certainly enjoy it.

We will love you no matter how much you hit us, beat, shout, scream, we will definitely do it because you are our son, but what do you think about your case, you too love yourself, you too should think about yourself. You too know yourself and immerse in your joy. Every kind of extreme, that is there, should be discarded, any kind of extreme, that's there, distracts you from the middle. Kundalini, there is, its 'Madhyaga'. It has middle path; any extreme thing, like an extreme- ordinary people, they understand that if you become a nun, or a monk and going to the forests, standing on your head, you will get God, will never get Him or another man, he will think that there is nothing in it, leave everything and drink alcohol, or think do the filth of all kind; then such a person is never going to get God. Be in middle, like an ordinary person.

In a marital way, using your body in a respectful way which is said to be auspicious, should be done; as much it is inauspicious, if human lives renouncing it; His transcending is not at all difficult. One thing, there should be inner desire and secondly he must not go to any extreme. If a person goes to any extreme, then you know physically what can happen from; now even doctors have said that cancer the disease occurs because of this that in some areas in our body there are some parts in which Proteins. They named them Protein 58 and it is named like this; ever since the creation, from the time of creation, such proteins in those parts are still live. When these present proteins attack inside us then, then only cancer occurs; whatever cancer is, it erupts, gets triggered; now even the doctors have undisputedly said. this and we have been saying here for ten years that if on the extremes you tried anything, take it if it is Mesmerism only, or following of any Guru; this you have gone to extremes. And you will get an attack of leukaemia and cancer; and all sort of diseases, mostly, are caused by extremes. It's a petty matter. Humans are quite sensitive; people torture him for some reason or the other; if someone is a very decent person then people give him pain and he continues to bear that pain, this can also cause illness to him. What is there to tolerate? If someone should say something, you should ask him to keep quiet, there is no need to speak to him, because you yourself are the real soul, there is no need to tolerate any insulting. And also there is no need to insult someone; there is no need to fight with anyone and no need to take any attack on one's own. Both things will be the same, you stand firmly in the middle; neither you be aggressive on anyone, nor let there be aggression on you. But the Kundalini Yoga, when it occurs then it happens by itself, nothing needs to be said. Like I don't ask anyone this that you don't drink alcohol or do nothing because today's Kundalini Yoga has taken the form of Mahayoga. This is great love and compassion that any man of any kind may come, transcends; I myself get into surprise.

People in London, you see, they drink alcohol, their Ganpati is bad, they have no idea of sex; nothing, came and got realized. They got rid of alcohol; their drugs, they got rid of, have become absolutely beautiful, look at their faces; absolutely sober. Because it seemed like where did they come from or what their condition is, who couldn't see me. They had come with eyes open under coma conditions, transcended. Cirrhosis liver is cured, leukaemia is cured, so dynamic it is called; intense love, strong love, but to doubt and splint. And, while coming, to think himself great; Sahaja Yoga will pick you up and throw you away. Such an ocean

will pick one after another and throw away. Then you will come after months, this is another thing that you consider yourself very great; the go, you will be thrown away; I wonder, even if I try, that man will not transcend. He will run away in such a situation that he will go. There is no place for the ego in Sahaja Yoga; if you are very learned then sit in your home. If you have known then sit at home, and if you intend to know then find the soul first.

As for us, we are Mother, now we will always remain engaged in service and will try to impart wisdom within you; you love yourself and understand what you are, that you are the one seeker for eternity. You should recognize that category among your categories what is a my special form. Just now someone gave me a book to read which William Blake wrote; the title is Milton. In which William Blake has symbolized Milton, the poet, as a seeker. And entire Sahaja Yoga is explained in it and has said that this London is going to be Jerusalem; this is a place.

We have a Muslim disciple; he lives in Algeria. His mother expressed desire to visit Macca for Haj, give me money. said today's Mecca which is London, it's London, go to London; two hundred and fifty Muslims there were given realization. Whatever this religious strangulation is there; this is not a religion, these are in opposition religion, against love, those are standing demons. What we call sinetisysm; those who say my religion, my religion, ask them what is religion, no one knows anything. All their walls will collapse, 'Dhud, Dhud, Dhud'. In Algeria he told us that on the day of 'Roja', fasting everyone remains hungry there and will do all sort of things.

What is to be gained by remaining hungry during 'Roja', fasting? Do all kinds of liquor business drinking, all sort of Women's troubles everything has started there, just 'Roza', fasting will definitely observe. On the first day of fasting, we laugh or cry, we don't understand. When they reached the mosque and were about to enter, the entire mosque went inside completely. See, how did this mosque go inside? Hey, what is a mosque? And what is a temple? Only it is a stone, isn't it? The one that doesn't have God inside that temple and mosque nothing will survive and even that human being too will not survive whose soul is not awakened. Those days are also coming, therefore awaken your soul. I am your mother, I beg you that identify yourself, understand yourself, don't get into your ego; attaining awakening of your soul. Set goal for your ultimate welfare, meditate for the ultimate element. All useless talk, we are this and we are that; we belong to this cult, and sect and religion, all this is a false, you are only from the Kingdom of God. And these whose names you are taking 'Buddha, Mahavir, etc., whoever you name, be it Mohammad Sahib, all are our allies, not of these hypocrites; not of these thieves who in their name establishing big organizations and are making money; they are with us, they are our relatives. So you come to that way, where these real people are standing. Plucking their flowers, you have designated yourself and say that we belong to this religion, we belong to that religion and Righteousness is as far away from them as fragrance is from filth. Get your own fragrance, go to your own joy; dive down in your sea and all its arrangements are well built inside you, just let your ego go, lower it a little, a little; there is no need to fight that too for Kundalini by itself does it. But some preparation is required. Now I see some scholars, educated scholars; books, just throw out in the sea, they are completely useless. Nothing will happen by reading the book; all the ordinary people who live in the rural there is our real work. In Bombay this situation exists; our real work is done in the villages; just thousands of people coming from a village are getting realization here.

People in cities will be left destitute because they don't understand themselves, what they are. Because gurus are ready for cities to empty out your pockets. For us, God is in the village, in the village itself. You people should also leave some of your ego and understand that until we don't find God then of what good we are? What do we mean? Unnecessarily why should understand something yourself, brother! However, there is one thing that should ensure that the ego does not become strong: you people, who are seekers of God, are great saints and there had been prophecy about it saying that only in the terrible Kaluga, this event will happen, Maha Yoga will get established. And Maha Yoga is yours, this is called Last Judgment, that is the awakening of Kundalini that determines your judgment. And there is no other way for it. Today's program though this is the last one, I am coming again. In Sahaja Yoga get well established. Only then you get its complete bliss. Krishna has also said, "Yoga Kshem Vhamyaham." First there will be yoga and then there will be peace. There will be no well-being without yoga. As soon as yoga is established, the concept of well-being also changes and also well-being occurs; first you attain your yoga, well-being will automatically occur.

There are many people here who will tell how happiness got achieved from Sahaja Yoga. Everyone benefits and you will also

benefit; this God has opened his own door for you. Will he not give you these petty things? But all your priorities, that is called, all-together valuations change and you become other person; you become that person, settle in that and enjoy and in this Bombay do some special work, that's what I desire. There are centres at every place in Bombay and also they run a centre in Bharati Vidya Bhawan. Who do not find easy here come here but you will have to come, collectivism is its essence. Sahaja Yoga means collectivism, awakening of collectivism is the main characteristic of Sahaja yoga. There is community within you, you can find on your fingers that how your Chakra is behaving and where is catch on other's Chakra. You become collective. Not through lectures, 'You are brothers and sisters', not this 'You become, become', you feel yourself, you feel others within you. This is a part of the 'Virat' and in yours being you get awakened. And you start feeling it inside. Within it has to happen. Until or unless this incident doesn't happens, just by giving lectures you cannot be anyone's brother or sister. You may not have that feel. This is an event; it has to happen. And this is not for frivolous people. Again I am saying, people who are frivolous, those who just went to four Places, now there is time in the lecture, listened to mother also and then they left. This is no shop and no market, one has to settle down in it and only the one who settles, he only will achieve it completely.

May God keep you happy!

If you have one or two questions then ask, no harm, but useless nonsense questions if you ask, I am very smart.

No, no Is there any possession? So you leave it to me. Didn't come from far off. People come from even further away. Did you not understand, but leave it on to me! Yes! Just leave it!

Second question is good! What are the symptoms, how recognize whether awakening occurred or not? The symptom is such that when Kundalini is awakened, so in accordance with your middle path your symptoms will be visible in the beginning; for example, if someone's navel chakra is caught, it means that the real thing must be seen. Not that whatever we say will happen only; if you have catch on your navel chakra, understand that neither your Kundalini will remain vibrating in the triangular bone only, won't rise for a long time but will vibrate. You can see with your eyes. If your navel chakra etc. are in order, Okay, you are a man of the middle path, some Guru has still not blessed you; mean you haven't received any blessings. Kundalini can rise spontaneously if you are very rationalistic and think a lot on Agnya Chakra. On stopping on Agnya your eyes may, will get dilated. Your eyes will dilate, so you are asked to close your eyes; in mesmerism 'keep eyes open,' it is asked. Sit with your eyes closed. If your Sahastrar is much better, then spontaneously you start getting cold air from here; you will feel as if a cooler is put on, coolness will start flowing from inside you. If there is something in your body like liver, that is, it is called liver. If it is bad or something, then from your within hot air will start coming. If there is some illness first hot air will start to come from your within here, then by and by it will cool down and many people will already be able to feel the cool air in their hand. This is the best symptom that cold breeze has started blowing on your hand. When I sat down, it will come from my side, else it will flow like this; this cool breeze is only the wave of consciousness, which is very clearly called the Cool Breeze of the Holy Ghost in the Bible. Holy Ghost means Adishakti. You will start feeling that and instantly thoughtless will occur. With the crossing over the Agnya Chakra the thoughtlessness establishes and on piercing the 'Brahamrandra' if your Vishuddhi Chakra is in order, it starts flowing profusely in your hand, but due to anomaly in Vishuddhi sometimes it happens that you don't feel so much on the fingers but it will start happening here. And you will also know that Kundalini is rising. As Venu Gopalan's Vishuddhi is bad, he too, poor fellow has been after many gurus. Earlier he did not feel it on hand but felt the movement of Kundalini inside. Its light was also visible to him. With practicing now he can now feel it on hand too. So its biggest symptom is that the person becomes completely relaxed and the witness nature starts coming and cold waves start flowing from the hand; this is a sign of awakening.

Now when this situation arises, you should put it to use. Needed now if you become a king and you do not establish any right of your kingship, then who will believe that you are a king; then you should see others, you should see raising their Kundalini; see the vibrations of others, then you will be surprised that what power you have within. Then the complete knowledge will be imparted. And you can test and see whether it is true or not. But do not be suspicious, look at it humbly, yes brother!

Like in the beginning in London there was a gentleman, transcended him; he said Mother! will we be able to find out everything from here, I said yes, why not? Said 'Haven't received a call from father for a long time, lives in Scotland.'

I said ok! With both hands like this keep in his name, immediately he got a catch here. Burning set in and started saying, 'What is this?' I said all this for Father, and this depicts Vishuddhi Chakra. 'He must be down with bronchitis,' I said these words in English. He called his father, his mother came on phone, asked how are you, how is father, she said, 'Father is badly down with bronchitis,' these were the words she said. Later he also thought that maybe Mother has known this from her inner powers, but not from my strength, I said ok! Not in front of me, try otherwise, then became indisputable because your connection with God gets established. On your hand, everything, you can know. Your fingertips till now. So far there is no such thing like an absolute knowledge.

So you know, this man is true or false; this Guru is true or false, how to know. Keeping hands towards him, thinking about him, you will know how the man is? One gets knowledge of Brahma. It is this Brahma which is 'Vairagya' asceticism. Therefore, without using it, you cannot understand what you are? What is your condition; so first told you the symptoms and then it was told how you consider it inside you as if it is a medicine, when you take it, it benefits you. That's why you don't believe that this medicine is good. If it is said by some doctor you are not going to believe, similarly you yourself start giving its certificate. Now, all these people who are sitting here know Sahaja Yoga, learn Sahaja Yoga from them; younger than them, our granddaughter who is just four years of age you can learn from her too.

[Marathi- Achha ekaraan ki vichaaya hai aap viya dhyanalala to paani jaane aala kalenka ugar, Kalenka vicha loga, it is good to wish, Ekan ki vichaala is not everything, so badala loga, wish is there]

## 1980-1230, Felicitation for third re-election to IMCO

View [online](#).

30 December 1980

Talk to Sahaja Yogis

Ashoka Hall, Mumbai (India)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mataji praises the marriage, Sir C.P. praises Shri Mataji, Ashoka Hall, Mumbai (India), December 30th, 1980

[First, third and fifth audio, Shri Mataji]

It is very heartening to see all this drama. I just can watch a sudden spark, a sudden blow up which is opening a new dimension into the hearts of all the people who are thinking about the future of humanity. It's a very dramatic movement for them. And how it works out its beauty is even more dramatic. I would say, you can see that it's very delicate and very beautiful.

The words my husband has said about Me, I've heard them many a times in the bedroom. [Laughter] But to hear them in the public is most embarrassing. [Laughter]

He's been a very, very kind husband to Me, extremely kind. And as you know I'm bit too independent, and all my ideas are based on a very independent experience of my own. He's always tried to understand that and to encourage Me. Though, it's rather difficult, as you know, to understand your Mother, it's not an easy thing, but he has tried to very much understand Me and my work, which is just my nature. He knows that it's my nature, and that I can't help it.

The first and the foremost thing I wanted to do was to establish the married life prestige. It's the most important thing. Unless and until married life is accepted as the base of human evolution, we cannot go further with it. One has to understand it very, very deeply. You have to sacrifice, you have to have patience, you have to have very deeper, penetrating knowledge of the benefits of a good married life, which is lacking very much now in the West, as you know, and also, we Indians are trying to copy the Western people thinking that they are very advanced.

It's most amazing how after Sahaja Yoga, the Western people have suddenly taken up the values of eternal joy. It's most amazing to Me, how they have given up so many things so suddenly. It's most surprising as Gregoire has said in his book, that's the sin against the Mother. And they have really given up that, absolutely. Without my asking them, they have understood that this is the life of a saint and that's how they have to live and they have accepted it blindfolded. And they know what is the gain out of that is. But in the same manner, I would request Indians also to accept the other side of it, which is the sin against the Father which Indians commit. We are all the time disturbed about our material well-being and our material advancement, all the time we are thinking about our own poverty and so-called material deficiency.

I would request all the Indians also to know that if you have to come to Sahaja Yoga, collectively we have to accept, collectively, again I say, accept the values of Sahaja Yoga and that is: we have our Father God Almighty who has provided us with everything. We should not be disturbed about our poverty and about our riches and things like that, but leave it to Him to protect us. Many Sahaja Yogis have accepted this righteous path in India despite the fact there are hardships. But in the same way there are hardships in the West, they have accepted.

To Me the support comes from Mr. Srivastava in a way that is very important that I could establish that married life is possible. Even one person is doing one kind of work at a different level and another person is doing at a different level. This sometimes surprises Me, how he understands my whimsical nature, and how he has accepted sometimes my own understanding about things. His understanding is very practical, pragmatic according to human type. Mine is little bit, you can say, some people might call it poetic, [Laughter]

But for Sahaja Yogis it is different. In the same way in my family also, my daughters and my sons-in-law, my grandchildren, as

you know, are tremendous Sahaja Yogis. All of them have understood the beauty of Sahaja Yoga.

But last of all, I would say about his organization. We have some people from his organization. Shipping Corporation when he was here, and it's Mughal [unsure] line, and which DG shipping and all that. All these shipping people have been so much attached to Me, and I've been so much attached to them, really that's really another family. You won't believe that it's just the same like being with Sahaja Yogis. They are extremely attached to Me, all of them. This is also thanks to Mr. Srivastava's wisdom that he has put Me in contact with them with proper understanding. Of course, I also need lot of understanding about how to deal with people who are with the government service. Because I've never done any government service all my life. And it has been very beautiful relationship. I know that all these people from down below level to the topmost, the highest have always been able to understand Me through the light which he has given them.

Today is a day, really very auspicious because it's a Thanks Giving Day, I think for everything. And it's not done that you thank your husband, because the wife has to take everything for granted, I believe. But whatever is not said, is such a lot that you cannot say it. Because it is too much, very deep, it's too sacred, and you can't speak about it. I'm happy from our married life Sahaja Yogis will realize how important it is for Sahaja Yoga to have very sensible, wise married relationships, and to pay attention to their children and to their grandchildren because this is the nest of human life. The nest of human life is even more important than the whole ocean of God's love. Because that nest, in its own delicate way, preserves the very, very delicate aspirations of God's desire. And that's why it has to be looked after and respected and worshipped as something sacred.

I'm very happy today and the whole thing looks like a big "camatkara" [miracle] like a magical "camatkara". I'm happy that today I'm meeting so many people from Australia. They say I have not met them, but I have met them. And they are all my children, who have come to see Me. And that Mr. Srivastava should come and speak to you all, and you should see the other side of Mother's life also, to feel very happy. And as you have thanked him very much for looking after Me and being very sweet to Me, I have to thank you for all this that you have done to feel Me so very proud of you.

May God bless you!

[Second, fourth and sixth audio; Sir C.P.]

Mr. C.P. Srivastava on the occasion of felicitation for being unanimously re-elected for the third time at the IMCO organization. The reception was held at Ashoka Hall, Vile Parle, on 30th December, 1980.

Overwhelmingly touched by the most generous observations which have been made about me and about my work. That it would be my [cut in the audio] whatever I can to deserve the love and affection that you have chosen to shower upon me. You have mentioned that I have been sacrificing in order that my wife, who is Mataji to you, should be able to devote Her time to Sahaja Yoga. What I want to tell you is that it is not a sacrifice, it's a great privilege. When we got married – and that was more than a third of a century ago, thirty-four years ago – we had our family, little family and we agreed among ourselves that our first duty would be to bring up our two daughters. But we also agreed that once the daughters got married, she would be free to devote her time as much as possible to the service of humanity. And so, while her children were growing up, the two children we had, She gave all her time to them, to bring them up and She gave me tremendous support. Without Her support, it would have been impossible for me to apply myself to the responsibilities which the government of the country entrusted to me. I'm deeply grateful to Her.

But today what I want to tell you is that I'm not only grateful to Her but also, I'm very proud of Her. [Applause]

And why am I proud? I'm proud because at a time when the world is afflicted everywhere, whether you are in the East or you are in the West, whether you are in the North or in the South, everywhere you find a certain feeling of unease, of unhappiness, of a little frustration, and people all over the world are wanting to know how can we all, members of this universal world community, live together in happiness and in peace? This is the question before every thinking individual in the world today. And there must be some answer to that; after all we have to live together. And the answer really is that all of us, whether we belong to one country or another, we are members of one great universal family.

After all, if we just remember that in the whole of universe that we know, and indeed the universes that we know, there's only one planet on which there is life – such as we have – and that we are the most fortunate persons to be those created by the Almighty, to be the best of creation, for that itself is a very great privilege. And the least that we should somehow learn to do is to live together as brothers and sisters genuinely, not merely through lips but through hearts. It's most important for us to come to that stage.

Now, I have a feeling that the world is now ready for a new revolution. There was this industrial revolution in the nineteenth century which brought economic prosperity to many parts of the world, it's bringing prosperity to other parts, but that is not enough. For human beings, material prosperity is important but it's not the ultimate aim. There's much more in a human being than mere desire for material well-being – the spiritual part. It is only through spiritual attainment, through spiritual satisfaction that genuine happiness can be attained. And there must be some spark which has to be lighted, and the source of that spark is before you, this Lady. [Applause]

So when I say, "I'm not sacrificing at all," indeed I'm feeling a part of you, feeling a part of this great endeavor, and I'm proud of Her, the work She's doing.

I might tell you something more. Very recently I had a unique experience. She's a very busy person, and if I may say so without being immodest, I'm also very busy with my work. But one evening She invited me very kindly to a function like this in London. And there I saw another family, Sahaja Yoga family, Sahaja Yogis and Yoginis. What wonderful expression they had, what feeling of internal peace and calm they had, what feeling of togetherness they had. And that gave me a very deep impression, a feeling that, that family had been transformed from disparate individuals coming from different parts of countries and worlds into a family welded together, knitted together, with a common purpose, namely realizing that we are members of one family. They all wanted to assist each other, to help each other, to grow together, and to develop spiritually.

Now this is a marvelous task, I think the world needs this more than anything else, this country even needs this more than anything else. It is the transformation; it is the uplifting of the individual from within, which is most important. If that uplifting does not come, you would have conflicts, you would not have the kind of homogeneity, goodwill which is so essential, for us all to be able to live together in peace.

So, She is giving you spiritual leadership, spiritual guidance, and I have no doubts that I am one of those thousands and thousands who admire Her, respect Her. And my fullest support is available to Her in any way for the work that She is doing. When I say support, it is not the right word because She doesn't need any support from anybody, right. [Laughter]

But you see, you must forgive me because I have a dichotomy; It's very difficult for me to forget that I'm Her husband. So, please do forgive the expression that I use, but it was in my capacity as a consort, and I want you to know that the work She is doing is, to my way of thinking, very, very important for humanity. In fact, I feel that it's only by uplifting men and women everywhere, throughout the world, that we can really become worthy of the creation of the Almighty God who have created us all.

Now, in the IMCO, the organization that I'm privileged to serve, and I'm very grateful for the kind words about my re-election, it was most gratifying. Perhaps you know that this was unanimous. When I mentioned this only for one reason, namely that you would hear that there are many issues that divide the world. On very few issues would the governments of the world agree. Now if they agreed upon a re-election, whether it was Soviet Union or United States or United Kingdom or developing countries or China or Pakistan, well, they agreed to uphold a certain principle. And in some way, perhaps, the message of Sahaja Yoga was been given to them through me, coming from Her. [Laughter]

And the message that I always give to member countries of the organization is: we are not divided into groups, I do not believe in groupism, I do not believe in confrontation, I do not believe that by fighting the world can get along. I do not believe that the developing world can develop by fighting the developed world. I believe, I believe very sincerely and genuinely, that all of us can get together only by way of togetherness, by co-operation, and this is the message that I give continuously. Now this is only one aspect of Sahaja Yoga, is not complete aspect, it's just one aspect. But this is a message that I give to the organization that I'm

privileged to serve and I'm most gratified and delighted that the governments, as they are represented in this Maritime Organization of United Nations system, accept that philosophy, and they accept that by working together, the people of the world engaged in maritime activity can make progress which will be satisfactory from the point of view of everybody. And if they re-elected me unanimously, they did not honor me greatly and my country, but to my way of thinking, they honored the principle of one world, one people, one humanity, and this is the principle which needs to guide the whole of United Nations system.

So, in some ways, there has been action and interaction between Sahaja Yoga on one side and United Nations activity on the other. I have only a small responsibility within the United Nations system, but to the extent that I can, it is my duty, and it has been my endeavor, always to serve the world community in the same way as Sahaja Yogis are trying to serve world community in a far more elevated sphere, the spiritual sphere.

Now to friends who have come from abroad, as an Indian, I would like to extend a very hearty and a very warm welcome. Which I feel very greatly honored, and privileged, that you should be here at this time, that you should spend your New Year Day in our country, and I want to take this opportunity to wish you the very, very best for 1981.

And the best that I can do is to say: let Sahaja Yoga, which is universal, grow and grow and develop and really lift up the world to a new level of awareness, new level of human relationship based on love, affection, realization that human beings are born for great purposes, they are not born merely to live a routine life, but the purposes are spiritual, much higher, elevated.

For your success and for your well-being and your happiness I'll pray, and with these few words I do want to thank you once again for the very, very kind words in which all speakers referred me today, and may I also thank Her for all that She's doing for me by supporting me really. That's fabulous. Thank you very much.

## 1980-1231, Nirmala Vidya

View [online](#).

31 December 1980

Talk to Sahaja Yogis

Rahuri (India)

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

Nirmala Vidya (excerpt), Rahuri (India), 31 December 1980.

It is the special power by which we do All Divine work, even forgiving. When you say, "Mother, forgive us ", the technique by which I forgive you is Nirmala Vidya. The technique by which I love you is also Nirmala Vidya. The technique by which all the Mantras are manifesting themselves and are effective is also Nirmala Vidya. 'Nirmala' means 'pure', 'Vidya' means 'knowledge'. Nirmala Vidya is purest knowledge or the knowledge of this technique. It creates loops, the energy creates loops and creates also different formations by which it acts and [with?]draws all that is unwanted, impure, and fills it up with its power. It is a technique, a divine technique which I may not be able to explain to you fully because your instrument does not do that - you don't have that instrument.

But now you see, how subtle it is. Only by saying, "Nirmala Vidya", you just invite that power, the whole thing, the whole technique to attend to you and it attends to you. You don't have to worry. It never happens in any government or anywhere in the world. You just address the Government. and the whole thing goes into work, in the whole the entire universe, every creation. That technique is called Nirmala Vidya. That technique once mastered, by surrendering into it; it completely obeys, absolutely. But it is Ganesh Shakti, the Shakti of Innocence is the power called Innocence. The whole power because it is Innocence. So the Innocence takes over, which manages. That's how it works out.

Then It goes on rising and called Para Shakti, beyond power, then becomes Madhyama and all that. It comes up to the Visshuddhi at the left. There you become guilty. Because of your guilty nature you say things that are harsh.

Left Vishuddhi is the catch of the Ganesh Shakti. Ganesh is sweetest thing you can think of, even when you look at Ganesha; this Kautuk, this innocent admiration starts flowing. Just think of Him, you feel so happy.

That Innocence becomes harsh on left Visshuddhi. So to overcome your left Visshuddhi all of you are to use sweet words. Your language should be sweet to everyone, especially [men] must speak sweetly to their wives. Know, that sweetness will cure your left Visshuddhi. Always speak very sweetly, try to find out all the sweet words. The sweet methods of addressing is the best way to cure your guilt because if you say anything harsh to anyone; you may say so as a matter of habit or may be because just you feel happy by saying that, but as soon as you say it, you say, "Oh God, what did I say", that is the biggest guilt. One has always, to try to find out sweet words. Now, the birds are chirping. In the same way you have to learn all the sounds of everything by which you make people happy by your sweetness - it is very important. Otherwise, if your left Vishuddhi grows too much, you will develop a way of talking by which your lips will get distorted towards left side.

Then the flow starts higher, in the Agnya Chakra, where the Ganesh Shakti becomes the Greatest Power of Forgiveness. Then it rises higher into the limbic area where Ganesh Shakti goes above the Surya, the super-ego comes up and this power is that of the Moon and this Moon is Spirit, this becomes Spirit and it sits on the head of Sadashiva, that is the same. The whole Ganesh Shakti's evolution, you see, it is so beautiful. So this way our desire itself becomes the Spirit. Your desire and Spirit become one. But this hurdle can be very bad sometimes. You have seen, that all of you who have left Vishuddhi, when you speak harshly you must know it is not you who is speaking. No, because you are the Spirit. Spirit cannot say anything harsh or destructive. It only will say harsh, when it is necessary to little bit remould. But that you don't take over. That will be done by somebody else.

2nd translation

(Original Language: Marathi)

It is a matter of joy to see all these Sahaj Yogis gathered together. When we all gather together in such a way, it is possible to

exchange views on matters of mutual well-being. On such an occasion we can also tell each other things we have ourselves learned in Sahaja. One-two days ago I told you about a way to make ourselves pure and guilt-free. Your mother's name itself is Nirmala and it has many powers [In Hindi 'Nirmal' means 'pure'.]

The first word in this name is 'Nih' which means 'No'. Something that has no meaning but which appears to have a very subtle meaning is known as 'Mahamaya' or 'deception'. The whole Universe is full of such things. What we see is, in fact, not there. If we become engrossed in it, it becomes everything. Then only we start feeling that our financial position is not good or our social or family lives are unsatisfactory. Everything around us seems to be bad and we don't seem to feel satisfied about anything whatsoever!

The surface of the ocean is very dirty and a lot of things float on the top. However, when we go deeper we see that there is so much beauty, riches and powers. We then forget what we saw on the surface. What I mean is that everything that we see around us IS actually just Maya or deception. First of all, we must remember that our impressions of the things around us are not reality, the real thing. If we really want to indicate this 'Nih' feeling within ourselves then we must do one thing: whenever thoughts come into our minds, we must say to ourselves that it is nothing but deception and is thus useless. You will have to do this over and over again. Only then will you all understand the true meaning of the word 'Nih'!

All these forms of 'Maya' that you see is, in fact, not totally deception. It is something else too. But we have wasted so many valuable years of our lives looking for happiness in useless things and in the process, committed so many sins against our Spirits. And still we have not found the true happiness that we thrive for all our lives.

Therefore, your outlook should be that everything is Nih or nothing. The only truth is 'Brahma' or 'the Spirit'. All else is but a facade. You must develop this outlook in every field of mundane life! Only then will you understand Sahaja Yoga. After Realization, many people feel that, "Oh, we are realized souls and we have Mother's blessings too. Why then are we not financially stable?" To them the meaning of God is prosperity and a so-called position in society! If you introspect as to what are the reasons for your unchanging attitude towards life, you will see that it is because the Swabhav Nature of your Spirit hasn't changed even after realization. You see, 'Swa' or 'Spirit' and 'Bhav' or 'appearance' together make the word 'Swabhav'. Tell Me, have you really found the true nature of your Spirit? If you really become one with your Spirit, you will see so much beauty inside that the whole universe will seem but a mere drama. Until you awaken this philosophy of being but a mere witness completely inside yourselves, you have not really understood the real meaning of 'Nih'. And until you instil it in every activity, in fact every aspect of your being, you will be emotional, egoistic and depressed with life. Being trapped in these extremes has a lot to do with the incorrect indication of Nih. You are neither here nor there, neither in this situation or that and are just hanging in limbo! The easiest path to achieving this is through meditation. Making 'Nih' a way of life will also help you to reach the 'Nirvicharita' state very easily.

First of all, you must always be in the state of 'Nirvicharita'. Only one thought, whether good or bad, is enough to bring a whole series of thoughts one after the other. It then becomes a never-ending process where each thought gives rise to another. Some people say that we should fight the negative thoughts with positive ones. In other words, if we try to stop a train coming from one side with another one coming from the other they will both stop at some point in the middle. To some extent this is correct but sometimes this too can be very harmful. When a negative thought is suppressed by a positive one it has not actually gone away. And it can, at some point, manifest itself again and in a much more violent manner. This has happened to many people in the past. They usually hide their actual thoughts and keep telling themselves that they must be humble, keep a good character and so forth. These people sometimes get very frustrated and then face problems. All of a sudden they may become so engulfed by anger that people ask themselves how someone so quiet could act in such an egoistic manner. These people also are prone to losing their peace of mind and all their inner beauty. Therefore it is important to always be in the 'Nirvicharita' state and thus have total control over these destructive and worthless thoughts. Doing this will automatically keep you in the centre!

You must always try to achieve the very best. Now, you may ask, "Mother, how can we possibly work without thinking about it?" What are your thoughts right now? They are in fact merely hollow! In the Nirvicharita state, you become one with the power of God. In other words, the drop [or the Self] becomes part of the ocean [or God]. All the powers of God also enter your inner being. Does your finger think? No! But does it not do its duty? Give all your thoughts and doubts to Him and leave all the thinking on

your part to Him. But that may initially seem difficult because you are yourself, not in the Nirvichar state!

Many people come and say that we have surrendered everything to God. However it is usually just vocal and very far from the truth. Surrender is not merely a vocal expression. To attain Nirvicharita which means the complete absence of thought we must undergo complete surrender. When your thought process stops then you come into the centre. Being in the centre makes you Nirvichar which, consequently, makes you one with God. And when this happens, He takes all your burdens upon Himself, He takes care of even your smallest needs. It is surprising. But try it and you will see that it is true and your earlier path was indeed wrong. Once you reach this state you will indeed start getting all the inspirations, powers and riches that you desire. Every thought that comes in your mind in the state of 'Nirvicharita' is actually an Inspiration in itself. Anything that you so much as desire will be brought to you on a silver plate. You may get up to give a lecture and even though you may never have given one, all you would have to do is to enter the 'Nirvichar' state; And when you finish you yourself will be surprised by the response of the spellbound audience! People will feel awed by the sudden outburst of extraordinary knowledge that you display. The deeper you go into 'Nirvicharita', the more convinced you will become that everything is actually coming from this state and not from your mind!!

Now, I will tell you a secret about Myself. You will be surprised to know that when you pray to Me for something, I don't really think about it!! Simply dedicate it to My Nirvicharita. The whole process starts from there. It is like a machine where your thoughts and prayers go into as raw material and the machine itself [Nirvicharita] acts on them to produce the final product! But you must let it work on its own and give it all your problems. But for intellectuals this is a very difficult task indeed. And it is because they have a tendency to think about every single thing. Try to enter the 'Nirvicharita' state whenever you are trying to understand a new subject. Try to develop this ability and you'll see that everything becomes obvious and logical all by itself. Whatever research work you are engaged in, try to perform in this state. In this way you will always be able to perform it in the best possible manner. I talk about a very wide range of topics. I have never studied all the intricacies of science in My life. Then how is it possible for Me to talk with knowledge about all these fields? By virtue of Nirvicharita, of course. I keep on talking and continue to observe the goings-on around Me, both at the same time. It is almost as if everything was ready-made in My formless vocal computer. If, however, you are not in this state, you are not using this in-built computer called 'Nirvicharita' and probably place more value on your own mind. In other words, this enormous power within you remains dormant and all your work is done through the power of the human mind, which in itself is very limited. Nirvicharita is an ancient computer which has helped people make the right decisions even in the worst circumstances. If you always use your own mind without ever taking its support, then it is but natural that you will commit mistakes.

All that happens in the Nirvicharita state is like a ray of light, a blessing. If you turn on the light in a room it will not talk and it will not give you any thoughts. It will, however, light up everything in the room. The same thing can be said about this form of light called 'Nirvicharita', 'Nirvichar', 'Nirahamkar' [In Hindi this means 'free from Ego'] and others all start with the same 'Nih'. Establish this within yourselves and then only will you be able to reach the state of 'Nirvikalpa'. First 'Nirvichara' and then 'Nirvikalpa'. At this point all your doubts and fears will themselves vanish and you will feel within yourselves that the power is works all on its own without need for any stimulus from your own conscious mind! And you will be surprised at how it is all happening.

The same thing applies to time. I never need to look at a watch. It can also be false and sometimes it stops altogether. But My real watch is Nirvicharita. Even though it is always constant, all My jobs get done at just the right time. And there is never any form of guilt for something that didn't get done at the right time. I never have to worry about it because I know it will get done at just the right time. Yesterday my car broke down. But I was lost in the beauty of the starry sky. This kind of beauty is hard to find in London. Therefore, I wanted to enjoy it. It was the desire of the sky that I watch it. Sometimes it is necessary for Me to put My attention there too. In short, you must never be a slave to anything. In the state of Nirvichara, God Himself takes you everywhere as if in His own hands. He arranges for everything. He knows everything and there is no need to tell Him anything. All you have to worry about is whether or not you are in Nirvicharita. If you are not there then you are standing on the shore. A wave may then come and join you with the mainstream. This may happen once, twice or even three times, but if you are still stuck at the shores then you say, "Mother, nothing really works out for me in totality!" In fact it will never work out to its full extent! The reason: because you are still stuck at the shores of the vast ocean of God's love!!

The Shri Ganesh Stuti that you sing is really beautiful. In it you say, "To join with the mainstream [Pra + Vah]..." which means 'the

enlightened mainstream'. Please do not join your own inherent waves [emotions] into it. Another thing that comes in the Aarti is "Nirvane Rakshave" or "Save me in my time of death." You also say, "Raksh Raksh Parmashwari" or "Dear God, please save me." But in reality, you yourself want to save yourself! Then why do you need God to save you? And God says, "When he can save himself let him do so!" What I want to stress is that you must learn to go in deeper so that you can get everything you want through Nirvicharita. Only then will you be able to reach the Nirvikalpa state! You must remain detached at all cost. Here in India, people say, "My son" or "My daughter." In England, it is exactly the opposite and none has such attachments. They only think about themselves. Here everything is, "Mine, mine, my son, my house" and in the end all that is left in the thoughts is, "Me" and "Mine!" Nothing else stays apart from that. You should really be saying, "Nothing is mine, everything is yours!" Sant Kabir [a realized soul] says that till the day it dies, all that a sheep ever says is, "Main, main" ["Me" in Hindi]. But when it dies, cotton is made from its intestines and the only sound that comes during the process is, "Tu hi, tu hi" which means, "Only you, only you." You too should have the same feeling of "only you, only you". Only when you let this feeling of, "I am nothing and I have no personal standing of my own" engulf your whole being, will you truly be able to comprehend the real meaning behind 'Nih'.

Let us now discuss the last letter of the word 'Nirmala': 'Laa'. My second name is 'Lalita'. This is the blessing of the Devi [Goddess]. It is Her weapon. When 'Laa' or the Devi takes the human form, She is known as 'Lalita Shakti' [Lalita Power]. [In Hindi, 'Lalit' means 'the working' or the 'operational' and the whole word 'Lalita' means 'the working form' or here 'the incarnation'.] This is the same power that you are, at this very moment, feeling on your palms. It is filled with beauty and love. When the power of love is awakened it becomes the Laa' power. It surrounds you from all sides. When it has become operational then, what do you have to worry about? In comparison to that what is your own power? Can you even make a fruit from a tree? Forget the fruit. Can you even make one leaf or root on your own standing? Only the 'Laa' Shakti performs all these jobs! The realization that you have got is also the work of this same power. This is the real shakti that has given birth to the powers of 'Nih' and 'Ma' or the first two parts of the name 'Nirmala'. 'Nih' is the power of Shri Brahmdev and Shri Saraswati. You should inculcate the qualities of 'Nih' from the Powers of Sarawati. The real essence behind all the qualities of 'Nih' is total and utter detachment! You should all strive to achieve just that.

'Laa' comes from love and it helps us form relationships with others. The word 'Laa' has its own special beauty. You should try to impress others with that beauty. You should use this power whenever you talk to others. This power of love is omnipresent in even the smallest particle of this Universe. If that is so, what then is your duty? You should surrender all your thoughts to the power of 'Nih' because all thoughts are born from this very first power. The last or the Laa power should be used for enjoying the power of your Mother's Love. How should you do that? You should forget yourself in the love for others and become totally encompassed by this love. Has anyone of you really thought seriously about how much you love others? It should keep on increasing. How much do you enjoy yourselves in the company of other Yogis? I cannot talk for others but in My own case, I can say that I get great joy in loving others. Try to feel for yourselves how this love is flowing all around you like the river Ganga! It is such a beautiful sensation. Look at the singer who forgets his whole self in his Raag [or Rhythm] and senses his whole surrounding changing as if in response to the music. In the same way, you too will be able to see the whole Universe engulfing you in response to your love! But, firstly you must awaken this power of 'Laa' which manifests itself within you as the Chaitanya Lehrs [or the cool breeze]. In what way do you look at others around you? The lowest types look so as to steal something or at least to make some form of profit from others. Some look for faults in others. I don't know what they gain from it and, in reality, they themselves get isolated and then face great pains. They themselves invite problems. I, however, like to meet all types of people, whatever they may be like inside.

You should constantly be using this 'Laa' or 'Lalaam' power of holy love. You should automatically go into the Nirvichar state as soon as you see another person. In this way the other person will also become Nirvichar. Thus, you should give yourself and others this bandhan of holy Love. Let the powers of 'Nih' and 'Laa' work together. You must thus strive to bring the power of Laa or love which is felt in the cool breeze, into the realms of the 'Nih' or 'Nirvicharita'. It is also beneficial to give a bandhan to both of them. Many people are very egoistic and think that they are great workers. I always tell them to raise their left sides. In this way we combine and circulate our own five parts [the earth, water, fire, air, aether] with our Love which comes from the Laa shakti. The love in our hearts (our left sides) should be merged with our power of 'Karma' or the right side. In exactly the same way that we paint on a piece of cloth. If in this way, the 'Karma' shakti is merged with the power of love, a person becomes extremely quiet and understanding. And ultimately, this lights up his or her whole character. It also impresses others and

everything he does becomes a beautiful offering to God. That person becomes so attractive that you can enjoy his company for hours and hours. Your love should be enjoyable to others and at the same time, be able to win their hearts. Consequently, everyone becomes your friend giving rise to mutual love. Everyone feels about you, that there is one place where he will always receive love and encouragement without any judgement. Thus you must awaken this power of Godly love within yourselves.

We should always stay in the state of 'Nirvicharita'. Whenever a thought comes, ask yourself why such dirt has invaded the beautiful Ganga of God's pure Love. In this way, our attention will always be focussed on the power of 'Laa' and we will always feel the presence of Nirmal Prem' (or pure love) in our hearts!

Please do not criticize others. If you ask Me about a particular person then, all I can tell you about him is the state of his kundalini or which chakra is catching at that very moment. I can tell you nothing else apart from that, in fact, nothing about his character, nature and so on. If I am asked about this, I will ask you what exactly is a person's nature? It is continuously changing. The river is flowing here right now but who can say where the flow will be after some time! You are standing on this side of the river so you find it strange. I am standing in the direction of the ocean so I know which part is quiet and subtle. Therefore, you should never call anyone hopeless or worthless. Changes occur constantly and it is a fact of life. The job of Sahaj Yoga is to bring change. Believers of Sahaj Yoga should never tell anyone that they have become worthless. Everyone should have their freedom. You all know what your own position is right now. If you all think on these lines you will not only be able to respect your own integrity but also that of others. Someone that has no self-respect of his own can never really respect others no matter how hard he may try! He will always waste his life passing judgements on others!

We must develop the power of 'Laa' or 'Lalaam'. I will be unable to completely explain its joys even if I write a whole book. This is because just words are insufficient to explain its beauty. In just the same way, if you want to analyze a smile, all you can do is explain the mechanism by which it works. You cannot say anything about its effects because it is something that has to be felt to be truly understood. On your own part, all you need to do is to awaken this power and let it grow and flourish!

'Lalaam' Shakti gives a person a kind of beauty, magnificence and an extremely humble character. Try to establish it in both your words and your deeds. Some people seem attractive even in anger. This is what is known as the 'Lalit' power. People have totally misconstrued its real meaning. They say that it is the power of destruction. But, this is totally false. It is very great power. Suppose a seed is sown. Some of its parts get destroyed by virtue of this 'Lalit' power. But this destruction is very subtle and softly done. Then the seed grows to become a tree which has leaves. Then the leaves fall which is also a very subtle process. Next the flowers come and when they become fruits some of their parts automatically fall off. The fruits too, are cut to be eaten. On eating them, you too feel a certain taste. This is done by the same power. You know that without cutting and moulding you cannot create an idol. It is, in fact, essential. The only difference is that an artist does it in an artistic manner and a non-artist would do it in a haphazardly manner. This power thus depends on how artistic you yourself are.

Sometimes, you see a painting and you just can't take your eyes off it. If somebody asks you what is so special about it, you will be unable to explain in words. All you do is to bask in its beauty. There are some paintings that you may only need to look at and you feel yourself immediately going into the 'Nirvicha' state. You then enjoy it much more. This is the supreme state. There are no words, nor any human expressions to describe its joy! You must try to feel it inside yourselves. It is very interesting that between 'Nih' and 'Laa' is the word 'Ma'. 'Ma' is the first letter of 'Mahalaksmi'. 'Ma' is the power of 'Dharma' or 'Pure Conduct' and also that of our ascent. You must first understand it, then establish it and finally master it! As an example consider an artist. The power of 'Laa' is responsible for the seed of desire [idea] that becomes sown within him. With the power of Nih' he develops that seed into the tree that it will finally become. Finally, with the help of the 'Ma' Shakti he puts everything into practise and thus gives it the physical form that he had conceived! At every point in its development he continually asks himself whether it is according to his conception and if not, what are the changes he must make to it. He does this over and over again. This is the 'Ma' Shakti. In other words, if something is not right, is the desire to do it once, twice or as many times as it may take to set it right! One must work very hard to achieve this improvement and we must work just as much to achieve this in ourselves. If this was not so then the process of evolution would have been practically impossible! And God must work very hard to do this. We must awaken this 'Ma' power within us prevent it from going away by our deeds. If this is not done then the other two powers will also surely leave us because this is the one that provides the balance and is the centre of gravity. We must stay in this balance and this balance is the 'Ma' power. The other two powers will become firmly established only when you perform every deed in relation to this balance. But, for that, you must completely understand this 'Ma' Shakti and develop it within yourselves.

Until you are realized it is possible for you to say that when God really loves you He should come to you. But when you become realized it will not be possible for you to say that. This is because with the power of 'Ma' you must balance the other two powers inside yourselves. Even when you are painting you must establish the same type of balance between the colours. In the same way it is essential that you establish a balance between the 'Nih' and 'Laa' powers. You will have to work hard to achieve this balance. Many times you might also lose this balance. The Sahaja Yogi that is always able to keep this balance reaches the highest possible stage. Sahaj Yogis should never be too emotional. In the same way one that wants to do too many things at the same time is also not good. You must activate your powers of love and always take care that it never becomes idle or dormant. For example, I work in one particular way but even in that I sometimes make changes. You must have seen that each time there is at least something that is new. If one way doesn't work then try another. Even if that fails then look for something else. One must not become obstinate about any one thing. You get up in the mornings, apply 'tika' to your foreheads and say 'Namaskar' to the Mother. It is a mechanical thing. It is not a living reality. You should really look for newer and newer ways. I always give the example of the root of a tree. Avoiding obstacles it is continuously trying to go deeper and deeper into the earth. It does not fight with the obstacles. In fact, without these very obstacles, the roots themselves would not have been able to hold the mighty tree. Thus, problems and obstacles are also essential. Without them you would not have been able to rise and would have become stagnant! The power that teaches you to achieve victory over these problems is the 'Ma' Shakti. Therefore this 'Ma' Shakti is in fact, the power of the Mother. Discretion is the quality that it requires, in you, the most!

Suppose that a person is very timid and he asks Me what to do about it, I tell him to change and become like a lion. Another one that is very aggressive, I tell him to become like a sheep! Or else life cannot go on. You will have to change your ways! A person that is not willing to change cannot spread Sahaj Yoga because he is always stuck on any one method which can eventually bore people! You must keep on searching for new ways. 'Ma' Shakti works in just the same way. Women are usually experts in this. They make newer and newer foods everyday and are always searching for new recipes. In this way the husband is always curious as to what they are cooking today!

This is the power through which you can establish your balance and steadfastness. When you are able to establish this power within you in the highest possible manner then you can feel the cool breeze even from your balance and mind. If you do not have wisdom then these qualities will remain unaffected and you will not be able to feel this flow of 'Chaitanya'. Usually a person with vibrations is also a wise person in fact, it is your wisdom that you are feeling in the form of the cool breeze. Using this as a measure, you will be able to see how deep a Sahaj Yogi you really are. When you lose your balance and your sense of mind then naturally your chakras will start to catch. Whenever your chakras start to catch, you can be sure that you have in some way started to lose your balance. Unbalance indicates that the 'Ma' power is becoming weak. 'Mataji' or any other auspicious name begins with 'Ma' and this quality is also provided by the 'Ma' Shakti. This was not possible if there were just the 'Nih' and 'Laa' powers. I have come with all three powers but the 'Ma' power is the highest of them. You have seen that the 'Ma' Shakti is the power of the Mother. It must be proved that it is really your Mother. If anyone comes and tells you that she is your mother, will you believe her? You will not accept it. Motherhood must be proved!

What really is Mother?

Mother has given us a place in Her heart. We have a full right over each other because She loves us immensely. Her love for us is totally selfless. She always prays for our well-being and She has nothing but compassion for us in Her heart. You will believe in the Mother only when you truly understand that your real being or your Atma [Spirit] resides in Her. Go ahead and prove this to others by virtue of your deeds. A Sahaj Yogi should have such a capability! People should know that they are talking to a very wise person. For that you must have a total balance between love and the desire to work for Sahaj. Your character should be so beautiful that people feel attracted without even knowing you. A Sahaj Yogi should learn to instil all these qualities within him or herself.

When you go home try to think about how you can establish these three powers and how you can use them for the upliftment of yourselves and of Sahaj Yog. And the 'Nih' Shakti will bring the qualities of utter joy, seriousness and deepness into your family life. You will start searching for newer and newer ways to bring people together in collectivity. Use these powers for the

spreading of Sahaj Yoga. For their proper use your Nih' or the Karma' Shakti should be very strong indeed! Even though you should also have the 'Laa' Shakti or the power of love, it should always be working alongside the 'Nih' power. If one method does not work look for another. In the same way that a painter first tries for example, to mix red and yellow and when that is unable to portray his emotions he tries red and green! And even when that does not seem to work he tries many more combinations. To be abstinant [obstinate?], to be stuck on one particular thing is not a sign of wisdom. An abstinant person can do nothing in Sahaj Yoga! Your duty lies in the spreading of Sahaja Yoga, then try to make newer ways. Whatever you desire from Me, I accept because I know that normal beings are not like Me. You never know what an abstinant person may do and when he may do it. It is up to you to see that he does not reach these limits. I know this through the 'Ma' Shakti. But you, as Sahaj Yogis should not be abstinant about any one thing. Is your mother abstinant about anything? Whatever the situation may be, accept it. You must always keep in mind that you are doing a very important work. I have no desire of My own. I do not have the 'Nih', 'Laa' or the 'Ma' Shaktis. I do not have anything inside Me. I do not even know that I am, in fact, the personification of these powers. I am a mere observer to this whole game!

When this change takes place will you really be called 'realized' in the true sense of the word. Only then will you be expert Sahaj Yogis. When you really achieve that you will be one with God and you will have total control over Him. To do that you must surrender and dedicate everything to Him. I am going now but afterwards, see for yourselves, how you are using your realization and in which field you are using it. Sometimes, I tell you not to do certain things, you should not feel bad about that. According to the principle of the 'Ma' Shakti, you shouldn't feel depressed about anything because it is My duty to guide you! Some people however, do become depressed. Always remember that you are realized souls. You must accept it as a fact! Others should accept it too as soon as they set eyes on you. You must make the efforts for that to happen. And when that happens, all else will also be auspicious!

One day I asked you to invite all your friends and relatives for meals or for any other programme. At the same time, invite some Sahaj Yogis too and give selfrealization to all your guests at the same time. If you continue to do that for one whole year, it will be very beneficial for all of you.

My blessings to all of you.

## 1981-0101, Avahana for the marriage of Catherine and Gregoire

View [online](#).

1 January 1981

Quote

Rahuri (India)

Talk Language: English | Transcript (English) – Draft

Avahana on the occasion of the marriage of Catherine and Gregoire, Rahuri, India, (from Nirmala Yoga, Issue 1, page 1)

In Sahaja Yoga, all the religions are respected because all the incarnations and previous prophets are in us. We know it for definite that they exist within us on our Centres. First, before starting the marriage, we had to ask them to come and be present on this function. This is called "avahana" [invitation; invocation].

Now, they were all there. So, we are now to thank them that you have been here and the marriage has been successful.

In Sahahaj Yoga, we are going to break all the barriers which make religions and people separate. All fanatical nonsense, old ideas which have propped up to make money out of religion, all these we are going to completely abolish and make one religion for all the humanity, which is religion of God, the religion of our evolution.

May God bless you all.

## 1981-0101, Letter in Hindi from Nirmala Yoga 1981 Jan-Feb

View [online](#).

1 January 1981

Letter / Poem

(Location Unknown)

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

"The time of Mahayuga has come. Thanks to this thousands of people are getting their Self-realisation. At the beginning, only one or two flowers blossomed on this tree of life, but in this Mahayuga, spring has come. All this is a question of time.

This yuga was predicted by many great people. Recently, I saw the book "Milton" written by William Blake. He was a great philosopher and it's so surprising how he predicted the foundations of Sahaja Yoga at Surrey Hills and the first Sahaja centre at Lambeth. He also wrote that with a special power, ordinary people will become prophets. And with this wonderful power they will liberate many others.

I enjoyed very much his poem that had such depth and such clear knowledge. If only the Sahaja Yogis of our country could become aware and alert towards this kind of knowledge, then they will aim at achieving the greatness and the depth of Sahaja Yoga.

Change can only come through the Kundalini that is germinated by Sahaja Yoga. That which is the power of life, only that can work out the living process. There is no other path than change.

This is the last step. It can be understood only through wisdom. This is the Last Judgement of God. But this is also the pure fountain of generous love flowing through the delicate heart of the Mother. You yourself have to assay (examine) yourself and purify yourself. Get your attention enlightened by this most beautiful Atma.

Mother's many loving blessings to all.

Only yours always,

Mother Nirmala"

## 1981-0114, Makar Sankranti Puja

View [online](#).

14 January 1981

Makar Sankranti Puja

Pune (India)

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

Makar Sankranti Puja, Pune (India), January 1st, 1981

[Shri Mataji speaks first in Marathi; English starts at 24:51]

I'm sorry I've not been able to speak to you in English language - and I've spoken some time. This special day today is the day of Sankranta. San, you know. 'San' means "good, holy" and 'krant' means the – [Shri Mataji speaks in Marathi] . When I speak Marathi I forget English.

Sahaja Yogis: Revolution.

Shri Mataji: Revolution. Holy revolution. Holy. And that's what I'm telling them. What is the Holy Revolution is, that your own Dharma is established now through Sahaja Yoga, you know what is your dharma. Because if you don't do your own dharmas you'll be lost. Your vibrations will be lost. You'll immediately know that in your seeking you have lost something. You'll be affected and so you have to correct. That's not so difficult.

But to make it a Sankranta – the Holy Revolution – you have to take to new, new religion, new steps. First of all, your own steps should be enlightened, and then you have to establish new steps to go ahead. And these are the new steps which are different for the Westerners and different for the Easterners. Just now I told them about the Eastern style and then I'll tell you later on about the Western. We have to have new ideals, new styles because we are the courageous people, we are the valiant people. We have to fight the war of love, through love and it's a very delicate thing.

When the Sun moves from the left to the right, that means your desire becomes your action.

Today is the day they give you a sweet thing, to say that you must speak sweetly which is very important for Western people; that when you are doing and organizing, you become heated up, there's tension and you develop the temperament which is dry, emotionless. You know, the heart goes into a tantrum.

At that time they say that you take the sweet, this sweet is a heating thing because now the Sun is moving towards the other side. That time also they, to give it a balance, they say: "Speak very sweetly. Use sweet words, use sweetness." Bring sweetness in your language which is very important, you understand that. And this is one of the religions we have to accept that we will not use harsh words to each other and then later on to others.

First of all, to each other. There are many people who will be kind to others because others will eat them off but unkind to their own Sahaja Yogis.

Because it is a universal happening, it's the whole thing is working out universally. Even if you organize, you organize for the whole. Those who are organizing have no business to be harsh and those who are not organizing has no business to be slow. We must move with the same speed, with the same understanding.

There's a story in Marathi language which is a very good story that a – [Shri Mataji speaks in Marathi] – the bird-catcher had put lots of temptations of good grain for some birds – pigeons. And the pigeons didn't see the nest [net] – the trap – and they all came down to eat that. And there was a net there. In the net, their feet were entangled.

So the solution was found out that: "If all of us with the same speed take off, we'll take away the whole of the net and then he cannot catch us." So, one person said: "Alright, as soon as I say 'yes', let us all start with the same speed. If somebody increases his speed he is brought down."

In the same way, Sahaja Yoga has to be worked out; and that's why, to keep up the speed, keep yourself peaceful, loving, affectionate. Peace is the way we are going to achieve it. This is an explosive peace. By giving contrasts you bring the balance in: explosive.

You have read also about the Goddess, the different aspects of Goddess. Always: "Ati Saumya, Ati Rudra" [In Devi Suktam from Devi Mahatmya ; "Gentle like the Moon and also terrible like Rudra"]  
to give the two contrasts by which bring the balance in the middle.

That's how you must understand that Sahaja Yoga is a very unique revolution. I told them also politically and also socially, in every way how we are going to improve every country, thus the whole world, the whole universe. Later, on I'll translate the whole thing for you.

So, today's special day, very great day, let us ask that, when you are doing this puja, ask for new religions within you to be enshrined, to be sustained within ourselves and try to imbibe them.

They will be permeating but you have to accept them and should know it's a big fight. And it's a very different type of a fight of peace and love.

That's why they say: "Speak sweetly. Be sweet with others." Not to be sarcastic by any chance, nor to be harsh, but be sweet. Sweetness which is genuine, not outward and showing and formal, but genuine sweetness.

May God bless you all.

Sahaja Yogis:

Om twameva Sakshat Shri Mahalakshmi Mahasaraswati Mahakali Trigunatmika Kundalini Sakshat Adi Shakti Mataji Shri  
Nirmala Devi Namoh Namaha.

Om twameva Sakshat Shri Mahalakshmi Mahasaraswati Mahakali Trigunatmika Kundalini Sakshat Adi Shakti Mataji Shri  
Nirmala Devi Namoh Namaha.

Om twameva Sakshat Shri Mahalakshmi Mahasaraswati Mahakali Trigunatmika Kundalini Sakshat Adi Shakti Mataji Shri  
Nirmala Devi Namoh Namaha.

[End of audio]

## 1981-0125, Sahaj treatments

View [online](#).

25 January 1981

Talk to Sahaja Yogis

Bordi (India)

Talk Language: English | Transcript (English) – VERIFIED Conversation with Sahaja Yogis on Sahaj treatments, Problems of Sahaja Yoga, Bordi, India, 24 January 1981

Mr. Chavan: Of a certain other individual or the individual who has been caught, what to do? So, he is advised in the matter like this, first you put your own attention in your own Sahasrara, this is the first thing you have to do. Then while chanting the mantra, put the attention on the chakra of the person to whom you are giving treatment. And also, your attention should be simultaneously on your own chakra. Then while chanting the mantra you can give a flow of vibration or you can go on giving bandhana to that chakra. Now by chanting mantra only for a time, may not release the chakra. So you have to repeat the chantings, as you go on increasing the chanting, say 7 times, 10 times, 21 times, like that, and you find simultaneously when your attention is there, you find that the chakra is getting relieved, it is getting opened and the Kundalini is making its movement in a proper manner. So, that's how you have to relieve a chakra while chanting the mantra with the help of mantra.

Now, there was another question from Mr. Pitkar. He asked that a number of Sahaja Yogis who find themselves stuck at certain chakra and they feel they don't know how to go ahead, what they should do? He says, we want to have certain tips by which we can make quicker progress without getting constricted at that point.

Sahaja Yogi: Mataji expressed her desire that she wants to participate in our brain trust programme today. And She has specifically asked me to convey this message to you, that you should ask me questions for which you have got any particular problem. She has expressed her happiness and pleasure at the way we are conducting, I have told her that we are conducting the brain trust programme as was desired by You. She expressed her joy that 'all right, continue you have got my full blessings'. I will request everybody that as soon as She comes only the garlanding on behalf of the Shibir has been already done. Let Her be seated and we will continue the programme as we have continued up till now. Only when in difficulty Mataji will participate when and whenever She wants it being picked.

[Same explained in Marathi.]

[Shri Mataji is welcomed.]

Mr. Chavan: So, I was just translating the question that was put forward by Mr. Pitkar. I will again repeat it. He wanted to know, he expressed that there are a number of Sahaja Yogis who find it difficult to take their Kundalini above certain chakras, say Vishuddhi or Agnya. Frequently they get caught at these chakras and he wants to have certain tips on how to progress in Sahaja Yoga. How to bring Kundalini or stabilise the Kundalini in Sahasrara. So, I think for me, I have talked to you on a few occasions about my own experience with this and I have told you that, it is very much necessary first to put your attention to yourself. This is the first thing you have to do. If you want to make progress, you have to give attention to yourself. Don't think about anybody, think only about Mother and yourself. That's all. If you put your attention to say your brother, your friend, your sister. But you are actually doing this, you are sitting before the photograph of Mother that is actually Mother. You are saying that, "Mother, I am walking towards you and at the same time you are telling your mother that see my sister, she is not feeling well you look after her". You are chanting one thing with your mouth and your attention is towards your sister and not towards yourself and towards your Mother. So, your progress is arrested. That's the principle reason why people get obstructed. This is one thing.

One more point I told you and that is regarding the habit of forgiving all those who have offended you knowingly or unknowingly and also apologising for any offending that you might have done to others. And that you have to do from the heart of your heart. So, when you sit for meditation, you have to first forgive others and then ask for apologies. But after forgiving you ask a question,

put a question to yourself, have you really forgiven? And within seconds you will come to know that you have not really forgiven. It's very difficult, it is a subtle thing that you have to practice within yourself. And after doing this, what you are doing actually you are trying to help yourself, your mind, your attention, your awareness resolve, settle in a proper order. And then there is absolutely no difficulty, Kundalini straight comes in Sahasrara and it descends down and there is continuous cool flow of vibrations from all over body, why only hands? So that is how it is to be done. And I don't think there is any other short cut for this, that is to be practiced within, not from outside. Thank you!

[Same explained in Marathi.]

Shri Mataji: Can I ask a question to Mr. Chavan now? [In Marathi] The question is like this, I am asking Mr. Chavan, he said you must forgive everyone. Now supposing somebody abuses your Mataji, says horrible things about Her and see sort of infuriates you, then what to do? How to overcome that?

Mr. Chavan: [In Marathi] Now, I'll just try to again translate in the reply that I gave was that, I feel that suppose a situation comes across where a certain person is abusing Mother. So, what is our first reaction? If you are stable, I feel you should be immediately able to make out as to whether that person is a knowledgeable person, where he is realised, because a realised soul will never be able to abuse Mother, never be able to talk anything against Mother. That is just impossible, it's only because he is in avidya [false knowledge], he doesn't have the knowledge that he is abusing the mother. When he comes to reality, he will not do so. Now, I told that our elder brother Shri Jesus Christ, has shown us the way in this regard. He has said that whenever you come across any such person who abuses God, then you have to tell, you have to pray God that please, please we have to say please Mother, You forgive him. When Mother forgives everything comes in it. I feel it is not necessary to give him punishment. I am nobody to punish him. It is the forgiveness of the Mother itself will act as punishment and reward for that person. Because as soon as She forgives, the person will get realised and he will get everything. There is no other good punishment. Thank you!

Shri Mataji: It's very well said. But it's a very subtle point you see because God has given us also temper and anger as well as forgiveness. Both qualities are within us. And he has not given us temper for something that is useless, as even temper is necessary. Once you are realised, once you are a realised soul, your temper is also dynamic, it is needed. When somebody says something against God and against your Mother, if he is a realized soul or if he is not a realised soul is a very important point, no doubt. Supposing he is not a realised soul then the best thing is to pity such a man and say that "Oh God forgive, because they do not know what they are doing". But say even Christ, supposing something had happened to the Mother of Christ, now how he would have reacted? Then he would have come up as her son and he would have taken the cross in his hands and hit all the people there. So, when somebody abuses who is a realised soul, there are many realised souls, whom I have given realization, who have come up very well but who fall out, who try to abuse and try to say bad things. Now at that time, it's the whole collectivity is challenged, the whole collectivity, the whole collective being is challenged when he says something like that. He is a part and parcel of your being. Think if in your finger you have some pain, what do you do? You rub it off.

When a person who is a realised soul, if he tries to be funny or if he tries to abuse anything that is divine, you have to get into a temper, that's a part, but this temper is to be diverted into Sahaja Yoga system, like you beat him with shoes [shoebeating]. You write his names and burn it. You write his names on the ground and stamp it, you take out your anger on them. Your anger is divine anger, it has a meaning. You are part of the whole Divine. If you are angry, the Divine is angry. But this anger is 'hithkaari', is the one that is benevolent, is a benevolent anger. This benevolent anger is necessary because he is the part and parcel of the whole and you go all out.

There are so many ways by which you really punish in a symbolic way. But that punishment brings him out of his negativity. But for people who are not realised also, these things come up. When negativity is very powerful and wants to take a challenge with the positivity supposing there's a negative person and he wants to disturb say our work, at that time you will be amazed that those who will be negative will start supporting the person. Immediately, you can pick them out and say that these are negative. And those who are positive will be in anger. They'll keep quiet, some of them will be boiling and some of them might get up and say, "You get out from here". That we have to do, that challenge we have to take up and say to people. That is only possible when you have full discretion how to use your anger.

You have to say it out. It is necessary because if you allow these negativities to be there, they will get hold of people who are sitting on the fences who are half-baked, at that time it is necessary to show your strength, not to get lost in your temper. But to stand up to say, "You get out from here, don't know what you are doing". That is very important, because whatever, you see, say, is a mantra, is a dynamite that will change the whole atmosphere. The negativity will run away, but if you say that, "All right, let it happen". It will have a bad effect.

Christ allowed them to torture him, but not his Mother nor God. He took a hunter in his hand when people were selling in the market. So, he has a double side also. And in you also there is Kalki. And you, I have awakened Kalki in you. So, you are also Kalki. But you must reach a certain maturity, then only you can do it. Sometimes it is very important, but the way you do it, with what dignity you do it is very important. But one has to learn that also: you have to learn how to say it with sternness and with strength that you shut up now. You are not to say a word, and only saying this will make all the negativities run away. At a point, one has to say, that's what I feel that when you grow in this atmosphere here, let you find yourself which is also very, very strong as well as forgiving.

You know that your Mother's nature is Atisoumya, Atiroudrya; She lives in two extremes. She can be extremely gentle, and she can be terrific. And these two qualities you should also imbibe, but it should never be directed against your own brothers and sisters, you don't direct all destructive forces. But against the negativity, because the time has come for us to fight. The time has started now for us to fight these negative forces and for that we all must take up strength within, you see compromising with them and all that is not going to help us. So, the strength must be there, a dignity and with all understanding and discretion you have to tell.

But I have seen mostly negative people will stand up and say, "You shut up, you go away". So, the positivity should reach that stage where you are matured and when you just say "stand up and shut up", it means something. That's a part one has to play. One has to accept we are not going to run away from our parts and some time, as I said, you have to take swords in your hand. So, this is a very courageous role full of valour. It does not mean that we are cowards, or we are weak people. We are very strong, extremely powerful people and you have tremendous power.

But you have the greatest power is that of forgiveness, but behind that forgiveness, there is no weakness. What is the forgiveness of a weak person? He has to forgive in any case. But the strength of a Sahaja Yogi can forgive. So, if somebody says something against the divinity itself, you have to stand up in a way, in a dignified way. And use your discretion and if necessary, you have to tell them that "you are in for trouble". This much I can say. Because this is also an important part where, step by step, as you are growing, you will be amazed that as you are flowers, you are also the thorns that have to protect the flower within. We have both roles and we are not to avoid anything that is within us, that is our part.

But the only thing is the channelising, this is very important and this subtle point we must understand. Mr. Chavan is a very, very competent man and he knows how to handle situations and things. But to him also and to everyone, I am telling, if you find anybody, any Sahaja Yogi who is deviating from the path of Sahaja Yoga, you have to tell him, straight on the face that, "This is wrong. This you should not do". And you should support a man who says that, it's important. Because all of us must join hands together to find out the weaknesses that we have and how to get rid of them. It's very important.

Because unless and until we take a strong attitude towards ourselves and towards our whole collectivity, you don't know there is such a tremendous force collected against divinity that we may give in. So, let us build up ourselves also with courage and with the full idea of our powers of divinity that we have within ourselves. May God bless you, it's a very good point that came up, I am very happy. Mr. Chavan is a very good leader, a nice man and compromising and a very powerful person. He comes from a community which is known for its valour and so he is so strong because, he has built up himself like that and such a person will have patience and everything he can have, but to a point, to a point. Then you have to come out and tell off people, Thank you!

[Shri Mataji explaining the same in Marathi]

Mr. Modi: [Ask a question in Marathi]

Shri Mataji: This is a primordial question. He is asking why it is crossed here, see at the Agnya chakra, why it is crossed? What is the need to cross it at this point? You could have had it straight you see, so there is no problem of crossing. So, I said that this I have done so I better answer because nobody will be able to answer this question. [Marathi]First I will tell in English.

You see, the Agnya Chakra is placed in charge of both the things, is one is for Mana (superego) and also for ego. Now, how do you control these two things? They are to be placed at one point, how do you get a point out of two things? Unless and until you cross them, it is simple mathematics; you have to cross them at a point where you fix up one centre. And this one centre should be able to control both the things.

Now you might say, why not have two centres? Because see, they are so interdependent. If you raise ego your superego goes down. If you raise your superego, the ego goes down. So, they are so interconnected that it has to be one point by which you can control both of them and put them in the balance. Now, another problem is that if it is crossed, you see we are not stopped by that. The basic problem is that how to control both these things, and that's why it is placed here but you must know that this crossing doesn't stop your movement of the Kundalini. Because Kundalini rises in the centre not on the sides. When these two are crossing, the centre in between here is inside the thing.

Say, for example, there is a crossing between the two bores [unclear] and both the bores [unclear] become open like this, like this, so it can always open, no problem. But the communication is there, but this opens out properly, but why this is closed is the point. It is closed because of the extremes of one another. This is closed because this one is more or this one is more. Now, if you can somehow reduce the pressure and bring them into a balanced way then this opens out. Now, how do you do it, very simple, that supposing your ego is more, what do you do? Left side to right side, right you do seven times. And now see for yourself raising your Kundalini if Agnya opens or not? Supposing your superego is more, you can feel it. Then you raise your right to your left down, right? Now you balance it and so that the aperture opens out. When it is in balance, it opens out automatically. That's why it is crossed, otherwise you cannot control it. [Shri Mataji explaining in Marathi]

This is opened like this. When it is in balance it opens like this. When it is in imbalance it goes like this or like that. Both the time it closes down. So only by closing it down, you will know, which side it is, otherwise you would not know. There are so many ways by which you can open it also, you know that. If it is the superego, you know which mantras to be said. If it is ego you know what to say? How to raise it? How to get rid of your ego? How to get rid of your superego.[In Marathi]

Yes. Come here, come here.

Sahaja Yogi: My question is when we are just beginning to be in Sahaja Yoga and we are just beginning to cleansing ourselves, I am very, I don't really know how I have to behave myself.

Shri Mataji: Behave?

Sahaja Yogi: to behave myself, means how I have to act when I don't know. So for example when I am, do I have to work on people already and for this problem, I can feel that I can catch really easily negativity from people, even when I do bandhan and all the advice. And that's all.

Sahaja Yogi: Whom you want to ask this question?

Sahaja Yogi: Warren.

[Shri Mataji explaining the question in Marathi]

Warren: If I follow the question correctly, he is wanting to know how we deal with a person when we are giving awakening and self-realisation, particularly as it relates to problems of we younger Sahaja Yogis who are prone to catch, prone to maybe get a little caught up from these problems. Am I correct Mother, is this the question?

Shri Mataji: Yes, it is.

Warren: So, what we have found in Australia and I can only speak from my own experience, is that first, we pray to the Mother that we will have the strength to be the transmitter of these divine vibrations and the way we do this is as you know to first of all put bandhan around ourself, to protect ourself and bandhan around the other person. This is simple, we know this. And then of course to put our attention on Sahasrara. So that our Chitta is correct and then ask of the unconscious where that person is catching by using the very simple device which Mother has given us of asking and then our own Kundalini comes to that chakra within our own being and then we put a bandhan to that chakra and in so doing we are putting ourself in collectivity. And by collectivity, we are able to remove the blockage or the badha or whatever the problem is.

But of course, this depends upon how strong the Kundalini is in the person who is giving, how strong the Kundalini is in the person who is working on that person, it depends upon how much the antaryoga is working, how much the inner yoga is working within that person, how strong the desire from Mooladhara is working, how much it is reflected on Sahasrara, how far are we growing as Sahaja Yogis? And so we will find that every case is different, but one thing is for sure that as you grow, as you surrender to the Mother, as your attention seats itself on Sahasrara,

One thing is absolutely certain that you will catch less and less and less as the time goes by and your confidence will grow. And as your confidence grows, the seat of the spirit at Sahastarar will become more permanent. The Ganesha shakti will grow, Kundalini will rise with greater force, the tendency to catch will diminish and all of these things which we all have experienced. Every one of us has experienced these very things that you speak of Alexander, it is a real problem. But it is a problem which is able to be solved and it is solved by the grace of our Mother, who as time goes by, as She nurtures Her children and as we grow in knowledge, and joy and love. So, to all of these things just happen, they just happen in a Sahaj way.

So, a little patience, a little time and you will find that the confidences displayed by Dhumal, Chavan. Just put your attention on other person and it just happens, that's all they do. We have to do a little more but with time it does grow. So be patient, learn the little tricks that Mother has taught us, do the things that we know we should do and very soon if you keep your attention here and you surrender to the Mother, it all works out. This is what we keep saying to people in Australia, it will all work out but it is rather remarkable in every case this place became almost one with which was hackney. But in an incredible way it has worked out. Thank you!

Shri Mataji: It's a very simple thing which is sort of still people are not knowing one thing for definite that you do not catch from anyone when you give realisation to anyone. It's a myth. It's just a myth. You feel you are catching from another person, actually it is you who is the one who is showing the catches. It is you who has the weaknesses. You will never catch from anybody else because it is given in purity. You know even the name of your Mother means immaculate and it's an immaculate awakening you give to the other person. The difference is that because a western mind thinks about it too much, that's why they catch. You just go on giving realisation, just you will never catch, you cannot catch that's my guarantee to you. But you catch only because when you are giving realisation you are thinking about it. You do not do it in thoughtless awareness. You should do it in thoughtless awareness.

This is not your brother, this is not your sister, this is no one, you are not interested. When you get interested in a person like she is your sister, he is brother, he must get it, must happen to your mother, must happen to your father, you are interested in people. Must happen to this one or that one, finished. Because they are part and parcel of you and their weaknesses show in you. But if you are not interested and involved into a person, you will never catch. No question. It's so beautiful, you just raise your hands. But because you think about it all the time.

See take a question of Mr. X, who is thinking he has problems. You have no problems at all, it's a myth, it's a myth. All your problems are nothing but myths, do you know that? These are all myths and you have to go beyond it. This is what Kundalini is doing is taking you out of all your myths. You have no problems. It's just that sometimes the superego has come up, sometimes ego has come up. Push that down, finished. You are beyond. You have gone beyond it. Now when you catch, you see you are thinking, oh you have this problem, this has happened to you. This is your past problem, future problems. This problem or that problem. You have no problems. First of all, know within yourself you have no problems.

Now you have become lights, you have to solve the problem of others. You have no problems at all. Now raising the Kundalini, nobody should catch. There is no need to give even bandhan I would say. But, supposing you think you have to give bandhan, don't show your weaknesses, see somebody is sitting before you, you show him weaknesses. There is nothing to be afraid of, the fear, the little bit of fear within you will catch. It is lacking [unclear] within you which catches. Just go ahead with it, but it doesn't also mean that you have with your ego. Some people have an ego, oh, how can I not give him realisation? That also is an attachment. All right, we tried, it doesn't work out get out, finished. This is the other side of it, you see I must give realisation to my mother, I must give realisation to my father. First attachment is like that, why? Who are they to you? Who are your brothers and sisters? Just forget it. You are people who are seekers. You are a category, they are not that category, if they were, they would have come to you. Go and seek outside on the streets, go and find out the seekers.

I don't give it to My children, I don't give it to anyone, you know that. I am not interested. All right, I have relationships, finished. But I am not bothered as far as their realisation is concerned. Those who deserve, those who are of the category you give them Realisation. But you will catch hold of a person who is a very dear and near according to you, then you give realisation to them and that dear and near comes back like a Scorpion and it catches you. Then you say I am caught up. No, you don't give realisation to anybody who is known to you, finished. Interested in your child, in your wife, in your mother, in your brother, they are not seekers. They have nothing to do with you. Just forget them. Give realisation to seekers, and not to people who are not seekers. Then you will not have any problems.

Then ego problem comes up when the seekers who are not seekers you try to give them realisation, you will say, "Oh God, the Kundalini doesn't rise". Oh, drop, drop their back, do this, beat them, raise it, then you catch. It is ego, you are catching on your ego and when you get frightened of somebody, you see a person whom you give realisation, suddenly you find that person shaking too much and then say let it be, I have nothing to do with you. I cannot give you realisation, finished. You better sit before Mother's photograph; you see if you can get realisation from Her.

There are people, I have seen, they said, "We will not take Mother's photograph, but you give us realisation". You should say, "If you don't want to take Mother's photograph, we have nothing to do with you. Who are you? We don't know you". You work on Mother's photograph first of all. Let them develop that dedication for your Mother. Why should you give them realisation? How am I related to them? How am I obliged to them? I am obliged to you, not to them.

So, do not force things on people, just give realisation to people who are seekers, who are seeking, who have respect for your Mother. You see you will never catch. Because if you are forcing, you are forcing because of your ego. If you are running away it is because of your superego and you catch on these two things. But you are just doing it because you are light, just throwing light, who can catch? Can this light catch any darkness because it is there, because there is darkness around, will it? When this little light cannot do it, then how can you the ones who are given the Ganesha power by your Mother, how can you catch? You are Ganeshas, do you know that? You are very powerful.

The only thing is, you shouldn't have weaknesses for others. It is only your weakness that catches, never the weakness of another person. Nobody can catch you. I have not made movies here, just dainty darlings, No. you raise your hands and you will see that they. But don't run after useless people, third raters, there are, there must be many people who are real seekers, work out with them, alright?

Sahaja Yogi: [Inaudible]

Shri Mataji: What, you catch between Sahaja Yogis also? What did you say?

Sahaja Yogi: No, No. [Inaudible]

Shri Mataji: But one thing, you have no problem. You see if any Sahaja Yogi comes with his problem to you, you tell him you have no problem. Just tell them, you see this is a style which western people have. They all have problems for nothing at all. Les Miserables! This is all due to thinking. You have no problems. What problems do you have? You have to solve the problems of the whole world, still you are sitting with your problems? You are the swimmers. The swimmers don't have problems, you have to save people who are getting drowned. Now the swimmers are saying we have problems, how to save? It's a question like that? You have no problems; you have no problems. Just forget it, you are put above problems, beyond. Believe me, believe me, believe me. All right, all right. Keep to that, all right.

Sahaja Yogi: [Inaudible]

Shri Mataji: If he wants you, if he wants you to help him. You should. Actually, most of the Sahaja Yogis suffer from over vibrations. Yes, you see always if a Sahaja Yogi says this is paining, you just catch hold of his hand and put it down like that and he will be all right, just like that. They all suffer from over vibrations, because you don't give it to others. Give it, please give it to everyone. I don't know, you suffer from that. Any pain you have anywhere, you ask somebody to put your hand there and take it out, finished. You, most of you suffer from over vibrations. I haven't seen anybody suffering from less vibrations. I have yet to come across one.

You have so much vibrations that you are not aware of it. One of you can give realisation to 10,000 people. Even in Paris. All right? All right, so now stand up for that and do it, do it. You have to do it. [In Marathi] This is the answer. All right, Warren, correct? You never catch. It is only you think, you never catch. You take it from Me. You have given realisation to so many people. Where are the catches? you are so much better. And if you don't get vibrations, then you will catch. Because you will have vibrations attacked here, attacked here and you will say "Oh God I cannot do it." You don't try to give vibrations to people who are negative people. Just don't bother your head, you are not to do it. See because you insist, so your ego catches, and you think you are caught up. No, it is your ego, you know this thoroughly, this is a useless person, why waste your energy? All right? You must be having some sensible people around, isn't it?

[Shri Mataji explaining in Marathi.]

Sahaja Yogi: Mr. Phaldankar has raised a question that people who do black magic or some sort of thing like that, what is the remedy in Sahaja Yoga for that? And Mr. Dhumal will reply that question in Marathi and afterwards Professor Chavan will say in English.

[Mr. Dhumalanswering in Marathi.]

Mr. Chavan: [Translating the answer in English] Now when we come across any person or who comes to you to seek help to get relief from effects of black magic, what one should do? That was the question. And the reply furnished was, now as far as possible, you first see there are any person in that family is practicing Sahaja Yoga. If the person is practicing Sahaja Yoga then it is all right, you may think of extending your help otherwise it is best to keep aloof from such persons.

Now when you want to extend help what are we to do? For the persons who practice black magic, they always first try to put bandhanas or try to tie up the deities which are being prayed by that person. So, our first job is to relieve that bandhana or that tying on the deity that is being worshipped by the person. Now how to do this? This can be done by our method of integration, so the deity which is being prayed, being worshipped by that person has to be put, the name of the deity has to be put in that mantra

and then in the regular fashion we can just integrate that name with that of the Divine Mother and thus by doing this, that particular deity, it gets that gets first relieved, then you have to work on the person.

So, the other thing is, now the treated person that is this is regarding that. Now we come to the person concerned, if that person is to be given treatment, first is that earthen pot treatment, matka treatment (putting seven lemons and seven green chillies in it), you know the way the treatment is given. So, this is the best treatment.

The second treatment is burning chillies (red chillies) along with little salt and mustard seeds. So, these three things put together, they are burnt in that house. Now, you will find, if they are burnt generally you will have coughing in the house. But if the black magic is operating in that house you will find that there is no coughing, you can breathe normally in that house. So, that is the effect of black magic. So, once that chillies and mustard seeds and little salt put together when they are burnt for a while, say 3-4 chillies that will suffice. Every day that treatment can be given for 3-4 days or 5 days depending on the intensity. As the intensity decreases you can just stop it.

Then the Kumkum, you have to always ask the person to apply the Kumkum on the forehead and on the Sahasrara. Then you can also ask, one thing is very important, the person concerned, you have to ask that person to completely surrender to the Mother. This is again one point I forgot and this you have to ask him to do this first. Unless he surrenders completely this won't happen. This is the most important thing. Because generally people call us or invite us for helping them out of this situation, but when we go they are not prepared to accept this first. And then they simultaneously ask that they should get relieved. Now two things cannot operate at a time. So, first the person concerned should completely surrender and then only you can extend the help. Thank you!

Shri Mataji: In addition to this, I mean there are so many other things as you know is to ask the person to beat with the chappals [shoebeating], and things like that, the relations can beat him with chappals or all these things as you know. How to burn the name of the person and all these things that you know about, how to get rid of these horrible negativities of the person which you can all work it out. It's not difficult. But better thing these things are not done by relations but other Sahaja Yogis to help them that would be better. So, this all you know. [Shri Mataji explaining in Marathi.]

Sahaja Yogi: I would like to ask this question to the members of the panel. It has been my observation during the last three years that in the midst of our dear Mataji in Bombay or in Pune or during her programmes, we draw hundreds of people towards Sahaja Yoga in the various halls where programmes are held. But after our Mother's departure we are not able to hold on even to the fifth of the gathering. I would like the members to analyse this and to tell me as to what should be done by us whether in Bombay, Pune, Rahuri, Delhi, in Paris or in England anywhere or even in Australia where the Mother would be shortly going. And I would also request our dear Mother to give us some wisdom on this occasion and some guidelines also.

Sahaja Yogi: [In Marathi]

Shri Mataji: A question was asked that why is it that when Mother is there we get thousands and thousands of people and when She goes away then there hardly any people coming to the programme and very few people stick on and what is the reason? And what should we do about it? Now, Dhumal has told something which also I may repeat but I will tell you something more practical, much more practical that will work out. He has said it's true that it is like a farming. You see when the farming, in the farming you have to look after the small little sprouts and then you try to make them grow into trees and you have to really bother about them and find out how they are growing and all that is very important and which is true what he says is true but how you can achieve it? Which is very simple as I will tell you.

First of all, when we have any programme say in the city or in a village, we all people who are Sahaja Yogis should form really a very strong intricate and a very dedicated group, absolutely and like CIDs you can call, or like very, very alert people. And we should sit down, Mataji is working out and your attention should be not to take vibrations or anything but sit around the people and be on the watch out who gets realisation and who gets it. You divide the whole group that comes in, in such a way that you get hold of some people, some people, some people here. Like say there are 25 Sahaja Yogis and say there are 500 people. Now

out of 500 at least if not at least 300 will get realisation. Now these 25 people should suddenly sort of surround those people who are around and take their addresses everything.

## 1981-0205, Introduction to Mooladhara Chakra

View [online](#).

5 February 1981

Introduction To Mooladhara Chakra

Public Program

New Delhi (India)

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

Today I am going to speak in general, about Sahaja Yoga and Kundalini awakening. 'Sahaja' as you know means SAHA means with and JA – born with you. But perhaps people do not realize what Sahaja actually means. It is spontaneous, but what is spontaneous? Spontaneous is not that, supposing I am going in the car and suddenly I meet somebody. I say spontaneously I met that person. Spontaneous means that happening is a living happening. It has to be a living thing which is spontaneous, it's a very mysterious word, that cannot be explained and that happens without any understanding about it, which is not possible for a human being to understand. That is Sahaja. Sahaja may mean it's very simple it's very easy, it is, it has to be. For example, God has given us these eyes, these wonderful eyes that human beings have got, that not that they can see the colour but can also appreciate it. God has given them a nose, which is so well developed that it can feel the filth. Animals cannot feel it. You have become a human being I have become human being and everybody has become a human being - become - from an amoeba stage spontaneously. Can you explain that? How it has happened? Further we can see everyday we see so many spontaneous things happening.

Today you go in the forest, you will see lots of flowers there, in the forest, in the wilderness. And tomorrow you will find lots of fruits produced by these flowers. Who has done it? Effortlessly the nature has done it. It's a living happening it won't happen in a dead thing. For example, this hall I have been visiting now, every year is just the same. The size is just the same except that some people have put some other colour or put some appendages that's all. Dead cannot grow by itself, there is no growth. It is not a spontaneous growth it is a growth of effort, that you have to put in things on top of all dead things to make it look bigger. In all the living things, whatever has been the living work by the living God has been miraculous you cannot explain but we have taken everything for granted. Or else, it doesn't surprise us that today we see a flower tomorrow a fruit we see a little seed growing into a huge big tree and we are not surprised at it, not at all its being taken for granted. This is the living work. See the system, the whole system of nature is in such a balance, such a balance is maintained, it creates different types of seasons one after the another. The sun moves from one tropic to another, it creates seasons, the trees are laden with leaves and suddenly the trees are left without them. All the leaves fall off automatically because the sun is going on the other tropic but the leaves have to fall down on the ground. Why? Because the nutrition of nitrogen has to go to the mother earth to be re-sucked by the tree. All this circle has been built up you see in the universe, how things are happening, we never even bother to see, we all have been taking full advantage of God's love for us out of His spontaneity. He has created us and also He has created us in such a way that we can enjoy His spontaneous love all around us but we try to see God, try to see God in dead things. If somebody has a big house people think God has blessed him, if somebody gets a big position they think God has blessed him but we never realize that these things which are not spontaneous which are through effort have been achieved are of no consequence as far as the joy is concerned. You give some money to a person, who is not used to money, immediately you will find he will go to the race course or he will start drinking, he can't bear it. When the riches grow too much you see what happens. Affluence creates such a problem you have known that now you are very aware of it, how affluence has ruined the spontaneity of western people, how their society has become malignant, how they are unhappy there is no love. This spontaneity within us is worked through the living force that is within us and not through the dead. Whatever dies within us, is pushed aside. Sahaja Yoga is the culmination of that living work by which you have become a human being and now the time has come for you to become a self realized personality, the time has come.

Many people asked me today in the press conference, "what is Your purpose, what is Your mission?" It's most surprising as they asked all the political leaders they were asking Me . The time has come, the time has come for you to get your self-realization. You are ready for it now. This is the time when the chaos is at its maximum level. , where people understand that these pursuits

of wealth, of power, and other emotional possessions are of no value, where the pressures and tensions are so great that man is seeking. In every country I find thousands and thousands and thousands of people seeking, even in our country there are people who are seekers. That's a category now developed, it's a category, like a flower is a category on the trees, different from other parts of the tree, in the same way a seeker is a category which is different from the other parts of the world. He is not satisfied with what he has and he has started seeing through that there must be something beyond. This is not the end of it, only such people are welcome in Sahaja Yoga, those who are not seekers cannot be forced into it, it's a spontaneous thing.

Now this has been promised in various scriptures, that this has to happen, as old as nalapurana – I don't know if you have read it or not because these modern people don't read all these puranas you see, we think it's all too ancient for us to read, it was said that when kaliyuga will be at its worst, harass (not clear) [unclear] the human beings at that time those people who are seeking god today in the hills and dales will be born again and they will get their self-realization. You will be amazed that in England which we don't think in any way spiritually rich country, Indians at least don't think so, at least they feel that they are very spiritually rich. I wonder if they are really, but if they are I am not surprised at it because you have such a great heritage, if you have not forgotten it, you are the best to get your realization, you are the best suited for that, you have that sukrut (Sanskrit word for good deeds) behind you, you have that big right to get it. How far Indians are seekers, that's what one has to see (some Marathi in middle).

Now the problem is, (let it be – not referred in talk) when you are a seeker when you are seeking God which is the way to do it, how to do it, because your parents told you that you are Muslim or a Christian or a Parsee or Sikh or something you just become that but by doing any of the rituals or any one of the things that your parents have told, you still feel that there is something more that has to happen and what is that, which is the missing point, that we have to know within ourselves. Today I am happy we heard such a great song, by such a great poet, Kabir and that as he has said it and as everybody has said it, Christ has said it, Mohommad Sahab has said it, all of them has have said it, that it is inside you is the lord, is the Rama, is the Shiva, is the paigambara or is the what they call the Allah, then seek it.

Now, we start singing the songs, we better seek and you better seek and we must seek. By singing the song are you going to seek? Now how do you seek then, Mother? They ask Me, "How are we to seek God?" Is there a way and method, how did you become human beings? Effortlessly without any effort! Only thing was that you exposed yourself to nature and nature created you, you call it nature or God it's just the same, in the same way it is the job of God almighty who has created you, to give you your meaning. If I make an instrument like this, it is My job to tell the person, what to do with it, how to put it to the mains and how it is to be used, in the same way it is the job of God almighty to do it and He knows how to do it. So, one may say, what should we do about it? What is the way to achieve that? Again, we are on the effort, actually, what we have to do is to be in the center. You must lead a moderate life, you should not go to extremes, if you go to extremes too much, then you are taking your attention away from the spirit. You have to keep in the center, you have to lead a very normal life. As Kabira has very clearly said that I do not go anywhere. He was a married man, he keeps in the center, don't have to use any extreme or exterior things, to express your spirituality, it is within yourself that you will find it, keep to the center. It is absolutely practical, it's common sense, Think of a car which is not having its center of gravity at its center but is moving at a tilt, think of a boat that is tilted, anything that is tilted too much gives an imbalance, so to keep a balanced life, to keep a moderate life in the center, be very, very normal, that's what everyone has said, because that's what it is. By keeping in the center only we have achieved our evolution. Always if you see the tree you will find the sap of the tree rises in the center, all living work takes place in the center, even your social and economic activities takes place in the center, even as we call it Delhi as the central government.

So you have to keep to the center of your behaviour, of your living, of your styles, of your thinking, do not go to extremes, this is the first thing they have told us.

Today they asked me a question that Mother you have cured so many cancer patients, I have no doubt and cancer can be easily cured so many diseases can be cured by Kundalini awakening but how do you get cancer is the question they asked Me, I said, by going to extremes by going to extremes only you develop all the problems. Even in your religious duties you go to extremes, when you go to extremes you go away from the center path, that's how you get caught up on the left or the right-hand side which is shown here, I don't know if you can see it, which is very important to see.

Sahaja Yoga has been described by all the saints especially after Adi Shankaracharya. Has very clearly talked about it. Before

that it was kept as a very sacred and a secret science because there were very few people who could be given realization but today it is not that I am talking to only Arjuna or to a few people here and there to selected but it is open invitation to all the people to open their eyes to this subtler knowledge, to this the real power of yourself that is with in you. Now when we have become human beings, we have gone through various stages. All these stages are built within us at centers. These various centers lie within us within our spinal cord, one out of the spinal cord and two of them in the brain. These centers are there, who are the milestones of our evolution. When we were just a carbon atom, we were at the first center, Carbon.

I wonder how many people who know chemistry, know the beauty of Carbon. Carbon is made by mother earth and that is very important because it has a balance. Carbon has four valences plus and minus both. I know if you know chemistry you will know about carbon very well so it can give four or take four, it's such a balanced thing just in the center of the periodic table this carbon. Without the carbon life could not come on this earth, so carbon was to be created first and when we were carbon, we were innocent, complete innocent people. Innocence is the first thing that was created on this earth, and this innocence is represented within us at a material level or a matter level as carbon in the first center about which I will tell you tomorrow. What more things this center has and which is a very important center. Luckily in our country this center is very, very strong basically we are innocent people. Is a fact, you might think that Mother is trying to pamper our ego, we are innocent, but we have taken to ways of other people who came here and we thought that material development is the only way our country can improve and then we took to so many ways and methods by which our innocence is lost or is at least at stake. This innocence is within us. That's the beginning of our evolution, now while evolving gradually, we have got so many qualities within us, also we have something very special compared to other animals, and that thing is the ego.

First of all, if you see the left side, from the right to the left side, is the power within us which you can call as the power of desire, by which we desire, ichha shakti. You may desire anything, we desire so many things but we have to put in concrete action to achieve the results, so the other power we have on the left-hand side going to the right-hand side is the power of action. The left-hand side channel, which carries the power of desire is called as ida nadi and the right-hand side one which you see which actually starts from the left goes to the right is called as the pingla nadi. The first one is called as the chandra nadi the second one as surya nadi. The first one creates your mana, Sanskrit it's better to say manas you understand what mana is and the second one crates Ahankara. So the second one which is the ahankara which has come to us through our efforts, through our kriya, is like a balloon on our heads and that is the problem of today, the human beings have to face, of which they are not aware. The first power of mana is very simple. You desire something, you go on desiring and panning for it, desiring and panning for it, thus, you harm yourself, you start harming yourself and when you start desiring when you start using this power of desire. When you desire too much, you become affected by it. When you get affected you get all kinds of problems like depression and other mental problems I mean, people can become mad and all the psychological problems, which is described by Freud the great.

Now Freud being a scientist I would say a human being, he was a blind man, so he found something he said this is the thing, is the truth, that a person who suffered from any mental trouble is suffering because of his conditioning is a fact, but he only dealt with mad people, he never dealt with normal people. If you meet mad people that doesn't mean, that all the rest of the world is mad. The mad people are mad because of too much of conditioning is agreed, but for that another extreme could be that you should have no conditioning at all you go ahead with whatever you like. Thank God in India he never settled down. Many people tried to settle down here they did not somehow this country has a method by which it throws away all the nonsensical things, so Freud was not so much accepted except for some so called pseudo intellectuals who call themselves westernized. But in the West, they are so naive they accepted him, they accepted Freud out and out. So the question is what's wrong? Supposing you do this, what's wrong? This is the question they will ask "what's wrong in this? What's wrong in that?" In doing anything what's wrong? They cannot even understand what's wrong if there is bad relationship between brother and sister. Can you imagine? Indian persons can understand it, when you tell to an Indian man he will just laugh at this, its stupidity, so what has happened when they say "what's wrong in it, and what's wrong in it" they started developing their right side, their ego side, so if you neglect your conditioning or if you try that there should be no conditioning at all, people can become extremely ego oriented and all the West is drowned into it. They are so ego oriented that you cannot talk to him them, they really bark, they do not talk. Only when it is the matter of money, they talk softly otherwise they just bark. They are so ego oriented you can't imagine and you will be amazed we think that they are very united and that they are No they fight all the time. Husband will fight with the wife, wife will fight with the children, children will fight with the parents, parents will fight with the parents, it's all going on, they are all the time

fighting, quarrelling and arguing. You see any picture or drama that they make these days they only quarrel between husband and wives, you get fed up. The whole system work how to fight each other, no wonder they start wars also.

So, this ego orientation has gone to another extreme now, we had to develop our ego to a point when it came up to this point where the Kundalini can be easily pierced through, because first the superego was too much, so the ego developed and they have to meet in the center like this. If you keep a moderate life, then you develop your ego properly and a superego you are in the center and traditionally thank God Indians are better off, that's why I say they are innocent, but, there are people in India I have seen who are in charge of affairs who are supposed to be very educated and learned and professors and this and that they say the same thing "what's wrong"? Now, in India, we know what is susanskara is, susanskara there is a word like su which I don't know even in English language if it is but su – is good, we must have good sanskaras we must have discipline of our mind.

The concept of Indian life is chitter-nirodh- you must control your attention, shouldn't allow your attention to pass out, shouldn't allow your attention to spill out, from childhood we ask our children [unclear]

Where is your attention? Where is your attention? Where are you lost? Then Indian personality knows that your attention is not to be fettered. For example, in India nobody will boast of something wrong as like a theft, will anybody boast of that? But I have seen with my own eyes you won't believe, that in Paris there was a relay of a man who did a burglary in a big bank, see he burgled the whole bank and this fellow was on the TV and he was trying to show off as if he is a big hero, he was saying "yes I went there like this and I did like that" and he was explaining all this to the magistrate and while talking to the magistrate you saw it happening also with your own eyes because the TV was on him that he said how did you go to the window he just went to the window and jumped out and disappeared. Now I was surprised that he is made a hero there, people wear, the children wear his photograph as a hero, can you imagine we wearing somebody's thing as a hero who is a thug well known, who has taken away the money of the people who have put it there, the hard earned money of the people that's what's happening there.

Now we are also trying to develop ourselves, develop, we are getting sophisticated you see, so we may take to their ways may one day land up in the same situation where they do not recognize or realize, where have they gone, where have they reached. At that time, I would say, that you must see that you must have your susanskaras and the susanskaras come to you by listening to people like Kabira and Nanaka, listening to people like Tukarama and Gyaneshwara but not extreme people who teach something of extreme. They were all married people; they all have led a very simple life. Gyaneshwara was not married he died very young and we have got the greatest thing is Adi Shankaracharya, who has said it, that you reach a certain stage where you do not need anything but the grace of Mother, the grace is of Mother is only possible if you are a moderate person, if you are an extremist, you are away from Her and that's how it does not work out.

Christ has said that a rich man cannot enter into the kingdom of God because he is an extremist. He said a camel can pass through the eye of a needle but a rich man cannot enter into the kingdom of God. Why He said so? Because they are extremes, they will go to wrong type of people, where they can purchase a guru, then they can show off their money or they can use the guru as the lesion officer or some sort of a thing like that gives them ego orientation. Among them there will be some, few, of course who will realize the futility of money and will come to God and I feel now the modern generation in the West is that type, are the saints born there, these are the saints born in that country who are seeking God but we have exported all our thugs from here and also we are trying to enjoy the money that they lavish on our gurus, because we think we are earning foreign exchange but this is the kamai of Adharma and unless and until we check this our country can never progress we are not to be soft on this point, this is the thugai of other nations. They did it to us doesn't matter but we shouldn't do it if the whole world tries to cheat us doesn't matter we should not cheat and we know for definite that this is cheating still we are soft on this point because we think that's how we can earn foreign exchange, you don't know with such a kamai what can happen to our country.

Now in Sahaja Yoga which is described by all the great saints, today the time has come for it to become a Mahayogi. It has to become a Mahayoga, Gyaneshwara has described it, that a day will come that Sahaja will become Maha, means you will have a mass realization, a mass thousands will get realization which I have seen happening in the villages, in a kadus village, there is a place called kadus near satara, where people gathered, they were about six thousand, above six thousand and there were newspaper people also and all of them got self realization most surprisingly, all of them got their realization, its most

surprising it is going to happen in thousands especially in the villages because city people are westernized, difficult people. They think no end of themselves too much of ego, when I came here, I found, the whole of Delhi is suffering from ego, tremendous ego the Agnya chakra. I had to ask people to take out their vibrations to put that down. I don't know from where this kind of a myth is working, but we have to face ourselves as we are. We have to get ourselves corrected through Kundalini awakening.

Now this Sahaja Yoga is a spontaneous growth is a living growth, the Kundalini raises by itself and pierces the Brahmarandra, as described by all these people, shunya shikhar par anhad baji re , it's all described, I mean I don't have to tell you because you do not read these things you see you just sing this is what they have said I am doing today, I am doing the job of Kabira, Nanaka, of Gyaneshwara, all the nathapanthis who have preached that you have to get your realization of Christ, of Mohammad of all these people put together, of Buddha, of Mahavira of all these people this work has to be finished today. This is the time that has come, most surprising that in a place like England which I say you don't consider to be very spiritual about hundred years back a great poet was born I must say he was very great because he was such a prophet and he has said that this Mahayoga time is going to come, the most remarkable thing is that he has mentioned the place where I will be staying. What's the matter with you sir why don't you sit down disturbing everybody else please sit down you shouldn't do like, this you see you cannot come to this place and disturb is a question of your Kundalini I am trying to raise the Kundalini of the people and suddenly you shoot off there is no need to do it you see it's a very delicate work it's the Brahma Shakti and I have to take it through the brahman nadi when I am talking it's not talking I am raising your Kundalini and please don't disturb if you have to go you should go before it is not a cinema it's not a show, it is a living work, so please help Me don't disturb each other please it's a very serious thing and one has to understand one's own value that I am here to give you what is the most precious thing within you is your spirit, so please do not just walk off or because you are not entertained or something try to put your attention it's not such a difficult subject I am telling you, but try to understand that this is a very important time if you have come here, it's a great chance you better get your realization. As a mother I have to tell you that this is the thing you have been seeking.

I was talking about William Blake hundred years back he has written about this Mahayoga he said that the men of God, the seekers, I am saying it's a category seekers will become prophets they'll get realization but these prophets, these prophets will have a special quality in them and what is the quality, that they will be transforming others into prophet state There will be many prophets which will be created on this earth. But most surprising is that he has written it in such details that he has even mentioned the place where I lived. He said that the first peak that will be lit will be Surrey Hills where I lived first and about the ashram that we are having that Lambeth vale is the place where foundations will be laid in the ruins we bought a place which was all ruins to that extent he has said and he has said that London will be a Jerusalem, England will be a Jerusalem means [unclear] a kshetra means a pilgrimage. Imagine in hundred years back an Englishman has written about it, that means it's something is going to work out in that country, no doubt, but what about this great country of ours, which is a yoga bhoomi you are born in a yoga bhoomi do you know that you have a responsibility towards God where are you? Wasting your attention? The whole world is looking at you for guidance you are not interested, you are not bothered. Now people might say Mother if it is a yoga bhoomi why it's a poor country it is better that it is poor than to be rich like these stupid people, abroad. Krishna has said that yoga kshema vahamyaam first have the yoga and then the kshema. He didn't say kshema yoga. He said yoga kshema first you must get yoga, you first get your realization then the kshema that is the way it looks nice, it glorifies you, in Hindi we can say rajta hai, otherwise it's odd, it's funny, you look as if two horns have come out of you, you elect somebody as a member of parliament immediately you know he must be something the way is nose is the way he walks the way he talks brushing everyone. Make him a minister, had it never see his face again The cursed man would go there it is like that a very good man can be ruined with power, a very good man can be ruined with money, you have seen people who get money suddenly they forget their parents, they forget their country, they forget about everything.

All kinds of horrible things done in the name of money. Bribery, corruption everything is done because we are not realized souls, if you are realized souls you will not just do it at any cost, all your efforts to improve honesty of this country is not possible unless and until you get your self realization through Kundalini awakening by which your transformation takes place and person develops his own personality then he has no such temptations and his whole being changes and he becomes samarth sa ma artha. He becomes the meaning of what he is, he is, is no more misidentified with anything, he is not bothered and then the Laxmi tattwa is also enlightened and his material problems also gets solved an extent not too much again you do not become a lakhopati because that's foolishness and [unclear]. But you become so well off that you are absolutely satisfied with yourself

with your material being and you do not ask for anything. The whole thing changes completely when you are sitting before me you are asking then you are change your form you are here, you are giving like the light when it is enlightened what does it do, it just gives light. Till it is enlightened it is the seeking once it gets the light it gives the light. Like all the great saints have done it, the only difference is that the saints were born at such a great height but whenever they talked nobody listened nobody recognized them everyone tortured them when they died. We have big big, organizations, big big religious cults and religious things and big big churches and temples and all things that we have built in their names when they died when they lived nobody bothered, nobody.

So, today the time has come for you to get this absolute within you, by which you will recognize the real and the unreal. Not only that, but your powers of your Spirit will manifest by which you can do wonders and wonders about which I will tell you later on, in other programs which you are going to have. I hope you will continue to come and bring more people for it. Every time I try to raise your Kundalini and try to establish. But after Realization, when the germination has taken place, when the seed has sprouted, you have to be careful at least for seven days, you have to be really careful about it so that you do not get into your mess again. And after that, if you are - you follow it properly, there is an education you need for it.

The effort, you may not need it before, afterwards you have to little bit educate about yourself to understand what do the chakras mean, where they go what are the points, where they catch, what diseases are caused by this, by what problems are caused by this, how to get rid of them. All this knowledge you should have.

Now we have, you see here, we have lots of beautiful people from Australia, England and from France and other places. They all have got their Realization and they have established it.

Many people have got Realization. Last time also, we had people who got Realization. I meet some of them on the street they say, "Mother, we are all right but the vibrations are lost". We do not have the values its 'amulya' it is invaluable! That is one thing you must know you cannot pay for God. It's an insult, can you pay for your mother's love? It's an insult. All those who have erected huge building places taking money for God. All right. If you want to build a house you can build it call it ashram call it anything it's a dead stuff, but you cannot pay for your Realization. You cannot pay for your Realization that is one thing which is definite.

Now what all the things happened to you, I will tell you. From tomorrow onwards and I am here for some time please little bit, try to have your self-esteem. You are not ordinary people who were born in this country and that you have to achieve your depth. If you- when you go deep into it suddenly you will find that within you lies the great power of your 'punyas' that you have achieved in last lives. You have to just go up to that point. First, Self-realization and then your own depth you have. Seek once you get into it, you just get it you are there and you start manifesting it. You will become the guru yourself. You will know everything by yourself.

This is the promise of this Maha Yoga. I hope Delhi people will understand it and all will be able to achieve their Self-realization in this visit of mine, it is very important. Time is very important, it is very short, I think, and people have to realize it: this is the Last Judgment that is being promised. Only through Kundalini you are going to be judged otherwise there is no way out. This is the Last Judgment and don't miss it, the time is running short. I am telling all the people that, "Please be careful, bring all your friends tell all your people, get it for yourself and be established. And enjoy the beauty of the Spirit and enter into the kingdom of God, who is your very, very loving Father, who wants to give you this".

May God bless you.

The Kundalini will rise by itself, don't believe in people who say that it cannot be done, of course it cannot be done it's a very difficult accepted, but maybe I know the job very well or I have the authority perhaps my be and tomorrow you will have the authority to raise the Kundalini you all will have the same. "Haan aa raha hai naa ab aap jaa rahe thee haan", put your hands like this, Don't disturb others alright, please put just your hands now I would say that on collective being I find that your right side is over, over active so you have to put it down first of all before doing anything else please put your left hands towards Me, left is frozen but right is, put left-hand towards Me like this, left only. Now you take from the left raise your right-hand like this put it up on the head and put it this side throw it out again do it twice throw it away again do it thrice and throw it away four times and throw it away five times six time and seventh time ... theek hai [Ok]

Now put your hands towards Me. It's much better.

[Part translated from hindi]

In this there is no questions and there is no answer. It happens when it has to happen, and it does not happen when it does not have to happen. There is no discussions about it. It is something which belongs to PARAMATMA. When it has to happen it will happen to whom it should happen and it happened today for the persons who were deserving. The people to whom it happened must understand that one should ask PARAMATMA for it. In this you cannot fight. There is no fighting of any kind. By discussing you will not get it. This way you are only wasting the time, and there is no meaning in wasting the time. Above all people, here don't know anything about Kundalini, and that's the big problem, because for you we have to start from the beginning. Like in Maharashtra, everybody knows where is the Kundalini! What is the chakra? etc. They know who is Dattatreya! But here people don't know anything. It is very difficult job. So first you get your realisation, then I will explain. Like that in the room when you entered you were in the dark, so first put on the light, after we will discuss. Is it ok?

## 1981-0206, Swadishthana Chakra

View [online](#).

6 February 1981

Swadishthana Chakra

Public Program

New Delhi (India)

Talk Language: English | Transcript (English) - Reviewed

[English from Hindi translation]

You have requested to speak in Hindi. The thing is that it was decided that in this place I will speak in English. The reason for this is that till now I have not spoken anywhere in English in India and the guests who have come so far have not been able to hear my speech. So told them that here I will talk in English and when in temples or I think the speeches that are going to be held in the Vidyapeeth of Delhi will be in Hindi language only. So please, if you come in other speeches, then I will talk in Hindi. Hope you people do not feel bad because they are guests, a little bit of them should be taken care of. Although you all understand English a little bit and I do not speak such difficult English. If you have any questions then I will tell you. Sorry about these five-six lectures that I am going to give in English.

[English Transcript]

Yesterday I talked to you about the subtle centers, which exist within our being. The knowledge of this was known to Indians, to many Indians thousands of years back but, they did not disclose it. There were two types of people who became aware of the higher powers of Nature. One of them were the people who thought we may be able to excite, the Nature itself, so they started worshipping all the five elements, through the Veda mantras and all that. They tried to awaken the five mantras the result of which we see today is the manifestation of science, that they have been able to harness the energy of those five elements.

The second type of people, who became aware that there must be some force which is giving us evolution, they started singing the praise of God in bhakti, and requesting God to Incarnate on this Earth. These were the bhakti margis (bhakti path followers). That is how, in the Virata, in the Primordial Being, there are two forces as there are in the human beings [as] I told you yesterday. One is the emotional force, which is the bhakti, which gives us existence. This is the force through which the whole Universe was conceived, was desired, and in our Sahaja Yoga terminology it is called as the 'Mahakali Shakti'.

On the right side of the Virata, as we have in the human beings, is the power of action where He uses all the five elements to create – is the power of Mahasaraswati according to Sahaja Yoga terminology.

The third force, that did not operate so openly, started thousands and thousands of years back in this country, where people started giving Ishwara pranidhaan is the basic of hatha yoga. That is to establish Ishwara (God) within you. First the Ishwara must be established. The light of your Spirit, your Atma must be awakened, and then, the cleansing must be done. And people must be established into their Self-realisation. This line of action was taken for very, very few people, extremely few. So much so that after Buddha, when Vidditama, one of his disciples, went to Japan he started a cult called as Zen which is the same as Sahaja Yoga and there, they have mentioned that in six centuries they had only twenty-six kashayapas – means the ones who were Realised. Even Indra was given realisation. Even Brahmadeva was given realisation. So, it extends up to the date when Brahmadeva was created out of Shri Narayana, Shri Vishnu.

To us, all these Deities are mythological things. Actually, they became mythological because when people started talking about the flower in which the honey was, people started worrying about the flower. They are more worried about the flower than the honey. So, then the people came up, like Buddha and Mahavira, who said, "Better not talk about the flower at all." If you talk about the flower people get stuck up at that point. They go discussing, arguing and also getting into rituals which were dead. Just

trying to do some kind of a dead work, and the progress of their being was completely, obliterated and they could not go any further with it. It was then desired that something should be done to overcome this hurdle of human beings by which they get stuck up to forms.

So many people on this earth came as Gurus, as real Gurus, the manifestation of this great principle of the Primordial Master [which], as I told you yesterday is called as 'Dattatreya', came on this earth many-a-times. And they tried to establish within us our sustenance our dharma with this central force of evolution. It is only through establishment of sustenance that we can evolve. As I told you yesterday about: carbon has its own sustenance, gold has its own sustenance that, gold is not tarnishable; in the same way human beings have their own sustenance. These Gurus came on this earth to establish that sustenance within us. All of them are the incarnation of the same Spirit: like Raja Janaka, he came as Nanaka also Mohammed Sahib was the same personality; absolutely the same personality as Guru Nanak. There is no difference in their personality, just the same, that's why Guru Nanaka came on this earth to tell people that you should not find (discriminate) on this basis of Hindu and Muslims. Because He realised as Mohammed Sahib that He had done a mistake. To tell people that all human beings are just the same and one should not, force things in this manner. Actually, the whole thing gets perverted as soon as the disciples take the place of the Gurus. Thus, we had the middle path built in by the Gurus, in the center of our being, called as The Void.

The first chakra I told you about is the center of innocence. It is bestowed upon us by the Deity of Shri Ganesh. These Gurus did not talk of the Deities too much because, as I told you, people were talking more about the flower than about the honey so they said, "Talk about the nirakaar (formless) talk about the formless by which people will pay their attention to the formless." But still it became talk and talk and talk. When they talked about the flower, people got stuck up with the talk about the flower and when they talked about the nirakaar and formless, they got stuck up with that. So, human beings are such that they get stuck up with their thoughts which are limited, coming from a limited area of their intelligence and their rationality. So, what was rational became a problem for saints to give realisation. So there again was a revival, at the time of Shankaracharya. Again, Nanaka came and talked of nirakaara. Like that they were trying to bring the people closer to reality by telling them, "Now forget this, now take to this," "Forget this, take to this." Somehow that, by giving up things, they might be able to reach the reality.

Now the center of Mooladhara is a center, is the Mooladhara chakra. One has to understand the importance of this center being separated from Mooladhara itself. Mooladhara is the place where the Kundalini sits – is in the Sacrum, is in the bone called Sacrum. 'Sacrum' means sacred. That means even in Latin language it was called as a sacred bone. That means they knew that there was something sacred, holy, about this bone. It is said that when the body burns, the whole-body burns, seldom does this bone burn, and if it burns, it requires very tremendous heat. This triangular bone had this power within us which is the power of Kundalini, which creates the whole being still it remains the whole, that's why it is called as a residual power of Kundalini. Now this Kundalini resides there for ages together and it comes back with you whenever you are born again. She's your Mother. She has been your eternal Mother. She is your individual Mother. You do not share her motherhood with anybody else. She is the one who has loved you all your life and She's anxiously waiting for a moment when She can give your second birth, your punyajanma.

Now, such a Kundalini, how can She be dangerous? Many people have told me that they have read some books which say that Kundalini awakening is a very dangerous thing. I have also seen some of the very, very old books written – so big as that – with such ignorance, saying that Kundalini is in the stomach! I was surprised that, when you don't know anything about it, why should you write? Kundalini is not there, She is in the Mooladhara, and the Mooladhara Chakra is protecting the Mooladhara. You can see with the naked eye, when you come to Sahaja Yoga, the pulsation of the Kundalini in the triangular bone if there is an obstruction above; but if there is no obstruction the Kundalini just shoots up.

Now this Ganesha chakra is very important, as I told you yesterday, because the first thing that God created was innocence and this innocence is Shri Ganesh. It's so delicate, it's like a flower. If you try to play about with your innocence Ganesha just gets angry with you or He sleeps off. Now, these people who have described the Kundalini being troublesome or coming up as a lightning or giving you kriyas, as I told you yesterday, are the people who are naïve. They don't know how to handle the Kundalini and that's how they have made mistakes. By committing these mistakes, they have been so popular people like people who have committed mistakes and telling something wrong. All these things happen because you have no idea as to how to handle the Kundalini. It is Ganesha who gets angry, not the Kundalini. It is he sitting down there [that] informs the Kundalini that, "Now you

can rise because there is somebody who has the authority to raise you.” Now Shri Ganesha is a very important deity within us. Shri Ganesha is made by Mother Earth. Mother Earth has created him. Mother Earth has got the power within itself as magnetism. Magnetism is the power of Mother Earth. This magnetism within us resides as Shri Ganesh. We too have this magnetism within us. The birds have this magnetism within them. The fishes have this magnetism within them. When the birds fly all the way from Siberia to India, how do they do it? How do they know the direction which way to fly? They have this magnet within themselves and that’s how they can fly. They are innocent, animals are innocent. Only the human beings have the freedom to completely destroy his or her innocence. A person who is absolutely innocent has a great sense of direction. As soon as he is misdirected, immediately he knows where it is wrong. But once the Kundalini awakens, he gets a [sense of] direction so enlightened within him that immediately he knows within himself that: this man is not a religious person, this man is a thug, this man is a good person or this man is a Realised soul.

This center is very important for all of us. By God’s grace India has got a speciality as far as Shri Ganesha is concerned. As I told you yesterday that Indians, on the whole, are innocent people; on the whole they are innocent. But we have really tried to destroy it by getting sophisticated and over-intelligent. This center is to be preserved and to be maintained through Sahaja Yoga practice after Realisation. There are certain asanas which are to be done. There are certain mantras that are to be recited to keep this center alright.

Now the second center that we have within us is the Nabhi, which is placed inside The Void. It is the second in creation, that’s why I call it the second. Through it arises the third center called as Swadishthana center. Now the Nabhi center has got ten petals, it has got ten petals. In the same way, the solar plexus, which is a gross expression of this subtle center, also has got ten petals or ten sub-plexuses. Now this center controls most of our digestion on the grosser level and basically it gives us evolutionary power by which we have evolved. Only through this center we have evolved to be human beings. In the animals or in the very, very small animals, even in the unicellular animals like amoeba, it acts like a seeking. They seek food. Basically, they seek food. As they grow better and better in their evolutionary process then their seeking changes from one to another. Even in the human beings the seeking has been first to overpower the nature, then overpower the human beings, then affluence, money, possessions, emotional possessions. All these seekings have been in human beings. They all came to you through Nabhi chakra. But as I told you yesterday: anybody who gives up the path of moderation, falls into the trap of left and right and goes into the two areas which are built within us. One on the left is called as the collective subconscious and the another one on the right hand side is called as the collective supraconscious. So, all the extremes of the Nabhi Chakra can be very, very difficult. For example, those people who fast, just for fasting sake: it’s alright, sometimes one should fast. In the name of God if you fast it is all wrong because God never wants you to fast. This is something wrong that you want to torture your body, for what? Like people who want to call God would like to sort of stand on their heads, stand on your one leg and do all kinds of torturing things. This is the way; we deny God’s existence and His love and His affection. If He is there, we are going to meet Him. What is there to fast and put him into trouble by making Him unhappy? If you want to make your mother unhappy you do it this way: “I will not eat my food.” And that’s how the mother gets very upset. So, there is no need for anybody to fast in the name of God. If you have to fast then you can fast for your health or for your stomach trouble because you have eaten too much – [that] is a different point. But there is no need to believe that fasting for God is a good thing. The fasting takes you more to the right hand side of the Nabhi Chakra by which a person might become a very dry personality, extremely dry. The more you fast the drier you become. Such a person the day he fasts actually they fast, thinking all the time about food. What thing are we going to eat while fasting what after are we going to eat. So, the attention is all towards food, no doubt. But this kind of a, pressure or zabardasti as you call it on yourself pushes your attention to the right hand side. By that you enter into the area of collective supra conscious. Fasting people become emotionally dried up, their emotions become dried up, because only the right hand side is the action towards it takes place, but the desire is not fulfilled, and that’s why the left hand side is frozen.

You must have heard of so many, seers we have had so called rishis who were very hot tempered. They used to curse people they used to just bhasmisa just make them into basmas and they used to just curse such people. These were the people who developed the power of the surya as they said. Like surya they became because this was the surya nadi and they could by their power could just kill anybody they liked. Now this is a power which is extremely destructive. It does not give any kalyana to anyone. It is of no use, you become such a person that you look at someone and the person becomes ashes. Imagine, you have been made human beings, with such difficulty, from amoeba you have come to this stage, now anybody who tries to do such

tricks is absolutely anti-God. He doesn't understand the purpose of God, he doesn't know where does he play his role, he becomes a destructive force. So, these are not powers but these are negative forces and how they work out, how these forces come into us that I will tell you later on.

Now on the left-hand side the people who are too indulgent into food, they eat too much they are lethargic and they are all the time thinking about eating, eating and eating. Such people pass into the left-hand side. This is also a very dangerous state. When they go on to the left hand side much they are again attacked by the collective sub-conscious and you may develop any disease accordingly.

But the third chakra which is Swadishthana, is very important, because this is the center which revolves round the Nabhi chakra, and the main work it has to do is to convert the fat cells from your stomach for the use of your brain. When you think, you have the use of the brain cells but they are to be replaced and this replacement is only done through the help of the Swadishthana chakra in the stomach. I think the medicine people do not know about it, if they had known about it they would have cured many diseases. Because it has to do this important work, and when you start thinking too much, planning too much, then the work of this poor Swadishthana chakra increases, to such an extent that it neglects other centers, other, you can say, the other functions that it has to perform. The other functions are that it has to look after the liver. Now liver is a very, very important organ within us. By liver we sort out all our poisons, all kinds of poisons are sorted out by liver, and the poisons are liberated in the blood stream as heat. When you have too many poisons in the body, then you get your temperature and it is evaporated from your skin. That is a natural way the liver throws out all the poisons within your body. But when the liver is out of gear it does not. Those people who suffer from liver do not get temperature. Cirrhosis of liver, even cancer has the same principle. In cancer also you do not get temperature. The heat of the body is not eliminated because cancer cannot be cured with the people who have such a bad liver. It cannot be sorted out because the poison of the body cannot be taken out and these people never get temperature. That's why one can never know if one has cancer till it reaches absolutely a galloping stage. There you might get a pressure because of other reasons. But the first indication that a man gets from his body is the temperature which never rises with cancer.

Now this same center Swadishthana is to do other jobs like looking after your spleen and your pancreas, your kidneys and your uterus. Now spleen is a very important organ again which we neglect in these modern times. One has to understand what is the specialty of spleen. Spleen is the speedometer within us. It controls our speed. These days if you find people speak so speedily that you don't know how they are speaking it goes telescopically. They walk so fast that if they have to go to the station, you'll find them in the other station. They are so ahead of time that it is impossible to connect them with the reality. Now this speedometer is the spleen. Supposing when you are having your food, we used to have a very good system even, in Bengal the husband would be sitting eating his food and the wife would be fanning him and the fanning would determine the speed of the person's eating. Now, she used to control. And another thing is that, say even in Maharashtra people are eating they say saukash slowly, slowly, have the food slowly. They go on saying. It may look little funny to some people but it is so that saukash saukash go on slowly, there's time, there's time, don't be in hurry. But these days the way we eat our food is responsible for creating problems like blood cancer within us. We do not realise how blood cancer is created within us because I told you yesterday, I will let you know how cancer is created. Now this spleen has to work out all the emergencies within us. Supposing we are eating our food and suddenly we have to run out. It is already producing more blood cells for the consumption of the food we are having. Then suddenly we want to run, we want to run then it has to produce more blood cells. Supposing at the time, many people have a habit of reading the newspaper at the time of eating the food, it's very wrong idea. Absolutely. Because you know newspaper are the most ashuba things that you can think of in this world. One should not read any newspaper in the morning if you listen to Me. They're absolutely inauspicious, because they always give something horrible on the front page. It's all so sensational that they don't want to give anything that is good. And once I had an interview with one of the journalists and I said: 'Why don't you give something about Sahaja Yoga, because we are doing good work. People are getting out of their drugs and they are getting cured and all that.' He said: 'This is doing good; you see it's good but this is no sensation see.' They said that when the plane arrives in time in London nobody announces it but if there is a mishap then only, we announce, otherwise we don't. So, if you read such horrible news at that time or open the TV at that time where you see a horrid face or some sort of a horrid idea immediately your speedometer being sensitive thing starts producing more blood cells for the emergency, God knows what emergency has come up.

With this, the speedometer becomes really crazy becomes mad it doesn't know what to produce when to produce. It loses its control with the whole and it starts producing blood cells which are crazy blood cells. These blood cells like mad start attacking other blood cells and that's how the blood cancer is produced. It is triggered as I told you by the attack from the left collective sub-conscious. As I told you yesterday it happens like that. So, one has to realise that this kind of madness of speeding up yourself is not needed. What is the need? I have seen people, they'll be all right, but before the plane has to leave about three hours before that suddenly goes wrong in them, suddenly. They go mad. They forget this, forget that forget everything, land up there without passport without their money without anything. Till three hours they're all right. Suddenly the idea that they have to go they go crazy. This is also the work of speedometer which spoils your sense of judgment sense of stability and you start behaving as if you have gone mad and anybody who sees people at the airport, I get really frightened the way they are. They don't know where they are going what's happening to them there's nothing to be so frightened about. What is there to be so much worried? I mean I have never worried about time all My life. I have never missed a plane; I've never missed a train. I don't know why to worry. After all, if you have to miss it, you'll miss it. Mostly I have seen people plan out to miss to leave things at home. Most of those people who plan out too much always miss things at home and also miss the plane. Is a common thing or they will not find out if the plane is out, or is not coming or something like that. This is one of the examples I have told you because these days people try to save the time. You are trying to save the time. Everybody seems to be trying to save the time. Somebody said that: 'I must go to London can you arrange my passage?' I said: 'I don't know anybody in this airlines people I don't know how will I help?' 'No no no you must arrange a relation of mine.' I said: 'Why what is the need for you to go to London fast? After all you can go tomorrow it's all right doesn't matter whenever you get the seat you can go what is such a hurry? I mean at least the government of Britain is not going to fall down. Maybe Indian government, many government servants think that the Indian government is there because of them. It's all right. I don't mind they admit but even English government is not going to fall out because of you what is such a hurry?' He said: 'No no no I have to go there because I have to attend a ball'. So, you can imagine all this time saving and all this horrible thing is to waste time there. People try to save their time just to go for a discotheque or for a drinking party. Just imagine they must go in right time for a drinking party. What is for a drunkard whether you go earlier or later. In any case you'll get drunk, no problem, and others who are drunk will not know when you came or when you went away. So, there is no need to hurry up so much. That doesn't mean that you should be always late at a place, I don't mean that but one should not hurry up. You'll be much more in time if you do not hurry up. You'll be just in time if you do not hurry up. It is better not to hurry than to be such a slave of your watches because the time that is to be saved, is not for all these nonsensical things but is an urge from within to save the time for meditation.

The time has come for us, to get our Realisation and to meditate within ourselves and to grow within ourselves and to transform into the new awareness of God's Realisation. This is why we are seeking the time. That's why we have to have the watch to know how many hours are there left for us to meditate. This urge has been misunderstood by human beings and they are misusing it for some another purpose. I'm sure after sometime they will realise because this kind of madness leads to horrible diseases. Another disease that people normally suffer from specially in Delhi is very common, is diabetes. Diabetes is caused because the same center, which is using its power to supply the cells the fat cells for your brain has to look after also the pancreas. Now the pancreas is the one which digests your sugars. Now if all the time you are thinking all the time, you're planning then what can the poor one center do? It cannot work out the pancreas and that's how only the so-called educated and planners get diabetes. It's a balancing. Because they use too much of their right side and the left side is completely frozen, what happens that all their left side problems start. The nature takes its respite. It tries to teach you through these methods. If you do not understand that you have to lead a balanced life the other problems can crop up like kidney troubles.

But the worst of all is the heart attack. Only a person who works very hard, thinks too much of himself and thinks that he's the one who is the support of the whole kingdom and the one who stands like Girdhariji with the finger in his hand, all such people are apt to get heart attacks. Absolutely no doubt about it. Because they work so hard. They work out their right side and don't worry about their left side. The left side goes to a point.

Another type is the type which worries too much about their physical body, physical health, like hatha yoga, now so-called hatha yoga of the modern times. If you do too much of exercises and too much of physical exercises you neglect your Spirit which is your heart. There's no balance between your heart and the Spirit. The heart is all the time working for giving you more blood for

these horrible exercises that you are doing. There's no need for you to take out all your intestines and put them back. Some people do such horrible, these exercises, I don't know for what. What is the need to do such exercises indiscriminately?

Of course, in Sahaja Yoga also after Realisation you have to do certain asanas according to the need of the chakras. If the Swadishthana chakra is caught up on the left side or right side, there are certain asanas one has to do. But if you do at that time some other chakra, other exercise you'll spoil it first, because you spoil that center which is all right because it is all right why are you bending it. And the another one which is spoiled is not attended to. There's a big knowledge about it. I should say there's a big science about all these things. If you do not know that and if you just do it indiscriminately it would be that you just have a little cold and you are taking all the medicines right from cancer up to TB. This is so indiscriminate, doing all the asanas all the time and then end up your life with a heart attack. Those who pay too much attention also outside get a heart attack. Actually, these are all ego-oriented people. You see on the right-hand side when you think too much, when you use the right side you develop your ego. It can be very subtle. It can go very subtler. If you hear of a person, he's a great gentleman know that there's a very cunning ego there, because he knows that you have to be very polite with your ego otherwise people will know that you are egoistical, so they are extremely humble. Ego can only disappear when you get Realisation. Before that ego exists in a subtler and a subtler form. After Realisation when the Kundalini rises, She sucks in both the ego and superego and you become the Self. This happening has to take place; otherwise we live with ego all the time.

Krishna realised it long time back. Six thousand years back Krishna realised it that people cannot give up ego easily, [SOUNDS LIKE: tere kire], it's not simple to explain to them that you have ego. Because if you tell somebody you will have it, so is better to do it in a way that they would understand and that's how the whole Gita is nothing but a great diplomacy of Shri Krishna, the great Incarnation the complete Incarnation of diplomacy. He has played tricks with Arjuna and you are all still playing the tricks, you are still with it. When He said that: 'Get the gyana', means that your awareness must be enlightened you must get your enlightenment. That is the first thing He said. He's not a shopkeeper so He said the direct thing that you get your enlightenment; get your gyana, that's the first thing He said. Gyana means not reading the books but gyana means, your attention must be enlightened, your awareness must be enlightened. You should become a gyani means you know, just by feeling on your fingers you can know what is the problem with you and what is the problem of others. You become. It's not question of just giving a lecture to people that: 'Do this and do that and do this.' But it just happens to you that you just become, and this is what He has said that: 'You become the gyana.'

Now, Arjuna asked that: 'You are saying that you become a sakshi and a gyani and here You are saying that you go and fight in the war.' You see when you are Realised you fight in the war you don't fight. You just see as a sakshi. You are just used as an instrument of God to fight the horrible people. But he did not understand. He did not understand this subtle point, so Krishna tried a trick on him. He said: 'All right. What you do is to do your karma and put it at the Lotus Feet of the Lord,' which is an impossible situation, is an absurd condition. This is the best way of diplomacy, to put an absurd condition so they fall into their own traps. He said: 'You do all the karmas of the world and put it at the Lotus Feet of God Almighty. Now it's an absurd condition can never happen. But many people believe in this Brahma, that: 'Mother we'll do all the work and put it at the Lotus Feet of the Lord'. You cannot. In a subtler way you may say, rationally you may say with your mouth you may say but you cannot because the ego exists within you. It is there. Now how to get rid of the ego? If you fight with it, it will become even bigger, just like a balloon if you fight with it, it goes bigger and bigger and bigger, and some people have an ego so big that if looking at them I sometimes find that it might grow into a horn. It can be horribly bad. You see people have, ego in the places, like India most surprisingly when we get the idea of getting developed we should know the people who have done that job in the west have got such an ego-oriented personality that they want to run away from this ego morning till evening. They are so fed-up with it that when we are trying to develop ourselves, we are just doing it by increasing our ego.

When we work out our right side our ego develops as a by-product and this surrounds our heart. It surrounds our heart. A man who gets egoistical becomes so much dry he cannot talk to anyone properly. As I told you they bark. They suddenly become so dry that if they have to talk to someone, they think that it is too much to talk to someone who is so low. They start feeling that they are very high people; they are of very great positions. They are very rich and these are all low people. All such nonsensical ideas start cropping into their heart and their heart becomes all enveloped with ego. Then it goes to a point where the ego becomes too much then you get a heart attack. All those people who say Gayatri mantra without any authority, working on the

right-hand side also. If you say your Gayatri mantra without any authority you will get a very weak heart. All such people will get heart troubles.

Now it is important for all of us to know what is the problem with us and how to look after ourselves. We should not try to put our attention outside to such an extent that we neglect our heart. If God has given us say some position, must know that you must love. Must have your emotions. For example, I've seen Government servants in Delhi, because My husband has been a Government servant all his life I know. They have no time for their wives and no time for their children. They are so busy you know you never see their faces in the daytime. You have to always put the light on and if you see them in the daytime you don't recognise them. Once they wear their pants they are out of gear. You can't talk to them except for five-year plan which has failed many-a-times. So, these people should know that you must spend some time with your emotions, with your family with your children, with other people. Have some loving rapport with other people of the society. Look after that side also. Those people who do not do such things are in for trouble. I have told so many people that be careful, that you should not get a heart attack. There are some gurus who are very good at giving heart attacks.

There are many gurus who just give a heart attack to the husband whose wife is his devotee. Is very common feature of many gurus who gave a heart attack to the partner of his devotees so that he gets all the money, all the property and the wife of the husband at his lotus feet. All such things should be avoided. We have to be affectionate, we have to be kind, we have to control our tongue and be sweet to others and nice to others. Not that thinking if you are nice to anyone you are doing something great. We have to be generous people. We have to give as much as we can we should give. What is there to feel we are doing anything for anyone. This is the greatest subtlest ego that people think: 'We are serving the nation, or we are serving the poor. Who is serving who, who is the other? If this finger is serving this finger do you say that: 'I am serving this finger?' Who is the other? If they are all the part and parcel of the whole of One Primordial Being then you are just helping yourself, you are not helping anybody else. But this is only possible when you get your Realisation. Without Realisation all this talk is talk, talk, talk, and talk and talk. If you have to have any such idea that by just telling yourself you'll forget it you cannot. You have to have your Realisation by which you become another person.

Then how you talk. What Krishna has said that you become akarma. The akarma becomes in. Then you just don't feel you are doing anything. For example, now if you have a Sahaja Yogi here and if you ask him to awaken your Kundalini, he'll just tell Me: 'Mother it doesn't come up. It doesn't come up. It doesn't go. It doesn't...' He doesn't say: 'I am not doing it'. He doesn't say so. It becomes an akarma. He doesn't have to say that: 'I have done this Realisation. I have cured this person.' No. He said: 'She's not getting cured. The Kundalini is not rising. The Realisation could not be established. This is going wrong'. Because the whole concept of doing the work is finished as soon as you become a hollow personality. There's a beautiful story of Shri Krishna and Radha. Once Radhaji felt jealous of the Murali and She said that: 'Oh Lord why do have this Murali all the time at your lips, what is so special about her?' She went and asked Murali about it. Murali smiled and she said: 'Don't You know that my speciality is that I have no speciality. I am a hollow person. He plays and the whole thing flows through me, I see that. People say the Murali is playing. I laugh at it. It is He who is playing through me. I become a hollow personality.' In the same way, when the akarma is established, you become That.

Same about the bhakti. When people start singing too much like mad you see: 'Unless and until I see You I'll cut my throat, or jump before the, fast-moving train,' and all those things when you try such tricks you must know that you'll be attacked by some possession. Some people dance like mad thinking that they have got God in them. God doesn't dance that way. Some people get bhoots into themselves and they say that Devi has come into me. Devi, to be borne in the body is not an easy thing. It needs a special type of a body to have thirty-five crores of Gods to be settled in the body, to manage the thirty-five crores of chakras. Is not easy for the Devi to enter into any Dick Tom and Harry and to make the person dance. Moreover, one has to know that if you have got the Devi tattwa or if you are a Realised soul, you become completely controlled with yourself. You do not dance as the so-called Devi or so-called bhoot comes into you and makes you dance. Anybody who does anything out of control or anything that happens out of control one must know is not done by you but by somebody else because you have lost your possession and somebody else has possessed you. It's a very, very common practice of all these fake gurus. They'll give you a mantra. Now this is another thing I'll have to talk about because today somebody requested Me, is a very common practice of people giving Nama. I don't know from where they get this idea. This is something I just can't understand. Nama was given to people at the time when

they had a particular chakra's catch. For example, say nahbi chakra say is caught. Then they would say that: 'Take the name of Vishnu or Laxshmi Narayan whatever may be the case. Or supposing your void is, then they may say: 'Say Mahaguru or say Guru's Name and all that.' But that's a different thing when the Guru is a Realised soul He knows where is your problem. But how can you give that name permanently to someone? It is impossible because the Kundalini moves. As soon as you take the Name of the Guru the Kundalini will move upward. If there is an obstruction you have to take the Name of the Deity that is here. If there is no obstruction It will move here. If there is an obstruction here you have to take the Name here. It's a living Force. I told you it's a living God and it's a living Force. It doesn't stay. It's not static permanently at a place that you go on saying the same thing again and again. Maybe your Kundalini is just here to burst out and you are just taking the Name of something much lower. That's how we spoil our chakras.

You'll be amazed, those people who do Shiva puja in the hand, I've seen people who do Shiva puja in the hand. They'll put the linga; turn on one head I don't know what else they'll do. Must be tying up their shendi somewhere and I don't know what else they do. But whatever they do they worship God. They say: 'Oh we have done this.' Then they put so much of belapatras and thousands of belapatras and they'll make people take out the belapatras with the bhaat and everything so that all of them will have doing this puja will have self, get into great sickness. All this nonsense they will do just to say: 'Oh I have put one lakh of belapatra to Shiva. Now this kind of nonsense is taking you away not only from God but from good health also. All these rituals are of no value to you unless and until you know what is to be done in your case. There is no light supposing in this room. Now you have come to put a curtain here. Now you don't know where is the window you don't know where is the rail. Where will you put the curtain? You may put it there and it may be all spoilt. It is like that. You must know where is the problem. You must know how far to go with it. You must know how to correct it. It's a knowledge. It's not a blind man's work. It has to be done with light within you to understand where is the problem.

And that is how these people just give names. It is to such an extent that some people are charging three hundred pounds for one name and the name given is tinga and Inga. There are some foreigners here who have had this kind of a name also, and they were told that it should be without any meaning so it is even better. And then some of them have been told that if you pay three thousand pounds then you can fly in the air. I said put your guru on this leaning tower of Pisa and throw him down. Let us see if he can fly. If he can fly then you can fly. At least make the guru fly for a change. All such nonsensical ideas are given with this kind of a basic ignorance of people, that name cannot be given by anyone. Only thing is when the Kundalini is rising, you yourself should know where is the Kundalini and you should be able to raise it. Of course, at the time of Gyaneshwara we can say He gave a name to His sister, to a point. Because He knew she had a problem at a particular chakra He said: 'Now you take this name.' Only once. He didn't give it to every Dick Tom and Harry. Here if you go to a place there is a big box kept, seva. For seva there's a big box first of all, with a big slit. Supposing you have a big cheque or a big dollar note or something, it must go in straight. So, there is a big box of seva kept, you go and put the money there. You go there the guru is sitting at the seventh floor, who doesn't know how to talk now who has had three heart attacks with sitting with a lumpy face and you go there and you get a name. Somebody comes and tells you in the name: 'I've got the name.' Then you can drink you can smoke you can smuggle you can do what you like. Doesn't matter. There's no transformation nothing. They are just the same as nonsensical people they are. This is not religion. The religion that doesn't give you transformation doesn't give you a personality has no meaning at all. It means your sustenance. And that is what is happening in also in so-called temples. I would say there are many places where we have, the Deities which are Realised, which give vibrations there are but I don't want to tell you in Delhi because when I told them the fellow was sitting there made all the money. So, the thing is you cannot make money out of God. These vibrations are flowing free just like sunshine. You cannot make money. Money and God doesn't go hand in hand. God doesn't know any money business. You must know that He does not know that there is a way of creating money by just painting papers. This is impossible for anybody to get God through money. This is your own problem, this is human problem, this is human beings have created. You better deal with it.

God has created this universe. How much money did you pay to become a human being from a monkey? How much money do you pay for sowing a seed in the soil, to the Mother Earth? Do you pay any money? How much money are we going to pay for our Realisation? What do you have, what is your, wealth, what can you pay? It is something so invaluable you can pay anything you like; you cannot pay what you have got in your Realisation. It is all God has given you. He has given you a beautiful Kundalini. He has given you your old yantra. He has given you your Spirit. Now what can you pay Him except for complete gratitude, for what

He has done. Just to sing His Mahima to sing His glory that's all you can do. But just to think that you can buy Him and purchase Him and also organise Him, is another foolishness and stupidity. You have to be sensible enough. Everything should be logically understood that how can you purchase God in the market.

People asked me the other day the question: 'Mother You have an ashram in London?' Of course, surprising I could not establish in India, because they all wanted black money black money black money. I said: 'Baba I have no black money and I do not want to pay any black money. I want to do it straight at least there should be one place without black money can't you do it?' At the last minute they would say: 'Give us a bribe or give us a black money.' And I could not establish a center till today in your great yoga country yogabhoomi India. But in London we have a center for which I don't know these people have collected their own money, because they are paying for the rent of the house. They were paying the rent. They're all paying the rent. They have combined together taken a house and they are paying the rent, finished. What money do you need, for what money do you need? You need, for this hall, supposing you need a money, all right little bit you can arrange a money and you do it. What is there to have the money for the Guru? A Guru if he's poor he lives like a poor. Christ was a carpenter's son. Did he collect any money for himself? If he is a rich man all right he can enjoy his wealth or he need not. If he's a rich man it's better that he should pay some money for this work, which I have to pay Myself sometimes. In the same way one has to understand that money cannot buy God. It is too valuable, it is so, great it is so prem and the one who wants God should not ask anything that is material, should not. Should ask for the parama ask for the highest, the central thing the tattwa the Principle of it, from which everything flows as I told you yesterday Krishna has said: 'yoga kshema mahamayam.' He did not say: 'kshema yoga.' You have to get your yoga by which your kshema will be worked out. All your problems, all your material problems all these things will be worked out and how they work out I'll tell you tomorrow. How the Lakshmi tattwa is enlightened within you through the Nabhi chakra.

But today I have talked to you about Swadishthana chakra. Now you must know that Swadishthana chakra is like a lotus, and the Deity of the Swadishthana chakra is Brahmadeva and Saraswati. It moves on both the sides, it can go in the inner areas also. It can move everywhere because it's a very flexible stock, with which it moves so it manifests outside. In the gross the aortic plexus and it supplies all these areas with blood, but, the real energy comes from the subtle Swadishthana chakra which is placed in the spinal cord around the Nabhi chakra as you've seen. Now this Swadishthana chakra is to be looked after. In Delhi Swadishthana chakra is the first problem. Firstly, because you think too much. Secondly you think you are running the show. Thirdly the water of Delhi is not good. I've requested all the people, all the Sahaja Yogis to boil their water and drink it and never drink water outside. At the most if you have to drink then you can drink something bottled. But try to boil the water all the time to keep your Swadishthana chakra all right. It causes jaundice and all kinds of problems because water is the basis of Swadishthana chakra. So, if you try to spoil the Nabhi, Nabhi is the basis and if Nabhi gets spoiled then Swadishthana also gets spoiled. Because from Nabhi the Swadishthana chakra has arisen. Moreover, one has to know how to give balance to oneself, when the Swadishthana is out.

Now on the Photograph or towards Me if you put your left hand like this, you have to move from left to the right, all right. By moving left, what you are doing you are awakening your left side, you are awakening your left side. You can do it now. Raise it from your left.

Go higher and bring it down, you see? Now what you are doing is you are awakening your frozen left side. So, for your heart attack and all that it is very good, like that. Now from the top you are bringing down the power of Saraswati. By this you are giving power to the Swadishthana chakra which is absolutely tired. You do it seven times; you'll feel very much better. By that your ego will come down also because it moves downward and it creates a space for superego to come in and a balance is established, do it seven times you'll feel very much better, very much better you'll feel. All of you should try. Because after that you'll say: 'Mother we have not got Realisation.' Then I'm not going to listen to that. Please do it. It's very simple. Now, now put your hands towards Me. Some of you will start feeling the cool breeze as it is.

H H Shri Mataji Nirmala Devi

## 1981-0207, Introduction to Nabhi-Void

View [online](#).

7 February 1981

Introduction To Nabhi-void

Public Program

New Delhi (India)

Talk Language: English | Transcript (English) - Reviewed

Public Program, New Delhi (India) 7 February 1981.

Please sit very comfortably that's very important. There should be no strain on a particular part of the body. For example, when you are sitting sometimes your feet might feel little bit numbed down, you can change the posture. You need not carry on with any extreme effort or any discomfort to yourself, that's first thing you must remember. Moreover, some of the people go into tense postures also by stretching their hands too straight or sometimes going very straight or pushing their head behind. Sometimes they bend their heads also bit too much also. Sit very comfortably, with both the hands on your lap in a very comfortable way. There should be nothing extreme to be done from outside. We have to understand the principle of this living process. Then you will know that why I say: "No use doing any such extreme thing to achieve your goal".

The principle is like this: that this room is all dirty supposing or it's in a chaos, or maybe it's in darkness completely, you can't see anything. So, you enter inside the room. Your goal is to achieve the enlightenment. Some people will say that: "Let us clean the room in darkness with blindness". You start cleaning your body you don't know what you are cleaning! So, there is no need to bother about cleaning when you are blind. Some people think: "If you clear your mind before Realization you will be better off."

You have tried all those things, but in doing so, you have gone to extremes. It's all blindness, all your work is done in darkness, there is no enlightenment. You have to get your enlightenment first, this is what I have realized that unless and until human beings are enlightened they cannot cleanse themselves properly, they cannot understand Sahaja Yoga, they cannot understand God, they cannot understand, feel their Spirit, nothing is possible unless and until they are enlightened. It is possible then, when you get the enlightenment, you might find that the light is not coming through properly, there is some shaking in the bulb or maybe there is some shaking in the shade or maybe that the room is dirty, that you cannot see things clearly, that you cannot see your image in the mirror, your eyes are weak. For all this you need a bright light. But without getting the light itself, without knowing something about what you have got within yourself, how are you going to cleanse yourself? Of course, the light may be dim but still you can see what is the problem, what is to be done, what is to be cleared out. That's why enlightenment is the first thing.

Now for this, even if you clean the whole room, even if you do all that, you have not done the perfect job. On the contrary you might break some things, you might spoil some things, you may slip down, anything can happen in darkness that's what happens to people when they do any sadhana blindly. After your enlightenment you know your way through, you know how to go about it and you understand everything. Then another myth we have is that if we cleanse our mind, we can achieve our spirituality, you can't. Even if this room may be clean unless and until there is light there cannot be enlightenment. So, the main thing is you have to have an enlightenment. I have known people who lead very clean and a good life. When they get enlightenment, they get it very fast and have it nicely established, very easily and it is there. But some of the people who lead a very clean and a good life have overdone it to such an extent that they have an ego about it, they think: "I don't want anything, I am perfect, I do no wrong, I am committing no problem, I am a very happy person". Such people also get stuck because they do not want the higher things of life. They do not want their Spirit to be enlightened so that also sometimes become a very sticky point.

Now in Sahaja Yoga, you have to know that you have the power within yourself. It is there, it exists there, and it is to be just awakened. In some people, it takes time to be awakened. In thousands I have seen it takes no time. The only thing that I would suggest is to keep your mind open, not to become obstinate about things. If you are an obstinate person, the Kundalini is even a greater obstinate thing. Do not be obstinate, just keep yourself open, do not argue it out by argument or by thinking about it, the

Kundalini is not going to be awakened. On the contrary when the Kundalini is awakened your thoughts settle down to such an extent that you feel there is no thought coming to you from your subconscious or from your supraconscious. So, try to keep yourself absolutely open and don't worry even if your vibrations are not felt.

The principle is that light is light and the room is room. The light has nothing to do with the room. Only thing, when the light is enlightened, it enlightens the room. The room has something to do with the light, but the light has nothing to do: whether the room is there or not, light exists. In the same way, we must understand that the relationship with the atman and our body our Spirit and our, this body, mind, and our ego, superego. So many of you must have done lot of tapasyas and lot of things which were not really wanted, thinking that you have done such a lot, you have been to so many places, you have done so much "tirtha yatra" [acetic; journey] you have been to so many pilgrimages and those pilgrimages and all these places, you think according to you, it should be blissful to you. But actually, while going there, you did not know how to get the bliss from those temples and those places which are holy actually in nature but are surrounded by people who are extremely negative. Because of that, that mixture was there and sometimes instead of getting the bliss you get the headaches.

Today, we are going to discuss the Void what we call Void in Sahaja Yoga is different from the way people talk of void. Void is the complete visceral cavity which is called in Sahaja Yoga language as Bhavasagara. Many a times, you must have heard people singing songs poets singing songs saying "Bhavasagara se para utaru" What is this Bhavasagara? This is the symbol or this is the reflection of the whole entire universe that is created. All this universe is created by Brahmadeva. He is the one who is the creator, who is a "raksna yeta" [unsure] of this world, who created this beautiful universe, in that especially he created the Mother earth. He has placed the Moon and the Sun on both the sides of this Mother earth and the representatives of the Mother earth within us is the Kundalini, the Mooladhara.

Now this universe exists within us, that is the Bhavasagara. This Bhavasagara exists in many stages in its evolutionary form and today it is Kali Yuga in this Bhavasagara. I would say it is the dawn of Satya Yuga and the end of Kali Yuga. And this Bhavasagara is placed in the center - is the center of Nabhi, Nabhi chakra. And around it, moves the center of Swadishthana. Nabhi chakra as you know is governed by Shri Lakshmi as the power of Shri Vishnu and the Swadishthana moves around it, which delimits our own personality, and which creates all these different stars within us or the planets within us. In these spaces, Void, are born the incarnations of the Primordial Master who is called as Dattatreya.

Dattatreya is the innocence of Shiva of - "Vibrations itni hai ikura" [Vibrations are so cool] - of Brahmadeva and of Shri Vishnu. Brahma, Vishnu, Mahesh, the essence of these, the innocence of these is embodied in the form of Dattatreya, who is the Primordial Master. So, these masters who are born on this earth are innocence at its best, all integrated together. These masters have incarnated on this earth mainly ten times, but there have been many others incarnations also, there have been repetitions just to correct themselves.

As I told you yesterday, that Mohammad Sahib and Nanaka are both the same personalities of Dattatreya. The instance is given, in the life of Guru Nanaka, when he was sleeping people told him that your feet are towards Mecca, Kaaba towards Kaaba. He said: "Alright I'll remove my feet and put wherever you say". Then they put his feet towards the other side and again they found that his feet were facing towards Kaaba. Then he said: "Tell me the place where there is no Kaaba, I'll put my feet!" But they couldn't arrange it at all, because wherever he placed his feet, it was such a Maya, that always they found that the feet were towards Kaaba. Now Kaaba is a place where you have a beautiful Shiva linga, which is called as Macceshwarshiv in our Puranas. From ancient times it is mentioned that, there is a pinda which is absolutely Vibrating and which is there.

Now Mohammad Sahib religiously avoided talking about that. He only said, "If this stone can be so godly, why not human beings be?" But he did not explain much as it is whatever he tried to explain, the people were so insensitive and so cruel that they tried to kill him many a times, they gave to him poison, ultimately, he died in a very, very bad state. They tortured his life, they were lunatic people, they used to live in tribes and very tribal by nature. And they - he tried his level best to propagate that there is God and God is above all and I am the messenger of God, but they would not listen to him.

Then came, you know Nanaka who preached that there should be no enmity between Hindus and Muslims, he preached that, because he saw the Muslims behaving in such a manner, they were such fanatics and they had become so funny that he could not understand how is it? These are the people whom I have made Muslims and what are they doing here?

Actually, 'Musalman' means the person who is Realized and 'Peer' is a person whose Realization is established so much so that he said that, "Those who have become Musalman should be buried and not burnt". Because he thought they are all Realized souls, but Realization finished off with his son in law and his daughter. After that, he had two sons who were great souls who are really the reincarnations of Lav and Kush.

Now perhaps we do not know what happened to Lav and Kush when they were born. Lav and Kush when their mother disappeared in the Mother Earth and the father, they were little annoyed with them, went in the North one went to Caucasus and another went to China. Lav went to Caucasus and from there he became a very powerful king in Russia. Russians always use Sanskrit language; we do not know how much Sanskrit they use; for example, they will say kharoshou means Harushivaye the Pravada itself the word Pravada vda is to say pra means enlightened. You see their language, it's full of Sanskrit words, practically it is absolutely based on Sanskrit and you'd say 'slav' people. 'Slav's, so lav, 'slav'. Lav ruled there for years together and about four hundred years back, his very descendants flew away from there, went to Iran, where there is a Goddess. Goddess Hindolika's temple is there which is all described in the Puranas, where they used to worship Goddess Hindolika, from there they came down and spread all over, it's a big story.

Then Kush went to China, that's how you have 'Kushan' in China and Chinese language is very much near Sanskrit and quite close to Marathi language, it's more surprising if you hear them talking, for example they say; Ma tza tum, tza is only there in Marathi language they use this word tza, we never say in Hindi tza or in any other language you won't find it tza but only in Chinese and in Marathi language they have this word, tza.

It's very interesting to see, how the spirituality has spread into these countries and then how it died out. All these things happened, but then they were born again and again, they were born as Mahavira and Buddha, they are the same, they are born as Markendeya, they are born as Kabira, as Adi Shankaracharya, it was Buddha who was born as Adi Shankaracharya just to correct himself, Buddha was shocked the way people were going, there was Nirakara that he had be born as Shankaracharya to tell people, oh God, what are you doing? It was only Buddha who came to correct himself as Shankaracharya, it is so surprising, that people are fighting, Buddhist and Hindus are great enemies of each other, but they do not know that the person who really re-established Hinduism was the same who established Buddhism. So, imagine the same personality coming again and again on this Earth tries to correct his disciples again finds that there are two groups he has created, it's a big problem.

Now Mahavira also was one of them, who was born again and again and he was Markendeya and he was Kabira, the way Kabira lashes people you can see that he is tremendous, he is like Bhairava and the power of Bhairava, Kabira has used in his language, but for Hindi poets it is Sadhukadi and they have made fun of it. The best thing of a person who doesn't want to face reality, is to make fun of everyone, that is the best way, they said what is this talk Ida, Pingla, Sushumna? Who is he? What does he think of himself? But he was appreciated very much, by the saints and especially by Guru Nanaka, who included all his poetry in his Grantha sahib; he's included so many of these poetry from all the Realized souls from Maharashtra, also.

But I wonder how many Sikhs know that this was for getting Realization, he thought, if you write an Upanishad, [not clear] they try to correct everything just to make people understand that you have to get to it. First, they thought that if you write Gita, they go on remembering Gita by heart. Then, they thought it is better, that you write something from the realized souls only together, so that it is a powerful Grantha by which people when they read it they get Vibrations and they'll stick to it, but it is not so, even there people are just reading it. I don't know how?

Gradually as we were revolving, we were losing our sensitivity. At least in the time of Rama, people knew he was an incarnation. At the time of Krishna, they knew he was an incarnation. Many people know, of course, Raksasha knew also that they were incarnations; raksasha's even today know who the incarnation, they are very sure of it and they are just frightened of, but in those days, even common people knew who is an incarnation.

Now the sensitivity among human beings started getting reduced and reduced as they got involved into fanaticism, all kinds of tantrism that developed in this country of ours, in other countries also, tremendous movement was there to create fanatics and these fanatics are diseased people, they are diseased, they are actually the people who are possessed absolutely possessed,

they are not normal people when they talk, you are surprised, how can they talk like that? When they do not know anything about it, but thank God today, fanaticism has reached such a stage that the younger people are understanding the nonsense of it.

It's a very good chance for Sahaja Yoga to come up. In Sahaja Yoga, the beauty is this, that you cannot now form a cult as soon as you try to do such a thing, you lose your vibrations, you try any such tricks, you try to be fanatic you will be losing all your vibrations, any tricks you try with Sahaja Yoga first thing you will lose your vibrations, you won't like it, you won't be happy with it, you would like to keep your vibrations going, smooth, smoothly and nicely so that you feel absolutely happy about it and joyous, but anybody who tries any tricks with Sahaja Yoga, you get into problem.

Now these Gurus came on this Earth to remove fanaticism, the last of them came as Shirdi Sai Nath, he was the one who had said very clearly, in Marathi he had said it, that to speak ill of any other religion is sin, is sin, nothing can be more powerful than that. There are many people who worship Sai Nath, many people, but they drink, he was against drinking, all of them were against drinking, why were they against drinking because the awareness is spread in your Void. The awareness, the chitta, the attention is in your Void and is nourished by your liver. The liver takes out all the poison from your awareness, due to bad health, due to bad mind, due to anything from bad effects or negativity and then it clears out as I told you yesterday. So, this awareness within us gets, you know that our awareness, human awareness goes down through drinking, these people preach that you should not drink. I mean that's the one thing that they all preached together, that you should not drink. At the time of Mohammad Saab there was no smoking, so Guru Nanaka also [not clear] this time you found people smoking with big big hookah's, he said that now for heaven sake do not smoke, because they said that you just said that don't drink, so we will smoke now.

Like in England, people say what's wrong in drugs? Drugs were not approached by saints, so we can take drugs, so it is in my lot, to tell them, now drugs are the same; anything that goes against awareness is not good. I mean, it is not something that you have said no because they were mad people, whatever they said, they said because it was the truth.

If you take drinks of any kind, alcoholics or any these kinds, anything that takes you away from your awareness is wrong because your awareness is to be enlightened, as it is your awareness is like that and on top of that if this awareness is to be enlightened and is full of alcoholism, how to raise it? How to do it? But these days to talk against alcoholism, one person asked Me, "Mother are you going to be minister of permission?" I mean, it is impossible to talk to people about anything sensible. Even in a party you go, they say why don't you drink? You should drink, you are missing such a great thing, you have missed such a lot in your life, I said I have drunk from my childhood, don't give Me anything I don't need it, no, they'll go on forcing, you must drink. You see, this is a special thing, that is thing and all that. They have no shame about it, no shame. They think they are trying to be nice and you tell them even once if you say. Why do you drink? Gone, you are the gone case, you have no manners. You are the most unmannerly person. How dare you say such a thing to anyone? Look at these human beings, such [not clear], I don't know how to deal with them? They think that they should be told, "All right, go ahead, drink, kill yourself!" How can you be saints, allowed you to drink? Tell Me, when they know that it goes against your awareness, of course these thugs will say, "All right, drink as much as you like, do what you please, you have ten wives or you do what you please, only give me your purse to me", because that is their interest in you.

They are only interested in your purse, how much money you have got in your purse? What job you are doing? Or at times they can be, officers, saying that, give job to my son or give job to someone. One has to understand that saint is not afraid of anyone, he cannot be, it's a fearless entity absolutely fearless, it's not afraid of anyone because it is standing on truth, truth itself gives you that strength to say the truth, but I have learnt certain lessons, in my past lives that human beings don't like truth, don't tell them, if you tell them they will crucify you, immediately. You have to go around and round and put them into problem so that they come along. If you tell them straight forward don't do something, they will put you, I mean, people may crucify Me after sometime, if I tell them don't drink, it is that bad these days.

The drinking in England is so bad now that English, who used to drink so little, is now nothing but a bottle, since morning he starts it. In third generation you go down, what about our Indians who have gone there? Even the Sikhs, who are told not to drink, drink more than Scotch people can drink. It's a shameful thing and they will fight that we'll not put a helmet on our head, to save our head from going on a motorbike. Is it written in any Grantha Sahib like this to be foolish and stupid? But they will fight for that, but not fight for this, that no Sikh should drink. If you are wearing that pagadi, you have no business to drink. They don't

think that the essence of religion is more important, than all these nonsensical things that you think you are doing.

Such a great religion, Islam, such a great religion is Sikhism, such a great religion is Hinduism, such a great religion is Christianity. Everything gone to dogs because the dogs have come into it. They have no sense of proportion; they do not know how to respect their Guru's... in the right way putting their guru's in their heart and in their behaviour. That's all they should have done. They should have just obeyed their Guru's. There was no need to stand on your heads and take mantras from these thugs paying them. There was no need at all to do all these things, but no they thought that here we are doing black market money, let us make some big temples so there are great Hindus, big temples are built, black market money going on. Here they are killing so many people the Muslims, so they must say that we are doing it in the name of God, very nice.

Where Mohammad Sahib has talked of nothing but Rehmat and Rahim, all the time Rehmat and Rahim he has talked of, see they were about to kill him every moment wherever he went, it was such a dangerous situation, so vicariously he was living and he had to defend himself. So now we have to defend ourselves from these people, instead of these people defending themselves. It's not in defence; it is in aggression; these people are killing others and they think they are doing a great very great service to the people. Then the Christians, they are one of the worst fanatics' worst fanatics are the Christians. There cannot be worst fanatics than Christianity. Christianity is one religion which is very clever and cunning, nobody can beat them all. For example, they will do all missionary work. You'll say ha a ha a ha what nice people. The missionary work, they are looking after our poor people here, very nice people very great generous people and they will be converting people. What are you converting them for? Have you got the power of realization? Have you got the power to call yourself Christian? Are you baptized in the real sense?

That is how the Christians have been behaving throughout. They have put up such a big show, this is not God's work, to get some people from the street who are dying put them in the room and look after them. Is this the work of God? This the work of human beings? Work of God is just to raise the Kundalini that is the work of God. Not the work of God is to have Hospitals and Schools and things. This is not the work of God, this is your job, this is you are doing it, but they are taking the name of God to earn money. In the name of God give me money. Such beggars I tell you of the first waters. Begging a man, who believes in God, will never do. Why to beg? Why to ask for money? On the streets they will stand, nowadays our Hare Rama and Hare Krishna in Oxford Street and beg money, in the name of God.

Can there be greater sinners than these who beg in the name of God and get money from others and live on other people's money? All the time like parasites. This is all they have done out of religion, or ritualism go to the temples, there's a priest standing there he gives you ghanta, he makes something, puts something on your head, God knows he spoils the Agnya chakra or what he does? And you think "oh I have been to this temple, I have been to that temple, I have been to this Teerath and that teerath and that teerath and I have been a very religious man".

I tell you these extreme ideas about God has really blinded us completely from reality. If you want the reality, you must know that God is to be found within your heart and not in those places. Once you have found it in your heart then you will know that where is the real God in which temple and how to approach. Now if I ask you, In Delhi how many temples are really jaagrut, except for Sahaja yogis nobody can say, you see a stone namaste another stone might have been brought from some bathroom namaste. Is that a real jaagrut one? It is said in the Bible that whatever is produced, created by Mother Earth and by the Sky should not be reproduced, now what is that is created? What is that is created by Mother Earth?

We Indians know these are the jaagrut deities which are created by Mother Earth, these are the jaagrut deities and that is to be worshipped and not to get a Ganapati somewhere for 2 rupees, my forefathers have given me so I am carrying on. I must do their Puja, maybe the forefathers are sitting on that. You won't believe, there is a gentleman in Bombay, who came to Me, to meet Me, his name is Mr. Shah, he said "Mother Lot's of things are happening, I don't know how?" I said what happened? "In my house I am getting some old deities from somewhere, just coming into my house from somewhere, I don't know where from where it comes?

Sometimes I keep my windows open in the night and I find in the morning there is a deity of silver sometimes diamonds are there in the nose of the Lakshmi and I am surprised how am I getting it?" And the man is not so rich to have all these things; he

showed me and said now what to do? I told him; throw them all of them in the sea, that's what they deserve. He said from where have they come? These are the people who have habit of very seriously worshipping those deities, without understanding that these deities have got vibrations or not, whether they are jaagrut or not, they are alright or not. Even a plastic they'll make, they'll make of aluminium. I don't know now what they are going to use next to make a deity and they will be carrying it on, have no value, have no understanding, have no respect. So, the people who own those, they must be bringing it, the old people and putting in your house, so better put them in the sea, otherwise they will not have their Mukti and this fellow is having greediness.

He is always having a chakkar with these things. He said "what is happening to me?" His child is getting into problem; his wife has run away from the house. All kinds of problems coming up, lost all his money, every sort of problem coming up and this deity is coming in he said, should I sell them and get some money. I said please don't do it, to whomsoever you will sell, you will sell asubah. These are coming by some dead person using this bhanawati; they are bringing this down here. But there where he told Me thousands of people wanting just to touch the feet of these bhootas. They thought such a bhoot cannot bring these deities and that must be God who is coming in the form. If in the thing was written also, made in near Mumbadevi and this and that. You mean God is sitting there and making those statues? We don't use our brains also, when it comes to God. I mean faith is necessary no doubt, but this is after Realization, before Realization it's a blind faith, which can be any nonsense.

I have seen such mad people that they just go on pulling out their hair and they say that we are doing it in the name of God, really? Why did God give you these hairs? If he wanted you to pull it out like that morning till evening sitting and pulling it out and they develop such nervousness that if they are not properly aware, they will start pulling out from your hair also. It is such a dangerous situation in this blind faith, that you form some habits. You know people have an idea of using the 'mala', that's why Kabira has said, "Kar kamana ka chade de manna ka manna ka pher" So they will also say, they will have it "kar kamana man ka chade de manna ka manna ka pher" finished. Even the children have understood the joke, this is what we are doing, that when it is told that you have to have God in your heart and don't do these rituals, you will find these people using that rosary to such an extent, that if they are talking they don't have that, they cannot sit tight, it's like a nervousness in them, it's a nervousness by which they must go on (aur main to hamesha mala jappti houn 108 and falaana) and you feel that the person is about to land up in some lunatic asylum with the number 108.

The way people are mad in religion makes people really atheist they see these mad people what are they doing is the religion? Is this the religion, where people sell it, you go to any temple? Once we had bought some Am rood, Guavas and we went to the temple we were thinking that we will get out of, then we were very young, [not clear], and we were lots of brothers and sisters we went down to a temple and we thought that after seeing the temple we will go outside behind the temple and we will eat the thing as soon as we reached there, the Pujari took out the packets from our hands, you know, all the children poor things were carrying three, four packets we had and they took out everything from [not clear], we were looking at them why did they took out everything and gave us one each you see, wah wah! and we were about to cry, but my younger sister couldn't bare it, she said "why did you take away my, all my Guavas? Please return it to me".

But this is sort of a right they have got to live on your money, these parasites. In the name of God these parasites, you are the people who are nurturing them, you just giving them money, it is better to give to a beggar, then to give to these horrible sophisticated beggars sitting on the temples and churches. You are the people who are responsible for creating such a mess because half of the people are indifferent; those who are not indifferent bhagvaan ke naam pe, half of them are like that who go to one Sidhi Vinayak mandir and Mangalwaar day (Tuesday), you will find that queue of sometimes two miles in that Bombay, where people have no time for anything. People are moving with the pace of an Ant, one inch in one hour, there are some people who start in the night and they move on, they go with their naariyal and the naariyals, come from the other side and sold again next month.

They know this; still they say we have done it with bhakti and Ganesha will give us what we like. Ganesha will only give you wisdom, I wish he could, I wish he could give you wisdom and understanding about religion. This is a mess we have done out of our religion, every religion, every religion is not only Hinduism, Islam or Christianity or Sikhism. We have really killed the religion by our indifference, or by too much of indulgence, blind fold, faith in all these horrible people, who claim that they are religious people, by what means are they? Go and see their lifestyle. Go and see what sort of a people they are. They are raksashas, some

of them, I can tell you. When I went to Vrindavan I felt all the anucharaas of Kansa are their fundas. All of them not one I found as a human being, they are such horrible people and the way they torture you still you go about religion.

One has to understand that God stands in His purity He is a pure being and He likes our wisdom. He doesn't like people who are stupid and foolish. He likes wise people, wise people... like, Prahlad, Prahlad was an eight year old boy, when his father Hiranyakashyup challenged him, Shri Vishnu appeared in a pillar, you know in a Narsimha avatar and he killed his father and then he asked this little boy of eight years Prahlad, he said, "my child, my devotee, what do you want?" He could have asked for anything, Sakshaat Vishnu was there, but what does he say, "Tav charna arvinde pritii" Give me love at your lotus feet, oh my lord that's all what I want. To love you at your lotus feet. If you have your pure love for God, He will give you wisdom. If you do not have your purity you go there to ask for this thing and that thing; Give me a transfer, specially government servants, they are never satisfied, they want to have transfers all the time, Give me a promotion, Give me a son, when you get a son, give me a job for my son. When he gets a job, get him a wife, poor Ganesha must be tired. This is what it is, this is not religion, this is not God, this has nothing to do with spirituality, you have to ask for one thing, "Tav charna arvinde pritii." Oh lord let me be at your lotus feet so that one day my Kundalini would be awakened and that my atma would be enlightened within my awareness. Let me keep my life so beautiful, "Ye chaadar rishi muni jann odhi, Odhi ke meli kini chadariya, Daas Kabir jatan se odhi, Jaisi ki taisi rakh dini chadariya."

This is what we should have done, instead of that we go to this Tantric, that bhajji, that Pundit ji, that Pandey ji, or some other Paadri ji or what you call them other sorts of people those Mullah ji's and all sorts of Mau Lana ji's and Pir's and all sorts of things and what do you get? A bad Agnya. They have no right to be there, they are there because they want to make a business out of God. Today I spoke about it, because it is important to understand, what is religion? In India especially I have seen people go out of the way to do penances in the name of God, which is a great thing, but why do you do penance, what is there to suffer? Why do you make your body suffer so much? Keep your body alright, don't overdo things, keep a moderate life, lead a normal life, that's what Buddha has told you, there is no need to go to extremes for anything, but even Buddhist, they have gone to another extreme so he had to come on this Earth as Shankaracharya to tell people what are you doing? When did I say this? Then they were born as the son of Fatimabai who was herself nothing else but Janaki and they were her sons Hassan and Hussein, who had preached non-violence and they saw that people were trying to save bugs and mosquitoes. You know there are some funny cults where we are so particular of bugs mosquitoes and all the worms, we are not at all particular about human beings, they, I don't know what am I going to do with bugs? Am I going to give them realization? Even chicken's... am I going to give them Realization?

I have to give Realization to human beings. What is the need to pay so much attention to these nonsensical things? To save the bugs and save the mosquitoes and make them bite the Brahmin and pay them money, because they think they have done a great kalyana on the bugs. Perhaps they might have been bugs, in last lives, the way they are interested in all these mosquitoes. Now, these two were born as Hassan and Hussein and to get rid of these ideas of non-violence they had this Karbala, in which they fought and died like great shuras (great warriors).

This is a story of great incarnations on this Earth. There are so many of them who were born, I have no time to tell you, but Socrates was the same, his disciple was one of these two. Abraham, Moses, who are propagating Jews their religion, [not clear] people are another mad, another mad people I can tell you, these Jews, God save them from their madness, they will make a sum that their books are, say called as, Talmud [not clear], they make it microscopic, the more microscopic it is, the more spiritual you are and they tie it up here you see, you can't even read it, you have to use a nice magnifying glass to read that, they never read, its tied up here. According to them, if it is studded with diamonds, then you are a greater spiritual person, they are very rich people you see, so they tie it up there and before a wailing wall they go and like mad they are beating their heads there and weeping for what they have done. I mean there is no end to the madness of people. You can understand that this is not religion.

Now the other day, there was one Arya samaji fellow who came to Me, he could not get his realization; I must tell you these are another fanatic type we have, Arya samaji, have they been able to get to their spirit? They are only bothered about re-converting the people, marrying the people or building the buildings and saying that, no we don't believe in God, we don't believe in this kind

of a God. We don't believe in. Who cares whether you believe or not, who are you? What right have you got to say anything? It's like any monkey standing up and saying, "I don't believe in this government, I don't believe in that government". Who is bothered about these people who talk like this? Who are they? What authority have they got to say what is good and what is bad. Do they know what is good and what is bad?

To say like these things about, we don't believe in this and we don't believe in that. For us it is essential to know that, first let us know ourselves, let us get our light enlightened and in that light let us see the truth as it is you cannot ask the truth to be like this. You cannot organize God. He is what He is, He remain as He is, you cannot transform Him. Only thing you can do is become one with Him. What you can do is to perceive Him, to feel Him, to be, that is the thing you can be, but you cannot make God as you like Him, He is what He is as I have told you, and the best thing will be that you be humble like Prahlad, to say, "Tav charna arvinde priti" Who are we to criticize these incarnations of Primordial master? What have we done?

Like, once somebody started criticizing Me, so one of my disciples, Bardarf [not clear] called him, come here, come here, how many people have you given realization to? He said "none", He said, how many people have you cured? What good have you done to people? He said none, what do you do? He said I am a barber, he said you better become a barber. What are you talking here? What right have you got? What is your position to talk? But in this kaliyuga, even a person who does not even know a word about religion, about God, who is not awakened, who is not realized, then talk about God. This is ghaur kaliyuga, they are not afraid, they are not afraid, to make money in the name of God is the greatest sin, is the greatest sin, I tell you, to make money like that in the name of God and to spoil somebody's Kundalini, as these, all these fake Gurus are doing. Using there bhoot vidya, they do not know they will go to hell permanently; absolutely permanently they will be there and there will be no return from there. They have been given many chances before, but no more chances for them.

We are the people who have to correct them, we have to stand together and tell them, nothing doing, we had some people in Bombay who are Brahmins, who are Brahmins, who are Brahmins of the high order as we can call, [not clear] they are called as and they got their realization. Now they had to be taken up upon yourself to put down all these horrible fake people who are making money out of the public. So, one of them is a teacher and he told a Brahmin in his family, because he was permanently stuck, you see us Brahmins stuck to the families. He said that, "my", "I have to do the Shard of my father, when can you come, within the Pitrupaksh? He said I can only come on Wednesday or something like that. He said are you sure that there is a Muhrata for that? Yes, he said, yes very I am sure of it. So, he went to another fellow, got the Panchanga, Maharashtrians, that way know a lot about these things like Panchanga and all that and he opened the Panchanga he studied there and he found out that there was no Muhrata, in any Panchanga whatsoever.

There are three Panchangas which we use, I don't know if we know here about it, he saw all of them, then accordingly the Muhrata was on Tuesday, he celebrated it. Then the fellow came, "rehne dijiye, rehne dijiye, baad mein le lenge rehne do". Then the fellow came and he said that "I have come now come along let us have the shard", He said that "I will not even give you a cup of tea to you today" He said how? You call me for the Shard I am supposed to eat at your place, he says no, we have not cooked anything and I am not going to give you a cup of tea, if there is no Muhrata today, he said according to Tilak Panchanga it is, he said I have studied also Tilak Panchanga, I have studied all this, you get out of here. The mother was poor thing you know, she said "how you can this, he is our old thing", he said "this is the only chance I have to get rid of this old fool" and he just told him, get out you will not stay in this house and I am not going to give a cup of tea.

Then in Panduranga's temple, in..., Panduranga's temple is there you know about Vitthalla's in Panderpur [not clear] we have people going down there and when I saw these people I was surprised, they were all crazy people for a month poor things are singing songs eat little take that nasha of tobacco and go singing songs for months together they go to see Panduranga, there and these people who live there are called as Badwe, their names are absolutely suited you see, like in Kolhapur they are called as Bhootis, can you imagine?

The Brahmins are called as Bhootis and these are called as Badwe's, and these people ask them, "How is it, you have got cracks in your heads?" He said that this Naral, this naariyal or you can call the coconut was broken at the lotus feet of Panduranga, I said, how? I couldn't understand, these Badwe's were doing this job and when I said that these Badwe's should know if they don't behave, they are going to have a very bad time, you see everybody was shocked but you'll be amazed within eight days the

government took over that place and its working out, but now their language has changed, but this is how these people have been troubling us, but now we have got four Brahmins, four Brahmins living in Panderpur who are after their throat and they go to the temple and tell people that don't listen to the [unclear] and they are propagating and they said that if you want anything you ask us, but don't give a single Pai to these Badwa's, good for nothing, useless, whatever you want to do, you do it to the deity and don't touch these people, treat them as untouchables and these are the people who have started it. It is we who can change the people.

Once we get Realization, the transformation starts taking place within us. When the transformation takes place, a person becomes fearless. He is not tempted easily by things, for example I have known people, who use to take a lot of bribes, have given up taking up bribe, because their financial condition also improves, their Lakshmi tattwa is awakened and they do not take any bribes, their Dharma is jaagrut, they do not drink, many people who were drunkards have given up drinking, because the Dharma is awakened within us, you just can't bare it. Just like a human being cannot bear dirt but an animal can. In the same way, it happens to you, you just don't bear it, you don't want to have it anymore. In the same way, your political situation will improve, because what is the problem today, what is the problem?

If you have went down to Maharashtra and there the people said that we have a problem of sugar, I said why, you produce a lot of sugar, he said there is one fellow known as Sugar king, he has hoarded all the Sugar. I said really, then why don't you inform the police about it? They said, when Janta government was there he gave them money, now this government is here, he gives them money, he gives money to all police officers, he is driving all of them and he also bribed us and made us vote for certain people, who are under his control. I said, then you are responsible for this. You get your realization and next time only vote for or stand with a realized soul. Do not vote for anyone who is not a realized soul and you will see this country will change just like this; the whole situation will change. It is you who are misusing your votes, in the villages even for one time need they give votes. How are you going to improve your people? How this deterioration is going to stop by only, by your Parivartan, by your transformation, that's only possible through Kundalini awakening.

When the Kundalini awakening takes place, the man knows his esteem, he stands up like a human being and he doesn't behave like a dog, who runs after every position you get, every money you get, "give me, give me". It's not like that. He stands in his dignity and in his [not clear] and nobody can put him down. This is what it is; the Sahaja Yoga is such a blessing, for all of us, in all the world, wherever there is a chaos, it is everywhere now and so many angles it is going to it, for Samaj Karya also, now in Samaj specially in the north, you see the condition is very bad, the woman are treated very shabbily, they say it's the influence of the Muslim religion and whatever it is.

But if you go to Turkey, you will be surprised that the people treat woman with such respect and such understanding. In our own scriptures it is written that: "Yatra naryastu pujiyante ramante tatra Devata" [Manu smriti 3-56] Means, where the woman is respected, there resides the Gods, but the woman has to be respectable also, if she is not a respectable, no use respecting her. It is both ways, but the way we treat our woman, in the villages, especially in the North, like Bihar, U.P, Punjab, Punjab is now better, woman have taken over quite a lot. But that should not be the case, woman should remain woman but men must respect them. What I mean, that woman must be respected as they are and men must be respected as they are. They don't have to change their places but, in these places, all Bengal all of them you know how [unclear]. Women commit suicides in that country because they cannot get married and they are put down. If you cannot get married what does it matter? You have to give dowry, if you don't give dowry you cannot get married.

All kinds of problems a husband will come drunkard, he will beat his wife because he is fallen in love with another woman, he is going to some other person. The wife has to come as out and she becomes a woman who has no husband, everybody ill-treats the woman. All sorts of things are here, why? Because we do not understand that woman is the Shakti. In her lies the Shakti we have to respect the women.

When the women are not respected that country goes to dogs and the women must know that they are Shakti and they are to be respectable and not to be frivolous and cheap the way Indian women are now taking to western life I am really shocked, that means that our tradition has no depth in it. That the way we have accepted all these nonsensical values of the West, where the West has gone to dogs and we are going to dogs for this I will hold the woman responsible who behave so cheaply on the streets

and in the offices and in the houses.

It is the women who have to keep the Dharma going. Now with this, it is very remarkable, what is happening, if the mother of the house is not respected, is treated like a servant, she has no place in the family, husband comes from the office and shouts at her, children cannot respect her, they cannot be disciplined, if the mother is not respected. Your children can never be disciplined. You see now, you talk of indiscipline, indiscipline everywhere. I remember, when I was young, we could not do even a thing without asking our mother. If we had our father we wanted to, he'd say, "Did you ask your mother? Go and ask your mother" In the family, in the house she was the Grahalakshmi, she was given all the keys all the money, not a single pie was spent without asking her. But these days, the woman have become so either very miserly or so extra wagon that men do not know what to do with them. It was both ways, women have to be wise, they are the axis the Dhuri of the society, that's only possible when they are realized, suddenly I find very rebellious woman become so, so beautiful, so beautiful and so women like, so sweet, their, their tongue, their whole behaviour everything changes so beautifully, it's surprising, even western women I have seen, who walk like horses normally.

If you see them, they really walk like horses, but they change their dresses and their whole thing they become so feminine, so sweet, in their talks and everything, then what will happen to Indian women? But men must know they have to respect women, if they try to dominate their women, they will become the same as the western woman and you will not know what to do with yourself. If the woman decides to be bad, there's no end to miseries that should not be done. So, please make it a short circuit and let us understand that for Sahaja yogi it is important to respect the wife. So, that there is discipline, still I must give all my respect to the Indian women, despite all these things, despite the, all the men have changed their dresses, all the men have become English, Indian women have still kept their dresses and their discipline.

Our men still think, they are great English people, but our Indian women are not willing to accept that situation. I am not saying that there is something wrong with English, but if we are Indians we should be Indians, if they are English they should be English and in the same way with our life, when there is realization, a woman becomes a complete woman and a man becomes a complete man and a complete man we have before us is Shri Rama, how he loved his wife, in separation and in meeting, how he loved and how they, despite all their love, how they suffered. We have before us Shri Rama where he respected his wife. It is a essential for men to understand that you are Indians and you have to behave like them. You do not know the greatness of our Indian women. If you do not treat them well, I can assure you a day will come only very cheap and nasty and what you call demonic women will be born here and you will be unable to enter even your homes. You will be standing outside on your streets.

So be careful about it and also you has brought us before, the way you treat your wife the same way your daughters will be treated even worse, then you will know what you did, so be kind to her because she has married to you she is not your slave. It is very important. In northern India more because they think that southern India, Maharashtra and southern India women, men are henpecked unless and until they beat their wives, they are henpecked according to them. These ideas must be given up but this is only possible when you get your realization. Real joy of leading a very happy married life extremely beautiful married life of mutual love and mutual understanding develops I have seen this happening to so many people the relationship improving the relationship between parents and children improving the whole thing becoming so joyous and so beautiful and the children becoming so obedient and so sweet, it's a beautiful thing so when the atmosphere is fragrant with your spirituality the whole aroma, the whole atmosphere we can say completely charmed, absolutely charmed by your peaceful life. This is the bliss we have to see.

Today I talked about these things because Void is very important thing for us where all our social, samajic, political, rajkiya and also our spiritual problems can be solved.

Apart from that I had told you yesterday about our physical problems, tomorrow I will talk about other charkas to you. I hope you have understood today's lecture. Though, I spoke in a very entertaining manner but you have to know that all this entertainment has to go within yourself, you have to take within yourself, it's not meant for others as soon as you say it is for other, the women will look at the husbands and the husbands will look at the wife. They do not know it is meant for you and not for others. All of you should take it up, that am I doing this, am I doing this, try to correct yourself, you have to be decent husbands and decent wives and I would like to see very happy married couples amongst Sahaja Yogis, when this will happen then the great souls will

take birth on this earth, you will see great people will be born.

Already so many Sahaja Yogis have given birth to very, very great souls. You will be amazed they know Kundalini from their very childhood this will happen I am sure one day it will come and that all the souls who want to take birth will be born on this earth, especially in India. Already lots of great souls I have seen also in England, let me go I see in Australia I am sure it's happening everywhere. But if you are realized souls you really become perfect parents and you really invite the great souls on this earth to work it out.

May God Bless You.

1981-0209, Heart, Vishuddhi, Agnya, Sahasrara

View [online](#).

9 February 1981

Heart, Vishuddhi, Agnya, Sahasrara

Public Program

New Delhi (India)

Talk Language: English | Transcript (English) – VERIFIED

Public Program, New Delhi (India) 9 February 1981.

I talked to you about the Void in our body, which is called as Bhavasagara [Hindi], Bhavasagara in our Sahaja Yoga language.

Today we have to understand the other chakras, which are above the Bhavasagara.

Last time I told you how by following wrong gurus and spoiling your Guru principle you get problems in your stomach.

Also your extreme behavior towards religion, your fanaticism, creates problems which may go up to something like cancer.

Also, the another extreme behavior of people who become very dry by their over-activity on the right side and have no feelings for the family and neglect the family, have no relationship with their wives of a normal nature, also may develop problems of the stomach.

This chakra I didn't talk to you before, about the speedometer within us, which is the Nabhi.

I think I did mention something about it. This is one of the most important chakras within us and I think, before going over to other chakras, I must say that how our spleen gets spoilt and how we get into problems like blood cancer, which is a very common disease today in the West and is also invading our country, with such a speed [Hindi].

This is a - I didn't talk to you about it but I have talked about this to other people.

Now this spleen is the one which creates blood cells for our emergencies. Any emergency comes in, it has to produce new blood cells to fight the emergency or to face the emergency or to solve the problems of the emergency.

In the modern times, we have lost the idea of controlling our speed. We talk telescopically, we walk telescopically, we arrive at a point so telescopically that the point is left behind before we arrive.

Now this spleen is the one, when you are eating your food, is also producing blood corpuscles to fight or, you can say, to digest the food. At the same time if you are listening to some horrid news and horrible emergencies that suddenly come up, or if you are reading newspapers, or if you are running away to your office, this is a very common thing with government servants that they have no time for their breakfast. They will take one hour in the bathroom and in five minutes, they want to finish their breakfast. All such persons face the problem of getting into some sort of a complication of the spleen because when you eat your food, and suddenly try to run, the poor spleen has to go with a double speed to cope up with your additional activities.

It used to be a style in olden days that all the people would sit for food very comfortably and the food was served with great care and everybody was given sufficient time to eat the food. And there would be a lady to fan the gentleman who would keep the pace of the man's eating process at a proper level, and the food would be eaten with little leisure.

But nowadays I find that people have no sense that we are human beings and we are not machines.

In Delhi, I feel the schools are really very cruel people. I find even in this winter season the children have to go to school at 6.30 or 6 o'clock in the morning. And somebody must bring some legal procedure against these schools. Is absolutely essential, your children are going to be in great difficulties if you do not pay attention to this fact.

To get up early in the morning at that time, then walk in the cold season, take your bath, many people take their bath, also with hot water, and then suddenly go out in that cold, take your breakfast just in a standing manner, in a very rushing manner, the mother is running with a bottle in the hand, and pouring the milk for the child, and the child is somehow or other trying to gulp it down and taking a bread in the hand and rushing about. This is even worse than military, I can tell you.

For such small children who are growing, it is essential that they must have their breakfast when they are quite in tune with the atmosphere, not at the early in the morning at 6:30 to get up and rush them with their breakfast is something extremely cruel that we are doing to our children.

This will not only spoil their Vishuddhi - according to, I think modern people, Vishuddhi trouble is to be accepted all the time, means all cold, coughs, and all that is a part of life, you can't complain about it, somehow it has to go hand in hand with you. They do not want to find solutions for that.

People might say in olden days, people used to get up at 4 o'clock, all right, they would. But they never used to get out of their houses so fast. And the style of life was very different in those days. People had very good food to eat, they had things full of vitamins, and the pressures on their lives were much -, much less.

As it is we have no time to pay any attention to our children. On top of that, the way we hurry them up is so dangerous, that I don't know, I have never known that children go so early in Delhi, which is so freezingly cold, so early and come back home at about 2:30 in the afternoon.

To come back at 2:30 in the afternoon, after eating that hurried meal at home, or whatever you may call a breakfast or whatever you may call it, so called, and then come back at 2:30 and what are they going to eat? There is timing for everything.

The food digestion takes about three hours and children feel hungry. As it is there is no food and this is how about five and a half hours, you keep them away in the schools without any food for what? What knowledge are you giving to your children? What is the special knowledge you are giving to your children?

What is such a great thing that the world has achieved by having these institutions of education, so called? First of all you are creating children who will be very sick. It is not going to give them longevity.

Secondly, the way the people rush about for their work. In the morning time, there is no need to rush about. If you can get up early in the morning, sleep early and get up in the morning, take your time and eat your breakfast properly and go to office, have something in the afternoon, and then in the evening, you'll be amazed, you will get over fifty percent of your sicknesses. Because at the right time, if you give a proper practice to your stomach, you get your juices oozing out at the right time. You don't make your stomach crazy by that.

But, by this kind of emergency all the time arising, listening to horrible things at the time when you are eating your food or doing something important, your spleen goes crazy.

It does not know. It loses its power to produce proper blood cells. It does not know how to produce it, it really becomes crazy and in that craziness, it starts producing blood cells at odd hours, wrong hours, it does not know when to produce, it is always in emergency, it is never stationed in its normal state.

At this stage, if there is an attack from your collective subconscious area, about which now doctors are now talking in England, that there is an attack of some proteins unknown to them, they call them as protein 58 and all that, you are very much prone to get blood cancer.

Moreover, if your attention is too much on the left or the right to the extreme, you are even more prone. For example, you are a planner, you plan morning till evening, so your attention is more on the future. That means your attention is on the right-hand side. It's like a cloth you can say, the attention in the stomach, is protruding to the right or to the left.

Now, if your attention is too much on the right, means you are planning all the time, as I told you, doctors may not accept it, but is a fact that when you think too much and plan too much, your Nabhi or your Swadishthana Chakra is converting the fat cells for the use of the brain.

At that time, if you put more pressure into it, by over-activity of the right-hand side, which is your kriya shakti, it happens that you may enter into it to such an extent that at that time, if you have any such problem, you are easy to get some problem with your liver because it is on the right-hand side; and the poor liver suffers, you get cyrrosis of the liver or just like cancer of the liver.

Now, in Sahaja Yoga, what happens really is this, your attention is spread like a cloth, and when the Kundalini rises, She pushes your attention upward and the attention is a sheath around the Kundalini. When She pierces the Brahmarandhra, then your attention starts oozing out into the Supreme or what we call the Super Consciousness, which is here spread, into the sukshma, into the subtle consciousness.

Your whole attention is pulled up there and that is how you cure your blood cancer, your liver cancer, and all the cancer that is connected with this kind of attention.

Not only cancer but many other diseases, like kidney trouble, liver trouble and all other - we can say diabetes, intestinal troubles, and even you might get relief to your diaphragm, sometimes which is very much in tension with people who are agitated all the time.

Those people who think they are important, I think are really not aware of what importance they have to themselves.

We must understand our own esteem, and we must know that we are human beings, and that we are very important to God if not to anybody else.

As human beings, we have to also realize that we have come on this earth from amoeba stage to this stage, and God has worked so hard for us that we have no business to go on slashing ourselves into absolutely ridiculous sick people who are no good for God and no good for anyone whatsoever.

Now, this attention is, how it is diverted from this to that, can be seen that when people are very much right-handed or ego-oriented, as we call it, they try to take their attention away from their ego.

Actually those people who are very ego-oriented always take to some kind of intoxication because they just can't sleep in the night. Their attention so much is in the future that they cannot sleep. By sleep, they might go into the left side. So they have to drink a lot. They will have more alcohols than normal people do. They'll have drugs or they'll have some sort of a thing, ultimately they have to take sleeping pills, without sleeping pills they cannot sleep.

The reason is, the attention in the man is so disturbed, and he does not know how to give it a proper chance to lead a normal existence that this attention is always thinking, thinking, thinking like mad and he does not know how to stop that thinking.

In Sahaja Yoga, it happens automatically because your attention goes beyond thinking. You develop your thoughtless awareness

without any difficulties, but you do not establish it. You have to establish your thoughtless awareness and for that, you have to work it out. And that working out takes little time.

If people can really work it out properly, they can never get into these troubles. On the contrary, even if they may not be doctors, or may not be physicians, they may be able to cure other people who have this problem.

But in Sahaja Yoga, you must know that it's a new knowledge for you. It was a secret knowledge before this, very much a secret.

Of course, I must say Kabirdas and Guru Nanak and Adi Shankaracharya and all these people talked of Kundalini.

Gyaneshwara talked of Kundalini and he said that this is this and this is that. But they did not give a full detailed idea about Sahaj Yog because it was useless to tell them all about it when they were not realized.

But they did inform because they knew that this time was going to come when they will be told about it and if they had not said about this, they would have come up and said that, "From where are you getting word Kundalini? It is not written anywhere."

Because as I told yesterday in My lecture that people have more faith in My photograph than in Myself.

Human beings are so funny that they believe into something that is printed than what is said.

Just now, I'm saying something to you. I'm standing before you. But when I'm in the present, you do not want to accept Me.

But if I have said something, and is printed, you'll say, "Yes."

I've seen also people who have My tapes, they believe into My tapes than into My speeches when I'm speaking to them.

It's most surprising how a human mind rushes off to the past or to the future. This is a human nature which is always going out, and it is the attention which is going out because of a particular problem within human beings.

Now that problem I just cannot discuss because I need little drawings for that which we don't have. But I have got in some of My speeches I've explained, why the attention of man goes out - because of his prismatic nature of his brain.

But that prismatic nature and the, I should say, the dual density of his brain creates a problem, by which the attention of man goes out.

Now the attention [of] the man has to be sucked in.

If I tell you, you pay attention to Me, you can. If I tell these children, "Pay attention to Me", they may for a while, but again they'll start playing. So, if I tell them that "pay attention to Me", they will see Me and they'll start paying attention to Me.

But if I say, "Pay attention to yourself", you cannot pay. You may say that, "All right, we are praying inside, we are doing antar yoga, this that" - is all a myth, it's not there. When the attention is inside, you are in the present, you don't think, you are in the present.

When the attention is outside, then either you are on the left side or the right side, by which you are paying attention to your past or to the future.

All your thoughts are coming from the past and from the future. At this present moment, there is no thought. But this, to stop this, is very difficult. To say now, you cannot do that.

There's a space in between, which is called Vilamba, which is achieved through Kundalini awakening, it passes through the left and right side of ego and superego, and in the center you achieve your thoughtless awareness.

Now, this process of Kundalini rising upward can be hampered at a [level] - another chakra which is at the heart level, in the center in the spinal cord. It is expressed outside in the sternum and we can say that till the boy or the girl is about twelve years of age, from the sternum the anti-bodies are created, they go in the whole body and spread there and fight the diseases.

Now, these anti-bodies, in Sahaja Yoga language, are the armies of the Jagadamba, of Durga, of the Mother of this world. She resides in this center according to Sahaja Yoga language.

But it may be that people will not believe into it, "How can that be that Durga resides there?"

Somebody told Me it's not written in the book.

I said, "Thank God, it is not written."

Otherwise you would have never understood it and you would have a mess of everything, as you have done it of whatever was written has been made into a rigmarole.

So now, this Goddess is in this center.

When this center is out of gear, first of all your anti-bodies are reduced. There are so many medicines which reduce your anti-bodies. But people take it because it gives them a little relief for the time being.

But they become then prone to other diseases because if the anti-bodies are reduced, then you cannot find [may Shri Mataji mean "fight"?] the other, other diseases and the strength is reduced. Now, in all our medicines, we forget that we are a complete being, we are not just a physical being, but emotional being, and also a mental being, and above all, a spiritual being.

Now when we forget this, we are only worried about the physical side of it. And when our physical side is in trouble, we want to do everything under the sun; but we do not know by doing that we are spoiling our emotional side. By spoiling our emotional side, it can be very dangerous, that medicines, which reduce the anti-bodies in the body, can lead you to madness, ultimately.

First they give you giddiness, must you sleep a lot, and after that too much sleeping, too much of these medicines, can cause madness. Because you are thrown into the left side and you can be attacked and you can become a mad person.

So these medicines are so dangerous that people without understanding the complete nature of man just try to treat part of it.

In Sahaja Yoga we, as he said, I do not take any medicines, My .... as Kabira has said, "I do not take any medicines, for me Parabrahma is the one who is my Vaidya, He treats me".

And is a fact, now the time has come to prove what Kabira has said, what Nanaka has said, what Adi Shankaracharya has said, what Christ has said. There is no need to take medicine to cure this centre.

We spoil this centre by other means also. For example, if you... there can be very simple reasons for spoiling it. You take your bath with hot water.

Normally to take a hot bath - a hot bath is all right, but that should be done in the night when you don't go out at all. Then you sleep off, you are in the room and there cannot be a problem. But I've seen in England most of the Indians who come and see Me have got trouble with their lungs. They have a problem with their lungs and sometimes they get lung cancer very easily. And what

I found out that they take a very hot bath like English people. Actually English people take seldom their baths. So [She laughs, general laughter] and it is very common to see in English homes sixty bedrooms with a bath, you see. Because they don't require it much.

But even if they have to take, they take it in the night. [Laughter] They don't take it early in the morning like Indians do. You see, you have to live in England the way English are - and not that, you cannot live like that, is a bit too much [laughter] - but still you can sometimes understand that if you have to take the bath early in the morning, and then go to office, you are definite to catch this centre or a centre next to that which is called as right heart in our Sahaja Yoga language.

Now this center heart is caught, or the right heart is caught, because you suddenly expose yourself to cold weather. In the same way in Delhi you may catch it, that you just have your hot bath and get out into the cold. Now best thing is that you take your hot bath always, and then allow the water to be mixed with cold water, make the tap run and then you take your bath, end up with cool water.

You'll be amazed you will never catch cold.

Is a very simple thing to do.

Once you practice this, you will never catch cold.

I have seen people living very near Himalayas where it's absolutely very, very cold twelve months. They always take their baths early in the morning sitting outside with cold water. They never take bath with hot water.

They never have hot water to take their bath. And I've not seen any person suffering from this cold in the hills. They keep very good health as far as the cold is concerned despite the fact it is very cold. It's a matter of little habit, if the sahaj yogis who are realized souls, if they practice this, I tell you all your Vishuddhis which are so horribly caught up will be all right and I will have less trouble [laughter, She laughs].

Because today I was clearing everybody's Vishuddhi there.

Now this right-side heart is caught up, is most surprising that it is caught up, because it is the, it is bestowed upon by the deity of Shri Rama. Shri Rama is the Father deity. He is the Father, he is the Father king and he is the Father of this world, is the Father head. Supposing you are a bad father, you will catch this. Ultimately, with this center you always get asthma, always.

All asthma patients who have come to Me have been cured - so far. I have cured most of the ailments of right heart.

There is another cause of this is, supposing somebody's father is dead in early years, very early years when the child was not yet properly settled down, or he died at a time with an accident or may be with a worry about the child. Then he haunts the child. This is true.

At that time, if you just tell your father that "I'm all right, don't worry, you take your birth, I'll be all right", you'll be amazed, this asthma can go.

There was a governor of Kashmir, who was a very, very respectable man and we had gone to him as state guests. One morning he came walking barefeet in Kashmir to our guesthouse, I was amazed why he was walking down. So went down to see him.

He said, "Today I've come to see You as a Mother and not as Mrs. Shrivastava. And I have come to ask You for one boon that I've had this asthma for twenty-five years and can You cure me?". And it was cured in five minutes flat.

It's that simple. If you take the name of Shri Rama, if Nanaka says is all right or if Kabira does is all right, but if you unauthorized

way if you go on pestering Shri Ram for everything, then also this chakra can be caught.

Those people who believe in Hanumana, also if they go on too much with it, it can be caught.

Hanumana is the deity for your air, for your breathing, and when you try to suffocate Hanumana within you, you get the trouble of His disappearing from that center, or you can say He sleeps and you get these two troubles of - one is asthma and also sometimes you might get choking. Suddenly, people, some people when they are talking, suddenly they choke up.

Now this, this is very easy to cure, very, very easy to cure asthma can be cured very easily.

But the center heart when it is in problem it can be with anything. We have here a patient who was doing this Santoshi Mata's vrat and she got this trouble.

Now Santoshi Mata, there's nothing like that. It's absurd! Any Santoshi Mata is created by some cinema fellow and all the women are doing this and they are fasting on Friday.

If you fast on Friday in the name of the Goddess, you can fast if you want to, but not in the name of Goddess - you are definite to catch this thing because that is the day when She was born. Friday is the day as regarded as the day of the Goddess. And that day one has to celebrate it instead of fasting.

Apart from that, when you start taking Her name morning till evening every time, She gets fed up of you and She disappears from there. She just doesn't like you and you might develop a big problem.

She is the One who gives you sense of security. She is the One She gives you sense of security. When your sense of security is disturbed, then you get the catch on this one.

For example, the women who suffer from, say, breast cancer are only doing so because of this, because She is the Great Mother and as a mother, you suffer. Supposing a husband is a bad man and a flirt, and the woman thinks he is not all right.

It is important for man to console his wife and see that she has complete faith in her security.

But specially in India we try to make our women extremely insecure by the way we talk to them, the way we treat them.

I mean, we are extremely cruel people as far as our wives are concerned. Because I have seen people here, we have such a big dowry system and all sorts of systems in all our horrible customs and castes.

If a daughter is there, then there's all weakness for her, but the wife is also a daughter of somebody else, nobody thinks.

They will say if the wife asks for anything, "Go and ask your father. Why didn't he give it in the marriage?" There is no fondness for the wife. There's no understanding that she is the one who is to be loved. She is to be given all the security. And we put all kinds of insecurities into her, we shout at her, some... so many people also beat their wives. In England, invariably men beat their wives, surprisingly supposed to be very educated, sophisticated people. The more sophisticated they are, the worse they are.

Not only they beat their wives, but they kill their children. Every week two children are killed in England. And we are going the same way. I tell you I had never known people who used to beat their wives when I was a child or when I was grown up.

I have seen My father that he always respected My mother very much. But nowadays I find that husbands have no respect for the wife at all. They think they are very great people even if they are clerks or anything they think the wife is a peon. If the husband is a peon he thinks the wife is a jamadar [laughter]. If he is the jamadar I don't know what he must be thinking his wife to be.

And this kind of mythical complexes that human beings have developed, women develop this kind of a trouble, specially when men are flirts.

You see, when men start looking out for other women it upsets women; it upsets their sense of security. She is the mother of your children. She feels that any day she is challenged and any days she'll be insulted, she is a mother and as your children's mother, she must be respected.

If she is not respected, she is absolutely prone to this kind of a sense of insecurity in which she might develop this breast cancer. And this breast cancer is a very serious disease, as you know.

We have cured many people from breast cancer. Many people have been cured of breast cancer and the relationship between husband and wife has improved after that. But while she gets breast cancer, then you should see the husband.

He gets absolutely upset, he does not know what to do because Indian husbands do not know how to cook even, they do not know even how to buy a vegetable, they don't know what are different dhals are.

They don't know any work whatsoever in the house. They are not like English husbands or any Western husbands, and some of the Western people told me that Indian men are cowards. They cannot take a divorce because they don't know how to cook [laughter]. So, this is the condition of our Indian men, they are entirely dependant on their wives for everything, still they try to dominate their women so much; and I'm speaking in English, I'm sorry I have to say this but it is the case.

And when, you see, the women, when they find men behaving like this, they become tigresses. Some of them become such horrible tigresses that they can ruin not only the family but families after families and nations after nations.

You are creating a woman who is challenging you and then once she starts challenging - and the result of that I have seen that in England or in any other such country, France, Germany, Germany specially. In Germany women are hitlerish, absolutely hitlerish, men shake before them [laughter]. Absolutely, they are just like ghaties, you see, in the hamals, working in the house. The woman stands with her both hand on her hips and she says, "You haven't cleaned this. You haven't done this, what have you been doing? This is not clean."

They have to clean all the utensils in the house, everything, they have to keep the kitchen absolutely sparklingly clean, otherwise the men would be scolded on, "You don't know how to keep it clean? Better go and learn from your neighbor." And poor neighbors consult each other and do their homework [laughter].

Moreover the laws are such, they have passed such laws that when the wife divorces a husband, she gets half of the property, half of the income of the husband, as long as she does not marry.

For example, a man is living in a huge big place. Suddenly his wife decides to divorce - decides, there's no reason needed for that. If she decides to divorce, then they get a divorce, and the house is to be sold, and the money is to be given half, half. [Laughter]

Then if such a wife marries twice or thrice, she is a rich lady while this man is a pauper [laughter]. This is a very common sight.

I have seen this very common in America specially, that she says that he was my husband, he looks like a chauffeur, and this lady is going in such big Cadillacs and all that, with a [laughter] - I wouldn't say cigarette, it's more than that [laughter] - and with a stick in the hand, you see, very smart. And while the husband is all tattered and torn, and working as a chauffeur somewhere.

So, that another extreme is also horrid.

A woman is not to be like that, she has to be a decent gracious personality and she is not to take up this challenge, it's not wise to take these challenges from men. At least, Indian women know that, most of them know, I hope so, they will keep it up.

But the men must understand now that they have to respect women. If they do not respect their women, then the daughters that they have, will be coming out like that and they'll show such results that you'll be shocked.

One day they may even slap their father on the face. It is quite possible, all such things can happen in this country also.

So one has to be careful.

Now I've said it because these two centers are very important, Shri Rama, who is the deity of Maryadas, of boundaries, how a human being must live.

All His life, He never showed any special interest in giving realization to people.

But - of course, He destroyed Ravana and He destroyed many rakshasas. But main message of His life is a life of a dedicated husband, who loved His wife very much and a man who sacrificed His beloved for the sake of His being a good king. But just the other way round you find, in this country where we think love is great - here, I've known of many Ministers whose wives rule the family. Take, sacrifice is not there, on the contrary, the wives are so important that they can make the husbands just sit in the corner and nobody says anything about it.

But I have also known even worse cases where the whole country is sold in the name of their children. It is such a serious thing. We do not understand that these children are not something that are going to carry your name, but what is going to carry your name is your own worth, is your own style, is in your own character, and your own leadership. Nobody is going to be bothered who is the one who is your son or who is your daughter or who is who.

So those people who try such things, to think that their children and their children or - children are so important, then they should realize that it was Shri Rama who sacrificed His beloved, when She was pregnant and He led a life of an ascetic remembering His wife.

This sacrifice was too much for Shri Ram because He really loved Her, really, could not exist without Her, it was too much. And then at a time when it comes to, Sita also left Him.

And She left Him in Her own grace and in Her own grandeur. She didn't allow Him to touch His body and She just disappeared, like a woman has to do. While in the modern times, it is not so. If the husband has harmed you, then the women will go to the courts, she'll put him in the jail and she will see that he is punished nicely. Why? Because he was busy with other women. Now, what I'm saying, if you think that you love your husband and that's why you are angry that he should have nothing to do with other women, why should you put him in the jail? Why should you trouble him and torture him?

So we have to realize that husband and wife relationship is extremely important for sahaja yogis. You are the complements of each other. If the relationship is not all right, Sahaja Yoga does not work out. It is not that a woman becomes so dominant, but it is the complement, the love between the two, the beauty of love, and the understanding.

You need not even smile at your husband, you need not even, when he is going - you see, in England I have seen or anywhere else I have seen, people will be all the time kissing each other and doing all kinds of gestures to show that they love. And if you ask them, "Where are you going?" - Even on an escalator you'll find them like that. And if you ask them where are they going they will say that, "Just now we are going for a divorce case." [Laughter]

The show is not needed, but from the heart, you must feel that oneness with your husband and that love for him and the husband

must feel that love; and it's the only relationship, it's the only, believe Me, which is the most beautiful.

The relationship with your children, you will understand when they will earn, with your daughter she will understand when they are married. With your parents also, when they are grown up, you are grown up you have your wife, you'll find there will be a – you'll find their conceit coming up.

But the relationship with your wife is the most private and the most treasured relationship and that's why people have sung so many poems about it and so many things. In Indian language, the - we have a certain law about even writing. Whatever is not hitakari is not accepted because it is called as Sahitya. Sahitya means Saha Hita, the one which gives you Hita to your Atma is the only Sahitya. The literature is Sahitya, whichever is not is not literature, is trash.

And in Sanskrit language Shringara which is not with your wife, is not a Shringar, is ashleela.

It has to be with your wife or to whom you are engaged to. And it is such a pure thing, is such a pure thing. And if people can understand how to enjoy that purity, they will become themselves pure and they will have the best essence of it.

You see, when it comes to buying something, we want pure silk, we want pure diamond, we want pure gold. But when it comes to our love, we want to have all kinds of mixed-up impurities, perversions. And then we say, "Oh, I got tired. I cannot enjoy". Because it's not pure! The purity of that relationship must be enjoyed.

In Sahaja Yoga we don't believe in sannyasa, as I told you and there should be no sannyasa now, because there are many great souls who want to be born on this earth and we have to make arrangements for them.

We have to have people who are happily married, who respect each other, love each other, so that the great saints can be born here.

In this relation, I would say a very interesting talk that I had with a BBC fellow who came to interview Me.

And he was, as usual, they are very sarcastic and they think they are very smart. They did not know they were meeting a smarter person [laughter].

First he said to Me that, "How is it You are here and doing so much for us, but why don't You go and help Indians who are so poor?"

I said, "I'm sorry Sir, I'm in England and I'm on your soil, I shouldn't say this, it's not gracious for Me to say, but you have asked such a question, I must answer it. With full apologies, I must say: who is responsible for the poverty of India?" [Laughter]

And he kept quiet. Then he came out with second question, you see, very smart fellow.

He said that "But, what do You think of the population problem of India? We are so much worried about it. Why don't You look after the population problem of Your India?"

"Of course I'm in England, I would have never been there, I'm only there because My husband is there." But I said, "Really, I'm sorry that this is in India, but what to do? There's no solution for it."

He said, "Are we also responsible for that?"

I said, "I'm sorry to say, very much so." [Laughter]

He said, "How are we responsible for your population problem?"

I said, "The trouble is, you see, the people who are taking birth have to decide, who will take birth in this England? [Laughter and applause] There two children every week are killed by the parents for nothing at all, where the children are legal, everything - who, which foolish man will take birth here [laughter] except for people who are of a very high grade - spirituality, you don't bother about these things [She laughs]; or only the rakshasas who will come and hit their parents and that's what they are doing today. They are treating you well, the way you are parents, and you don't know what to do with them".

And this is what it is I have to tell you that unless and until we really respect our wives and give them proper attention and proper help, the discipline of this country is not going to improve.

It is she who disciplines the children, is important to give her a complete sense of security. And the conceit of man has to go away, that he thinks he's very important, he's not. It is both, if they are together, then the whole unit is important, you can't live with one eye, you have to have both the eyes. If one eye thinks he is more important, that means one eye should disappear to see what happens without [laughter].

After these, we come to another center, which is extremely important in Sahaja Yoga called as Vishuddhi chakra, which is placed behind this part. Now it is not an exact position in every human being. It's little lower, higher, so one should not say that this is at this point. Because we have to understand, this I'm talking about the living process.

You can put dead things at the exact position, at the exact date. But can you say that the tree will grow in this form, can you say before the tree is grown? It will take its own form. Can you say the roots will grow like that? Can you say so many, exactly so many flowers will be there? Or exactly so many flowers will become fruits?

You cannot say. Can you say at this time, at this hour, at this moment, the flower is going to become the fruit? So, in the same way, you cannot say exactly about Sahaja Yoga that where is this particular center is placed. Is above that. You have to feel it, the vibrations, and you can make it out that in some person it's slightly higher, in some person it is lower.

But why it is so important is this center is that this denotes our real evolution into a human being. When the man raised his head up like that, this center developed into us by which we developed this ego and superego within us.

How this has happened is another big lecture [She laughs] for which I would request you to read something on "Advent" or something like that where it is little bit explained, how the awareness of man when he raised his head like this that his ego started developing, and when he raised it like that it started dominating its superego or its mana.

This development within human beings is so important because at this time, here, resides Shri Krishna. Shri Krishna is sampurna. It's called as sixteen-petalled, sampurna, complete incarnation. And sixteen petals are expressed as sixteen sub-plexuses in cervical plexus.

The cervical plexus looks after the gross side of the face and the nose and the eyes and the ears and the throat. And - but the subtler side of this center is very important, which is the left side, is the sub-conscious side. And in the left side is the person who feels very guilty or a person who has not proper understanding of pure relationships of other women or other men. Such a person develops this, in his left side.

Now one may say that what's wrong in all these perverted relationships with others, and what goes wrong with us.

You see, in the West specially, people believe that you can have any kind of relationship with anyone, no age, nothing, and they quite boast of it. I mean, it's such a funny thing sometimes, when I first went there, I had no idea that they were that extent they were mad.

Because the first thing, in those days, when I reached there was, the first thing on the page was love letter by an eighty-year-old lady to an eighteen-year-old boy [laughter]. And it was written, every his love letter was there.

And this love letter became such a headache to Me, I could not understand how could these people think of such horrible things and write such letters and publish them in the papers.

And this kind of madness, if you have, if you do not have the sense of purity about the relationship with others, you develop this left Vishuddhi. With the left Vishuddhi, you develop lots of problems.

With your tobacco and smoking also you develop sometimes left Vishuddhi and also right Vishuddhi. When left Vishuddhi is developed too much, then you will find a man when he speaks, he stammers, his face is always going into contortions, his body is doing like this, noses, you will find all the Americans do like that. Like this they will be moving [laughter], there will be nervousness on the face and they would not be normal people. The thing is their left Vishuddhi is in a problem. As we say the pishani, this forehead is absolutely wrinkled up and they have big, big furrows at a very young age. Because I was amazed that some woman who was only thirty years of age, half of My age, had such furrows and I thought she was an old lady, I was very respectful to her, I got up, gave her My seat and all that and I was standing up. [Laughter]

And after some time, she said, "Thank You very much, very kind of You" and all that and she asked Me - somehow I asked her, "What are you doing?"

She said, "I'm still studying, doing PhD."

I said, "What? [Laughter] Still studying? What's your age?"

She said, "Thirty."

I said, "Really? Will you please get up? I have to sit down." [Laughter and applause, She laughs]

I mean, there the criteria of health is to be just like mosquitoes, you see, the trouble is they have to be like mosquitoes.

And as it is, they must remain very thin just like as we call in Hindi, haddimarka.

And on top of that they wear high heels, you see, and walk just like, what you call, like spiders [laughter] you see, from here to there, and you don't know where they'll put their foot onto you [laughter]. And that is regarded as a beauty there. And so surprising that at a very young age they start looking so very old that this mistake can be done by many of us.

Moreover, the another problem comes of left Vishuddhi, when people do not have proper sense of womanhood and manhood.

Is very common in England and other countries, Western countries, like America is much worse, you cannot make out a man from a woman.

You see, the women dress up just like horses, they walk like horses [laughter], I mean, the whole thing is so funny that, you see, this is big problem for us how to address! And sometimes it happens like this, that in a meeting, I forget all the time that this is a man, I always go on saying "She." Then he: "He". Then they say, "No, this is a man." I remember then this is a man, it's such a problem!

One day, we were going by car, My husband and Myself we asked ourselves, "Do you think the person who is going in the other car is a man or a woman?" I said, "Now"... Then our car went ahead, still we looked back, he said, "I can't say."

I said, "I can't say." [She laughs]

So, I asked our driver, who is an Englishman, he looked back he said, "Madam, we are sorry, I'm also sorry, I'm a foreigner, I don't know." [Laughter]

So this kind of perverted attitude, to behave like this - you see, you are a man, behave like a man, if you are a woman, behave like a woman.

If you start behaving like a man, or a woman behaving like a man and a man behaving like a woman, you see, you must understand your muscles are made the way you are.

For example, a man can do lot of work which women cannot do.

There is no need to be like Russian women who are doing the, what you call, road-rollers, they are driving or whatever it is.

You see, they say that Russian women can do this, but I tell you Russians, I do not want to say much, but only thing I know that when they shake hands, you know all your hand goes out. [Laughter, She laughs] Fall out [unclear].

That's all I know, I know from the shake hands, you see, we have sometimes to shake hands with many people. I mean, Australians also are quite capable [laughter]. When Australians shake your hands, you can be sure that, at least, if not much, but at least some ounces are lost. [Laughter]

Now, this is the thing is that men have to be men and women have to be women.

When the women become very arrogant and become very aggressive, then men also to overpower them become even more, and a sort of a competition starts, and then they become, first become like donkeys, then become like horses, then they will become like mares, then become like lions, then tigers and you get lost among them, you don't know what's the matter.

You see any film, anything you find nothing but fighting going on between husband and wife, as if they are married just to fight, they had no place to fight, so they are married.

All the time this kind of a struggle, and this kind of a competition that goes about, gives you a very bad Vishuddhi.

And that if men are smoking, "What's wrong if we smoke?" "What's wrong?" This is a very common thing.

And now, another madness is the liberation of women has started. God knows what is going to happen to these women, what sort of left Vishuddhi they'll be having. They'll be having a head just like this, they might have a cancer in this part, maybe, and they might have a trouble because they are doing something so unnatural, which is not suitable to them.

Is possible also in our Indian life, we can get cancer of our left Vishuddhi.

How do you get cancer of the left Vishuddhi in Indian life is by taking the mantras, by taking the name of God for hours together.

For example, if you start singing the song is all right. But if you go on saying Ram, Ram, Ram, Ram, Ram, Ram, morning till evening, you might develop a cancer.

I had a patient who came to see Me who had a cancer of the left side.

I asked him, "What do you do? How did you get this?". He told me that he is working for a firm, which supplies people to chant

God's name.

I said, "What?"

He said, "Yes, there is a firm which has people trained how to chant God's name and they are supplied to all the Marwadis. Whenever they have a program, they put up these people there who go on chanting these names for hours together." [Hindi]

They go on chanting this name all the time and this chanting has created a problem for that man, because he had a job just "Ram, Ram, Ram, Ram", I don't know, whatever it is, and they sit down there and they go on chanting these, the money is paid for them.

And also, you see, in this country we have all funny types of institutions. It's nice to laugh at the Western people, but if we see ourselves, you'll be amazed that we have people here in this country who go for crying also.

If somebody's dead and there are few people to cry, they have people on hire, to cry [laughter]. And they cry so loudly, I mean, they have given a special - I did not know but then we had a friend who was our neighbour and he said the best crying people are in this particular agency [laughter]. And if you call them, they'll be very good.

Then also we have people who are all the time shouting slogans, you see, this country is known for slogans, you won't find better sloganish people than Indians are. And the slogans they have is such a, such a business, they make business out of, that's typically Indian is to make business out of everything.

So the slogan now, all right, "We'll supply slogan people. You want these slogans, all right, we'll give you."

Now in Delhi, perhaps, you do not know, I know this because I was with Lal Bahadur Shastri, with My husband and [She laughs] I've seen this, that one day people came to shout for something with the slogans, you see, near his place there was a roundabout, and where people came and started shouting slogans. And when they started shouting slogans, they were supposed to represent a particular party. And they had other banners in their hands, they had other caps and they were shouting something else, while they were supposed to represent something.

So, people asked them, "Are you shouting for them? We have paid you for this [laughter, She laughs], why are you shouting for our opposite party?".

So they said that, "No, no, we were - must be a mistake, you see, they just informed us this, and we have sets of caps and sets of slogans and sets of banners. So, they gave us this, we came here, what to do now? Whatever they have given us, you go and change it and we'll start shouting for another one." [Laughter]

So all this kind of shouting, too much talking or keeping quiet unnecessarily - that is very common in India to talk. We talk a bit too much and when we talk too much also we can catch on the right Vishuddhi very badly.

While in England they won't talk much, they just don't talk, you see, they just stare at you with your eyes, you see [laughter], and you can be quite frightened the way they look at you. They don't believe in talking much, but they believe in drinking much more [laughter]. And I have seen that the people do not realize what a strain it is for your throat to talk.

Actually I've seen it Myself, I have to talk such a lot every day, I mean if there is one center which really gives Me trouble is My throat, because I have to speak, unless and until I speak, people are not very happy.

For example, today was one day, I never wanted to speak, you know what's the matter with Me that I'm so full of vibrations I didn't want to speak. But without speech, Indians won't be happy, I thought, "I'd better speak." And same with the other people. They would love to hear Me talk, talk, talk.

And when we do that, we catch on our Vishuddhi, we have problems on our Vishuddhi and it's rather difficult, difficult to cure a throat where this strain is there of talking.

All our leaders have to do the same and we have so many leaders that I think we can patent some sort of a medicine for their over-talking [laughter].

Now, after that we have a very, very important center here, of which you all know, is Agnya Chakra. And this center is very important because this center is placed between the pituitary and the pineal body, is a very subtle center. And this center controls both your ego and superego, so that it controls your thought.

A person whose this center is out of gear, loses power over his thoughts. A person who is possessed, will be all the time talking, he cannot stop. I have seen in Paris, when you get into a bus, you see, some old people will come up and they'll be talking all the time, they are all the time talking.

I asked, "What are they talking?"

So My disciple told Me there, Marie, she said: "Mother, they are talking about the last war."

I said, "What?". "Yes". And I said: "People don't say anything?"

At least in Indian buses I have not seen, every bus stop there are three or four people coming and talking loudly and they are regarded as mad people, they get down, again they start talking. This kind of a disease can come in a person who is hit by a possession on the right or on the left hand side, but is more with the Agnya. If you are hit at the back, it's a possession from outside, but if you are hit in the front, it is a possession from inside, is auto-hypnosis.

For a man who is egoistical, you might get a very bad Agnya here. And such a bad Agnya, just like a balloon it grows, and you feel you should be away from that person as soon as possible.

There are people who develop their ego with all kinds of misidentifications. For example, if somebody gets a promotion, or if he gets little more money than others, or has a little better life than the others, he develops this special type of a ego.

Ego-oriented people are normally grow taller and superego people become dwarfs.

But ego-oriented people also have a special type of a nose, you see, very straight nose if they are born with the ego. Now for such people it is important to see their ego and watch it and laugh at it, make a fun out of it and then only they can get rid of it.

After realization, ego starts troubling you, you can feel the pain of ego here. Then you come to Me, "Mother, I'm catching on my right Agnya. Please take it away, please take it away."

Ego is more a cultural problem also. In a culture where it is competition and is very struggling, and all the suggestions come to you that you have to stand first, you have to be a unique personality, you start developing your ego, because your action line moves very fast; by that, by that Kriya Shakti, you create ego within you.

People pamper you, that by this your ego will be all right, but you do not know, they say, "Oh you'll look very nice." It's pampering. It's the pampering of your ego from your childhood, the whole society works it out, by which you think, "Oh, I must be unique person, I should be something special. I should be something great."

Any uniqueness is against God's laws, it's malignancy. If such a cell can become malignant, he may start eating up all. What

happened to Hitler was nothing but he became malignant. He could not see through how he was destroying others. The thing is, when you have ego, you destroy others, you are not harmed and you cannot see it.

The people who have superego or a mana or which we call the possessions of the left side, such people, do not destroy others but they are destroyed themselves.

So the ego in front and ego at the back is only felt after realization and can only be corrected after realization.

The back ego you might feel as madness, or lunacy, or some sort of a pain in the body, the whole body gets pain, it moves here, it comes here, goes there, is definitely it's a possession.

But the right ego, very people, very few people are aware of it because it doesn't give trouble to you, it troubles others.

Now this is also a curse of, I would say, so-called advancement and development and sophistication, is a curse of that. So, if you go to the right too much, you develop your ego, you go too much to the left, you develop your superego.

The best thing is for you to be in dharma, to be in the center, to be moderate; to be moderate with yourself, don't try to show off.

Do not think you have to be unique. You need not, who is bothered about you? It is you who should respect yourself. It's not the others.

If supposing, you have a big car or anything, nobody respects you, on the contrary they must be saying, "This must be a black marketeer who has got a big car."

But ego can develop in a very subtle way when people talk of their comforts. When we talk [of] our comforts, we always say that we must have our comforts, we must be comfortable. This is a very, very subtle way, and a secret way we develop our ego.

Bernard Shaw was saying that "After all, what is the difference between me and an ordinary coolie, an ordinary laborer? It's just the same. Why should I have more comfort and he should have less comfort?"

Of course, one can understand also that a man who is doing work as a laborer does not have to use his brain too much so he thinks he can put up with little exertion. While the man who is sitting on the chair is not used to the exertions, or you can say the hard way of life, so he finds it difficult.

But it is such a vicious circle that when you do this brain activity you develop your ego, then you want more comfort, and then you want to do more mental activity, then you want more comfort and it's a very vicious circle.

When you try to break through with that, I mean, I must say the Western young people are doing it because they have accepted hippyism. Now hippyism is a reaction of that ego. They say, "No, we live in a very spartan way. We want to have uncomfortable. We must rough it out."

This is a very good idea, but when they are doing it, they have taken to another thing, horrible thing like drugs to go to superego.

When you get your realization, you start seeing this ego so clearly - ego, superego both so clearly and you know how to take them out.

You know how to balance yourself, how to reduce the pressure of ego or superego and you know how to establish your attention in the limbic area.

Now the last of all is the limbic area.

I must tell you that this really subtle center is governed by Lord Jesus Christ. Beyond is the limbic area, is the area which is the Kingdom of God within us. Here when you enter, you have no thoughts, you are without thoughts. But still the Kundalini has to pierce, you are to be born again.

In the limbic area, all the seven centers are there. I mean, there are so many centers we have got that all the brain cells can be called as centers, but specially these seven centers can be easily located in your limbic area.

Now you have seen that when you are realized, even if you put your fingers into your ears, you can hear the minutest of notes and music, because you start hearing through this. Limbic area is a very important thing, but I think the medical science doesn't know much about it.

After realization you know the Sahasrara, what it is, how it works out and how the deity at Sahasrara gives you realization, how it works it out. It's a important thing that you must get realization before I talk to you about Sahasrar.

In all the ancient books, nothing has been written about Sahasrar. Nobody has written anything much about [it], except that it has this color, there are many petals, but not much has been described about Sahasrar because it is left to My lot to explain to you what Sahasrara is.

These are all the centers we have tried to cover in a very short time, whatever it is, in a very fast way I should say, but to digest it, you must get the book, we have got "Advent", and other books, go through it, read it, understand it. It's a regular knowledge; it's the absolute knowledge which you should have.

Now, tomorrow [hindi] - tomorrow we have a program here, and that's very important because this I told you what we have got, what are the centers are, how the Kundalini is. Tomorrow we - I will tell you what is to be done after realization. It's very important, you must all come here and get your realization established, we are going to work more on realization than on all this knowledge.

You see, you become all -being all intellectuals, you always want to know the engineering of it. But the engineering is not so important as the happening.

You see, I may tell you the whole engineering about electricity and all that, but if there is no light here, it has no meaning. So one has to realize that the engineering is a headache without the light. It's better to know that you are the Spirit.

Tomorrow, for a short time, I'll tell you what is the Spirit. And then I will tell you what is to be done after Realization.

May God bless you all.

Thank you for waiting for Me.

[Applause. Yogis: "Jai Mataji Nirmala Devi ki! Jai!"]

You may help Me more by using your right hand to give yourself a balance, put your left hand towards ...

[End of audio]

## 1981-0210, What To Do After Self-realisation, Sahasrara Chakra

View [online](#).

10 February 1981

What To Do After Self-realisation, Sahasrara Chakra

Public Program

New Delhi (India)

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

1981-02-10 What To Do After Self-realisation and Sahasrara Chakra, Delhi (PP)

"For the past few days, in the program happening here, I have been telling you about what lies within us along with Kundalini. Whatever I am saying, you should not accept it blindly, but you shouldn't disregard it either. Because this inner knowledge is not yet within you. And if I say that I have it, and then you should observe it with an open mind, contemplate it, and attain it. Keep your mind open. Firstly, Sahaja Yoga is not a shop. There is no such transaction involved where you give some money and become a member, like in other ashrams or with other gurus. Here, you have to search for yourself, you have to find yourself, and you have to self-realize." As the Ganges is flowing. Go to the Ganges, respect it, take a dip but do not wash away and come back home. If you want to express gratitude to the Ganges, do it, if not, the Ganges won't be upset with you. Once a person understands this, that there is nothing to give here, only to receive, and then a certain depth is felt towards Sahaja Yoga. When one needs to receive, like when there's a cup, you can only pour into it when it has depth. And when there's a disposition to receive, only then can a person attain it. Another thing is that you have traveled to many places because you are seeking the Supreme Being. You are seekers.

Being a seeker is also a category, a classification. Not everyone is a seeker. We don't tell anyone in our own house to do Sahaja Yoga or to come to Sahaja Yoga. We don't tell anyone. Besides us, none of our relatives or descendants is Sahaja Yogis. But what isn't, isn't, and what is, is. If someone is seeking, Sahaja Yoga is there for them; for the seeker, Sahaja Yoga is there. It's not for everyone. You know that we have been living in Delhi for years, and my husband has also been here. But so far, we haven't even spoken to any of my husband's friends, acquaintances, or relatives, and many people are surprised that 'we didn't know that this was Nirmala Devi, whom we knew differently'. So, Sahaja Yoga is something from which you should benefit. First thing. If you understand first that you have to attain something. You can't give anything to the Supreme Being, nor can you give anything to Sahaja Yoga. You can only receive from them; but from the perspective of the Mother, I want to say that if you are going to receive, then maintain humility towards it. Keep integrity within yourself and accept it.

The Mother, who she is, explains with understanding. It's not like I test you all the time and trouble you, and then see whether you are worthy or not, or eligible or not. Another thing is that the Mother knows her children very well. She knows what faults are in them, what is good, why they stopped. She has deep knowledge about it and understands how to set things right for the children. If scolding is necessary, she will scold. Where explaining with affection is required, she will explain. And this is solely the work of the Mother, and no one else can do it. It's a difficult task and not for everyone to do. Because all this work is of love. Today, humanity is in turmoil and in such distress and terror; it is so overwhelmed with suffering. There is so much trouble on them already that this is not the time for any kind of further testing on them. And only the Mother can understand how many troubles the children are enduring, how much distress they are in, and how they should bear their burdens and awaken the presence of the Divine within them. Only the Mother can do this. Regarding Kundalini, it has been said that 'Kundalini, situated within you, is your Mother, who enters you as soon as you are born and never leaves your side until you transcend, she is a symbolic representation of your Mother.' This means that understand that 'the symbolic representation of your Divine Mother' is a shadow, an image. A question was asked, 'Mother, you said that even after completing the entire creation, even after completing the entire creation of the body, it remains exactly the same, it should be explained in some way.' Today I will explain to you how it happens.

Kundalini Shakti, which is the desire power of Mahakali, has its pure form. It is entirely her pure desire. It means that there is only

one desire a person has when they come into the world. Its pure form is to attain union with the Divine and no other desire exists for them. This is its pure form. And when this desire sits in the form of Kundalini, it forms the entire body of the individual - but it is still just desire. Thus, even after forming the entirety, it remains as desire because its desired state is not awakened. Therefore, even after completion, it remains as desire because its desired state is not awakened. It continues to guide you like a shadow, indicating, "Look, if you go on this path, your desire won't be fulfilled. The complete pure desire within you won't be fulfilled." Without fulfilling that desire, you can never find true happiness. Your entire body is created so that this desire is fulfilled, allowing you to attain the Divine. But when you start using Mahakali Shakti, the function of your Mahakali's power starts to manifest outwardly. Meaning, your desires start to go outward. You think, "I want to acquire this thing, that thing." When your mind starts going outward, there is also a reason for it. As I said, it needs to be explained in detail. When, because your mind starts going outward, and as you grow older, it starts going outward even more. Due to this, the pure desire within you, which is called pure knowledge, and the pure inner desire within you, is the same: 'Union with the Divine'. That function doesn't get fulfilled. You just keep thinking, "Let's get this, let's get that, and let's get that." That's why it remains in the same state. That's why it's called residual energy.

Now, this pure desire of yours is what pulls you here and there, and you stumble around, perform rituals, search here and there, read books, and you develop a belief within yourself that attaining God means this, attaining God means that. Until you attain it, you think that we will be fulfilled by this thing, by some thing, but it doesn't happen. But many times, when the Mahakali Shakti, which is our power, starts running around many times and in many places, sometimes even some gurus or people who are very influential in this matter also explains how this desire gets fulfilled. But many false gurus are also in this world. Many wicked people have also assumed the form of gurus. And for this reason, they mesmerize your desire. Meaning, no one can touch Kundalini, but they mesmerize your Mahakali power. Due to being mesmerized, you think that the guru who has mesmerized us will fulfill that desire. He will fulfill it. And that's why you stick to that thing. And when you stick to it like being mesmerized, you don't even realize that you're real desire has not been fulfilled, and you are walking on the wrong path. Until you stumble a lot, until all your money is looted, until you are completely ruined, you don't realize this. Many times people have told me, "Mother, don't say anything about any guru." I said that it happened that someone cut my children's necks, and I didn't say that they were cutting necks. How would it happen without saying so? You tell me, you are also parents. You tell me, if you know that someone will mesmerize your desire forever and disturb you, will he suddenly grab your Kundalini or freeze it instantly? So, will there be any mother who will not tell? Many people scared and threatened me in this matter too. It was said that someone will shoot you. I said the shooter hasn't been born yet. They have to see me. It's not easy to shoot me. He just played a drama like Jesus Christ did, so people believed it, otherwise they would have killed everyone and everyone would have known. But it was just a drama, so it happened at that time.

Now, we should think that when our pure desire is to attain union with God, what should be done to awaken Kundalini? Many people have said this many times. However, in every lecture, I say that this is a living process, you cannot do anything for it. 'You' cannot do it does not mean that I cannot do it. It means that non-yogis cannot do it. There should be an authority. Like a doctor who knows how to perform surgery, only he can perform the surgery. But if another person does such work, people will say, "He is a murderer," and not only that, he will indeed become a murderer because he has no knowledge of that thing. Those who do not have knowledge of it, who do not understand it, should not delve into Kundalini. When you reach Sahaja Yoga, after that its rules begin, which are the rules of the court of God - just as when you come to India, you have to follow the rules of the Indian government. Similarly, when you enter the kingdom of God, you have to follow His rules. And if you do not follow those rules, your vibrations will slip away from your hands. The vibrations will slip away repeatedly, and you will continue to be as you were before until you completely attain sovereignty over it. Until you have fully realized your soul, vibrations will slip away from you. Because these vibrations come from your soul. The soul, which is called Sat-Chit-Ananda. I mean, that is the truth. The meaning of truth is that it alone is truth, everything else is falsehood. Everything else is Brahman. Brahman is also their power, and whatever is beyond them - the soul, Brahman, everything else is falsehood. Falsehood means that a person, let's say, thinks, "I have done a great job", "What work have you done?" Ask them, and they will tell you, "Sir, I have built houses, made homes, and married off my children," or someone heavy was given a burden. "I built an airplane and made something, I became a big Prime Minister." This is also a fabrication. It's a lie. Because it's not eternal, it's not eternal. There are some people, today they become big officers. We have seen many officers, and as soon as their tenure ends, nobody even asks. It's quite surprising that if you get transferred, nobody asks. You build a house, you've seen how many big ruins there are. And nobody knows what calamity this is?

Where did it come from? Many such things have ended.

Once I went to your Agra Fort. So the night passed there, and there were arrangements to show us something special, so it got very late. And they started saying, "Whenever the crowd goes, then we will show you properly." Many things were shown. When people were leaving, I saw that everything was completely dark. All the hustle and bustle that was there at that time. Queens must have done all sorts of work and must have troubled their servants, saying, "These clothes are not properly washed." Kings must have troubled. There must have been grand feasts held there. There must have been arguments for that. I don't know what these people did in those times. Everything was just futile. Nothing seemed significant. Now the voice had completely disappeared there. There was nothing. Complete darkness prevailed all around. And when we were coming out, when we came out completely, there was not much light. One gentleman had a small torch, everyone was coming out looking at it. When we came out, we saw that a lantern was lit. We came out in the light of that lantern, and then asked, "Brother, who lit this lantern here?" They said, "Here is a shrine, the shrine of a saint, and this saint is very ancient." "How ancient?" they said, "Older than this fortress itself." "Well, then, a lamp has been burning here since then. Everyone comes here to pray. This is also eternal. Being a saint, leaving, is eternal. This is eternal. Everything else is false, everything is lost, finished, vanished. Today someone is jumping in the sky, tomorrow if you look, they are lying on the ground. You see emptiness every day in front of your own eyes. How many times have you seen this happening? This has never happened in the fifty years in this country. The most chaos and disorder happened in these fifty years. From this, you can understand that this is not eternal. Nothing is eternal here, behind which you are running." They are running in the race, today they are roaming as big and important people; What to say of you! Tomorrow you might be beggars on the streets. One should attain that which is eternal. When a person achieves realization, they do not lose it.

When one is born, along with realization, they attain another thing, liberation, they come with liberation. They take birth again in compassion. They only take birth in compassion. But they bring liberation with them. One should attain that eternal. And when we realize that we need to attain the eternal, then our behavior, towards Sahaja yoga, changes. Those who have crossed should know that we have to be stable. I mentioned yesterday what to do after transcending. There are rules for being 'stable'. As you know, if there is an airplane, when you test it for the first time, you fly it, see how its balance is. Is it flying properly or not? It is grounded repeatedly, then flown again, then seen. Similarly, when your Kundalini is awakened and you have also transcended, and it is believed that you have got realized and vibrations start from within you. Then it is necessary for you to look and understand what it is. Now, the biggest mistake we make, after getting realized, the first mistake is that we start thinking about it. So sometimes, many people also have doubts. They say, 'Brother, how is it possible? Maybe Mother has also hypnotized us, who knows? It may have gone wrong! How can we be like this? We have heard that there are big difficulties in this, how did we transcend so easily? If a cool breeze comes, what should we understand, that we have transcended so heavily? How did this happen?

The first mistake is that you cannot think about it. If you start thinking, your vibrations will abruptly cease. If we give you a diamond and tell you that you have a diamond, what will you do with it? You will go to a jeweler and ask, "Brother, what is this diamond?" At the very least, you would do that much. Would anyone throw away a diamond just by sitting at home and thinking? In our daily lives, when we focus like this, what matters is the attainment of our supreme being. In this, we must remember that if we have found the Supreme, then how can we know whether it is the Supreme or not? And what is there to doubt about it? Many gurus will tell you that you can dance, you can jump. It happens in Kundalini, it's like that, it happens. You can do all these things anyway. Dancing is not a difficult task, jumping is not difficult, walking like a frog is not difficult either.

And nowadays, there are gurus who are teaching flying, so people sit in their rooms and fly, thinking they are flying in the air. Even thinking like this is not difficult. People even jump and sit on horses. With a little effort, that also comes. That's not difficult either. They can do that too if they try. And you can walk on a tightrope, like in a circus. Or you can do acrobatics. You have seen and can do that too. If you try, you can do all sorts of businesses. What can't you do? If you see vibrations in a triangular bone, you should believe that it's Kundalini. You can't feel vibrations anywhere. Then you can see the rising vibration. Not in everyone, because if someone is a great person, then they may not even know, Kundalini rises instantly. But in many people, its vibration is visible. Its sound is heard on the anahata chakra. So Kabir Das ji has said very well, "Anahat baaji re on the summit of silence." At the summit of silence, here on the sahasrara chakra, you can hear the sound of anahata. "Anahat baaji re on the summit of silence." So can you see if it's ringing? There are some gurus who say, "We're dancing, chanting the name of God, 'dance on,

dance on'... Brother, what is this method? Tell me straight, that dancing, singing, brings joy to humans, but it doesn't lead to attaining the Divine. It's possible that a person may sing or dance with devotion, but they haven't found yet. Finding happens only through the awakening of Kundalini. It cannot happen without it. And Kundalini awakens naturally. I mean, it's natural, it's a living process. It's your evolutionary process. And today, within that evolutionary process, you rise above. Your evolution is ongoing. Right now, you're human. Through being human, you become superhuman. When you understand this way that the things we can do, why would the Divine do them, we can do them ourselves. They will do the work that we cannot do now.

So what's the point of thinking about it? A cool breeze started blowing. This is also written in all scriptures. It's not something new. These are waves of consciousness, the power of the divine. But what are you going to do by thinking about it? Even by thinking, what kind of light are you going to emit? Because your intellect is limited, and I am talking about the limitless. If you understand from here, if you go to the moon, then you have to go there and see, not sit and think, "Brother, when we go to the moon, it should be like this, it should be like that." What's the benefit? You go and see. You should directly experience what is there. Now, when this starts within you, then another important rule of Sahaja Yoga is there. The first rule is that you cannot think about it; it is beyond thought, it is in thoughtlessness, it is limitless. The second thing that is very important is that "the activity of Sahaja Yoga has become a great yoga today." Earlier, only one or two flowers would bloom on the tree. Only one flower. That was the time. In that era, nobody would impart so much knowledge. It wasn't written anywhere in the books, nobody would even tell anyone. Understand, even Kabir Das has said, so he has only described his own experience, that "on my 'summit of emptiness, there's an unstruck melody' and such 'Ida, Pingala, Sushumna nadis'". But he didn't explain it in depth because he didn't do that work; he only reported it, he predicted that this is My work. Especially Gyaneshwarji clearly said that Mahayoga is going to happen. A great poet named William Blake has talked a lot about Sahaja Yoga, which is going to happen. So, he talked about the things that are going to happen, that will happen. And today, when it happened, if we are talking about it, many people also think that this is not written anywhere in the books. This is a very wrong notion. Because, consider if someone says you went to the moon. Did anyone write how to go to the moon? At the time you do it, then only you will write about it. Therefore, with such misconceptions, people restrain themselves. It's not for two individuals. But what is important, what is significant, is to understand that today's Sahaja Yoga is a work of collective consciousness. People fail to understand this. What is this point, it needs to be understood. Just like we say you are brothers and sisters and should understand each other as brothers and sisters. This is just superficial talk. When it's not there, how will you understand it? But upon transcending, it is realized that we all have the same mother.

Now, for instance, those who have transcended, if we blow in our hands, you will feel the breeze too. If we apply any fragrance, these people use perfumes and such, you will smell it, whether you are here or in England. But in Sahaja Yoga, one is fully connected with us. It doesn't happen with incomplete people. People say, "Mother, suddenly there's a pleasant fragrance." Because all are parts of the same body. Until you fully understand this, you will find it difficult. Now, I see many people thinking, "I will take Mother home, and there I will do it." Many people even think when they come here, "How come we are here? We are high-ranking officers." Many people don't come here because they are high-ranking officers. But where people are deluded and do dirty work, everyone rushes there with their cars. Then there's no shame. If you want to ask for a horse's number, everyone will rush there with their cars. But in a place where the work of the Divine is happening, I see that people feel ashamed when they come. Some are even afraid. There's nothing to fear. She's our Mother. We know everyone's illusion, no matter what the situation, we can handle it. So what is there to be afraid of? Therefore, one should understand the nature of the Mother, that it is the form of love, and there is nothing to fear in it. People cannot understand collective work, ever; unless they transcend. That means, when there is another person, no one stays here. "Who is the other?" It feels like this, as soon as the cool breeze starts flowing from your hands, and as soon as you go near another person, it feels like at first, a finger is pulsating, who knows what? Ask them if you often have a cold, any complaints, any discomfort? They'll start saying, "Yes, brother, how do you know?" They'll say, "I don't know why this finger was itching." This is subjective knowledge, subjective knowledge means knowledge of the soul. If the term 'subjective' is used, it means mental accumulation. That is, a person will say, 'Sir, I know this, I know him.' This is pure true knowledge, the soul is pure truth. This is absolute knowledge. Look, one person will say one thing, the same ten people will say it if they are Sahaja Yogis. Ten small children, if they are realized souls, people have done this experiment, and you can blindfold them and sit someone in front of them. They'll start saying, "Tell me, where the vibrations are coming from?" Everyone will tell for him, these vibrations are felt in the finger. There's a burning sensation in it. Meaning, if there's discomfort in his navel chakra or if his liver is damaged, one has to learn a bit. You're sitting here, about any person, somewhere, you can also know

what complaints this person has. While sitting. In collective consciousness, you know. You can know for a dead person too. You go somewhere and say this is an awakened place, you can know if it's awakened or not. If it's awakened, vibrations will come. If it's not awakened, they won't come. What's true, what's truth, the soul tells. That's why it's called 'truth form'. And because when the soul awakens within us, then our mind, meaning our attention, wherever it goes, it works. Now, these things also do not come to the understanding of humans. Meaning, if the mind of a yogi sitting here goes somewhere, then that person can be healed. We have a relative. His mother used to be very ill, poor thing. And she has become very old. So they tell us, "Now we won't tell you because she has become very old, you take her on leave. Whenever we tell her, she gets better." It is our experience that whenever we tell, they get better. She's eighty years old now, but still, the same condition arises. Then she falls ill again, we tell you, she gets better. It means the mind becomes aware. Wherever your mind goes, it works. Wherever you focus your mind. But for this, stability should first come in your soul. If the connection is not right, I will talk for a while, it will be heard, and the rest of the conversation will fade away. This is the point, because of this, you also lose vibration, and your connection has become loose. First, you have to fix your connection. Yoga should be complete. Understand this, but one should also understand the depth of collectivity that we are all one. We are all parts of the whole. And when we are parts of the whole, one person cannot become bigger and another cannot become smaller. Sometimes even yogis have the misconception that they have become very important in Sahajayoga. Many people have this. We think we are very high-ranking individuals, but when such feelings arise, we should think that we are heading towards a great downfall. Whoever thinks that we have become high, they should think that we are heading towards downfall. Because as a person truly becomes elevated, they also become more humble. Their voice changes. Their nature changes. There is a lot of love flowing within them. This is the recognition. If a Sahaja Yogi, even after entering Sahaja Yoga, becomes arrogant and says, "Sir, what are you? And what is that?" then they should introspect and realize that they are falling. But this should not be interpreted in another way, which many people do. I have seen, there was a gentleman in America, and he ran a center in the name of Sahaja Yoga. When he came, everyone said, "Mother, this is some kind of spectacle; we put our hands on it and fall down spinning." "So he's a big spinner," I said, "Alright, I understand." Then I said to him, "Alright, will you show me your booklet?" In the booklet, he had written, "Vibrations - \$100 for regular vibrations and \$250 for special vibrations." I said, "This is nonsense." So I said to him, "What impertinence is this on your part? How much money did you give me? How many dollars did you give to take vibrations that you wrote like this?" Then he said, "Mother, the thing is, how I will earn money then? What will I eat?" I said, "Die of hunger. Did you do anything before Sahaja Yoga?" He said, "Yes, I used to teach in school." I said, "Teach in school. Do what you used to do." "But you can't sell Sahaja Yoga. You can't sell vibrations," I said. He started saying, "It's my center, people come there, and they eat food." I said, "Fine, take money for food. Why did you write about vibrations? Write, this much money for food, this much money for the room. Even then, you can't profit from it. Fine, spend as much as you like, but you can't build your palace on its foundation." And the vibrations were such that it seemed as if boiling. They got very angry with me. And being angry, they left. They said, "This can't happen." But the biggest thing that happened at that time was that they started babbling a lot. When they started babbling a lot, one gentleman, who is our Sahaja Yogi, stood up and said, "If you babble too much, we'll throw you out from the top." Then they said, "Wow, look at these Sahaja Yogis." "There is no humility in them," I said. "Beware, anyway, humility, whatever if now you said to Sahaja Yogis or to me. I have listened a lot for now! I said, 'The days are gone when you troubled all the saints. If anyone has said even a word, then see, it won't be good for them.' Many people believe that if someone is a saint, you should beat them with shoes, then you should say to the saint, 'beat him ten times.' This will not accomplish anything. If you hit someone with a shoe, you will receive a thousand in return." Then they panicked and ran away from there. Many people also have this attitude, 'How did you get angry?' On the other hand, I met a gentleman just now. He started talking nonsense to me. I said, 'Shut up, you are a foolish man, talking nonsense for no reason.' They said, 'I have read this scripture, I have read that scripture.' I said, 'You haven't read anything.' "They are talking nonsense. You don't know anything. Right now, whether they run number two or number four, who knows what happens." So I said, "Look, don't talk foolishly. Let others understand what they are saying. Don't interrupt in between, just keep quiet." Then they said, "Look, you got angry. If your Kundalini is awakened, you wouldn't get angry!" I said, "Don't ask about my anger. It's quite fierce when it arises." So then they felt a bit ashamed. But the point is that people adopt such beliefs. You don't become a trembling person. You become valorous, you become radiant people, and you are capable of wielding swords. It's not like you'll take whatever someone throws at you at that moment. Jesus said to forgive. The other point was, its meaning was different. Because at that time, people's condition was such that no one could tolerate even a single insult. But after getting realized, immediately you feel the power within you. Immediately. So collective consciousness should be understood in such a way that one person stands up and says, "I am doing something special," another person thinks, "I should do it too." One person thinks, "I am very close to the Mother," so he will move away that much. Because churning is happening. A great churning is happening. Maybe you are feeling

it or not. When we churn curd, all the butter comes up. Then we add a little butter to it, understand this is an incarnation, understand, and understand that this is the grace of the Divine. And all the rest wraps around that butter. And everything moves together in the same way. Now, if someone thinks, "I am different," if one or two, four particles of butter are left scattered here and there, people throw them away. Who is running after them? "All are one and in the same state. Don't think that I am in a higher state. I am in a lower state, and that person is in a higher state, never think like that. Thinking in this way causes great harm. That means, you consider that when we are all one limb. If one finger thinks, "I should become big," and the nose thinks, "I should become big," how will it look? It's a flaw. This is what cancer is. In cancer, one cell starts eating up the other cells by considering itself big. That's how cancer happens. A person wants to make him unique so that everything comes to him, so that he becomes special somehow. If someone thinks, "Let me become special," that person becomes cancerous for society. Sahaja Yoga is such a situation, as if I tell a story that there were many birds trapped in a net. So the birds advised each other, "If we all come together and lift this net, the net will rise with us, then we can break it and remove it somehow." So they said, "Yes, okay." They all came together, counted to one, two, three, and lifted it. And they all lifted it and broke the net. That's what Sahaja Yoga is. People cannot understand the collectiveness of Sahaja Yoga, that's why there is a lot of mess. It means, "Mother, I meditate at home. I do daily prayers. My vibrations have stopped. Of course! You have to come into collectivity. You have to come to the center. At least one day a week, you have to come to the center and see if your vibrations are okay or not. You have to work on others. You were made a lamp so that you can enlighten others. Therefore, you were not made to build your own house alone. Then that lamp may extinguish completely. This lamp can only burn in collectivity, otherwise it cannot burn. This is a special reason for Mahayoga that we do not consider ourselves separate. Come humbly, come into meditation, it may be that someone at the center advises you, 'Brother, leave this, and don't do this.' So, don't take it badly. Because they have experienced it. They know that this thing is wrong, it should be left, and it should be removed. And whatever is said in the center should be followed because our attention is there in the center. Krishna also said that where ten people sit in our name, that's where we reside, not somewhere where one person sits alone in the wilderness and calls out "Krishna-Krishna". He doesn't have time for that. Kabir said, "Gather twenty-five by catching hold of the five." Meaning, see how much authority they had in their language. They used to speak with such authority. There was no complaint in them. They say, "Catch hold of twenty-five by the five, tie them all with the same rope." People like Kabir can say such things. And you can also say it later. When you transcend, you will also see that until all twenty-five don't come, Sahajayoga is not complete. I come only then they come. Their condition doesn't remain stable. Some people come, get realization and after that, when I don't see them, in Sahajayoga, growth doesn't happen. Try experiencing this with trees too, that if some trees wither, you plant them with other trees, they thrive. They give strength to each other. It's as if people grow by seeing each other. And this is the same collectivity that is spreading in all nations and all countries. And one day you will realize that whether you live here, in England, in America, or in any Muslim countries or Chinese countries, wherever you are, you are all one. This is the beginning, and Sahajayoga is a big revolution. 'San' means good and 'kranti' means you know. This is a big, great revolution, a pure revolution which happens with love, which happens from within. First of all, it should be understood that we are the parts of that vast whole. We are not separate. And you will be amazed at how many benefits it has. One of our disciples was a professor, Sahab, in Rahre. They considered themselves a bit eccentric, a lot. Once they started telling me that these Sahibs who do Sahajayoga do well, they help many people to transcend, but they get a little angrier. His wife too is not in good terms with him. I started receiving complaints from all over the world. Even I was there. I stayed silent and didn't say anything. Then they formed a group among themselves and started saying we will work separately. Still, I remained silent. The third time when I went, I saw that they were saying that it's not harmful, . have a little tobacco, it's okay, I do it. Mataji doesn't know anything. I do it. No harm. So, all those who chew tobacco formed a group. For Mataji, it means Sahajayoga, but for those who chew tobacco, drink alcohol, take bribes, lie, it means Sahajayoga. Such groups were formed. So, I said to them, 'That place was only for tobacco chewers. It's very difficult to quit tobacco, very difficult.' So, after that, I said to Janabeali, 'Look, please be careful. You have done a lot of excesses. When this group forms, I said it then, then the poison becomes very strong. If there is only one cell, it's fine. But if there are ten cells and all become malignant, then the person is in trouble.' Then when I was coming by car, I told the managers who were there on the roads, "Keep an eye on them. I'm afraid they might get into trouble." And you will be surprised to know that he got blood cancer. Now when he got blood cancer, his condition deteriorated. So, that gentleman reached Mumbai. And in Mumbai, all Sahaja yogis prayed earnestly for him. Absolutely went all out for them. All the doctors who were Sahaja yogis and the people who were there, they admitted him to the hospital, did all the diagnoses for him, ran around for him, did everything. Now, the relatives who were close to him, they all disappeared, no one cared about him. They didn't have much money or resources. Everything was arranged by Sahaja yogis. People who never used to make trunk calls, were making trunk calls in London, saying, "Mother, there's a Sahaja yogi, how they got blood cancer? Please cure them." I said, "They never

wrote a letter or did anything. Today, making a trunk call to London is not an easy thing. And whenever you see, they make trunk calls, 'Mother, make them well, Mother, they are ours...' It felt like as if they were losing their own breath. Anyway, they are fine now, completely fine. The doctor said it would be over in ten days but they are completely fine now. Now they understand. Who their real relatives are, they have recognized them now. Not before. They used to run after those people, other relatives, feeding them, giving them drinks. They never talked about Sahaja Yoga with them. And when it came to joining Sahaja Yoga, they would form a group of tobacco users. But such a devoted relative won't be found anywhere in the world. Most relatives are like that, who pour water on your happiness. And they say they'll support you from above, but they actually wish you're not happy. You see, it's surprising that if someone dies, thousands of people come to cry. They might be happy, maybe in their hearts that there's trouble at home. And when someone gets a promotion, achieves something good, they start saying, 'Do you know how they got this promotion? They must have done some serious flattery.' They're never happy. But Sahaja Yoga is something else. People are happy in Sahaja Yoga when they see, 'Oh, this Sahaja Yogi came first. This Sahaja Yogi has achieved so much.' If a child is born in a Sahaja Yogi's home, it's like a celebration. Just now, there was a gentleman's wedding in the neighborhood. They were from Switzerland. They came here and got married. They said, 'All my relatives are here. What do I need to do by getting married in Switzerland?' They came from Switzerland to Rahari - a village. They came here and got married, brought their wife as well, and got married there. They even rode a horse and did everything. They said, 'Brother, I have no one there. All my relatives are here.' And everyone celebrated their wedding with such a joy. And now, as they are about to have a child, all the Sahaja Yogis became so happy, they started sharing sweets among themselves. And their relatives couldn't understand how this all happened. Now your relatives become Sahaja Yogis. They become your friends. They become 'your own,' your 'soul children.' The term 'soul children' is very beautiful. Perhaps no one has ever thought of its meaning. 'Soul children' are those who are born from the soul. It is said that when someone is very close to you, you call them 'my soul child.' The one who has a connection with the soul has an eternal relationship. I myself am amazed that my dear ones might feel hurt if someone experiences even a little discomfort and repeatedly ask for forgiveness, 'Mother, please forgive me. You must forgive me. If he's upset about something. If not...' I said, 'Brother, why are you asking for forgiveness on his behalf?' 'Now he's forgetting to ask for forgiveness, and we are asking for it. Forgive him.' Love rises so much, everyone sees it and feels it. It attaches so much that, how much love, how much care! If anyone faces any trouble, financial trouble, any difficulty, then everyone takes it upon themselves, I don't even realize. Quietly, everyone stands together, and when all the world's world stands of such Sahaja Yogis, 'then think what will happen?' Right now, we humans are inimical, filled with hatred, and running behind all sorts of competition and futile rat races. All this will end. And such a sense of security will arise within us that everyone is our brother and sister. But those who are not communal, they drift away from Sahaja Yoga. It's like centrifugal force, it spins and spins, and if one deviates even a bit from the axis, he goes out of the orbit. He doesn't stay, he doesn't survive. That's why one should stick. One should understand its rules, one should know. One should ask others. There's nothing wrong or feeling bad about it. Those who came yesterday understood more. Today you've come, you understand. And those who come tomorrow will get to know you. There's nothing wrong with feeling bad about it. But when a person comes first in Sahaja Yoga, he comes with this feeling that now we have arrived here, and look, we are showing great pride. They have become different. Their category has changed, they are different now. They may look like you, but they have become different. Just understand that there are boys studying in your college. Some are doing their B.A., some are in the first year. Then someone is doing their M.A. If an M.A. guy passes and becomes a professor, then we don't say that he used to study with us yesterday and now he's come above us. It's the same kind of thing - their category has changed. Your category can change too. I have seen some people struggling in Sahaja Yoga for years. No progress is made, they just keep going back and forth, wavering. Sometimes they get caught up in the circles of gurus. Just today, a gentleman came, he might still come. They were getting realization, then they left; they went to some Shankaracharya, somewhere else, somewhere else. Poor souls went completely crazy, crazy. They started telling me that, "Mother, they have filled me with demons inside." Everyone filled with demons. They have just arrived; we have cleared them up quite a bit. But their progress has decreased. If they had settled at that time, where would they be today? And the poor ones endured great suffering. They faced great distress. Understand the importance of Sahaja Yoga, it is very important. The greatest blessing comes in Sahaja Yoga. And where there is an attempt to break this Sahaja Yoga, that is, people's habit of forming cliques, clubbing together with some excuse or another. If you have white hair, then I also have white hair. Alright, we match on one thing. If you are a tall man, then I am also a tall man, we match the club. If you have a government job, I also have a government job, alright, we match again. In collaboration, everything blends together. Which country do you belong to? The country of the Supreme Soul. Whose kingdom do you belong to? The Supreme Soul's. The Supreme Soul has created it in such a way that you belong here, you belong there. Brother, the Supreme Soul creates diversity everywhere. With the diverse mixture of the three attributes, He has created all of this, and because of this,

beauty comes from diversity. Imagine if everyone had the same appearance, wouldn't people become bored? At least Indian women have enough intelligence to wear sarees even now, and now they wear different types of sarees. But men get bored - with their clothes. All the same. Women, however, still maintain their uniqueness. If one woman sees that another has come wearing a saree like mine, she will go, change and come back. And those who sell sarees are also so clever. They know they have developed a habit. They will display fifty sarees. Poor things never get tired. I say, who knows who is living, this too is not known. And if they ever find out that this saree is with her neighbor's relative, they won't take it. The sense of diversity is a sign of beauty. That's why it's created by the Supreme Soul. He has created the entire creation beautifully, made mountains somewhere, made rivers elsewhere, and made something else. Because you people are happy in it, you enjoy it. But you have turned it into this country, he has made it that country, she has made it that country, and you are fighting among yourselves. Strange situation. A stranger like us is really surprised, 'Brother, what's the point of fighting in this?' And then gradually, in every country, their own problems, their own ways kept forming. In Sahajyoga, these things break down. You should have seen how the people coming from abroad were jumping and dancing with their villagers. And they were learning dance there, how their villagers dance. If they go to Punjab, they will go there and dance Bhangra, jumping and dancing with them. It's worth seeing. They forgot which country we belong to. Love, it's fun, the fun of love. Then a person doesn't think about what clothes he wears, where he is living; just for fun. These thoughts don't come - who is big, who is small, who is in what position. There is no consideration. These are all external things, not eternal. Because the eternal has been found. But the most important thing to remember, at all times, is that we should be collective and in collectivity lays the blessings of Sahaja Yoga.

Alone, absolutely not. Not at all. You will lose everything. I have seen many people like this. People who mostly come to cure an illness, they are mostly like this. They come, the illness gets cured, and then they sit down. A gentleman came to us, shouting loudly, "Mother, I am burning, save me, save me, save me!" I said, "Sit down for a while." After a while, when I reached him, he was fine in five minutes. Then one day, I met him in the market, and he had my photo stuck in his car. He started saying, "I have kept your photo at home too, and in my heart too." I said, "Son, what's the matter, there is no vibration." He started saying, "Yes, there isn't." And now he is getting some new illness. I said, "All these photos have gone waste for you." "Come to the center for Sahajyoga." Just think, in Delhi city, we don't have any center. Here, there are big ashrams for all kinds of thieves. We don't have any place right now. We are conducting it in someone's house. It's okay. The wealth we have is the biggest thing for us. It's not necessary for it to be lavish palaces or large, well-furnished ashrams. Those will never be ours. And so far, we haven't been able to buy any land anywhere because we said we won't use black market money. So far, in this Delhi city, we haven't found a single person who said, 'Okay, Mother, we will give you such land where we can directly put money.' Not a single person in this Delhi city and even in your huge, bustling city of Mumbai! This is the situation. If you tell the government, even there, the lower-level people take bribes. They don't know about all these things that such things happen. But they do. And after that, even if we didn't give a bribe, they still allocated land to us. I mean, since we didn't bribe them, they gave us a place inside the vegetable market. Tell me now! Inside the vegetable market where they tie the oxen, they provided space for the Sahaja Yoga. We said, "Brother, whoever allocated this, did they ever see how the Sahaja Yogis would be sitting where, there with the oxen are?" Anyway, now people understood that we had to run a lot, for years.

Now, after trying for ten years, they said, "We will think about it." You know what that means as a government employee. They are still considering it. So whenever there is a space available, whatever space it may be, you should take it and do what Mr. Subramaniam has done with his house. And if you find a place, take such a place. There is no need for it to be a very large place. Where ordinary people can come. In this way, everyone is doing their own work. We are doing this for our children. We are doing this for the entire human race. There is no need to make it 50.5. It should be done with simplicity, with straight forwardness. Sahaja yoga is such a blessing that those who have joined Sahaja yoga have become big ministers today. This is also something to consider how amazing it is. But after becoming ministers, they forgot that they are Sahaja yogis. When their ministry ends, they will come back. They will definitely come back. Then you will recognize that, "This person was a minister, Mother." Now they don't have time. For this, you will have to make a lot of effort to prioritize Sahaja yoga. This is your ultimate duty. Anyone who says, "I don't have time. When should I do it?" cannot do Sahaja yoga. You have to take out some time every evening and every morning. There are many rules in Sahaja yoga. Rules include various things like your conduct, behavior, lifestyle, posture, etc. I can't tell you everything.

One gentleman asked, "Mother, you said to show him the postures." So I cannot show all the postures of all the chakras today.

But in this matter, people know. Which postures should be done, which chakra has which problem. You can find out what problem you have, what your difficulties are. You can discuss among yourselves and progress. However, you need to talk to each other and say, "I have a problem." There should be open communication among everyone. Most people come there and see that he was that gentleman. If they were all doing that, then we're not there to provide Sahaja Yoga for such people. You have to enter there, stay there, and talk to those people. Because this is an art that is obtained on repeated requests. Any skill, you know, people only give it when your condition deteriorates. So, it's also a test for you to see how capable you are. It's not like you come and become a mere puppet and say, "Sir, they were like this and that. They misbehaved with us, so we ran away." Nothing like that. You have to immerse yourself in Sahaja Yoga and come into it. Although no one insults you. But if you have a lot of pride, you'll feel like that in every conversation.

Like one gentleman came and started telling me, "We came to meet you, but there was a gentleman there who was quite unruly." I asked, "What happened?" They said, "We came to your place during the day." I said, "What time?" "3:30." I said, "At that time, I'm resting." So they said, "We thought it's like a Mother's royal court, you can come anytime." I said, "Alright, for you, it might be like a Mother's royal court, but where did your common sense go?" Shouldn't a mother who works day and night deserve some rest? If someone says she's resting at this time, "You shouldn't come," then you should think for yourself if it's right. But when they stand at that place, what will they do? In this way, many times people run away from Sahaja yoga in vain, and the biggest reason for this, I think, is that they are not yet eligible. The one who is eligible keeps entering. They might get angry for a few days, things might happen. Okay, they keep entering. And ultimately he finds the depth. The soft line always takes, the lively thing. Like a seed, when it germinates, its root cap is big or small, just that much. But it's wiser, smarter. It doesn't clash with the rocks. It doesn't clash with any rocks, but if a little soft spot is found on the edge of a rock, it keeps entering from there. And it settles on those rocks, grips them in such a way that the whole tree stands leaning on it. It's a matter of wisdom that when there's just a single cell, and it has so much intelligence, then shouldn't Sahaja yogis know how to reach the depth? Making excuses and running away from Sahaja yoga won't lead to progress. You'll be the one, at loss. You should stop all these excuses. This is a game of your mind. Let go of it. It's just ego and nothing else. It's a subtle form of ego. No one is going to fall at your feet. It's important to have the best communication and expression.

But if someone even went astray, then what's the need to run away from Sahaja yoga now? Until/Unless you come to the center, none of your work can be successful. The biggest thing is that many people also think that if we are Sahaja yogis, then if anything happens to our distant relatives, like our grandparents' grandparents, sister's sister, brother's brother, then if something happens to them, only Mataji should fix it. There is a gentleman who is a very prominent Sahaja yogi and has been a trustee here for years. His wife as well. Both of them were very ill. They recovered. They have gone through deep waters. Everything happened. Their son's son fell from above and died. Generally, Sahaja yoga practitioners don't die from accidents, we've never heard of anyone dying from that, and he was the only one. He died in such a way. He was a young boy. But he said, "All right, something had to happen and it did. But my mother has saved me from accidents so many times. I have told my son so many times to go to his mother. He never came." So can I take his responsibility? If he had come to his mother, bringing his child with him, then this would never have happened. He expressed the same thing to me elsewhere. They loved that child so much, everything, but he said, "When the father himself doesn't come, how will the child come?" We haven't hired your relatives, nor should you. Tell them to delve into Sahaja Yoga. You find Sahaja Yoga. And if you embrace its relationship, then the whole world becomes your relative. But thinking, "My sister is always sick, and so are my cousins," and the like, brings no benefit.

First, you must transcend. After transcending, you gain authority. You can demand whatever you wish as part of that authority. You have complete authority, sir. It's in your hands. If you understand, go to England and say, "We want this." Oh, forget it, people there won't let you step foot in London until you have power to go there. When you don't have power, it's wrong to seek blessings through Sahaja Yoga. Like there was a gentleman, very ill. These people called, made trunk calls, "Mother, please cure him." They were beyond help, nothing could be done. So I said, "Alright, we'll try." Their son was beyond help. We tried, I said, "Look, let it go." Their arrogance was such that they didn't recover. Then when their time came, they recovered. Their life went on for a few days. But when it's time to die, a person dies anyway; we're not the ones to stop it. It's just that through Sahaja Yoga, a person attains peace, before dying, and avoids sudden unexpected events. So, I said, "One doesn't die from accidents. Suddenly, something doesn't just happen and one dies. In reality, when it's time to die, one dies." So when it was their time to die, they passed away, poor souls. They were beyond help, and with great difficulty, they were somehow treated. When they died, all their relatives

started saying, "Mother didn't save them." I said, "Ask them a question: What did you do for Mother?" The first question. People start claiming rights through Sahaja Yoga. Because it's easy. They think, "What did Mother do for us? Now, brother, what have you done for Mother? What have you done for yourself?" First, the question should be, "What good have we done for ourselves?" What have we gained from Sahaja Yoga? Have we kept our vibrations right? Or have we helped even one person get realization?

In Maharashtra, you would be amazed; so many people are getting realized, in thousands. I don't want to emphasize the importance of Maharashtra; you should go and see for yourself. I am amazed myself that how can so many thousands of people transcend? And then, many more are joining as well. This is also the case with those people. And such things don't happen there. Now, a rule was made there before by us that if someone has helped eleven people getting realization, only they can touch my feet. People there have a disease of touching feet. If you tell someone not to touch feet, it becomes a problem for them. Even if there are six thousand people, they would still want to touch the mother's feet. Here, if you tell someone to touch feet, they might get upset and ask, "Why should we touch their feet?" They might touch, but if I tell them, "If you want to touch feet, you should at least have helped eleven people. Only those who have helped eleven people can touch feet." So some people stood up and said, "Mother, we haven't helped eleven, but we have helped at least ten. Can we touch your feet?" Look at the innocence. Now they said, "Brother, now make it twenty-one." If you have helped at least twenty-one people get realization, then you can touch mother's feet, otherwise the right doesn't accrue. And this task was accomplished, many people came out who had helped twenty-one. So many came out that I had to say, "Brothers, now let it be, increase the number." Even if you make it fifty-one, there are still many people who have helped "ten-ten thousand" transcending. Perhaps that's why it's named "Maharashtra." There are people there who have helped "ten-ten thousand" self realize. They will come out. There, and even here, they don't even get along with themselves, what will they do to others? It's a completely chaotic situation. They don't even have self-esteem. They don't think about themselves, nor about others. They don't know what they are. We are beings of the soul, what a great thing it is! How powerful we are! We should enhance this power. They don't even think about themselves. They just put on a facade and that's it. This doesn't work. Inside, there's a struggle going on, and it has to be shared with everyone.

In Marathi, there's a poet who said, "I don't need weeds, I don't need gossip." They started saying that only those who have life should come for this. This is not the work of just any Tom, Dick, or Harry. "I don't need gossip" means this is not the work of fools. That's why I have to request you, tell you, very earnestly, that it is very important to preserve whatever you having been given. It is very important to enhance it. You are the first stone of the foundation of Delhi. And today, for seven years, I've been working hard here in Delhi, and still, I haven't been able to add even two hundred stones to this count. This is difficult. Think about it. And those who come are mostly focused on changing parties and forming alliances, which may be influenced by politics. Whatever it may be. They indulge in so much politics that there's no limit to it. There's no politics in this, there's nothing. The only task here is to attain oneself, to attain the Divine, and to transform the whole world into a new beautiful, loving revolution. It's a huge responsibility. It's a very noble task. It requires thousands of people, and if you don't do it, then understands that this is the final judgment.

The judgment will be made through Kundalini. And God will not judge you without putting you on the scale. Your judgment will only happen after awakening Kundalini. The last judgment that has been told has begun. And those who hesitate in this, for them in the Kalki Avatar, you will realize that there will be division. No one will give you a speech, no one will talk. Just a piece here or a piece there. Understand this, and tie these things in your bundle, that now, whatever efforts the saints and sages have made here, whatever great avatars have come here, whatever work has been done for the court of the Divine, all of that is complete, and you are on the stage. If you want to stay on the stage, then stay on the stage, or descend below. It is your responsibility not to stay down but to lift everyone up. You are of a different kind. You have a different category. You are practitioners, and you should understand that for this, there must be unwavering determination. In the army, they call it wearing the 'baana'. Only then can this task be accomplished. It cannot be done by just anyone. You are not just anyone, I know. But you haven't recognized yourself yet. Upon recognizing it, it will be surprising what power, tremendous power, this divine power, Mother has given us! And as soon as the power begins to flow, a person thinks, 'I too can become capable.' When this essence starts overflowing from this vessel, then this vessel also becomes worthy of entering this gathering. In this way, a person's behavior, their own way of doing things, everything changes.

The biggest thing is that the biggest beings want to be born in this world. If the atmosphere in Delhi is not right, then only

demons will be born here. Either highly privileged people will be born who will beat you with sticks. Or demons will be born, and this city will become a city of demons. That's why I am very scared. Sometimes I think they don't understand yet. You people have a huge responsibility because Delhi is the gateway to this country. If demons come after crossing this gateway, you will not be left anywhere. You should guard this gateway just like the mighty angels and the great eternal beings are guarding your life. Protect yourself and also protect others. Ensure your well-being and the well-being of others, and make the whole world prosperous. That's my wish. After this, I am going to Madras, but after that, I will come back. And even after that, my program will be in Delhi for three to four days. All of you come there, wherever the program is happening. Wherever Sahaja Yogis come, there is more work. Everyone come there. These people don't even understand your language, and wherever I went to villages and such places, I kept speaking in Hindi or Marathi. But these people kept coming there, and all kinds of troubles, you know, these people don't have the habit of living in villages at all. By staying there, they understand that it becomes much easier for Mother. Because you are the path. I use your path. If you understand, how big your this power house is. If there are no channels in it, then how will power flow? You are that channel, so you should come wherever I go, as long as I am there, with determination, understanding the religious duty, and adopt this work for yourself and for others as well. Thank you!

## 1981-0215, Tattwa Ki Baat

View [online](#).

15 February 1981

Tattwa Ki Baat

Public Program

University of Delhi, New Delhi (India)

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

Shri Mataji Nirmala Devi

Talk about Tattva (Principle)

Delhi University

15th February, 1981

Delhi

Yesterday, I told you that today I will tell you about the tattva (principle). If we look at a tree and if we see the growth in the tree, then we realize that there is some or the other power flowing inside it, due to which the tree is growing and will attain its full growth. It has this power within, otherwise this growth cannot take place.

But from where does the tree get this power? What is the meaning of its tattva? Whatever is visible outside, like the tree is visible, like its fruits, flowers, leaves are all visible. This is not a tattva. It's not based on any tattva. There is something more subtle than this. We are not able to see that subtle. If it was in a shape, it would have been visible. But it's in a formless state, meaning that the water flowing inside it, although it bears the power, it alone is not its tattva. Water is carrying that power but if water is everything, then why doesn't a tree grow, if water is put on a stone?

Then in tattva one must know that everything has its own tattva. Water has its own tattva. Trees have their own tattva and stones also have their own tattva. Similarly, human beings have also got their own tattva, based on its capabilities, he is moving, growing, by which he achieves his targets.

These tattvas cannot be the same. As I have told you, if a plant is growing due to the water principle (tattva) then why a plant cannot grow out of a stone? If the seed is growing from the principle (tattva) of the seed itself then why does it seek help from Mother Earth, and if everything is happening due to Mother Earth, then why do the stones not grow because of Mother Earth?

It means that there is one tattva in many tattvas, but there are many tattvas. All these different tattvas are all settled within one, and all these different tattvas also exist within us. They reside in different centres, but they are merged in one body and all their movement is only in one direction and they have only one target and only one thing (inaudible)

Like the tattva of Ganesha ji exist on Mooladhara Chakra. It is the Ganesha tattva due to which we are seated on this Earth and not thrown away. If Ganesha tattva was not within us, we could not have stayed fixed on this earth. While this earth is rotating everyday, we are glued to it. Someone may say that there exists Ganesha tattva within Mother Earth itself. That's also true! Due to Ganesha tattva of Earth we are fixed on this Earth, but the principle that exists in Earth is called its Axis, meaning the line in which this tattva exists is called Axis, but actually there is no axis. There is nothing like a line, but it's believed that the power of this tattva exists in that line and the Earth rotates on that line.

So, in what form does that tattva exist within us, that gives us the knowledge of direction? This tattva is more in the animals.

Birds have it in abundance because they are innocent. They do not have any deceitful hypocrisy in them and they cannot think. They do not have the power to think and also they cannot think about the future. Also they do not think of the past. Whatever comes before them, that's the reality for animals. They think nothing of the past you will be surprised to know. If a monkey dies, till he dies they make so much fuss, but the moment he dies they will leave him and run away. They have nothing to do with it. It's all over! It's dead, it's like any other stone. There is no relation with it. Absolutely useless! But gradually, definitely within them they get the experience.

Like if you try to catch hold of a lion and catch him in a net. If it happens two or three times, he is caught but escapes, then next time the lion sniffs out that there is some kind of danger! Certain knowledge is God given, and few things it learns with experience, what tricks people are playing and how to escape them. With experience too animals learn a lot, still there is a lot of God given knowledge by which he keeps learning, by which he keeps getting agility.

Like in Japan, there are certain birds. When they start flying more, and start running about more than usual, then people understand that the earth tremor is about to come, an earthquake is about to come, because the birds start hearing it's trembling much before human beings.

Animals also hear sounds much before human beings. They have great power to hear, to see. Even if an eagle sees from a great height, it understands whether the person below is dead or alive. All these powers of the five sense organs animals also have like humans. And the greatest power animals have, which is achieved due to Ganesha tattva, is sense of direction. In which direction one should go. Yesterday I told you that the birds fly from Siberia and arrive here. They know because of this tattva, if they are traveling to the North or traveling to the South. When the Ganesha tattva goes on reducing in a person, his knowledge of direction starts reducing.

Among human beings, any person who thinks too much, 'Whether I should do this or not? How much profit will I have? How much loss is there? Should I invest money in this or invest in that?' A person who wastes his time in such nonsensical things, he has little sense of direction. You make him stand and tell him to go to say North, now go to North, this is North! After sometime you will see that he is going towards the South! He loses all sense of direction. You make him stand at the night time and ask him about East, West, North and South. He will say how can I tell? There is no sun either.

When your attention is too much outside. You have been either outsmarted by someone or you want to outsmart someone, both the things. You are either afraid that the other person is clever that he may uproot you or you are cleverly planning to ruin another person! In both the situations your innocence goes on reducing. When such a state arises then you lose all sense of direction.

I will tell you a simple thing, don't mind! I notice this nowadays. Earlier girls did not indulge into this but now I see this in girls. It's more in Delhi - to raise their eyes and look at every man! Earlier men used to look, now women have also started! Now you will think it's an insignificant thing, what's the big deal! But now it's a must to look at every man. They will say that mother is talking perhaps about etiquette. No, it is a very deep thing mother is telling. The more you see, the more your attention moves outward. The more your vision goes outside, the more your Mooladhara Chakra will be damaged, especially due to these kinds of activities. Or many people have this habit of looking at everything while walking on the way. They have to read every advertisement and by chance if they miss something, they will turn back again and again to see it. Or whatever is being sold in the market must be seen by them. What is this? What is this? What is that thing?

The relation of our eyes with our Mooladhara chakra is very significant. Mooladhara chakra here at the back is very much related to our eyes. That's why I want to warn those people, who keep moving their eyes here and there, that their Mooladhara chakra is in a bad condition and they have to face all kinds of strange problems. The most important thing is that the attention of such a person is not stable because he has forgotten his way of life. To look at everything unnecessarily is also a kind of forgetting the way.

A person who knows his direction, he goes straight. Only human beings can forget the direction, not the animals because they have no reason to forget it. Suppose an animal kills another animal and leaves it somewhere. He knows where he has left it, he

will get it's smell and he will reach the exact place! Cannot get lost!

If you want to throw out a cat from your house. Go and drop her seven miles away. Then also she may return. And dogs are so wonderful! They smell things so well and immediately find out where the thief is and where the missing items are!

But the smelling power in human beings is destroyed. He starts getting a foul smell of filth, but not the foul smell of filth of sin! He is not able to smell whatever is living within us as sin or that he is standing next to someone who is a big sinner! He will definitely smell that it is something dirty, complain about lack of sanitation, but even if a sinner is standing next to him he won't feel his foul smell. And if that sinner is a big man, if he is a big minister, one will not mind even licking his feet.

Due to Ganesha tattva going out of order, the whole existence of man is destroyed. The Ganesha tattva is affected by the moon. When the moon in a person goes out of order, the person gets lunacy. He becomes mad. And what is this madness? When a person has roving eyes his attention does not remain in his control and any evil spirit can attack him.

I asked foreigners, 'What are you doing to your eyes? Jesus Christ has said in clear words, 'It's written that- Thou shall not commit adultery, but I verily say to you, Thou shall not have adulterous eyes.' We spoil our Ganesha tattva in this manner. When the Ganesha tattva gets spoiled, the Kundalini does not get settled and pulls it back no matter how high you take it, that Kundalini like there is (unclear) in that manner Kundalini. Firstly, the Kundalini of such a person does not rise and even if it rises it falls.

Therefore, say if a person is a thief, he steals things, it's not a big crime in the eyes of God. If he steals from the government like he doesn't pay income tax, he doesn't have that much income too and the government levies so much tax. One does not know how much tax the government will impose? It has no limit! God knows who is actually the thief? The government is a thief or the person who is burdened with so much tax is the thief! This doesn't mean that the Sahaja Yogis should stop paying taxes! (Laughter) But the thing!

In the eyes of God that person is impure whose intentions are not pure towards women. One should learn to look at all other women, except for your wife, with purity. Nowadays, people do not believe that such a thing happens, but that's how we used to see most people during our time. Nowadays, I see people of my age who are old, they too are ruined. In old-age they have picked up wrong ideas from youngsters. Now old men are much more ruined than youngsters. One cannot understand when they will get wisdom!

When we were small, there were young people around. Nobody dared misbehave. There was never such a question, hardly any, I used to go alone anywhere. I have also studied in Punjab. In Punjab who could dare misbehave with a woman! Everyone will tear that man to shreds. Every single man was afraid to misbehave in that Punjab. Now Punjabis of today- don't know if they are Punjabis or what! If anybody raised an eye towards a woman with wrong intentions, the sardars did not tolerate it. There used to be bloodshed and today the condition is such that nobody knows anyone.

And now we say how can this happen? Our attention cannot get stable! Fifty years ago it was not so, forty years ago it was not so what has happened now? Where has the shame of the eyes disappeared? There was nobody to tell them to have some shame. It used to happen automatically. People used to know. This is how they used to live. Nowadays we have become very 'qualified'. So much 'ability' has come that our Ganesh Tattva is damaged quite a lot.

Yesterday you asked me that's why I am telling you otherwise I don't say because people feel offended, but the atmosphere nowadays is very bad, very harmful due to which all kinds of indiscipline, malfunction, insolence and wickedness exist. When you start indulging in these kinds of activities, now even women have become like this, then what about the condition of men?

Shri Mataji (addressing someone in the crowd) Sardarji, what made you feel so bad?

Sardarji: No, No!

Shri Mataji: Then why are you leaving the program midway?

Sardarji: I'm just coming back.

(Shri Mataji continues) In this way women are also like that. Not just men, now women have also started becoming like them. It is very difficult for the kingdom of God to come into such a world.

Nowadays, there are also gurus who teach people to indulge in such wrong things to achieve God. Lakhs of people go to such gurus! They are garlanded. They will have ten times more people than what we have here. Nobody likes to hear about purity! So these fake gurus tell you to do whatever you like, crush and damage your Ganesh tattva and (unclear) Ganesh ji!

In the tattva it's not a matter of science but of purity. A person should be holy. People address me as 'Her Holiness' but do not understand when I talk of holiness, because nowadays no guru tells that one has to be pure. Mataji is a strange guru because first and foremost she talks about keeping purity. But this is what most of the gurus tell their disciples, 'Do whatever you like but deposit your money with me. That's it! Have you deposited the money or not?'

Now, awakening of the kundalini is the reality. It's an actualization. For this it's necessary for human beings to be pure. If you are impure then one should not get the right to get awakening of Kundalini.

Still there is this relation of a mother. A mother never wants to accept that her son is immoral. It becomes very difficult for her. She thinks that somehow I should give him his self realization by using all the power of my virtues. You must know whether you like it or not that you have to make your life holy after getting your self realization. It's a must that purity must exist in you. It doesn't mean that you become a monk, not a monk but be a Sahaja yogi.

It doesn't mean at all that you live in an unnatural way, not at all! By that a person becomes very dry, becomes a very dry person. This is also prohibited. Auspicious married life is blessed in Sahaja Yoga. In fact there are marriages conducted in Sahaja yoga which are very beneficial. We organize marriages in Sahaj yoga which have many benefits. Marriage is an auspicious event and you all know that we always worship Shri Ganesha.

If there is no purity in you, then you cannot talk of God. It's absolutely true! That's why many people ask, Mother, what will happen to the fruits of our actions (karmas) which are not good. You needn't say these things before me, because for a mother nothing is difficult. Her name itself is Papanashini (one who destroys all the sins) so why worry, but all wrong doings are forgiven till you get your self realization because you are in darkness, but after getting realization you must know that you can awaken your Ganesh Tattva very easily.

When foreigners have been able to achieve it, why can't you do it? When these people have learnt what is purity then can we not fix our Ganesh Tattva? At least I haven't come across any Indian who considers impurity a virtue. He does wrong but knows that this is a sin, it's a mistake. Any Indian whether he lives abroad or here. They indulge into wrong things and know that it's wrong, but these foreigners don't even know that it is wrong. They think it's good. They feel that their welfare is only possible if they indulge in wrong activities. They are so naive in this matter, they are too simple, poor things! Yet they survived (after coming to Sahaja Yoga), but the responsibility lies with you to maintain this Ganesha Tattva.

Like Shri Ganesha- where is his Mooladhara chakra? Whatever the excretion activities are, all are done by this centre where Shri Ganesha resides. He does all that work because, Shri Ganesha is like a lotus in the mud, who spreads so much fragrance with his scent that even that mud becomes fragrant. You will be surprised that as soon as your Ganesha tattva begins to solidify, so much joy, about which you have never known, will start rising from within because the tattva is immaculate. The tattva itself means immaculate. When it has achieved its tattva, meaning it has become immaculate because all its impurity is gone. The one who does not let any impurity settle within is pure immaculate. Anything that purifies can only be a tattva, because nothing can

stick to tattva. It always remains the tattva.

That's why first and foremost we invoke Shri Ganesha, we worship him and we respect him. But nowadays there are people who are disrespecting Shri Ganesha morning till evening in the name of Kundalini. They are insulting him so much that I can't even tell you. Kundalini is a mother and that too is a virgin.

When Shri Gauri was in a virgin state and when before the marriage she had gone to take bath to welcome her husband, marriage had taken place but she had not yet met her husband. So when she went for a bath, she created Shri Ganesha and kept him outside the bathroom. It's a fact! It has another meaning or it has another dimension, that he should protect his mother, protect her honour and her protocol and protect her chastity, because she is a virgin (Kanya).

Similarly the Kundalini within us is in the form of Mother Gauri meaning she is a virgin. She has not yet met her husband and her husband in the form of Spirit is Shri Shiva, and Shri Ganesha is sitting there. Where Shri Ganesha is seated from that door even Lord Shiva cannot pass through! It is such a pure entrance! And these evil people who should be called Tantrik try to move towards Kundalini from that side, due to which they get into all kinds of troubles!

An unholy person has no right to awaken the Kundalini. If such a person will try, Shri Ganesha will definitely get displeased and as a result many kinds of ailments will attack the person. Some people I have heard start dancing. Some people start yelling, some become confused and some start making sounds of animals. I have seen some people get blisters because they get in touch with people who are impure and have no knowledge of Kundalini and when they take to Kundalini awakening by wrong methods then they face the fury of Shri Ganesha and the seeker has to suffer a lot. All tantrik vidya is achieved by upsetting Shri Ganesha. People called tantriks are not real tantriks at all!

The real pure Nirmal tantra is actually Sahaja Yoga, because if the meaning of tantra is kundalini, yantra means Kundalini as well then this knowledge is only in Sahaja yoga and rest of the tantriks are against God, they are selfish people, evil people, who by upsetting Shri Ganesha, by upsetting the Goddess, by indulging in impure activities in front of their statues, create a world where they can perform their evil practices, and by doing pret Vidya and shamshan Vidya (black magic) they can cheat people.

It's very important to understand that tantriks can never touch a person who has a strong Ganesha tattva. Never, no matter how much they try! If the Ganesha principle of a person is strong, the tantik may die in the process, but is unable to harm him. That's why Ganesha tattva is the security. The greatest security comes from Ganesha tattva. That's why you should keep your Ganesha tattva very strong.

Firstly keep your eyes under control. An incarnation like Lakshmana also kept his eyes lowered and only looked at the holy feet of Sita ji. He was sinless. Not just Sita ji, he used to only look at the feet of other people as well. Because he knew that by looking up, or running after someone would only result in damaging his attention.

Ganesh tattva has come from Mother Earth. She has given us Ganesha tattva and that's why we should be thankful to Mother Earth again and again that by giving us this Ganesh tattva she has given us the sense of direction. When the Ganesha tattva is awakened in a person, he gets wisdom and discretion. We always pray to Shri Ganesha, please give us discretion. Please give us wisdom.

It doesn't matter if human beings don't have the sense of direction, but

they must have a sense of what is right and what is wrong. That's why we ask him to grant us discretion and that's why he is known as the giver of discretion. Now this is the Ganesh tattva.

The second most important tattva within us is Vishnu tattva. From which we sustain the dharma which is affected by our Nabhi chakra. We have our dharma, in our Nabhi chakra. Like when we were amoeba, we were seeking food. When you rose from the state of amoeba and became a human being you start seeking power. And when you went further you start seeking God. It's the

dharma of human beings to seek God. Animals cannot do that. No other living being can seek God. Only a human being can seek God. This is the dharma of human beings, which is looked after by Shri Vishnu.

Now, many people think that we get money from lord Vishnu, we get many financial benefits from Vishnu ji, but it's not so that we get only money from him. See we have such wrong ideas about it. From Vishnu ji we get our (kshem) well being and nothing else. What benefit one gets from well being, let's see! When a human being gets his well being- let's take an example of a fish who is fully satisfied with the ocean. It achieves satisfaction. It feels that it has completely seen and understood the whole ocean and has learnt the dharma of the ocean. Now it wants to know the dharma of Earth. So it moves in that direction.

First one fish came out. When that fish came out only one fish, that what is born first is considered an incarnation. So that one fish pulled many fishes along with her. For learning what ? Which dharma? Dharma of this Earth! What is the dharma of this Earth? First we must understand that. That's why those fishes came out crawling, now they were curious to know the dharma of Earth. Till now they knew about dharma of water. First they learnt dharma of water, now they started learning about the Dharma of Mother Earth. When they started learning about the Dharma of Mother Earth, they started crawling and saw that there are trees and they can eat the leaves of the trees as well.

Thirst is the first thing by which a person starts seeking. The power of seeking exists in the nabhi chakra because you have a thirst or you have a desire to quench your thirst somehow. So when they saw the trees they realised that they are crawling and cannot eat the things hanging on the tree. Gradually they acquired four legs and became a tortoise, who saw huge trees around and thought what to do. So in order to quench his thirst of seeking he thought why not grow higher and that's how he became an animal.

And after becoming an animal it thought of raising his neck and see things around. Lived so long with head bent down now time to raise its neck and see! When it raised its neck it became a human being. Gradually it became a human being. So this dharma that we have within us, we sustain it.

Like first it was dharma of a fish to swim in the water, after that it was the dharma of the tortoise to crawl. After that the Dharma of the animals was to walk on their four feet, although their necks were bent downwards. Then came horses who had their neck held high. Afterwards they made their body stand straight and stood on two feet. This is the Dharma of a human being that he is standing on two feet and his neck is straight. It happened outwardly that you understood in the gross way but what did humans achieve in tattva? Whenever you do something the tattva should flow in whatever work you are doing.

For example, today I am talking through this and you are listening to me but imagine if something better than this comes up in future, so it's machinery that will work will all be new or not? Similarly the tattva in the human beings developed and that tattva is that he seeks God. In this tattva one starts seeking God. So the first tattva of human beings is to seek God. The man who does not seek God is worse than an animal. When he started his search for God his tattva of seeking in the Nabhi chakra became complete.

Now he came on another tattva, so now when he started seeking God he saw that this universe has been created and it's quite possible that God exist in these stars, these planets and other celestial bodies. His eyes turned towards that. Then he thought of (Hiranyagarbha) Shri Mahabhradev. Then human beings wrote Vedas and their attention moved towards fire and the five elements. He tried to learn about them. After learning about them they performed the yagnya and worshiped Shri Brahmadev and Goddess Saraswati. After doing all that they felt that they have learnt everything.

Like in science we all know a lot. We have learnt everything, but when the result of science came we realized that we have ended up making atom bombs!! So the scientists reached the brink, when they started thinking where to go next. If we take even one step forward the whole world will be destroyed in seconds. If you read the books they have written, one is named 'Shocked'. What a big shock it is, and how many people are in ignorance. That's why they are sad.

Like the people of France they always look so sad. So I asked, 'why this?' Sahaj yogis told me, 'If you tell them to be happy and

joyous they will think there is no greater stupid than you. You know nothing about this world.' So, 'I said really?' These people say that they have read a lot and have read books by which they have learned that a great calamity is about to hit the world and the whole world is about to get totally destroyed and humans are totally prepared to destroy themselves in seconds. This is a big disaster and how can anyone be full of happiness and joy under these circumstances? These people cannot believe it.

So I asked, 'Is this the reason why people drink? Is this the reason for their drinking because they are very sad people, miserable souls isn't it?' They hang their faces meaning they are sad, then why do they take alcohol? It can be that they want to kill the sorrow, this can be one explanation that they are trying to kill the sorrow, but at every corner you will find a bad woman standing on the road in Paris. What's the purpose, why? See, human beings have created a big drama here. That I am very sad and therefore I must drink and also commit sin, because if I do not commit a sin how will I get rid of my misery! People say such stupid things.

So, if seeking God in tattva is everything then you must know that you cannot achieve God through science. Whatever you have achieved through science, whatever great knowledge you have achieved, nobody has got joy out of it. That's the first thing, that you become more lethargic. Now you cannot walk in England, if you visit a shop. If they have to add two, four and six they cannot do it. They need a computer for it! They cannot do without it! If it get lost then they will lose their head. They cannot think. First by excessive thinking their hands became useless. they can't do any embroidery work, any cooking.

When their brain started working excessively, it became a machine. They put their brain in machines. Now machines have come, and the brains have become useless. Machines are now everything for them. They cannot do without machines. People commit suicide if there is a power cut! Here (in India) by God's grace it is still better. People are used to these power cuts. But people there are worried, what if there is a power failure! Once there was a power failure in America, I don't know how many accidents took place, how many troubles and how many problems cropped up. So much drama, as if a storm has come like if a flood has come. This is how they have got enslaved to electricity and now they are discovering that they have created mountains of plastic. Now what to do with this plastic? How to destroy it? They are putting attention to this problem and now worrying about it.

If you visit even one house abroad, you will find a variety of things made of plastic. Even Indians are losing their minds because they ask me to get nylon sari from abroad. Here we get such good saris of cotton and saris in silk, why wear nylon? But we are now taken up by nylon. Tomorrow we will develop a liking for plastic. Abroad, if you tell someone they don't believe that we are so stupid. For them cotton is like God, because it's not available. Earlier they use to make a lot of cotton clothes.

As they consume a lot of alcohol, they will have ten different types of glasses in their house to serve it. If they sit to have their meals, there are a number of spoons and different types of plates for different servings. Why not just take a thali (a big Indian serving plate made of metal) and eat by hand! Why large numbers of glasses and different types of cutlery, different types of plates! God save from them!

The situation is such that they have extracted all the tattva of Mother Earth and now they have become hollow. So, now what are they eating into? From morning till evening they eat in the paper! One of our relatives went to America. Poor thing he is old styled and he said, 'I am really fed up. I got tired of every day's picnic. Everytime you see either plastic plate or paper plates!' This is the condition of their houses. While we think they are so affluent and prosperous. But what do they have except plastic? Eating in plastic, living in plastic and dying in plastic! And the condition of their houses is such that they live in hotels and die in hospitals. They have become nomads. they have lost everything. There is no tattva left.

These science related people, if I tell you anything about them you will have a good laugh. Take the case of Medical science. People say so much has been achieved, but just see what has been achieved! Nothing has happened! Just see! I was told, the toothpaste they are using, they add chloroform in it! Due to this they are now getting cancer! So some people asked me to get neem toothpaste from India, because it does not contain chloroform. I said alright! Chloroform is expensive. How can we (Indians) use it? We cannot add chloroform in them. So we started sending toothpaste from here.

The soaps they use for hands also contain chemicals and they are not really soaps. You will see that the soap of India will be used all over the world in the coming days. All of you, no need to buy shares (laughter) because Indian soap is pure. It's made on the basis of tattva. It's not artificial.

All the things abroad-I do not ever use any foreign products, because all their products if you notice- they have this high scents, something called Tabac. It's all made of tobacco. As it's made of tobacco it's called Tabac. Because the tobacco gradually starts affecting, the person starts getting intoxicated. And he thinks that he is addicted to it and uses only Tabac. It is tobacco and in our country only tobacco water is used. They too must have been made in the same fashion.

The perfumes in our country are real. They are actually perfumes, but here it's just chemicals. Like they use dye in the hair. In our country they apply (mehndi) Henna for that but whatever these people apply in their heads gives cancer! There is so much artificiality here that people lost the hair of their eyebrows, and some lost their hair in their youth. Some don't get hair in their beard and others somewhere else (laughter). It's a weird and strange situation! It was found that they used such products that all their natural hair growth stopped! Sardarjis (Sikh people with long hair and turbans) will have a bad time there. (Laughter) And if they take more alcohol, it will be worse.

Anyways, whatever may happen, what I have to say is that by indulging in artificial things, and since we are unaware of our tattva and we tried to get on the tattva of these five elements, we were still in the gross. It's grossness is not it's tattva. The tattva of all the (Panchmahabhut) five elements is this Brahma Tattva. And what is Brahma Tattva? Simply by achieving the spirit that Brahma tattva starts flowing from within us.

We didn't search for that tattva but something else. We went on searching and searching and reached outside, where we came to the gross. That's why no one is happy in other nations. So much science, media, they are all very learned people, so educated, but are now standing on the point, that if they go one step further all of them will fall very badly! That's why everyone is shocked and move about in a very sad state. They are so upset that very few people you will find there, whose one or the other body part is not twitching! Either the eye must be twitching, or the nose must be twitching, otherwise their head is like this. You will not find one mind which is peaceful. Women beat men and men beat women. Parents kill their children. Two children are killed every week by parents. They actually kill! It's the statistics there. Minimum two children must die and they are killed by their parents! Where we have this kind of culture, we must understand that these people have not understood the tattva. If they would have known and got the tattva, their condition would not be like this, because tattva is the giver of joy! They have removed the tattva from there. So even the Brahmadeva Tattva has gone.

Like in our country as we say, there is formless God and we should achieve him. It's written in the Vedas but they have prohibited it. But even in Vedas it's written that Veda means Vid means to know. If, after reading all the Vedas, humans do not know themselves then all this reading of Vedas has been futile, isn't it? The first thing we must know is that by reading Vedas you cannot get self knowledge. By reading all other things can happen, but self knowledge cannot be achieved.

There is Gayatri Mantra. People go on reciting Gayatri, Gayatri! By this kind of nonsense, can Goddess Gayatri get awakened? Have you seen anybody's deity awakened? You don't even know why you recite Gayatri Mantra! To awaken the Gayatri, it's necessary that human beings first awaken their spirit. Gayatri is one of the powers of God Almighty. Until and unless you know God Almighty, how far you can carry on with the help of Gayatri.

Supposing the Prime Minister is displeased with you then you are in trouble. Even if you have been able to please someone else, you are still in trouble because no-one can save you. Unless and until you achieve God all these powers are useless. This is so obvious. And Spirit only is the Tattva and it is to be achieved. By getting all these powers you cannot achieve God. By achieving God you can get to the tattva of these powers.

Now, we should put our attention to the power above the Nabhi, which is known as the power of the Goddess. It resides in your heart chakra. Heart chakra means heart. (Addressing someone in the audience- Who is it? Don't behave like that child while

sitting here! Don't behave like that! Okey ) Among the children, if one child is not alright all the children get affected. Sit peacefully!

So, now the other chakra that we have, which we call the Heart Chakra, its tattva is called the Devi Tattva. Now what is Devi Tattva within us? When it goes out of order what problems do we get, one must understand. Due to Devi Tattva, security gets established within us by which we are protected. Till a child is twelve years old, according to this Devi Tattva we have the sternum bone in front, by which the soldiers are produced inside, which are called as antibodies. They are the soldiers of the goddess and they spread everywhere inside your body and they are all ready to stop any attack that comes on you. When somehow your security is disturbed or challenged at that time this chakra gets caught up.

Like I told you a few days back, a woman loses her sense of security very fast. Suppose there is a lady, she is good and virtuous but her husband has not given her security. Suppose there is a woman, she is suspicious of her husband. Suppose it's just a suspicion, that he is a loafer and he's having an affair with another woman. So her heart chakra will get caught up. In such a situation, instead of getting upset with her, the husband should correct her heart chakra. Tell her, 'There is nothing like this. There's no other woman in my life apart from you.' There are ways for that. One must learn how to make a lady feel secure instead of getting angry with her. But people do not listen. They start shouting at the wife, 'Who are you to say anything? Who are you to interfere? You are like that, you are very skeptical. Go to your father's house!' Second time her security is finished!

A man, especially in India, feels whatever he does is alright. He never commits any sin. He feels that maintaining chastity is the responsibility of women. Men do not need any chastity. Such are the views of people here. Then their correction is done in the proper manner by nature. Like if you go to England. All men are like labourers! They work morning till evening like a donkey. If a man divorces his wife due to any reason his house is sold out. Half goes to the wife and half remains with him. If a man does this thrice or it happens three times with him he comes on the road! He will die due to over consumption of alcohol but the wife will become rich. If she gets married thrice she has the advantage.

If the treatment would have been through the tattva from the outside- then the men there would be different. You won't believe that the men there are always running after their wives, trying to please her, and She keeps ordering him, 'You didn't clean the dishes? Is this how the dishes are cleaned? Now go and sweep the house! (Laughter in the audience) You do not know how to sweep. How are you sweeping? Haven't your mother taught you how to sweep?' And this is how a man is always sweeping! I have seen with my own eyes. I am surprised! He has to clean all the brass! He had to keep everything clean! If it gets even a little bit dirty, even if a few guests are sitting there, the wife will say pick it up and he will start cleaning.

And that's why, if you have noticed, kitchens are very developed in foreign countries, because men have to do everything (sound of laughter from audience). If you work in the mill stove here, then you will know.

In India men do not know how to do any work! Can't do any work! They have nothing to do with household. Like I have noticed when they go abroad, they are totally vanquished!

They do not know how to cook! They don't know how to wash dishes! They don't know how to hold a broom! They don't know how to do any work. There are no servants available abroad, so when Indians go there they are in trouble. Someone says, 'I am missing my mother!' 'Why?' 'Because we don't get proper food to eat.' 'Why don't you cook?' 'I don't know how to cook.'

There was a secretary in the Education department at that time. I was really surprised to hear the things he said, 'In the next ten years only women will remain, men will be all seen sweeping!' I asked, 'why?' He said, 'Men are so useless.' In students if you notice the leaders of the boys are all goons. Those who never pass the exams. Those who do not pass any exams, sometimes for ten years they stay in the same class. I said, 'that is why our country's situation is like this.' And the girl's leader is the one who always comes first in class, who is brilliant, whose nature is good, the one who has wisdom and discretion, such girls are the leaders. If you explain anything to girls they will surely understand. If you say to boys they are always ready to fight. They are such hooligans, they are such devils that you cannot talk to them.

From morning till evening, girls are trained that they have to go to their husband's house after marriage. But boys are trained that if you go to sasural (wife's house) at least bring a car from there. (Laughter among audience)

So If we don't treat according to the tattva in any system then we get lots of problems within us. And that's why we must understand the tattva of marriage. And that tattva is, that my wife is my wife. I am telling this to Indians. Abroad I have to say just the opposite. There the security of men is totally disturbed. Their condition is very bad.

But in India, any woman whose heart chakra is out of order, may get breast cancer or may get tuberculosis. Mostly breast cancer is caused due to this. Now, if this disease has to be cured and if I tell a husband that give security to your wife, he will not listen. He can never agree and doctors can never cure it. They will just advice for conducting an operation. That's it! If it's cancer! Cut the nose! Cut the ears! Cut this and cut that! If it's cancer, cut half of the things. Whatever little bit is left, it's running on support system.

Sahaja yoga is not like that. It takes the tattva in consideration. Which tattva of the person is damaged? We will find out and correct it!

Now around the Nabhi chakra, the great tattva we have, we call it Dharma tattva. The one who looks after this Dharma tattva is the Guru Tattva. And if this guru tattva gets spoiled then cancer sets in very easily. If you have to find the easiest way to have cancer, then you visit a false guru. Within five years or so you will definitely get cancer!

For the last ten years I have been telling you the names of the false gurus. How come they are fake, do not go to them, they will harm you. All this I am telling but everybody tells me not to speak openly. They will shoot you. They will kill you and so on. I said, 'if anyone has the courage, shoot me.' I even told you their names. I did everything but still everyone went to those false gurus, got harmed and then came back to me.

Either you will get a heart attack, but suppose you don't get it. If fake gurus have been kind enough to spare you from this then they will give you lunacy or epilepsy. If they are not too happy about it, they will give cancer straight away! Have it! Since you have offered them money they must give you something in return. After all you have served the guru so much, you have filled his pockets with money, you must get something in return!

When Guru Tattva is damaged, then there is no limit to the types of cancers one can have. Like this forehead, there is no need to bow it before anyone. There is no need to bow down everywhere. It's okay if you bow to your parents but don't even bow before someone you accept as guru. First you must know that the one who unites you with God is a real Guru.

It's just the opposite in my case. I tell people not to touch my feet. Around six thousand people touched my feet. My feet get swollen due to vibrations. I tell them not to touch but they get upset, that mother is not allowing us to touch her feet.

This disease people have, that if someone announces here comes a Guru 108 420 (laughter among the audience). Everyone will rush forward and prostrate before him and after that they faint and fall down. Guru blessed us, we felt dizzy and fainted and it's observed that such people will finally land up in the mental asylum in the next five to six years. People do not notice that at least the health of this person, who is following this guru, has to be good. At least he should feel comfortable. But thousands and millions of people visit such fake gurus.

What does your guru do? He sits on the 7th floor. He doesn't speak. He is a mauni (who doesn't speak) baba. Doesn't he speak? What will he speak? If there is something in the brain then only he can speak (laughter among audience) So he doesn't speak. If you go to see him he will simply hit you with a (cheemtha) tongs! (More laughter) People will pay Rupees Hundred each for getting hit by tongs! Afterall he is a Mauni Baba. The more drama he does the better it is for him! They create new and different dramas. Like one Guru said, he started a new drama by saying, 'I will teach you to fly.' (a child laughs aloud) children understand, but the elders do not understand (Shri Mataji laughing) They took 3000 pounds from each person. Imagine three thousand

pounds to teach flying! So I said, 'You unfortunate people, why don't you ask your Guru to fly? They said he doesn't fly and gave money.

The guru asked them to first boil the potatoes. These followers are so naive, absolutely donkeys! Then they were asked to drink that water for three days. They said that your weight should get reduced. That too in three thousand pounds! Do you know how much is 3000 pounds. I think 6 lakhs. He took six lakh from every person! Is it Six lakhs? (A sahaj yogi -sixty thousand) So sixty thousand each! Then for the next two days he gave them only potato peels to eat! He said your weight should not increase. Later he gave them the rotten potatoes to eat and everybody had diarrhea. So they said it's necessary because that's how you will lose weight!

After a few days he hanged them upside down. Told them that you are losing weight by this. Then they were asked to jump on a foam mattress. Try jumping on it like horses. These people started jumping. Their photos were taken and the news was printed that they are flying in the air. Outright lie, total lie, big lie! Absolute lie! That we are walking in the air! Just think you have cars, what's the need to walk in the air? You will be hit if you walk in the air like this! What is the need just think about it! Does a man need to be a bird? He is a special category. He should get the highest. He should achieve the highest state or get this?

When you lose your wisdom in the Guru Tattva and go to such stupid people, then your Guru tattva gets spoiled. You don't even realize. Yesterday a gentleman said to me, 'Mother but what about my karmic debt?' So, I asked, 'What does your guru say on this?' He said, 'My Guru has said that whatever sins I have committed, he can eat 1/68 of them!' (Laughter) I said, 'what kind of calculation is this? Who will eat the rest of the sins? That means (Shri Mataji voice fades out. Lecture recording ends here)

[Translation from Transcript continues]

At that time surrender is not needed. Surrender state should happen later. When you are surrendered there is a seriousness about it and at the same time it's a play (Lila). All this play is for the spirit to become surrendered. So with complete peaceful attention put both your hands forward. There should be light. Lighten your attention. It doesn't mean that there should be any immaturity. Even in this light, You should not touch my feet. Maybe I too am Guru 420 108! Who knows? That's why we talk about tattva, otherwise how will you know if I am that or not! I have told you in a very simple and light manner, even if I am talking nonsense, how will you know that it is a very deep and important thing that I am telling you? Will you know? No! You won't till you get your realization and achieve that depth. That's why, do not touch my feet. Depth is what we must acquire. Once you achieve that you do not get oppressed anymore by anyone. You only worship the one who makes you one with God.

I think most of the people have got realization. I think one should not accept anything which does not have Shiva Tattva in it. At the time of achieving your realization you will feel the cool breeze like I told you yesterday and you will become thoughtless.

Today I will tell you in detail about the tattvas. Try to keep yourself thoughtless. Keep your eyes closed. I am very happy that somebody said nobody will go to the cinema but will come to Mother's programme. Today my husband is going to London. I did not even go to drop him. I just came here because I was hoping for all of you to come. And I am glad you all came here instead of going to the cinema. You must get your tattva. This is the purpose of life.

By God Grace you will be getting realization! It will be so wonderful. You will get the Brahma Tattva which is the tattva of the spirit. Bring more people tomorrow. I told you very lightly about this serious subject, because there should be no burden on your attention.

It's very deep and subtle to achieve the Tattva. So now you see this Brahma Tattva with that subtlety. Achieve that Brahma Tattva which is the tattva of the spirit.

May God bless you!

## 1981-0216, Tattwa Ki Baat Day 2

View [online](#).

16 February 1981

Tattwa Ki Baat Day 2

Public Program

University of Delhi, New Delhi (India)

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

Twatta ki baat Day 2, New Delhi, India 16-02-1981

[English translation from Hindi]

It means that you will have to add better gurus, brother, only then you will go across.

Because who will eat the rest?

Where is his shop?

Because they ate their goods.

Now they won't recommend to somebody, as doctors do, no.

You will go to someone, sir, that I have lost my eye; Ok, first let's examine teeth.

Then you removed all the teeth there.

Then he said that I will examine your eye, removed your eye; All done.

Later, it was known that nothing has happened to you.

Similar is the condition of these people, there is a partnership among all of them.

He said, "I only take this much, not the rest, the rest for the guru [inaudible].

Now that guru, another character sitting, has taken out the rest of the money; Came to be known that the house has been sold, the children have all been left out, they are standing on the cross roads, the poor children are begging.

When we don't use our intellect, we go to such gurus.

And in this way think that any work that is done in the name of God, God does, is a very wrong thing.

Like today one lady met us there.

So she said, "Our guru was prominent for [inaudible-of Upanishads], but here she is sitting and ringing the bell.

That we are in the refuge of the guru, we are in the refuge of the guru.

So I said, then; She said, "I'm crossed over now."

Your own certificate, your own everything.

How did you cross? 'Beta'

I took to the refuge of the guru, I was crossed.

I said, this can not happen by coming to my shelter either.

Now I am sitting alive, your guru is dead.

But you say, "Mom! We are your refuge." And get us across.

It takes your effort, and the awakening of the Kundalini, It's the work of transcending.

Until you cross, till then bowing your head in refuge your, Mother!

This is not going to work.

I may tell you clearly,

Until you have crossed over, till then all sayings are nonsense, useless.

That I have come your refuge, this and that.

Hey, all this is you said from your side, but

I had to come in refuge, isn't it.

It's me who has to act, the work must be done through my hands; Unless I

As long as the work is not done with my hands, it will be a useless thing.

And let me tell you in totality that the one who is not realized, is not transcended;

The realized one has crossed over.

In it none can falsely certify, no matter you fight for it,

Quarrel, do whatever, what can I do.

If didn't then no, and it happened then it's done; It's straightforward that we can do

hard work, but we can't transcend.

We can try all out, we can give you love; Can do all that but transcend,

you will have to get realized.

Like we can cook, we can cook great food, but if you don't have a tongue

inside you, then we will feed when and you will understand when.

Your tongue should be awakened that it may understand what mother has made.

After all it's you who has to eat; or eating also I should do it for you.

It must be understood that the element is the same; that Guru you get only from God.

The Guru who ascends into the Supreme is the Guru, and no one else is a Guru.

All are blind, and where the blind is leading other blind, God knows.

Nothing happens with such a shrine.

Shrine gets effective only after realization; prior to that shrine is nothing.

You must have seen that I don't let anyone come to my feet without getting crossed over.

Because what can I do if you haven't crossed over, what should I do? First realization is a must.

Yes, it is definitely there that many people do transcend while coming on feet, that's ok.

But needs no shrine; he must come to refuge later.

When you seek shrine, then, at least, for the sake of shrine one must get realized.

There should be light, without light, what are you going to do for me?

I don't know maybe if I am too from 420, 108, how are you going to know if I am or not.

Even if I am talking nonsense, then how will you know?

I will never let you come to my feet until you have crossed over.

That is why it was forbidden not to be in captivation of anyone.

Devotion should only be in front of the one who reconciles you to God.

Unless that event happens within you, without substance, you should not believe anything.

So, I have told you about our element of security.

Tomorrow I will tell you about the rest of the elements, today has been a long day.

And I was very happy about one thing, because everyone said yesterday, tomorrow is cinema. Then no one will come, Mother! In the program.

And my father was going to London, so I came, leaving him like that.

I didn't even go to the airport! I said no, I should go, maybe, someone will come, and that's why I will come, and I am very happy that you people leaving your cinema, have come here, it means that you gave more importance to the element, and so I was very glad.

By the grace of Mother, if you all cross today, then tomorrow it will be a lot of fun, and come here with everyone tomorrow.

They want to, but I've seen that we had one girl from England, her name was Felicity, and she came here; I was speaking only in Hindi or Marathi.

When she went back to England, she lost all her vibrations, so, because I was speaking in English.

So, I said, what's the matter, and I analyzed it that when I'm speaking in English, Hindi or Marathi, it is a mantra, it's a thing that gives energy, no doubt, but when I speak in English language, especially, say, the people who understand English are, sort of, they start thinking about it and their ego starts working it out, and when ego starts working it out, you know what happens, and that's why the vibrations were much poorer, and if you want, I will speak it, if you want me to speak in English, I will, I don't mind, but the problem is this, that the more I'll speak in English, the worse it would be for vibrations.

So, I would like all of you to tell me what should I do, because Indians don't go into thought processes, you see, when I speak in Hindi, they don't go into thought processes so much.

One or two might go, but it's not a common thing, but Western people always must put everything into thought process, a machinery, you see, already working it out.

So, if you allow me, it would be better if I speak in Hindi today, is it all right?

And just try to hear it from your Sahasrara, and you'll be amazed that all your...

Chakras can be opened out, just don't try to understand it, that's the best, because it is the thought that comes afterwards.

The bijas, the seed of the thought, is the first, the primal, and whether this language or that language or any language, the seed is the same. You see, the cup is different, but the seed is the same, and the effect of the cup should not be there, it is the effect of the content of the cup which is important. And once you just try the content, you should not bother about it.

So what you should care for is the content, and not the glass or the cup in which it is being delivered. And for the people who are more worried about the cup always, it is better that they don't know the cup, they better have it, the content, it will help you, you will see that.

Just think from that angle, actually this is a very common thing, and Christine, who was also from London, she never felt such force in England. But when she came to England, and when she was moving about with Me, and I was mostly speaking in Hindi or Marathi, she's in another world now, and she's very good.

I think it also keeps your ego a little bit down. Ego is too much in English-speaking countries, that you know very well. The English language itself is very ego-orientated, I think, and it keeps your ego down. Like the other day we were coming by plane, and one of the air hostesses just announced that those who are going further to Nepal, please consult the people down. She had to say down below, she missed the below point, and everybody started laughing at her and making fun of her as if she was the greatest fool ever born.

But now, these air hostesses must be knowing at least three or four languages, plus languages of this country, while the people who are supposed to be English-speaking only know English, nothing more. And the French think they know their own language, so they don't know any other language but French.

So it is important to understand that when we have an ego-orientated personality, it is better not to listen to words, but better to have the contents without the words there. It is a better idea, it will work out better.

So again, I hope by My speech I have not again given a push to your egos by any chance. Try to keep it down, and see that this ego business, which is our enemy, absolutely it is our enemy, that we have acquired through our different systems. We know that, and so we must try to keep it down as much as we can, and you'll enjoy the Hindi speech, all right?

Now I have praised you very loudly, so whether this is true or not, it is a matter to know. This ego is no less in our human beings, we become egoistic about every useless thing. And these are such useless stuff, sticking out like this, that even though we know it's the most stupid thing, we keep doing it.

Sahaja Yoga shows you the truth, the truth that is, was, and will remain. In its case, no one can compromise, that you may say, "Come on, Mother! Why don't you just say that so that the work gets materialized? If you say this way, it will be good, say it that way; it will be good." Nothing such is true, whatever is, so it is. That will remain like this, and if you are not willing to believe the truth, you will have to suffer it.

It is not that the truth harms you, but if you let go of the truth, then you come down to untruth. And when you come down to untruth, then untruth is a harmful factor, it will hurt you. It has so happened that in Sahaja Yoga many people came, achieved heights, had big gains, got a lot; transcended many, and after that, they left Sahaja Yoga. And after that, by themselves, they came after years saying, "Mother! I've got this disease, what do I do now?" There are many such people.

They started saying that Sahaja Yoga has punished us; Sahaja Yoga did not punish. But if you are sitting under someone's umbrella and you leave him and go out, and if it rains on you, what will you say? That this shelter gave you sufferance? You only wiped off your canopy and went out. But being in Sahaja Yoga, its canopy has sheltered you; then this is its obligation upon you, instead of it being your obligation on that canopy.

This is the obligation of that canopy, a great obligation, that it sought you and kept you within its fold. And cared for your micro needs.

There are many things that are found in Sahaja Yoga. Out of that, as I told you, the prasad of Lakshmi also remains for you. And I also told you that Shri Lakshmi Ji resides in the navel chakra. The power of Shri Lakshmi resides therein; and I also told you how Lakshmi Ji is.

I told you that there is a great difference between Lakshmi Ji and those who have money. Lakshmi Ji is standing on a lotus; she has a lotus in one hand, and the other hand is the giver of shelter. Lakshmi Ji is standing on the lotus. In looks, she is quite heavy. You must have never seen Lakshmi Ji like today's beauty queens.

But her health is very good because they have a lot of water inside them. They were born out of water, were they not? The one who is born from water has to have a lot of water inside. This too has a reason: if she has water inside her, then for the movement of these chakras, there is no buffer, no hurdles in between. There is no safety left, so the presence of water in the body is necessary. And for this, there is less noise, and even then, so standing on the lotus.

As if there seems to be no word in Hindi, but one should say that she is adorned or well-balanced. And no weight is put on the lotus, and she doesn't lay her weight on the lotus; that is, she does not put her burden on anyone. You see how much burden people put on others. Now, as if a guest has come.

And our people, especially Sahaja Yogis, sometimes do such a thing, sometimes a specialty of Hindustani Sahaja Yogis also do it. As if you have come from somewhere, now you have come to Delhi, then he will first say, "Sir, we are not getting any rest here."

And, "I can't find enough food here."

"It's not a good arrangement here."

"That arrangement is not right." Like in their house, these people look absolutely luxurious habitually. As soon as you come here, everyone knows that this thing is not right here. So-and-so is not good here. If someone comes to Mumbai, it is the same for them. It means you remain a thorn everywhere; you don't behave like a flower. Like a thorn, you remain biting. Everywhere, everyone should feel that you have come from somewhere, you are something special.

You must have some speciality.

In this, we think that we have made our life something very important. And the man who got more money, he pretends more. The more a man is poor, the less his tantrums in their country, but as much as a man gets rich, the more his tantrums. And Lakshmi Ji, she somehow keeps standing on the lotus all the time; never says, "Bhai! I'm tired." For some time I may lay down. All the time, balancing her gorgeous body keeps standing, absolutely lightly that no one feels. This is an untarnishable example of Lakshmi. The man who has real Lakshmi never feels heavy anywhere.

Such a person, wherever he lives, his fragrance, his aroma spreads far and wide, but it's not reflected in any of his gestures. He doesn't show off to you. Whether you have money or you don't, or he has more money, or what you lack, he lives in such a way that no one knows when he came and how he went away.

He spends life like someone that no one knows, but mostly people with more money first boast that, "Sir, I am so rich." And if not, then at least they will keep playing strange horns on the way so that others turn and see which donkey is coming. Everything must be shown off; everything has an imitation for it. He brings all games in his name because he is wealthy. It is not a question of Lakshmi Ji. Lakshmi Ji lives in such a way, controlled and balanced, that no one knows.

Then, with one hand, they should donate; that donation also no one must know that it's a donation. It's just flowing, it's going, it's being given. No question of taking, and from the other hand, there should be shelter for those who are dependent on them. All should be blessed instead of many kicking, beating, doing this and that to their servants; not this.

Dependents, that is, those who are completely dependent on Lakshmi Ji. A complete hand looks full of boon, and they have lotuses in both hands. Lotuses are pink in color, and pink color signifies love. This pink color is a sign of their Preet; pink color represents her love. She absolutely, in her delicate petals, gives place to a creature with thorns like a whirlpool.

May come from anywhere, there remains arrangements for him to stay, all the time for him there is arrangement. I haven't seen any such rich that on their door if anyone comes, then they say, "Good brother, you don't have a place, come to my place, sleep here." Instead, they will keep four guards, four security personnel. Even if there is some gentleman, then they will beat him out.

So the element of Lakshmi inside us is in the naval, 'Nabhi' Chakra, about which I told you. It is as it is. We cannot become that element. You change everything on the outside, but that element remains as it is. Neither the element can be changed nor can you direct it, nor can you fight with it.

That element is made as such an element. If you have to stay on the element and you have to be honest, then you should know that what is true will remain the truth. You can't change that. Now, many people say, "What happened, Mother? If our money is black money, so what? Here we have built huge buildings for the poor, and we have built many temples."

And we built many temples. So the thing is that for the poor people, it is God's job to build a temple. This is man's work. What is the benefit of building a temple? That's visible to you. Put four men there. Whatever they will extort from whoever comes, they will take and eat it and say, "Sahab, now do worship."

Temples should also have Brahmins. Brahmins, that is, those who have known Brahma, who are reborn, who are realized, are Brahmins. Nowadays, in which temple is such a Brahmin sitting? On the contrary, I see all are demons, so horrid. Absolutely monsters; Wherever you go, there is sting, beating, greed, all kinds of dirt. And inferior things except this know nothing; They, in any way, cannot be Brahmins. The real Brahmin is the one who is a realized soul; only he should be called a Brahmin, who is reborn 'Dvij'. Now the challenge for Brahmin is if they want the uplift of Brahmins then go and tell them: Look, you are defaming the name of Brahmins.

You are not Brahmins; You cannot be Brahmin as the Brahmin is that who has attained the Brahma tatva of God, Brahma tatva is flowing within him, he only is self Brahmin and none the else; This will cause a great deal of harm to the entire caste. And all the caste will be infamous. Now, to know this element that in Lakshmi Tatwa what mistakes we commit, let me explain a little bit to you. Lakshmi element, that is all around it is spread the principle of religion; and this element of religion, the ten Gurus have bestowed on us. It is that so far we say that the main ten Gurus that we had, it does not mean that these ten Gurus that were the only happening and no one has happened; but these main Ten Gurus, in Sahaja Yoga we recognize which starting from Adi Nath.

And to Socrates. From Lautse to King Janak, Nanak, Mausa. And many such other these ten are there whom we recognize, who we believe have become immortal. Joraster, all these are the descents of the same Guru element, one of the same. Now it should be kept in mind how in the Lakshmi element, we mess in. It's necessary why is there no Lakshmi in our country; many people ask me Ram Chandra left what vibrations in your country; Vibrations that He left must be in your Lakshmi Tatwa, you all will see the reason of it; The first reason is that wherever you have Bhoot Vidya, Phantom Vidya, Samshan Vidya.

And Tantric Vidya, if you run any of these knowledge, then Lakshmi Ji will go from there. Immediately Lakshmi ji will leave. If you run any Vidya, run Tantra Vidya; That is, any ghost knowledge, If you use any of these knowledge, then your Lakshmi power will end. As told to you, one Sahab used to visit us. He had a shop and that shop was not running at all; then I said, "Ok! Bring your wife." When he came with his wife, saw that his house-wife [Gruha Lakshmi] had absolutely ghostly looks, so filthy thoughts were running inside her. I asked her whom do you visit, do you go to some tantric? She said no, not to Tantric, but he is our Guru. I said, "Ok! What does your Guru do?" And when she told us what all he told them to do; I said Baba re Baba, he is a solid tantric and that's why the woman got in clutches. Then removed those peepers that were offered on him. After that the man flourished so much.

Flourished so much that he himself was astonished that the people who never came to our shop started coming and like this Lakshmi ji started coming. Now see where all is more poverty in your country; Kerala, I have been to; I was very surprised that in Kerala, in house only people bury all dead; Where they die, they bury them. Where is the need of going far away, buried there itself, work finished. No! the voice is coming, yes! Ok! Now, now the voice is coming, now this phantom lore and this samshan vidya. Absolutely monsters; Wherever you go, there is sting, beating, greed, all kinds of dirt. And inferior things except this know nothing; they, in any way, cannot be Brahmins. The real Brahmin is the one who is a realized soul; only he should be called a Brahmin, who is reborn 'Dvij'. Now the challenge for Brahmin is if they want the uplift of Brahmins then go and tell them: Look, you are defaming the name of Brahmins.

You are not Brahmins; you cannot be Brahmin as the Brahmin is that who has attained the Brahma Tatva of God, Brahma Tatva is flowing within him, he only is self Brahmin and none else. This will cause a great deal of harm to the entire caste, and all the caste will be infamous. Now, to know this element that in Lakshmi Tatwa what mistakes we commit, let me explain a little bit to you. Lakshmi element, that is all around, is spread the principle of religion, and this element of religion, the ten Gurus have bestowed on us. It is that so far we say that the main ten Gurus that we had, it does not mean that these ten Gurus were the only happening and no one else has happened; but these main ten Gurus, in Sahaja Yoga, we recognize, starting from Adi Nath.

And to Socrates. From Lao Tse to King Janak, Nanak, Moses. And many such others, these ten are there whom we recognize, who we believe have become immortal. Zoroaster, all these are the descents of the same Guru element, one of the same. Now it should be kept in mind how in the Lakshmi element, we mess in. It's necessary why is there no Lakshmi in our country; many people ask me, Ram Chandra left what vibrations in your country. Vibrations that He left must be in your Lakshmi Tatwa, you all will see the reason for it. The first reason is that wherever you have Bhoot Vidya, Phantom Vidya, Samshan Vidya.

And Tantric Vidya, if you run any of these knowledge, then Lakshmi Ji will go from there. Immediately Lakshmi Ji will leave. If you run any Vidya, run Tantra Vidya; that is, any ghost knowledge, if you use any of these knowledge, then your Lakshmi power will end. As told to you, one Sahab used to visit us. He had a shop and that shop was not running at all. Then I said, "Ok! Bring your wife." When he came with his wife, saw that his house-wife [Gruha Lakshmi] had absolutely ghostly looks, so filthy thoughts were running inside her. I asked her whom do you visit, do you go to some tantric? She said no, not to Tantric, but he is our Guru. I said, "Ok! What does your Guru do?" And when she told us what all he told them to do, I said, "Baba re Baba, he is a solid tantric, and that's why the woman got in clutches." Then removed those peepers that were offered on him. After that the man flourished so much.

Flourished so much that he himself was astonished that the people who never came to our shop started coming, and like this, Lakshmi Ji started coming. Now see where all is more poverty in your country. Kerala, I have been to. I was very surprised that in Kerala, in house only, people bury all dead; where they die, they bury them. Where is the need of going far away, buried there itself, work finished. No! The voice is coming, yes! Ok! Now, now the voice is coming, now this phantom lore and this samshan vidya.

And there is also a difference in such death, means that the man who dies should be properly buried. Even otherwise, there is no need to bury anybody; but yes, if someone has become a saint. Saint means not that who worships and who, wearing saffron clothes, wanders here and there, not that; the one who gets realized, who is transcended; the one who has become a saint, which has transcended, is not burnt. He is never burnt.

That is called samadhi. They can be in the tomb. Here, wherever all tombs of this and that are seen. And when a man dies, who is not realized, then it is better to burn that so that all the negativities in him get cleared and in a way, he gets born once again, it becomes completely cleansed because you know that you have a special characteristic that can purify even 'Kanchan', means Gold. So such man must be burnt, straight away; but people bury him at home.

When we went there in the rural, I said, where did you bring here among ghosts? The complete cremation city is totally a cremation ground. Then asked how; I said here all dead are buried, I see. When they were asked, they said, yes! Here, since thousands of years, it's prevalent. I said, 'Aye', what you bury in home only. Then came to know that once Shankaracharya, Adi Shankaracharya, that too disciple principle.

He is a big personality, refused them that your mother, you cannot burn, you can't burn mother. Then he used banyan leaves, tree to burn his mother. Then he cursed them that you too will not get anything to burn, and in your homes only you will have to bury. But that curse became very heavy, then these people started to bury it in the house. So for the curse and the abundance of burial land, there it is difficult to eradicate poverty; though we went and tried hard there for this and made people understand not to bury in homes but outside, and here, poverty did not get eradicated.

The second thing is where humans, for laziness only, turn, poverty sets in there. Lazy people, means most lazy people are in this Bengal region. You won't find more lazy persons anywhere else. I used to think earlier that the people of Lucknow are the most lazy. When my in-laws were in Lucknow, I saw that their sun rises at 11 o'clock; what will happen to them? I am from Maharashtra, and I'm habitual of getting up at 4 am, I am from Maharashtra.

In Maharashtra, the poor people take out food from the stone, they need to labor hard with stones. There, poor people get up at

four to work hard. People from UP, I have seen, are very lazy, most lazy, but when I visited Bengal, I said that such won't be found anywhere. Now that I went to London, I think that the most lazy are English people. They are the laziest people. Now in Hindi that I speak, there is no harm in telling.

You won't believe that these people wash their faces in the night itself before sleeping, and there are also those who haven't had a bath for a year. Muslims at least take a bath every Friday; they are above them. Full one year, and there, if you made someone get up in the morning at around 9/10 o'clock, then there is no sinner, wicked, demon more than you. Means that there is no sin bigger than that.

And for getting up before 10 o'clock, meaning before 12 o'clock, it's an extremely difficult thing. But for a job, what could you do? So, as you sleep in bed, get up, get into jeans, and, reaching the office, go to the bathroom, do everything there. Bathing is no question to you. Only brushing is needed, so did at night.

And Indians are just the opposite. Every morning they will bathe in the morning and will get out in that cold. After that, they may get cancer. And if asked them, "Brother, take a bath at night, brush it in the morning," "Mother, you are saying that?" I said, "Yes! Brother, I am saying the same and do like that."

Then they said, "How about you?" I said, "I don't move out, I remain indoors." So, for me, my issue is different. Now nothing is going to happen to me, but it is fine for you in such cool winter here that you get up to take a bath in the morning. And then you should bathe in cold water. After that, you go out. Even otherwise, it is a very wrong thing to take a bath in hot water and then move out, no matter here.

One should take a bath, always take a bath with cold water. Even later on, also bathe with cold water. Then you won't ever get cold, etc.

Now, this is a little thing, but to do that is also quite difficult for them. They are so lazy and are always so tired that now these people came here. They will keep lying the whole day long and sleep, eat the whole day. And when asked in the evening, "What, brother?" "We have got tired!" "What did you do?"

If they get tired of sleeping, then how will they be, only God knows. But laziness is also too much in our country, and so do the ways to avoid it. There are so many, more than 2500—'pachis sau'—labor-saving devices. Just ask the Bengalis.

Ask, this is the condition of Bengali people. If you want to buy something, then buy by 12 noon. See, from 12 to 3 in the afternoon, all the shops are closed. The lock is installed.

Now that I went to London, I think that the most lazy are English people. They are the laziest people. Now in Hindi that I speak, there is no harm in telling.

You won't believe that these people wash their faces in the night itself before sleeping, and there are also those who haven't had a bath for a year. Muslims at least take a bath every Friday; they are above them. Full one year, and there, if you made someone get up in the morning at around 9/10 o'clock, then there is no sinner, wicked, demon more than you. Means that there is no sin bigger than that.

And for getting up before 10 o'clock, meaning before 12 o'clock, it's an extremely difficult thing. But for a job, what could you do? So, as you sleep in bed, get up, get into jeans, and, reaching the office, go to the bathroom, do everything there. Bathing is no question to you. Only brushing is needed, so did at night.

And Indians are just the opposite. Every morning they will bathe in the morning and will get out in that cold. After that, they may get cancer. And if asked them, "Brother, take a bath at night, brush it in the morning," "Mother, you are saying that?" I said, "Yes! Brother, I am saying the same and do like that."

Then they said, "How about you?" I said, "I don't move out, I remain indoors." So, for me, my issue is different. Now nothing is going to happen to me, but it is fine for you in such cool winter here that you get up to take a bath in the morning. And then you should bathe in cold water. After that, you go out. Even otherwise, it is a very wrong thing to take a bath in hot water and then move out, no matter here.

One should take a bath, always take a bath with cold water. Even later on, also bathe with cold water. Then you won't ever get cold, etc.

Now, this is a little thing, but to do that is also quite difficult for them. They are so lazy and are always so tired that now these people came here. They will keep lying the whole day long and sleep, eat the whole day. And when asked in the evening, "What, brother?" "We have got tired!" "What did you do?"

If they get tired of sleeping, then how will they be, only God knows. But laziness is also too much in our country, and so do the ways to avoid it. There are so many, more than 2500—'pachis sau'—labor-saving devices. Just ask the Bengalis.

Ask, this is the condition of Bengali people. If you want to buy something, then buy by 12 noon. See, from 12 to 3 in the afternoon, all the shops are closed. The lock is installed, and you will hear the snores from inside.

And that even up to 5 in the evening, the shops do not open. That is, from 12 o'clock to 5 o'clock, no shop opens. So, there are many such shops that do not open up to 12 o'clock, no matter what you have to buy. And the second thing is that they are so engrossed in laziness that they, for this, do not understand that there is any other world because when you are short of time, what will you see in others, what will you understand from others, what can you learn from others?

They do not know if there is also any other world. As for them, "We are the only ones." We are everything. A great region like Bengal, where such accomplishments have happened. Goddess has done so many deeds, but today tantriks have ruined it for their alms.

The tantriks have absolutely taken control over there. They have so controlled because lazy people have no other business except for going and asking about their future. Brother, when there is nothing to do, you will show your hand to know what's there. This way, great tantriks gathered there who keep on telling that this will happen to you, your father will die, then you are going to get a lot of money, and then you will have an accident, and you will have a lot of money.

And like this, such people... And for this reason, at such places, no money should be given. But what is not always earning hard. But whatever it is, hard work is always earned.

When Lakshmi ji came into the world, then you know deities and devons all labored together. Then only Lakshmi ji came into the world. Then, who don't labor, for them Lakshmi, if at all comes, goes to waste.

As some rich accumulate money for all their children and for the sake of donations will not give a penny, not there. Buy jewels, this and that for children. When the father died, they will be busy managing to spend the least on performing the last rites. It's better to throw them in the sea. No, it's alright, gone once and for all.

Then by taking such money, all kinds of filth get addicted. Free money for no labor, if some human gets it, it's not valued, and for this, Sahaj Yoga also is not valued. Especially in Hindustan because these people do not have to work very hard, but these poor people outside need to labor very hard.

Therefore, they value it. You get it instantly as you are born on this virtuous land. Your mother is very much kind to you. Means, it's not me, your 'Bharat Bhumi'.

So you get a lot with her help, and even after that, you have no appreciation for her. This is absolutely correct.

Why are our UP people so lazy?

## 1981-0217, Public Program

View [online](#).

17 February 1981

Public Program

New Delhi (India)

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

1981-02-17 Public Program, Shankar Road 1981: The Swarup of Brahma Tattwas, Delhi

The warm welcome with all respect and affection, that you all have given me, has filled my heart with immense love. Where else can one witness such great desire for devotion and the attainment of the Divine? In this age of Kaliyuga, seeing people like this, how joyful the heart of a mother like us can be, you cannot imagine. Nowadays, it is the fierce age of Kaliyuga, the darkest of all ages. A greater age of darkness than this has never come, nor will it ever come. The specialty of Kaliyuga is that there is confusion in everything for humans. Everything is confused. Humans are not as bad as this confusion is.

In everything, what we call chaos in English, in everything that is not understood whether it is right or wrong, someone says do this and someone says do that, someone says go this way, while someone says go that way. So which path to take? There is confusion in every matter, but there is the most confusion in matters of religion. But what is eternal, what is beginningless, can never be destroyed, can never be destroyed, because it is infinite. It cannot be destroyed. Some may make something out of it, some may make something else, some may make a cover for it, and some may sell it for money, some may sell it in some other way, some may make its form, but the essence is eternal and that essence is called Brahma Tattva. It is from this Brahma Tattva that the entire creation is formed. The goal of life is to attain this Brahma Tattva. And you have been doing worldly tasks all over the world, in many births you have done and will continue doing so, and you will continue to do in many births. In many births, you have done devotion and prayed to seek that we attain this Brahma Tattva; this is not the result of today's devotion, and the surprising thing is that it is only available in this fierce age of Kaliyuga. But if you read the scriptures, it is clearly written that only in this fierce age of Kaliyuga, when humans will be trapped in the mess, then this thing will be available. This does not mean at all that what has already happened, those who were seers, who have become Saints, who have become Gurus, who have become Sat Gurus, and whatever is written in our Vedas and Puranas is false. Not a single word is false. And those people sit and argue, saying that it is written in the Vedas and it is written in the Puranas, then how do they reconcile both? These arguments go on a lot, and some become eternal, and some become something else, and it amuses me. I'll discuss this a little today because it's a big debate going on in our country. There are three types of powers within us. The first power is primarily the power of desire. If there wasn't the will of the Supreme Being, why would the world be created? All other powers have emerged from His Desire. In our Sahaja Yoga language, we call this power Mahakali's power. It is because of this power that you are also experiencing the taste of devotion today. Because internally there is a desire to engage in devotion, enjoying the essence of devotion, staying in devotion, remembering the Supreme Being, calling out to Him. Only humans do this. Animals don't do it; animals don't engage in devotion. Only humans do. Along with that, there is another power within us, which is the power that brings the power of Desire into action, the power that manifests action. Call it the power of Action. In Sahaja Yoga language, we call it the power of Maa Saraswati. Whether I am teaching Hinduism or Muslim religion or Sikh religion, that didn't make sense to me. What I am teaching is the essence, which is the same in all religions. So, nobody should think that I am only talking about Maa Kali and Maa Saraswati, which people believe in Hinduism. If it doesn't sound good, then you can call it the power of Action. But it is the power of Mahasaraswati. And the third power that resides within us; It is given to us by the Supreme Being. It is with this power that we uphold religion. Religion does not mean that we belong to this religion or that religion, but it is the religion of the inner human that we uphold. Now we are not animals, that's true. We were amoebas first. From being amoebas, we have become humans today. And as humans, we have ten religions within us. And those ten religions reside within us. We don't attach to them. If we do not respect them, we become devoid of religion, we fall. This doesn't mean that you read something, do something, or listen to a speech. It means to stay rooted in religion. Like gold has the religion that its color doesn't deteriorate. Like carbon has the religion that it has four valences inside it. Similarly, it is the religion of humans. There are ten religions within it. Within humans, there is also awareness towards religion. Naming these ten religions is not appropriate. Now, when we adopted these ten

religions, our elevation happened through this religion, we became amoebas. Religion kept on changing within us. When we entered the religion of humans, we started to be called humans. Like if you put an animal in a dirty place, it doesn't feel dirty. But humans are aware of dirtiness. The human, as he is, his religion is higher than that of an animal. Now, the state that is coming is beyond religion. Now, you won't have to follow any religion. You will naturally be in religion, beyond religion, which is called transcendent. And similarly, these three qualities are within us. Like, from the power of Desire, the quality that comes within us is 'Tamas', and from the power of Action, the quality that comes within us is 'Rajas', and from the power of our religion, the quality that arises within us is 'Sattva'. In this way, we have three qualities within us, and from the interplay of these three qualities, many races have been prepared only through permutations and combinations in English. What is this? Whether you call yourself Hindu, Christian, or Muslim, it doesn't matter. It's all one thing. Now, look at how many things are similar in humans too. Everyone laughs alike, cries alike. The only difference is language. For this reason, we cannot understand that the same Brahman principle flows in all living and non-living beings, that Brahman principle which has its own language, though it becomes diverse, just as vessels may differ but the nectar within them is the same everywhere. Now, people argue whether the vessels are correct or the nectar is correct, that's the argument. In reality, both are correct. Some vessels even transform into divine vessels, where the entire nectar fills them up completely. After all, the nectar will also come into the vessel. If there is no vessel, how will the nectar come? This is the essence of the argument, that people perceive the vessel and the nectar differently. That is why the Vedas were written, to understand this Brahman principle. The Vedas were written for this purpose. 'Ved' comes from 'Vidu'. The meaning of the word 'Vidu' is to know. And even if you have read all the Vedas but have not known yourself, then the Vedas are in vain. The meaning of the Vedas ends if you have not known yourself. You went there and there were many speeches and lectures, but you did not know yourself. How will you realize that there is God? Is there any principle? Do you have any? Nowadays, your children will not come to the temple. They will say, "What is God?" There is no certainty. That's why when you know yourself, the flow of Brahman starts from within you. I have come here to give you the very thing that you have been searching for thousands of years. It belongs to you only. It is your own, I am just aware of its key. I am not giving you anything of my own. I have come to hand over what is yours to you. Realize yourself and attain this Brahma Tattva. This is self-realization because the light of the soul is Brahma Tattva itself. This is the realization of the Supreme Being because without knowing the soul, you cannot know the Supreme Being. Just like you cannot see without eyes, similarly, until you know the soul, you cannot know the Supreme Being. But if I say, "Know the soul, know the soul," then you just cram, "Know the soul, and know the soul." You can't know by cramming. You have to attain it. This event must happen. In our country, there are three types of arrangements made with these three things. The first arrangement is that we understand this Brahma Tattva, do some actions for it, perform rituals, and conduct ceremonies. At that time, they were contemplating the formless. They did not discuss the manifest form then. At that time, they only talked about the formless, that we should know the formless. Perform rituals, conduct ceremonies, do this, do that, recite mantras. Awakening happened in some way. As a result, incarnations occurred in the world. When you accepted the nectar, which is formless, it came into the world in a manifest form. It has to come. If the manifest form doesn't come, then how will you know? Like watching the flame of a lamp. It has a form to see, but it spreads everywhere. Similarly, if the formless doesn't manifest, then you won't be able to know the formless. Therefore, there have been many incarnations in the world. Among them, there have been incarnations of Lord Vishnu. The reason is that Lord Vishnu establishes dharma within us and paves the way for our upliftment. Therefore, the establishment of Lord Vishnu does not in any way diminish the importance of Lord Shiva. Many people say, "Brother, we worship Lord Vishnu and not Lord Shiva." It's like saying that we acknowledge our nose but not our eyes when they are part of the same body. Understand that the cosmic form of Lord Vishnu is the biggest manifestation. If his heart is within him, then Lord Shiva resides within it. And there is Lord Brahma. He manages their power of action. By his actions, he created the entire universe, beautifying everything. And when people, taking these five elements into account, realized that he created the entire universe, and by considering these five elements, he thought that by serving them or awakening them, they would understand the Supreme Being, then the realization of the Supreme Being, in the form of Vishnu, who is the life force within them, should be said to have occurred. In the world, you know that the ten avatars have occurred. Now, whether they have occurred or not, we have come to give evidence of this in this world. Because someone told you, so you believed it. But these ten incarnations have occurred, and it is through these incarnations that our evolution has taken place. Meaning, initially, everyone was in the form of fish. Life was sustained in the ocean. Everyone says so. And then, some fish started moving towards the outside. The one who brought those fish for the first time was the Matsya Avatar. He was the form of Lord Vishnu. After that, you know that he continued to come in ten forms. This task of leading was to be done only by the Supreme Being. It is the work of the Supreme Being. Humans cannot do it. Nor can a fish. Therefore, for the task of leading initially, the Supreme Being incarnated in the world. There is no doubt about it. But when people started another thing, devotion.

When they understood that the Supreme Being is incarnating in the world, they started devotion. So, they got absorbed in that. It means there is honey inside the flower. So, you should take the honey of the flower, this is correct. But honey does not exist without the flower. People said, "Brother, and then talk about the flower." They started talking about honey, and then they started talking about the flower. After that, they said, "Talk about the flower." So, those people got stuck in the flower. They started making idols from their minds. They didn't establish its vitality. They didn't awaken it. They didn't seat it according to the rules. And it started. Then people started, "Stop, brother, now talk about the formless." They go from formless to manifest, from manifest to formless. This debate has been going on. And there is no debate at all. One is not without the other, and the other is not without the first. It's a simple matter. Because both have become true. One talked about the flower and one talked about honey, and both things remained. Talks remained, talks remained, and until today, talks have remained. So, both things are correct. That is also correct, this is also correct. Its refutation happened because when the common people saw that they were flowing nicely in one direction, they were pulled and brought to the other side, saying, "Baba, sit here properly." When it was seen that they were flowing too much in this direction, they were brought to that side. Those who are speaking are the same person. Their name is Adiguru Dattatreya Ji, Adinath, Adiguru. They came into the world many times and said, "Brother, yes, its okay, incarnations have happened, accept it." People stuck to the idea of incarnation. "Ram, Ram, Ram." Going on the road, "Ram, Ram," going to the market, "Ram, Ram," looking here and there, "Ram, Ram." No one's intelligence remained to think that one should not take the name of Ram in this way. You're making Ram so cheap all the time. There's also a way for that. Then they said, "Let's stop this too." They have had many incarnations there as well. They refuted it for their own sake. They came into the world in the form of King Janak. And it was King Janak who gave self-realization to a Nachiketa. You know about King Janak that people call him 'Videhi'. And people asked him, "Brother, why do they call you Videhi?" Narad said, "How do you call yourself Videhi? You live in the world, so you're Videhi?" "It's very easy," he said. "Brother, do this, talk in the evening. For now, just do one thing. There's milk in a bowl. Take it and go. And tell me in the evening." Now, the bowl of milk was such that the milk would spill out of it. But he had said that not even a drop should spill, keep watching it and it shouldn't spill, keep watching it and not a single drop should spill. Then I will tell you why they call me Videhi. Until evening, he wandered around for himself. He went around the world with him and got tired. When they returned in the evening, he said, "Now tell me, I got tired all day roaming around with you like this." They began to say, "First tell me what you saw?" He said, "What did I see! What do I see? I kept watching the milk all the time so it wouldn't spill." They said, "I went on a grand procession. Then there was my big royal court and there was dancing, didn't you see anything?" They said, "I didn't see anything. King Janak said, 'Son, this is my condition too. I don't see anything. I keep watching my mind all the time so that my whole mind doesn't spill anywhere.' This is an incarnation. King Janak is also an incarnation. There are very big incarnations. He came into this world as a guru. The one whom we revere today, Muhammad Sahab, is also the same. There is no difference. And his daughter was none other than Sita herself. We can assure you of this. We are not talking in vain. Yes, if Muslims are wrong, that's another matter. But Muhammad Sahab wasn't. He also said the same thing. And then when Muhammad Sahab saw that Muslims had become so foolish, he came into the world and you know that he worked under the name of Guru Nanak in the world." They were all talking about the formless because they knew that humans would get attached to something. And they always preserved our religion, and the last time they came was as Shirdi's Sai Baba. Many such incarnations of theirs have happened, and they were not human. They were the essence of the most unconsciousness of the Divine, which should be called innocence, their incarnations. And their lives were extremely pure and immaculate in the same way. And that divine power was with them, either like Janak's daughter Sita, Muhammad Sahab's daughter Fatima, and you know that Guru Nanak Ji's sister was Nanaki, who was a true witness. There is no doubt about it for me, but there may be for you. But I can prove it. Because until you see it with your own eyes, you can't believe it, right? But once you have the eyes to see, you will have to believe that white is white, and false is false. So what's the argument about then? People are just killing each other in the darkness. Once your eyes open, let me tell you, you will recognize the greatest illusion of this entire world. Everyone is the same. There is no difference among them. Now, whatever these Vedas and so on we created, through which we accepted the five elements... we said, acknowledge the five elements and work with them.

Alright, so we've discussed the concept of the formless. But there is also the manifest. There is devotion, and there are manifest forms of God like Ram, Shri Ram, Parashuram. Not just that, Shri Krishna himself appeared in this world. He incarnated. These are indeed incarnations of Lord Vishnu, and there is no doubt about it for me. And Shiva doesn't take incarnations. Shiva doesn't incarnate because he is eternal. Lord Brahma has also taken only one incarnation. But Lord Shiva has never taken an incarnation because he is Sadashiva. Lord Vishnu has incarnated, and you should understand that by coming into this world through those incarnations, he made us humans today. We exist because of him. And because of him, we have also come to know that

incarnations happen in the world. But Lord Krishna only told these things to only one person, just one person, didn't tell to all; should have told this thing to all general people. Some people were following the path of devotion, calling out to the Supreme Being through devotion; while others were reciting the Vedas to awaken the five elements. Meanwhile, a secret path was being developed, where people like King Janaka were striving for a direct experience of the soul, but this was a secret. Sri Krishna shared this knowledge with Arjuna alone, and even then, in a subtle way, as he realized that Arjuna wasn't grasping it easily."

I'll talk about the Gita again sometime, but not today as I don't have enough time. Now, when you see that people were behaving in a certain way and unnecessarily fighting, then Guru Nanak himself came into the world and told them that they were fighting in vain. He thought that he was the one who was present earlier, and now his place was being taken by others, and his disciples were fighting; so he came and explained to them, 'Brothers, why are you fighting?'

That thing was the same, just one thing. Now, what was happening secretly came after that. You will be amazed, it's really surprising that at that time, the two children born to Sita, they are called Lav and Kush. You might be surprised, and do you still know or not, but we do know. Find out, they both left Hindustan and went towards the north. Lav went towards the Caucasus region and settled there, and he ruled there. That's why they are called Slavs in places like Russia. That's why they call them Slavs. Their language is Slavic. And Kush went towards China and they were called Kushan. I don't know if these people even know that Lav and Kush are from the same family and they are fighting each other like fools. Both Lav and Kush belong to the same family. One is called a Slav, the other is called a Kushan. And both languages have all Sanskrit words, in both languages. A bit twisted. Like in Russian, if they say something is very good or when they meet someone, they say 'Khoshe, Haro Shivaya.' They will say 'pravda,' you must have heard 'Pravda' in their own news. They derive from your Vedas, 'vad' and 'pra,' which should mean 'awakened.' You will see that their entire language is mostly in Sanskrit. When I went to China, even now all the words there are derived from Sanskrit. But they also don't know that we are siblings. And they fight like fools. What to do? Who will explain to them that you are both twin brothers and what are you doing? What are you fighting for? Will this bring any happiness to your mother? Now, the religious system that has been established within us, in which incarnations have occurred and a lot of work has been done very discreetly. At that time, we people did not know about these two sons being repeatedly born in this world, but it happened. We are very clever in quarreling, but we don't know about that because no one writes about this in history. Buddha and Mahavir, these were both sons who came as Buddha and Mahavir, and we are quarreling. Hey, if Hindus believe in Ram, then aren't these two sons of his? They are Buddha. What are you fighting about? And still, we can prove that to you. Now, many people say that this thing is not written in books. Not everything needs to be written in a book. Reading books, the whole thing, the Gita, has been understood by very few people in my opinion. Its message is very simple. It is very straightforward that it did not come into someone's head. It went out of everyone's head. So, you should understand from this that many things I am saying will not be found in books either. Because I know, and I am telling you, and I can prove you that Buddha and Mahavir were no one else. They were the sons of Shri Ram, Lav and Kush. They were our own, not strangers. Some say we have become Buddhists, we have become Jains. Who are they? They are all eternal. When you say we are eternal, you should also think that the umbrella of eternal is very large. Everyone gathered under it, no one was left out. This is when Buddha came and taught in the world not to worship idols, not to do this, not to do that. Because people had crossed the limits of idol worship, he taught them for this. And then he saw that by letting go of that thing, Buddhism spread so badly and they started so many foolishness, so he himself was born in this world and he was the founder of our Hindu religion, whom we respect, Adi Shankaracharya. He was the same Buddha. They came again to refute it. Because who will explain to these ignorant Buddha people, that 'Buddha' means enlightened. How many Buddhas are there who understood? Buddhu (fool). Like he told them, 'Don't worship', so they sat down with a toothpick, sat down with a fruit, and argued with that. Humans always need some excuse to argue. And there is the same element in everyone, the same element in everyone. But why the argument? How do they find it? Someone or the other finds something to argue about. Adi Shankaracharya had said that, 'Neither through yoga nor through Sankhya', nothing happens through yoga, Sankhya, everything happens only through mother's grace. He wrote a very big book 'Vivek Chudamani'. I don't know if you people read it or not. You must be reading it for sure, because you people are followers of Sanatan Dharma. But those who established it must be reading it. After writing such a big book Vivek Chudamani, he wrote another book called 'Soundarya Lahari'. I don't know if you people have read it. The entire description in it is about the mother, completely. Even to the extent of their appearance, their mannerisms, which oil they prefer, which oil they apply to their head. It's written in such detail. 'Vivek Chudamani' written takes such profound notes of things and now this description of the 'Maa'. They started saying, "There is no cure other than Her. Except for the 'Maa', there is no cure. She will do everything. This is the work of 'Shakti' (power). That's

why we are all worshippers of 'Shakti' (power). Regardless of which religion you have been in, you are all worshippers of 'Shakti' (power). In the Vedas, the 'Maa' is referred to as 'Ayi'. The word 'Ayi', although different in its literal sense, but it's about attaining power. And what is power? It's the power of Brahman. And what is Brahman? It's the desire of the Supreme Soul, and it's the love of the Supreme Soul. If the Supreme Soul didn't love you, why would it take this headache?" Creating all of this creation is also a great burden and pain. They created so much of this creation because they loved you. And even today, out of that same love, they want you to enter their kingdom. All these disputes are nothing but misunderstandings. There is nothing in these disputes. The biggest eternal truth is that we are made of divine power and we must attain it. And if you haven't realized it, then you haven't found the power. They started saying, "There are people of the Vaarkari sect. They walk on foot every month, every two months. I also used to walk a lot. I used to walk every month, go there. So people used to criticize me. And I got troubled, didn't find God. Then I thought, let me try another religion. Then I did all religions. I followed this religion, that religion, my hands and feet broke. My condition deteriorated. My health deteriorated. I said, "What kind of God is this? I'm searching for him." And when they found out that we had gone there, they came to meet us and started asking, "Mother, tell me what should I do now?" I said, "You're changing sides unnecessarily, switching your group from here to there. Writing on your forehead won't change anything that I'm so and so, a certain somebody. You're just a human, first of all. And secondly, you're the son of the Divine. You are the soul and nothing else. You must attain that." Don't impose brand labels on yourself in this way. There are fights and arguments. The soul is eternal, you must attain it, the soul is the only thing to attain. Everyone has said this, why, brother, are you wandering here and there? Search within yourself, there is the soul within you. When you find the soul, only then will you know the meaning of all these idols. What is this thing? And where does it reside within us? How do we awaken them? How do we awaken ourselves? How to establish their life force? It's not just about Brahman. You have to attain Brahman, and then you have to completely understand all this Brahman knowledge. You will understand all the knowledge of Brahman. This is Sahaja Yoga. It is called Sahaja because Sahaja is born with you, Kundalini Shakti is within you, which is born with you. It's alive. It's not a dead thing, it's alive. Just as a seed sprouts, it is present within you in the same way. It becomes awakened. And after awakening, cool waves of consciousness flow from within you, described by Adi Shankaracharya and others, even Jesus Christ described it. So, after attaining your power and then attaining this Brahman, you need to know this Brahman knowledge. Sahaja Yoga is spreading rapidly in India as well. But most of it is happening in Maharashtra. The reason for this is that it's the land of saints, and people there haven't forgotten the saints. The followers of the Nagpanth have worked hard. Even in your region, there are great saints like Guru Nanak and Kabir. But we haven't truly respected them. In Maharashtra in the south, I can't understand why it's not clear to me how it's possible that Lord Ram walked there on foot, and the consciousness of Sita Ji is also spreading there. But people have a deep understanding of this matter. They know this fact. And Gyaneshwar Ji wrote very clearly that the power named Kundalini is within us. And when the form of Amba Mother will be there, only then can you attain her, etc. He has written many things. Perhaps that's why he is aware of it. Even in England, people are very aware because in England, there have been great poets like William Blake. He wrote that the time will come when this work will start in England. And he has even written about the place of our ashram. He has mentioned the name of the place where I live. But I will not say that the saints did not work hard here. The saints have worked very hard. I went to Bihar. I saw that the whole of Bihar is filled with consciousness. Bengal, Punjab, all are filled with consciousness. Punjab is so full of consciousness. But I don't understand what happened to the country's division? I don't know, people's faith has been broken. And a kind of softness has come in faith. And because of that, people don't turn towards realizing it. They are satisfied. For a while, they went to God, and they think it's enough. As one walks along, if they encounter God, they think it's enough. After that, they remain concerned about their own matters. Some effort will have to be made there. Some genuine dedication towards it will be required. Attention needs to be given there. That's why I see that as much as it should be spread, it doesn't happen that way. People don't sit with faith on this. They don't work hard. But I was very pleased that the last time I came, and this time too, you all have invited me here and listened to me with so much faith. And accept it. Having fully received it, I wish that here, whenever you want, there are many Sahajyogis here who have accepted and attained this thing. There are many people here who know even the Brahmavidya. You can benefit from them as well.

Just know that in this, no money or anything else is needed. You cannot buy God with money. You cannot buy Brahman with money; and when it comes to attaining, then you don't even have to make any effort. But after attaining, you have to nurture it. Before that, you don't have to make any effort at all. It's already with you, effortlessly. That's why it happens. Today Sahaja Yoga has come in the state of 'Mahayoga' because earlier Sahaja Yoga, which was during the time of Janak, was meant only for a Nachiketa. After that, one or two flowers came, then three or four more flowers came. But today is the time, 'spring' has come. And in this spring, many flowers are going to bloom. Just dive into your depth, dive into your profoundness. What actually

happens is that now see, these women are moving away. What does that mean? That they lack depth completely! "Get it," I say. After getting it, dive a little deeper into it. You should delve into a little depth. And in that depth, you have all the merits of your past lives. Immerse yourself in it again. First, put in a little effort and dive into the depth. And after that, you will attain whatever accumulated there. But what are people like this? They listen to one woman's speech, then another's. Sahaja Yoga is not for such people. But the loss will happen later. Right now, the benefits of it should be taken. There are many benefits from it. You know, there is a Devi ji sitting here, her son was completely crazy. He is still here. His madness has completely subsided. There are many people here in the world who have benefited from this, whose health has improved. Because all the deities reside in all these seven chakras. When they become awakened, they receive their blessings. All your questions will finish and be resolved when you delve into yoga. Krishna also said, "Yogakshemam vahamyaham." Before yoga, if you ask God for this or that, how will He do it. If you don't have a relationship with God, how will well-being happen? Then you say, "I kept pleading with God, but He didn't do my work." First, establish a 'connection' through yoga. After yoga, you won't even have to ask for "well-being" again because you have entered His kingdom. You have become a resident of His city, so He will take care of you and watch over you. And as soon as you look around here, every Sahajyogi will tell you, if each individual were to write, they could fill volumes because so many miracles have happened. There have been accidents where people fell from 80-80 feet and it seemed as if someone picked them up. Remarkable things have happened. If I start telling all that, there would be no end to it. Today, many people have come to your temple even from abroad. Some are worshiping Lord Ganesha, some are worshiping Lord Shiva, and some are worshiping Lord Vishnu. Not because I told them, but because they have realized that this is the truth. They know it. They have recognized what is inside them. You can feel on your fingers which of your chakras are caught and which deities are associated with those chakras. You can ask them if these are deities or not. Not only that, when you learn about Prophet Muhammad, when you learn about Jesus Christ, those who knew nothing until now will also know. And these people know much more than you do. The reason is that there is a difference between these people and us. We are living on the land of yoga. In the shelter of the umbrella of Bharat, we easily get realized. It doesn't take much time. I know all of you will transcend very quickly. I know it won't take even a moment. But not everyone is moving forward. Because what is easily obtained is not valued. And I have spent three months on each of these individuals. So, they value it greatly. They have delved deep into it. They have truly realized Brahmagyana. So, an Indian, born in this land of Bharat with the accumulated merits of many lifetimes, falls short compared to them. And you have plenty of merits because you cannot touch your depth. I warn you beforehand that I will facilitate the transcending, but you will have to see what lies ahead. The hard work ahead is something you will have to do. If not done, "what is gained is lost" many times. Many people experience this. I saw a gentleman come and start shouting. There was a big, heavy fire happening in the courtyard, "Mother, Mother, I feel a lot of fire coming out from inside me. I'm dying inside. Please fix me. There are boils all over my body, and who knows what else." I said, "Well, I will come to you." There was a lot of crowd there, amidst all that we reached him. His Kundalini awakening made everything okay for him within five minutes. Within five minutes. He's still here. Right here. After that, he never came again. Never inquired, never did anything. One day I went to the market to buy something, and there he met me. Oh, suddenly there was a touch on my feet. I said, "Who's there, brother?" They started saying, "Mother, don't you remember us?" I said, "Brother, I don't remember, and I don't even recall. Let's talk straight." Then they explained. They started saying, "I have kept your photo in my motor as well. I have kept it in my mind too. I surrender to you." That's it, they are. I said, "Brother, look, Sahaj Yoga is a collective effort. It's not an individual task that you take home or sit in the jungle with, it's not like that. It will happen where ten people sit. So, we will stay there. And where one person thinks of harming the Mother, we won't be there to help. We don't want such people. We want those who work together." And then after a year, they came again because they started having some trouble. So I said, "Now you've come to the right place!" So they started asking, "Have I been punished, Mother?" So I said, "No, there is no punishment. If you leave the shelter under which you sit, what will that shelter do if you leave it? Come back under that shelter again. This is collective work." And everyone has to do this collective work collectively. If you want to take Mother's photo home and do daily worship and rituals, then I don't approve of it. Everyone has to be united. This is a very big collective work. Everyone has to live together. Everyone is a brother and sister. Whether they are or not, they are. You will experience it. Many questions of those who attain Brahmagyana in Sahaj Yoga have been resolved. Their health has improved. Their minds have become clear. Families have been restored. Their relationships have improved, and most importantly, their Lakshmi principle has also awakened. No one becomes wealthy from this. Nothing becomes 'a lot' from this. There is no 'excessiveness'. But they have become prosperous, capable, and are doing good for others. Take care of yourself and others too. After transcending in Sahaj Yoga, you can awaken people's consciousness and uplift them. This power comes within you. It doesn't matter who you are, whether educated or not, it doesn't make a difference. Who were the learned saints? There is no need to read this. It's internal. Nowadays, many influential people are being born in the world. Many

great beings are being born, and these people are all transcending from their birth. And they know the science of Kundalini. Here, too, there are many children who have known the science of Kundalini since childhood. We also have it, relatives and our four, in which three are relatives and one is a girl's son. He is also transcendent beyond all four, and since childhood, he knows the science of Kundalini. They know; even small children, even six-month-old babies, will show you. Just now a girl was brought, she is beyond, six months old. She was telling which chakra she is holding. She was putting her finger in her mouth and telling which chakra she was holding. Such knowledgeable people are being born today that to understand them, first you should become such parents, such grandparents, and such great-grandparents that you can understand them. And a very big work is going to happen in the world, and prepare for it. | Today I will say this much and later if there is a chance, I will talk about Kalki, who will not be so good. Because there will be no one to explain it to you then. It's ultimately a matter of final clarification. Before that time comes, everyone will be transcended. I urge you to experience what you have believed in God till now, and take it, that's my request to you. And I explain it to you as a mother. Don't take anything negatively and don't sit on it with your intellect, on the threshold, wondering why mother said this, why mother said that. I don't speak a single lie and I don't want anything from you. Not even to win an election. I have no vested interest. You just have to give. So never think of such useless things like why mother said this, why she said that. Mother has to tell the truth. Although I am telling everything very sweetly, it may be that, intellect, as I said earlier, will catch everything, which might create a conflict, and this conflict is happening from you, not from anyone else, because you have the power within you, you have to be capable, and you have to know your soul. There is no doubt in this. And that is the task, so don't engage in unnecessary conflicts on your own. You may be literate, but keep it aside. Even beyond all literacy, it's higher to educate the soul. "Reading even a single letter with love makes one wise." This love is not about loving your children, this is not love! This is the love of the Supreme Being, which begins to flow as the divine power within you. Attain it. Thank you very much! Now whether you are a doctor, a scientist, or anyone, this thing transcends all knowledge. Attain it. Then we can talk further. Just do it straightforwardly. There's nothing too difficult about it. Just do it straightforwardly and close your eyes, that's it.

## 1981-0218, Public Program

View [online](#).

18 February 1981

Public Program

Laxminarayan Temple, New Delhi (India)

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

Public Program. Lakshmi Narayan temple, New Delhi (India), 18 February 1981.

Press the button and the light will start coming. If I tell you what is its history and how it came into being, what is this electricity, then you will get a headache specially...(UNCLEAR WORD).

If you are ready to break your heads, I am even ready to do that. If you want to discuss your intellect, let's do that. I know that also, but you won't be able to find God. I have to ask you, we have read and debated a lot but you do want to find Him or not. Ofcourse you did a lot, you reached as far as your intellect could guide you, now think of yourself, and think of the meaning of yourself, you would think Wah! Wah! What miracle Shri Mataji has done, She has raised it. Do you have to follow it or not, first decide that because we have big pundits and intellectuals otherwise I can also unlayer their intellectual conditionings? (This is influence; literally Mother said "that She could take of their (intellectuals) peepal leaves.), but I do not have time for these sort of people (Mother is referring to intellectuals). Those who want, they should acquire their own powers in a humble and totally dedicated manner, because the secret of the secrets has never been told until now. You will be told everything, but before that you must get your self realization, otherwise it will be like ..... "you don't have the eye-sight and I am telling you which one is red colour and which one is green. You get the self-realization, once you start seeing, then I will tell you everything, which colour is this and which colour is that. Please seek it with humbleness and faith, but faith does not mean blind faith, you have to seek a very big think from me, but if you are sitting on the road, then Gods also see you and you must know that they know everything about you. There (means in God's world) you cannot get self-realization. Keep in mind even while giving the lecture I am playing my game, because I am Mahamaya. I say some things like that, that is someone has to get stuck, then they are just stucked, but please don't fall into these games, get self realization, these are all dramas/games. Those who have studied and read a lot, and are very egoistical, I get them stucked for sometime and they are left handing in there, When their ego goes down they come around. So you tell your ego, Mr a lot had been done for you, but now you stay put and let us get self realization and self realization only is "the ultimate". That's the duty, that is the aim, that only should be in your attention, that's everything and that's our goal, until you get your self realization, your life has no meaning. (PREVIOUS SENTENCE UNCLEAR)

Today is the last day, so if you have any questions, please do ask, but I am very clever and very smart, so please be careful. Please ask, 5minutes or more, ask ask, and please stand up, what is it. What gift have you got, what have you brought?

[QUESTION ASKED FROM THE CROWD.]

Mother's answer - Son, I don't eat paan. OK I will take green cardamom.

[QUESTION ASKED FROM THE CROWD.]

Mother's answer - These people disgraced me. There was one lady who had come to interview me and she said, "Mother was eating a lot of paan. So I said, " I don't eat in this birth, but I do not know in which birth of mine did you see." She wrote, "Shri Mataji was eating a lot of paans." But I don't even touch them. Yes, previous birth, no the birth previous to that I used to take them. Then I asked her, "Which birth of mine did you see. How could you see I was eating paan, when I don't even eat it." These are dramas, so please be careful.

[Yes, previous birth, and no the birth previous to that I used to take them, then I asked her which birth of Mine did you see. How

could you see I was eating paan, when I don't even eat it. These are dramas, so please be careful.]

(TRANSCRIBERS NOTE: Paan - It is a betel leaf covered with some paste, betel nut pieces, tobacco and rose jam. It is eaten widely in India. It is a major cause of mouth and throat cancer in middle part of India. However, Goddess Chandika who is the destroyer of demons is offered paan by her devotees, traditionally

[QUESTION ASKED FROM THE CROWD.]

Mother's answer - What question do you have? What son..

No no no no no, not all these things, you cannot take alcohol. I will not tell everything now, otherwise half of the crowd will run away. Nothing first get your self realization. If I tell you not to take alcohol, half the crowd will run away and if I say don't take cigarettes, probably everyone will run away. If I tell the ladies, don't talk, they will all get up and walk away. I am not going to say anything. I have understood a lot now.

But the issue of vegetarianism is not in sahaj, but please make the issue of eating is less important. In our country from morning till evening we think of food and nothing else. We think we will find God by eating. The kind of understanding we have about food, the rest of the world hasn't got it.

You will be surprised I had gone to Japan and the people of Japan are..... (UNCERTAIN of word). I was surprised that a boy was sitting near a spring and was eating his food and I asked, "What are you eating? He replied that there are small fishes in the water, I catch then break them and eat them." Then I asked him if he eats them uncooked and he replied yes, everybody eats like that. I thought they take these poor creatures out of the water and eat them.

Whereas at our place (Mother refers to India) there is no dearth of tantrums, eating is the prime most thing. The first thing in the day is what is to be cooked, i.e. Indian mentality understands this. Then the women started the drama that "today I am cooking this for you." If the lady is a Punjabi, she will say, "I am cooking sarson-ka-saag." (SPINACH COOKED WITH SPICES, A DELICACY EATING DURING WINTERS). Some of the women are very clever here; they keep their men wrapped into these games. These men do not know how to cook, so they can't leave their wives, even if they hit them.

Mother laughs. Now she's playing the game, that I am cooking this dish, ok, if they are from Uttar Pradesh (UP) then methi aloo..... (uncertain of words) will be cooked. There are really small potatoes, which I have bought then will cook them. The men who are supposed to leave wok by 6.00 pm reach home by 5.00 pm.(crowd laughs).

The whole day we spend thinking what did we eat today and what we ate the previous day and what's going to happen to that food.

Now it is fasting, the whole house is in chaos because the grandmother is fasting today. A big storm in the house, like Shri Hanumanji has arrived..... (uncertain of words). No body can go near the grandmother today. She could throw anything on anyone and hit someone just because she is fasting.

What's the point of fasting is she (grandmother) the God today. The desire of fasting is so prevalent in our country but nothing is achieved out of fasting, every time the thought is "what do I eat while fasting" all thoughts are around what we eat today. There is no other thought. Fasting is just for namesake, it is an excuse. To think if I am going to eat some delicious food today, like buckwheat flour, trying to find if buckwheat flour is available today or not, everybody is worried, if buckwheat is available. The fasting was created because by eating some kind of food, there's no balance. Therefore the food should be balanced.

Now about vegetarianism, in our country, we have plenty of fruits and vegetables, so we should eat plenty of fruits and vegetables. This is a warm tropical country; other foods generate heat in our body. So we must eat more of this. But in vegetarianism there are many people who do not eat garlic and onion. If you show them garlic, they will just run away, but if you want to scare someone, first show them garlic, so scared of garlic.

Now a German Doctor has told that you don't eat garlic and onion, you can get heart attack. Arteries in the heart get hardened just like as in alcoholism. If you drink alcohol, your heart will have some conditions, as you don't eat onion and garlic. Now we have a lot of people here who are staunch vegetarians. Now there is someone who visits us, listen to her description. It is her condition that nobody can serve her milk with a thin film of cream settled on the surface. What will you do? She would drink it. Who are you? Nobody can serve her with garlic, whatever suits you, and you should eat. What you eat or drink is not important. I don't remember what I ate in morning or evening. I don't want to know even I hadn't eaten for 4 days if someone gave me food or not. It's not for God. Food has to be balanced.

## 1981-0311, About self control, dedication and behaviour

View [online](#).

11 March 1981

Talk to Sahaja Yogis

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Advice to Sahaja Yogis, regarding self control, dedication and behavior. New Delhi (India), 11 March 1981.

You should be like a king sitting on his throne. instead, you are sitting on the throne and weeping and begging! what should be done to such foolish people? You are a king and you should order your five organs that you have been tolerating them and now they should behave. When you command yourself like this, bring yourself under control like this, then only you have become a good sahaj yogi. Otherwise, your mind goes somewhere and you say, "Mother, what to do, I control my mind so much but still it goes there" Then, what is mind? It is a living force, it will go. Our organs will be awakened and we will never like to wander there, and we will give up many things.

Among all the things we must remember only one; keep our hearts clean. Those people whose hearts are clean have very few problems. that does not mean that you are thinking of bad things. clean heart means dedication. you cannot grow in Sahaja Yoga, if you lack in dedication, or if you think that you are some special kind of person. there is no need for someone special or being some learned person. You say, "Mother, I have not felt anything, I have no experience". It is due to your fault and not that of Sahaja Yoga.

Sometimes, people talk to me as if I have taken some contract or they have paid money to me, "Mother we are coming to you for very long time." However long you may come, you may come till you may become old, still you won't get anything. That's why, if you have not got anything, it shows that you are lacking in something. The moment you are separate from yourself, your faults will be immediately seen to you and as they are seen, you will feel as if you are a King on throne. If you find your subjects (senses and organs, ego and superego etc...) are creating disturbances, Order them, " Be quiet, you will not do it" and not just in persuading way like, " don't do it" Only that person is powerful, who is keeping himself in full command!!

Let us take an example of how people talk. When they talk, even to me, they forget whom they are talking to. What they say is really surprising. They do not at all understand what should be said and what should not be. We must control even our tongue. It becomes possible, only after you become separate from yourself and watch. You have to be careful of what you say and see that it is all right.

Slowly, you will form new habits, new ways, you will make new judgments and then you will be able to order yourself, always as third person. A realized person never talks in first person. He tells himself, " please go there, please sit down", etc. generally children speak in third person, they say, " Nirmala will not go now. She will stay here itself". Sahaj yogis should also speak in this fashion.

Slowly, you should become separate from yourself. Leaving aside your desires, your materialistic ideas, or some other ideas, say, your ideas regarding power etc, You should only think as to what you are doing for Sahaja Yoga and what you should do.

This dedication is very less in India, even now. It is much more in the West. They never come and request me to cure their relations. They never tell me their material difficulties and problems. You (Indians) get the realization very quickly and those people (Western), poor things, they take long time because of their mistakes.

You get realization very fast but you don't value it much. They are realized late, but they have great value for it. They know its worth. Just see in their eyes, their concentration. They listen to me attentively, even though I am speaking in Hindi language. Though they don't understand the language, their attention is fully on how the vibrations are coming with it, how they are felt on

the palms, and what is happening.. etc.. Now, they have dedicated their lives to Sahaj Yoga. They never think that they will do this as well as that. Only then you will go deep. You must understand that you will only grow by dedicating your life in Sahaj Yoga. You don't loose anything by doing that, on the other hand, all well being comes in you.

You should devote whole life to Sahaja Yoga. you should give every moment to Sahaja Yoga. That means living spontaneously. Where will the spontaneity come from? It comes from the living force. It comes from that living force which is ever present within you. You should not think of anything else.

Even otherwise you cannot enjoy. Only God is the enjoyer. YOU ARE UNDER WRONG IMPRESSION THAT You are enjoying. God is the enjoyer and he alone is the creator. You are just in between. you are just like pipes. If at all you enjoy something, it is God who has unending love for you. This is the truth, with which you can remain ever- blissful! You can never get joy from anything else. Whatever, may be the thing, He is the enjoyer.

So, the point is, today you get something you want, but you are not happy. Tomorrow, you would like something else and even though that is given to you still you will not be happy. Thus, you will never become happy with worldly things and material.

Paramatma (God) is the enjoyer! And therefore all should desire Him. We should enjoy the God, who is the enjoyer of everything. If we start enjoying Him, what else do we need to enjoy? We should enjoy His Bliss!!! What is God's creation; what a beautiful world He has made; how many things He has given to us; now we have become sahaja yogis, God has given this Shakti in us; now we can know our Atma (Spirit), and can recognize the Spirit in others! How much unending 'grace' God is showering on us; with these thoughts you should grow in inner happiness. If you start enjoying the God and His love like this, then you will find that your heart is growing and still more growing and you feel as if it is encompassing entire creation!!!

Today, my message to you is; start enjoying the Paramatma, leaving aside all other things... Enjoy God, have that joy everywhere, of what God has given to you, what are the things he has given to you, be joyous about them. Then you will find that your attention has stabilized. In this way you will progress in Sahaja Yoga.

Every minute you should appreciate, "I have received this! I have received such and such blessings etc..." Otherwise your complaints will never end and your aggression will also not stop.

## 1981-0311, The Power of Brahma

View [online](#).

11 March 1981

The Power Of Brahma

Public Program

New Delhi (India)

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

“The Power of Brahma”, Public Program, Delhi (India), 11 March 1981.

I have told you, the other day that these vibrations are nothing but the Brahma Shakti, the power of Brahma. The power of Brahma is the power that creates, that desires, that evolves and it gives the living force also. It is the power which is giving us the living force. It is the living force and it is not easy to understand what is a dead force and what is a living force. Living force is very simple to understand. An animal, say a little worm, is a living force. It can turn itself the way it likes. It can save itself from danger. It may be a small little thing, but because it is living it can save itself. But something which is dead cannot move by itself. So, the “Self” part does not remain in it, as far as it is concerned.

Now, being a living force we should try to find out, “Are we going to be the living force or the dead one”. Now, when we live in the world, we start thinking about our comforts; where we have to live, what we have to do. When we think of all these things, you see, we are thinking of the dead. But when we think of having a place or a house or an Ashram from the angle that you will be doing some living work, then you are giving life to that place. That atmosphere should be created from all that is dead-to create the living force.

Now, this is very, very subtle thing, which very few people understand, for example, somebody brings me a photograph of Shri Ganesh and says, “Should I worship this Shri Ganesh’s photograph or not”. First of all, we should see if vibrations are coming from it or not. Supposing you take a house you must see that the house is giving good vibrations. We see the comfort; we see other things. We might even see if it is good for other people to come in or not, but we do not see the house from vibrations point of view. For anything that we do, we have, now, to think in terms of vibratory awareness which means awareness that is working upon living things. As in the, say, a cell at the tip of the root of a tree is a living thing. Of course, it does not think, it is guided by the living force itself. So, it knows how to move with the living force, to live with it and how to understand the plan of the living force to get along with it and how to merge with it.

But, we human beings have got the freedom to decide. Now, once you are realized, you have got that living force within you. This is the living force as you get. So, you have to know how to use this living force to keep your this body, mind, ego, superego and everything in an enlightened state, by understanding the planning of the living force.

It gives you all the ideas as to most of the problems. For example, here in this country and specially in Delhi, I find that you catch on the left Nabhi, catch on the right Swadishthana and then you catch on the Heart and also on your Agnya. These are the four Chakras which deal with our being. So, let us try from the left side. What happens? On the left side the problem starts from left swadhishtana, because that is the first Chakra that starts emitting the negativity within us. Now, this left Swadhisthana catches, you start going to other people who promise you such things, like “I will give you this and that, this will happen, that will happen to you”. But this left sided thing can also come from your own desire for wrong things. For example, we might be desiring something very wrong; we might be thinking that let us have this kind of a dead thing or that kind of dead thing or some sort of a special thing. Suppose, somebody wants a refrigerator and keeps on thinking of it. He thinks that he must have a fridge. He must go to the fridge, because he wants a fridge, and he must get it. Why he wants a fridge ?is actually under control only of Shri Ganesh because Shri Ganesh is the beginning of life and Ganesh is the link between the life and the death. So Ganesh is one who gives the balance, the “Vivek” the understanding to you by which you know how far to go with the things. Now, left Swadhishtana catches, you start going to other people who promise you such things, like “I will give you this and that, this will

happen, that will happen to you". But this left sided thing can come from our own desire for wrong things. For example, we might be desiring something very wrong; we might be thinking that let us have this kind of a dead thing or that kind of dead thing or some sort of a special thing, he wants to keep, he wants to keep, he wants to keep. He must go to the fridge, because he wants a fridge and he must get it. Why he wants a fridge? Because he thinks it will give him more comfort. But, when he brings the fridge, he knows that it is not so. So, the best way to look at all dead things is not to go too far with them. If you have, well and good. If you do not have, well and good. You can live with minimum of minimum or you can live with maximum of maximum of these. But when we start expanding our dead possessions, it is very much bad. Then our attention goes into the dead. That's how we move into our subconscious then over to collective subconscious. Then it moves higher at the left Nabhi, and at left Nabhi, we start becoming crazy about these dead things. For example, the watch, the Time. Time is a dead thing; it is not a living things. It has nothing to do with living thing. For example, you cannot say exactly at what time the flower will become a fruit. So this watch or time has nothing to do with the living force at all. It is human or man-made like the watch; particularly time is also man made. For example, today, time here is something, but in England it is different. If you say it is 4-0' clock in India, it is the same at England,. is not correct. So, the timing is not important. What time you arrive what time you go, how many times you do it, is not 'important.

Because it is a living force ; it has no time limit or space limit, you cannot count it, the way it moves, the way it works out. Because it is a living force. Once we understand this it is a living force which is spontaneous, which is not bothered about our dead ideas, we have come out of dead. We were first stones, then we became amoebae, then we. gradually became human beings. So, our attention is all the time towards the dead. What should we get, what should we have, what is the needs we have of this body which is going to die.

We do not see to the needs of the Spirit. By seeing to the needs of the spirit, only you can overcome the left side. You want start looking after your spirit from which you know that you get your vibrations. If your Spirit is happy, you get your vibrations, if it is unhappy, you do not get the vibrations. Such a common thing! If you have any disease on the left hand side or a problem on left hand side, to give it a balance, you put your attention to the future. But then people get stuck up on the future. You see if I say you look to the future. As dead is dead and is 'Mithya' (illusion), in the is not living in the same way future is also not giving, which which is also not there. So both the things are just the same. Whether you go to left or right, whether you go to the subconscious or the supra conscious mind, both the thing are just the same. So, no use going to the past, but if you are too much in the past, it is better to think of the future, so that you are pushed a little bit to the contrary state. But, it is difficult for you, human beings.

Now, the other problem starts within, then we start feeling guilty, then left Vishuddhi catches. Left Vishuddhi catches because we start feeling guilty about whatever we are and that, which should be said that "I should have not done this or I should not have done that". Then you start saying, "I am very miserable, miserable and I am myself very guilty" and further you don't ask for [INAUDIBLE]. This is another nonsense. That is how once you start doing that, condemn. No, it will Never. It goes on progressing itself. It sees, which side to move, this side or that side. It is not going to condemn itself. It is not going to aggress anything. It has that wisdom to be in the Centre . That is how people should over-come their left side, by putting their attention away from the dead things. Must watch from the Centre, when you are on the left side. What you want to see, you don't see. But then ultimately to escape all this, what you do is to start blaming yourself all the time and feeling miserable. But this is the way you start ending up with your left side into a very miserable state, that is the culmination of all these attachments to the left side. So, ultimately you start thinking that you are good for nothing, you are useless, you should have done this, you should have done that.

Now, at this time to overcome it, you have to count your blessings. Count your Blessings one by one. You have got your realization. During thousands of years how many people have got realization? You have got your vibrations. In so many centuries, how many people have got them? It is written in Jain system that there were altogether 26 Kashyaps (Realized Souls). So, even after Buddha, how many got their realization? You must thank God also that there are so many realized people, they talk the same And you must thank yourself also, that everything can be known to you.

But, when you start catching on the left, you go to the past and [INAUDIBLE: you think] and you start saying, "Oh God ? I am so useless; I am good for nothing. I am useless, that I am still catching". As you know, 'the left hand side, those who catch are always complaining, always grudging type because of poor things, they suffer. Now, to match with that the other side, so , if I tell

you that you go to the other side also, it is a very very dangerous game. For example, we have so many conditionings in our lives. You see, first of all reaching that our desire to become excellent Sahaja Yogis, to become Master Gurus and something great and this and that; That there should be many disciples that we should have, they should touch our feet and we should be called Great Gurus etc.

So, in Sahaja Yoga there are things that are prohibited that no Sahaja Yogi should touch anybody's feet and no Sahaja Yogi should allow anyone to touch their feet. This is one of the great Bandhans for all Sahaja Yogis that nobody should touch each other's feet and nor anybody should touch your feet, whatever may be your quality, whatever you may be. Those who will touch will lose vibrations, and those who will get salutations will also catch; they will catch on the heart. So, such conditions, in fact we have about Sahaja Yoga also, should be removed.

We are all of us growing together. We are part and parcel of one personality. All are equal, Nobody is higher or lower. The one who thinks the slightest like this will go down faster. This is the left side conditioning, where people falter very much. So, such desires must be given up in Sahaja Yoga.

You must have very wider desires in Sahaja Yoga that all of us must get realization-say as many as possible. We should try to save as many people as possible. We should try to improve ourselves as far as we can, and we are nothing yet; But we can improve and both the points if you put it all the time, then it will work out. Like when you feel rejected, feel you should say, no, how can that be? Mostly with left-sided people are extremely, really rejected.

Now, the thoughts can come from the left side also. Now that you come to the right side; Like, if you have some Bhoots in your head, they can give you the thought that, "Oh, you are useless or good for nothing." Now, raise your right side and put down the left. Now why do we do it? Because right side is the giver side and due to that here you get the grace and put down the left side. Such people who suffer from the left side should try this. One more thing is, that first ideas come to you or such thoughts that you are good for nothing and all that, it is better to beat yourself with shoes. Go and sing the praise of the Lord and say that I am so happy. I have got everything around me. So you got everything.

Now, the second thing is about the right side. On the right side, mostly you catch on the Swadishthan; that is because you think. This is another kind of thinking which gives you catch at right Swadishthan. At this we think whether it comes from right or the left will give first problem for your liver. The worst comes when both the sides are involved. There are some Bhoots which give you ideas that, "You are good for nothing, this and that and then you start thinking that you are so great. In this such a wobbling starts coming and the confusion starts setting in.

So, one must understand that in Sahaja Yoga, you are to develop that sharp edge, that central point from which you do not deviate to the right or to the left. This is something so subtle that you are left sided, you are not going to remain left sided. You can become right-sided tomorrow. Exactly, tomorrow you can come with a right-sided problem. So, you must learn that balancing, just like you start learning a bicycle. You might fall on this side or that side.

Now, when do you learn cycling? If somebody ask me, I will say, "When you learn." I mean when you cycle down, that's the point when you learn. So, in Sahaja Yoga, to balance it, you have to watch yourself carefully. Now, where does it go to the left side, alright then come to the right. If going to the right side, come to the left side. Now, come to the Centre, you just separate yourself, you detach yourself all the time, nor to criticize yourself neither to aggress anybody else or to criticize others. But use this point just to see yourself, just to see and guide yourself. Guidance is very different from getting lost. Now that is what it is.

When a dead thing is lost, supposing a dead thing is here; supposing this is a dead thing, I throw it, it will fall at the point where I throw it. But there's a living thing if I throw it, it does not fall [INAUDIBLE] So, the living force knows how to guide itself. In the same way you will learn to guide yourself., If you have learnt it, you have mastered Sahaja Yoga.

No use condemning yourself, in any way or thinking that you are great or small. But watch now, where the horse is going. You are sitting on the top of the horse; now you are no more the horse. Before, Realization you are the horse. Wherever it takes you, you

go there. It may stand there, when it sees the grass and eat. Then the horse wants to kick somebody, it will do so, But, now, you have come out of the horse and sitting on the horse as a Rider. Now you are the Rider and you must know how you are befouled by these things. These desires are all ancient age old things within you. See, also the aggression, the Karma that you are doing are also ancient. By doing this you will get this, you will get that. Many people will say, "Mother, we are doing this, we are doing so much for Sahaja Yoga; we have still not achieved anything". Now, what to do. Just can't help it. Now, you must find out, what is the matter with you.

Now, if the Heart is catching, such people can never progress. The Heart is the source of Light; it is the source of Brahma Shakti. Heart is the seat of Atma. If in the Heart there is no living force, then how can you progress?

The first thing you have to know, many people have different types of powers, I would say. Some people are guided, if somebody tells them, you can follow them. That's it.

If there are some people who tell them everything, so they're wrong. You don't listen. That's how it is.

You must know what to choose. This is what Sahaja Yoga should make of you. You should grow, mature to that point where you should know what to do.

This is the goal. Then you don't ask for that. Don't Sahaja Yoga.

You just see yourself as the blind one. Please tell your friend first time, that what I'm doing. I should know what I'm doing.

I should know what is correct. I should know how to do it. I should know.

I is not the state, cannot be. No more ego exists or superego exists, but it is the spirit which exists. And you find something, you realize, children? They are so much there.

They don't have such questions. They know who is a foolish person, who is stupid, who talks foolishly. They know who is caught up.

They know from whom to start up, whom to argue. They know you. They are not there.

They do not sympathize with people who are caught up. No. They just watch.

If somebody comes, they be telling, what has he, this fellow is caught up. That's it. If somebody comes, let him, he's all right.

That's all. They just have to come. They do not hate anyone.

They do not get worried about anything. They just sit. If somebody comes with a very bad aura, we say, let him go away.

He better get all right. That's all. Without any malice about the person.

Once you are on top of the hill, then you don't have to worry about the traffic. But you are not at the top. That's why you are worried.

And you think that I'm climbing and falling from here. But this whole thing is just a mental shadow. It's a thought.

You are on top of the hill. But you are not assented. Ascension is not.

You must know what to choose. This is what Sahaja Yoga should make out of you. You should grow mature to that point where

you know what to choose. This is Growth. Then you don't ask of Mother. You don't ask anyone.

This development should come to you. That, "what I do, I should know what I am doing. I should know what is correct. I should know how to correct it". I should know 'I', here is the Spirit and not the Ego. No more the Ego exists or the Super-ego exist. It is the Spirit which guides you. You see the Realized children. They don't ask such questions. They know who is foolish, who is stupid. They know who is caught up. They know whom to shut up and whom to argue. They do not sympathize with the people, who are caught up. They just watch. If somebody comes, they will tell me, "Mataji, this fellow is caught". That's all. Somebody else comes. They promptly tell me, "He is alright". That's all. They just certify. They do not hate anyone; they do not get worried about anything. If somebody comes with a very bad Badha, they say, "Better please, go away", without any malice about the person.

Once, you are at the top of the hill, you have not to worry about the traffic. But, you are not yet on the top, that's why you are worried that, "I am climbing and falling, climbing and failing". This is just a Myth, just a mental shadow on your mind. This is a fact that you are at the top of the hill. But you have not asserted, the assertion is not there.

The God is the enjoyer. You cannot enjoy. You can only enjoy God, and it is the greatest enjoyment, to feel what God has created for you, what a beautiful life He has given you in human awareness, by which you can know how much He has loved you, how much He has worked for you. He has brought you to this level. What He has given you, you can give to others and make others happy. If you think like that immediately both of your sides will be settled and you yourself will be filled with Divine Vibrations.

[Hindi to English translation]

You must be seated! Be seated! You've been seated on the throne. Sitting on the throne, you're begging. Without the throne, everyone is crying. Sitting on the throne, everyone is acting mad. What to do? Arrey Bhai, sit on the throne! You are a king, sit down. And give orders to your five fingers.

Sir! Now sit down, come on, that's enough. Now this is fine, now that is fine; you've understood all that very well now. When you are able to command yourself in this way, when you are able to control yourself completely, only then—are you a true Sahaja Yogi.

Otherwise you will say, while sitting, just like others say, "What can I do, Mataji, I try so hard to control my mind, but it goes inward again." Then what is the mind? The mind is a living force, it will go. Let it go, it's a living force, it will go only to the place where it's meant to go.

It is all necessary to awaken our qualities, and when they are awakened—we will keep dropping many things, keep letting go. Let them go; it won't happen without letting go. And in all these things, you need to keep only one thing in mind: that our heart should be pure, should be pure. Those who have a pure heart face fewer problems.

It means your impurities should be cleansed. Purity means surrender. If there is a lack of surrender in Sahaja Yoga, or if one thinks "I am special," then that person will have flaws. No education is needed for that; no special people are needed for that. If it didn't happen to me, if I didn't feel any experience—does it mean the fault is with you or with Sahaja Yoga?

People sometimes talk to me in such a way, as if I had taken a contract for it. They say, "You did nothing for us. I've gone mad. My mother! We've been coming to you for twenty-five years." Still the same twenty-five, twenty-five. But nothing is going to happen to you, what can I do? So if it's not happening, then it means something is wrong within you.

But as soon as you detach yourself, you will begin to see your own faults. And as soon as you see them—Rajesh, look here, he is like a king. He is seated on the throne, and he notices that some of his subjects are misbehaving. "Stay quiet!" — It's not going to work like that. Not like that — do this, do that. A person should know how to fully handle himself. Certainly. They are powerful. So

you'll have to speak with them.

That will be the nature. Even a small matter can be settled through conversation. We want to talk to you, we observe. They're not even aware of whom they are speaking with; and if they do, they do in such a manner, it's quite astonishing. There's no more an understanding of what we should say, and what we shouldn't.

We should have control over our tongue; that control will only come when you observe detached from self: "Is this tongue behaving properly?" This also — people just don't do. If I have to do it, then what should I do? It's a new style, and then — whom are you giving orders to?

Come on now, go on as usual. A person who is realized is always cheerful, always joyful. Come on, you have to go. Come on now, sit over there. Even the children say [unclear] "Now this Nirmala is not going to leave, she's sitting here now." They speak in the Third Person.

Sahaja Yogis should also speak in this way. Gradually, one should detach oneself from self. The desires we have, the ideas we have — the remaining desires or any other ideas we carry, how long will you keep saying, "I should do this, I should do that." Let go of all that, and think: What should I do for Sahaja Yoga? What should we do for Sahaja Yoga?

Even now in India, this thing is very little, but abroad it is very much. Those people never come and say to me that "My father's grandfather's cousin brother is not getting cured." Mother, please cure him. That's too much. So never about their material things—not even once have they said it. Never, or nothing — this is a materialistic problem or something — never. They appear to be worry-free.

Although...

Look into their eyes, such concentration; even if someone speaks a single word in Hindi, they will listen with full attention. Nothing can be heard, oh! How are vibrations emitting from them, how are the vibrations coming into the hands? Which vibrations need to be corrected, what is the problem?

[Unclear] Look, they gave their whole life to Sahaja Yoga; and—they can't give anything else. Alright then, we'll do this too, we'll do that too. Only by giving your whole life to Sahaja Yoga you truly grow. This is also something I have to tell you. You have nothing to lose in this. You don't fall short of anything.

Your whole life should be given to Sahaja Yoga; every single moment should be given for Sahaja Yoga. The meaning of Sahaj is to act spontaneously; spontaneous—anytime, in any way. Sahaja Yoga is a living, blissful power. And then you won't even need to think [Unclear].

Because you people still cannot enjoy; the one who truly enjoys is only the Paramatma. You cannot enjoy anything. You are under the illusion that you are enjoying something; you simply cannot enjoy. The enjoyer is also Paramatma, and He is the Creator, and He is [Unclear: "the creation too"]. You—You are just like a 'wipe' in between, that's how you are, so just observe—

And if you do not do anything, if you do one thing, then Paramatma has immense love for you. But this is the only act you can do — to remain completely in bliss. Completely — otherwise, you cannot clearly visualise anything else. Because the one who enjoys anything is only Him.

That's the thing — today you got one thing, then tomorrow you got another, then a third, even then no satisfaction. We should speak to God, only the one who enjoys everything must always enjoy it. Why do we, or you, need to enjoy anything?

Only that's the joy that He created the entire creation — such a beautiful world, so many things have been given to us, and now you've become Sahaja Yogis. Within us, we can know God, we can recognize ourselves. We can recognize the spirit in others;

because if the grace of God is upon us — just thinking and thinking of this, even that becomes possible.

When you begin to enjoy God this way, then you will see that your hand gives you realization. [Unclear: In the entire creation you...  
... ...]

This is my message to you today. Start connecting with God, forget all other enjoyments and begin to enjoy just God, and if you enjoy Him, then what more would you need from God? What more do you need? What more do you need? You will be able to enjoy that. You will see—You will see your life will be completely transformed.

After coming into Sahaja Yoga, every moment we should be thinking—What have we received? What have we received? We have received so much, so much, so much; we keep saying so. Come on. First of all, your complaints will never end. And you keep searching for vibrations.

Now if you have any questions, then ask.

[Seeker asks some question]

Shri Mataji: I told them that what is the enjoy. [inaudible] You can only enjoy God, and that is the greatest thing you have ever seen, what God has created for you. He has given you human awareness by which you can know how much He has done, how much He has worked for you, how much He has brought you to this level, what He has given you—you can give to others, you can make others happy. If you take like that, immediately you will know the science. Sit. Left heart to right, why left heart is catching? Because God doesn't have time, thank Him!

Sahaja Yogi: Maa! Why there is question of depression without being guilt?

Shri Mataji: Without being...?

Sahaja Yogi: Guilty.

Shri Mataji: You see, first he asked me the question, "Why there is depression without being guilty?" If one gets possessed, you feel to get possessed, but somehow you never reach poise—who talk of separation. You need some quarantine; you allow brothers to attend in Sahaja Yoga. Don't you listen to Sahaja Yoga with great interest? [Unclear] Then whom do you listen to?

[Unclear: "Some conversation with Sahaja Yogis"]

[Unclear: "Some conversation with Sahaja Yogis"]

Very surprising, because in the Granth Sahib all about the realized souls' [Unclear: is written]. Here, sorrow is definitely there. There is no doubt about this; depression must certainly happen here. That's why like fools they keep reading them, do nothing. [Unclear] Even in Gurudwaras, in the Granth Sahib, there's nothing that isn't specially found in Nanak Sahib. But he included all the realized souls—what Kabir, all, whoever he found. Be it Kabir or Nagdev, whoever they were—he compiled the Granth Sahib with all the realized souls. But those who read it must themselves be depressive—what can be done about that? All those whose minds are messed up—God save! Because... [Unclear] And secondly, it's a place where they don't know about realized souls, nothing—they read like fools. Nanak Sahib said everything—he said, search what is inside; search! They're just reading "search, search, search." [Unclear] This will definitely lead to depression if you mix up with such people. If you dwell with such people, you won't ascend. Having attained it, by staying with such people—joy.

Understood, right?

What are you asking? [Unclear conversation] Alright, ask! 'Bhai', ask! [Unclear] Why, where are you going?

Seeker: [Inaudible]

Shri Mataji: 'Aanh'

Seeker: [Inaudible]

Shri Mataji: Are you here?

Seeker: [Inaudible]

Shri Mataji: You go. You want to come to staff.

Seeker: Staff! [inaudible] ... ... You can come home.

Shri Mataji: Are you here?

Seeker: [Inaudible.]

Shri Mataji: Yes, I will come home.

Seeker: 'Aanh!'

I'll come little late after the staff.

Seeker: I will bring you home.

Shri Mataji: 'Aanh!'

Seeker: I will bring you home.

Other Seeker: [Inaudible]

Brahma Ji, Brahma Ji!

[Unclear conversation]

Shri Mataji: Everyone will meet in the morning.

Sahaja Yogi: Mataji, we will come after having food!

Shri Mataji: Alright.

This, which is more from our left side—[unclear]—you understood, right? Put the left side inward, and the right side outward.

At night, you should not roam around too much. Another thing is, like listening to the stories of dead souls—This should not be done. [Unclear...] Look deep within—it's very good. Things that are meant to frighten, etc., are very powerful—you should avoid them. It's very surprising—in this, the whole scene is seen by realized souls, and how possession happens is written in it, what depression is like, what it does. What happens is—depression also comes from this—that the person becomes possessed. This is the worst of all. For that we have [inaudible...] in Sahaja Yoga, not 'outside Sahaja.' For that, there is [unclear] in Sahaja Yoga—not something outside Sahaja Yoga.

So, keep your left hand on your left side and your right hand outward in this manner. Everything is written down, so you should come to the centre; because so that, you are [unclear] in correction mode—what is written in Sahaja Yoga—[unclear]. It has to be done every day, washing of the feet has to be done every day; It is just a, more important than just bathing. It is much much more important, as well as is asana, is a bath, every day you have to do it.

[Unclear conversation]

Shri Mataji: Alright!

Sahaja Yogi: Mother! I just want to ask one thing.

Shri Mataji: What?

Sahaja Yogi: I want to ask you a question.

Shri Mataji: What?

Sahaja Yogi: Whether different asanas (postures) for different chakras can be beneficial for Sahaja Yogis, I mean, can it be helpful if different...

Shri Mataji: Yes, they should do it.

Sahaja Yogi: Then please suggest asanas for different chakras.

Shri Mataji: Look, Sahaja Yoga is something that comes from inside to outside, not outside to inside. Understand?

Sahaja Yogi: Okay!

Shri Mataji: First, correct your chakras, then come to your mind. First observe your mind; until you've corrected your chakras physically, that won't be resolved. So then think about what is living! What rises from within—from this alone, all the power spreads in all directions. Now, what's the use if you've only made your outer surroundings good, and inside, if [unclear: some worm rises, then how will the worm...]? That's why I don't profess asanas much. If the asanas are everything, then everyone will just sit doing it; I've seen that if I tell someone one asana, they keep doing only that—oh! I said, your [unclear: thing is now cured], then why are you still doing it? That's why I don't emphasize asanas too much. Actually, inside us is a tendency that we must do something. If I say, "Stand on your head every day," then better than breaking your head, just stand firmly on the truth. Somehow, the man must have to do some such thing. If there's nothing else, then go hang from the fan. We can't even sit peacefully for five minutes—this is the misery. Now if I start teaching asanas, then in a few days, you'll see everyone doing gymnastics in front of me. So, it's better, 'Baba'! just meditate. We don't need any asanas. So, if we say what happens just by doing asanas, otherwise I've seen people—when I told them about Bahastrika, their attention breaks. I saw people [unclear: while meditating], I said, "Bhai", is this meditation or something else going on?" If at all something is there, then it's the attention. [unclear]—so it is all what is happening here?

Even bandhan, giving bandhan also has its own charm when you sit in meditation. So that you can keep your mind set. These are all external—bandhan; You are saying, you people on their way. [Unclear] First fix your mind; if you're complaining, then your mind needs to be set right. If you're aggressive, your mind needs to be corrected. Correct the mind first—the mind comes first. Everything arises from the mind—get control over the mind. If your hand or foot is actually broken, then that you can get treated. But now even that can be healed by Kundalini. That's why asanas shouldn't be given too much focus—first attention on God, first attain God, letting go the power of God, don't you find it strange, all this obsession with asanas? Doesn't it seem strange?

Like one gentleman, he said his plane got missed. [Unclear] Now he came and slept in our drawing room. He said, "I'm a great yogi." I said, "Alright, now what?" He said, "I sleep on a hard cot." I said, "We don't have a cot here. This is a 'Deevan'—you can sleep on it, sleep comfortably." He said, "I don't sleep on just anything." So I said, "Then sleep on the floor, do whatever you like." He said, "Wake me up at four o'clock." We said, "Brother, we'll wake you up. My wife wakes up at four, she'll wake you too—now go to sleep." Now if you create a nuisance for others, [unclear] You go to someone's house—[Unclear] What happened? He saw it was already five o'clock! I said, "What happened?" Sahab said that as soon as he went inside, he saw him lying like this! [Unclear] "What should I do now?" I said, "Let it go—Good thing you didn't ask..." [Unclear] [Inaudible]

He said, "So then what should be done? What's the treatment for this?" I said, "Just keep doing this—what else?" He said, "I even tried leaving it like this and saw..." So just sitting, sitting, sitting like this [unclear], it doesn't make sense—there's something else going on.

Even before, the same [unclear] [Unclear] There shouldn't be such a thing that someone else sees and [unclear] [Unclear: such a spectacle], there is no need for all this drama [unclear] Like in Sahaja Yoga, Kundalini rises up [unclear] Now look, one gentleman used to do asanas, it took twenty years to wean him off them. Whenever he came to the program, his acrobatics would begin. If you told him to raise his hands, he would lift his legs instead. [Inaudible] Sahaja Yoga is a magnificent thing. Why have you gone searching for all this? [Unclear] There is no need for any asanas. Understand which of your chakras are caught.

Sahaja Yogi: [Unclear]

Shri Mataji: [Hain] What!

Sahaja Yogi: How will sleep come, Shri Mataji! [Unclear]

Shri Mataji: [Hain] What! [Unclear] Suppose sleep comes, [unclear] it is the tendency of the mind. [Hindi phrase means] Once one gets detached with the mind, the wish of the mind gets fulfilled. It's the mind, the mind that is seated there. You went looking here and there, do this, do that— 'Bhai' what for, why are you doing this? Enjoy peacefully. I already said that you have to experience the fire of the Divine, and [audio break] When a person is like this, asked him about the lecture, there is no attention—then it's not all right. I was even getting done something in the early stages but they were not accepting it.

Otherwise, silently take the breath down, bring it up.

Until something disastrous doesn't happen to them.

Please come in, be seated!

This is like a feast—understand that you're at a feast. And if someone starts doing asanas at a feast, what will people say? It's for enjoyment—you enjoy it. Why are you creating chaos for no reason? This thing doesn't make sense that creating chaos. Whoever understands this point, they will get realization. He couldn't do anything, he read the entire Ramayana, read the Bhagavata too. He didn't leave anything, did every odd thing—you did everything! What in this life, what in the previous life, what in the life before that? Now, when the time has come to reap the fruit—so why are you doing asanas? You're offering someone fruit to eat, and they...

Yogi: Shri Mataji, should one bathe before sitting for meditation in the morning?

Shri Mataji: Not necessary. It's not necessary to bathe—if your body's condition is fine, then just sit. If it's not fine, then do bathe. Bathing and washing is all—cleanse the mind. First and foremost, the mind should be clean. A person who is cleansing the mind—before that, even that dirt...Once, said something and caught a cold. I said, "You take a bath"; I said, "Alright then take three names". He didn't believe. As soon as he took the three names, no bad smell in the nose or body. Why bathe? Three days without bathing. You people don't bathe?

Sahaj Yogi: Some people don't bathe for a whole month there, and still they don't have any problem.

Shri Mataji: Hmm!

Sahaj Yogi: Those people also...

Shri Mataji: Those people are not at all clean. People should bathe daily. Those who should bathe, are exactly those people. And like us...meaning bathing and washing is not at all necessary. This all...I am telling about extreme cases. But such people must bathe daily, extreme...Very dirty, extremely dirty. Ask them. They don't even think they're dirty, they think they're clean. If they have to get vibrations, they will; if we don't, then fine. They are very dirty people. They smell a lot. I make them wash their hands six times. They go to the bathroom and don't even wash their hands afterward. Such filthy people they are!

These people are all... Did a lot for these people; As for us...in collectivity, if there's household dirt, throw it in the trash. Outwardly it should be clean. They themselves will bathe, but their children...It's very cold there, and they have it a lot. They'll keep the outside cleaner than the inside. Whatever the thing is... it's dirty. Bathing and washing does give some freshness to the body. But it's not necessary that if you haven't bathed, you can't meditate. This is what I keep saying...When you practise this, if you bathe, fine; If you skip one day, what's the big deal? Nothing is above you. Everything is below you. If you bathe, it's good.

Did you hear their story?

## 1981-0321, Birthday Puja: A Great Day in History

View [online](#).

21 March 1981

A Great Day In History

Birthday Puja

Sydney (Australia)

Talk Language: English | Transcript (English) – VERIFIED

Birthday Puja, (Shri Mataji's first visit to Australia) Burwood, Sydney. March 21, 1981.

I'm just trying to remember if I had a more fantastic birthday than this! Where words do not come, there the joy cannot be expressed. When it becomes so deep that there is no movement.

This is a great country: Australia has been created for a special purpose in Sahaj Yoga. This is the Mooladhar Chakra where resides Shri Ganesh, of this world. How important it is to keep this centre awakened within us.

The information about my coming can only be broadcasted from this centre: then the world Kundalini is going to rise.

When you are putting your hands towards me then the Divine love passes through your fingers, goes down through your Ida and Pingala and informs Shri Ganesha about my presence; and then the Kundalini rises.

So today, we should say, is a great day in the history of Divine work, where I came to Australia.

They asked me, "Was there any incarnation in Australia? Did God visit Australia in human form?" I said, "It's not easy to meet Shri Ganesh! Even Brahma, Vishnu, Mahesh could not reach Shri Ganesh."

And you know that He is placed like a lotus where all kinds of people who are insulted, tortured, ignored are sent. Here He really decides whom to send to hell and whom not to send.

God's decisions are very different - they are above you. Human decisions are extremely cruel and dry.

And today you find so many saints in this Mooladhara. Definitely this is the work of Shri Ganesh. He has called you on this great chakra – where Brahma, Vishnu, Mahesha also, cannot enter in it. And you should stay here and grow into beautiful saints of very great magnitude in spirituality. Such glory is to him, is such a fortunate thing and such a blessing, that even Indians could be jealous of you.

One has to see how Shri Ganesha acts within us. It's very important to recognise him, understand him and to imbibe, otherwise you will be wasting all his energies staying in this place, living in this place, so close to him.

And though he's the giver of wisdom, I wonder how many people understand the word 'wisdom'. Wisdom is the centre of gravity within us which gives us the fulcrum on which we rotate, by which we realise that we are inclined to the left or to the right.

This fulcrum we have to be aware of, because otherwise we will not know how far we have gone. Not only [that], but you should know that it is so much the centre of gravity and our fulcrum so close. Because if your centre of gravity and fulcrum are separated there's no integration: you can be ruined, completely. So wisdom means this integration between your understanding, and the understanding of Shri Ganesh within.

For example, we go to extremes; extremes of behaviour. I would give you a very simple example: I was going to Hong Kong and

the lady who organised it telephoned to me again and again, and she told me that, "A big batch of people are coming to receive you; and you are going to be on the television from the moment you land, and this is going to happen and that is going to happen," Every day spending so much money describing the scene that I'll be a "hot news" and all sorts of things that, "I will talk to everyone". And she was on and on and on and also she told Dr Warren [that] except for giving the newspaper [advert] she didn't have to pay for it. It was going too far.

At that juncture it was not necessary to go to such a limit and plan it out: that there would be people coming inside the aeroplane to receive me - makes no difference to me! - and there would be a car waiting near the aeroplane to take me to the airport, and I don't know who was waiting where at every point! (laughing) And when we reached there it was six hours late and I told Warren, "It's all going to be a fizzled out, take it easy!" And the plane just deposited us in Bangkok! There was no way - six hours. And we had to take another plane in which nobody came in, no car, nothing: went down looking for her, couldn't see her. Telephoned to the hotel, they said, "No arrangements thrown." Warren thought, "Mother has gone to another extreme!" (laughter) Quite worried that there's no one to receive us at the airport down there. It's all a joke.

Going to extremes has to be corrected in you as well, because if you get successful with your this kind of planning, then you'll go on doing this kind of artificial planning and not the planning of the Divine. The Divine has its own plans and we have to feel the plans of the Divine. It works it out. You are just an instrument to work it out. So if you try to do something of your own, something too much, then who is going to suggest, "This is the balance," is Shri Ganesh. And that balance, once it's established in you, you know how you should balance yourself.

There is no alternative for Sahaj Yog, no alternative; one must know. Everything that is living has no alternatives. For example, if a mango tree says that, "I will create a pomegranate," it cannot! There's no alternatives. Whatever is there, it has to see and enjoy; but not to force its way on it.

This is one of the things we have to understand to establish our wisdom. Because of our concept, our idea, our anything, even about God for example, about our achievements itself, can be absolutely wrong if you have no wisdom. But in nature, if you see, those who grow are never bothered about what shape they are going to take, do they? Does a tree measure itself up to know how many dimensions it is going to grow? It grows as much as it can, slowly, steadily, the coordination of the nature itself.

Like that the wisdom is the one that understands. It is an establishment, it's a state of mind. We can say it's the state of being, when you become wisdom.

Such a wisdom, outside, is also expressed so beautifully. Such a wisdom gives you gentleman and a gentlelady, only in a personality which is settled down. If you are frustrated with a problem, if you are unhappy, if you are suppressed, any extreme will not allow this flower of wisdom to grow. So even in frustration you have to look back and you have to stand back and see for yourself, "What am I to be frustrated about?"

Count your blessings one by one, count your blessings one by one. I'll say again, count your blessings one by one. Once you start counting your blessings, you will find, in such a short time, where are you.

Now the extreme projections of mind can take you to: "I'm not going to face!" And you would like to do it.

But in wise projection, you can say this, that you are what you have to be. You are saints. You were born to be saints in this great country. You are specially blessed people in the heavens and are sent on this Earth to do this Maha Yoga, to spread it.

You have achieved that state. And if you are saints you should not be bothered as to a few things like, "Oh! I haven't got a suitcase," or something sort of a thing like that; which you have never been very much bothered before, you are saints. And any kind of extreme behaviour. For example, for materialism you people are not so bad, in the sense [that] you understand the value of aesthetics. But in possessiveness let us take the wise path, wisdom; logically, it has to be logical: what do we possess in this world? Just think of one thing that we can possess.

Except for your own Spirit you don't possess anything. Except for your evolutionary development you don't possess anything. For example, now you are a saint you'll be born a saint always – this is what you possess. The rest you don't possess. It's logical, logical. You need not to be realised to understand what I am saying. So why should we our possessions?

When you leave this worry, this is another wisdom, this is a higher wisdom which you develop within yourself. And If we leave our possessions, our material problems are solved. 'Leave' doesn't mean you throw them in the sea, but the attachment to it dissolves. It is solved.

Like, Kay [McHugh] lost her travellers' cheques, she did not know, she was not knowing. Suddenly one man bumped into her. I was with her. He said, "Imagine, I never knew I am going to meet you! When I went to a particular cashier or somewhere he said, 'Do you know this lady? I've got her travellers' cheques with me.' And here, suddenly, I bump into you!"

How the news has been organised, in the nature you see when the flowers bloom, how these bees come all the way; how the birds fly all the way from Siberia to Australia. What wisdom is that magnetism in them, the magnetism that is in the Mother Earth which tells them this is the way you have to go.

So we have to see to this magnetism within us: what makes us magnetic is not what we put up, what unnatural things we have, but what naturally we have achieved within and we are not afraid to express.

In fear you are never aggressive, but even in fearlessness you are never aggressive. In fear you might say that you are not afraid but you could be aggressive. When people look very frightened, if you push them to the extreme of fright, they can come back, but if you are fearless, you are in the centre, you are just standing and watching.

Fearlessness never means aggression.

So the confusion of our own concepts can only be cleared out if there is light within us. For us, if somebody is aggressing us then you think [that] if we do not aggress the other person we are frightened of there is no vengence, then we are useless, we are weak people; so we should fight back. Even when you are fighting back you are weak people. If it was not so, what is there to fight back?

In fearlessness you become the witness. You see the joke behind all this extreme behaviour of another person, and also you know the technique kaushalam (). Yoga also means kaushalam, it means technique: how to manage the show by which his action doesn't trouble you also; if you want to. If you don't want, you can even take the action upon yourself, to prove it that, "Whatever you are doing is a little silly and stupid." Like Christ getting Himself crucified. It was a wise decision because if you have to prove that life is eternal, the best thing is to die and show. And to be [done] publicly, so that nobody should say that He was not dead. Still there are many people who are saying that He was not dead! Still there are people who are talking like this: "He was not dead. He was alive. So he got out of the place." Because they don't know how to explain.

So He had to die publicly and then his resurrection was to be seen by many people. This drama had to be performed for you to have the wisdom to know that life is eternal. It doesn't mean that He was weak, by any chance.

So the idea of our aggression, or our suppression, both come from either fear or some sort of a satanic pleasure to oppress others.

So wisdom lies in seeing yourself also. See how wisdom is so important.

Throughout if you find, in every chakra, within it lies pranava - is the life of every chakra. Because it is the wisdom that tells you whether you are in a chakra or not. So how wisdom is important that you even become a sakshi if you have wisdom, otherwise

you cannot. You become a witness only when you have that focal point adjusted to your centre of gravity. That is wisdom.

When people tell me about somebody who has harmed them they paint such a dark picture of the whole thing, as if it was another war that was fought. Then you go and listen to another side, they paint another horrible picture of this side. Between these two pictures, you find the one is reflecting the other, the other is reflecting the other. There's no end to it, it's eternally going on from this to tha, to that to this. How do you end it up? Only by your wisdom, by understanding it's an illusion.

The main thing is the mirror on which it is reflected is just an illusion that is appearing, and we are worried about it. The whole illusion will drop out as soon as you just see the mirror and don't worry about the reflections: they'll come and go. It is for you just to witness it, that's all. The mirror is a mirror which is a solid thing and all the reflections are illusions. That's how we miss all the sweetness of our own being.

Wisdom lies in the understanding that you are the Spirit. You are not all these illusions, you are the Spirit, you are the Spirit.

The attention was, as animals, was on food only you can say: you develop food, nothing else but food. This grows higher and higher in awareness and you came up to a point where he started thinking that he is the prime minister or he is an actor or an actress and this and that a so-called they have achieved; or maybe they start thinking they are atheists and all sorts of things, communists, specialists (laughter).

It's a drama going on. They are wearing wigs after wigs. If they like this wig they'll wear this, otherwise throw away. This has killed the romance completely! You start loving the wigs of a person! And wigs can be bought, they could be exchanged. You go into the market and you can get, say, about ten types of wigs. Supposing you say, "Oh, I like this colour for the hair," so the lady will go and wear that and come out, and then you will like her for the wig that she has bought. Then another may wear the same, or this same lady who looked nice with one wig could bore you completely because there's no living dynamism, that charisma.

Every moment is so beautiful. It breaks into new waves of such beautiful colours and beautiful music. That's all lost with these bought images.

Every minute the image changes with a living personality into tremendous beauty. But the first point is the wisdom to know that our images cannot be purchased or bought or created or made: they evolve!

So we have to only see to our evolving force: are we nearer it or are we out of it? Are we moving with our evolving force of getting ourselves crucified with all these artificial misidentifications that says that, "You are this, you are that." You are nothing but a seeker. It's category I have told, many a times, that you are a seeker and you have to seek. Now, what do you seek? Is your Spirit. And once you have found it, establish yourself on that. That's what you are! And to know that you are that Spirit itself is so satisfying; is itself emitting wisdom which is so joy giving, and is nothing but love. It's love, I tell you. I mean I cannot go beyond this: there's no word in human language to say what is love. To me it is nothing but silence. Everything stops at that point. This feeling where the wisdom becomes love, and love becomes wisdom. That's the real integration of life.

Open your hearts, allow Shri Ganesha to be settled in that, that innocence which engulfs everything. Look at the little ones how they came forward to give me flowers: every step, every movement was so joyous, was creating such a beautiful, delicate ripple in my heart. And it's written as history for me, to see these little, little sweet, innocent Ganeshas coming forward.

And the wisdom becomes so powerful, that you know the source of love as Ganesha in you. For him, he did not know anybody else but one: that which is the source of love.

Never questioning, never argued: no alternatives. No new ideas came to his mind, he's just taking in. Working it out within yourself and the whole thing just works out.

The more you enter into it you will understand that you have really entered the Kingdom of God where He looks after everything:

you want a house? All right, have it! What do you want? You want that? Have it! (laughter) Take care of your problem? Have it. It's all God's own thing. Who owns it but God? He is the One who owns everything and He's the One who enjoys everything, and He wants you to enjoy everything. It's only through the power of wisdom that you can achieve it.

Today, though I had to show a part of that achievement in wisdom in which there is no artificial; it's so natural. But natural doesn't mean baser. Some people think to be angry is also natural. But you are a human being and a Sahaj Yogi. Whatever is natural to a Sahaj Yogi is not the same as whatever is natural to a buffalo! We have nothing to learn from them, they have to learn from us.

So whatever is natural to a Sahaj Yogi has to be learnt in the school of wisdom. Not by any rules, or anything that I say, "You don't do this," and, "You do this!" "You are not to do like that." "You are not to do this way!" Not that.

Even in the hand if you see, this portion is Australia (Shri Mataji points to base of Her hand where the Mooladhara is). Now just see, this portion is the source for all the fingers, is the connecting point, this is your point (Australia). But it doesn't say anything. For example, this finger means something, this thumb means something, this finger means something, this means something, but this [base] doesn't say anything, doesn't do anything. But without this nothing exists. If it is cut out here, you are paralysed, all the movement is finished. This is the connecting link with the Divine and the guiding link. This only tells which finger to move, where to take, how much to contract, which person. All of this is controlled in this portion.

A day will come when the information will reach the whole world through the awakening of Ganesha in my children, the Sahaji Yogis in Australia. And the whole world is going to get the blessings coming from Shri Ganesh.

Of course, you know that Kundalini is in India and only then this Kundalini can rise.

But one thing you must remember is that you are really placed at a very pivotal point and that the responsibility is too much on you. And the responsibility is to keep the whole atmosphere pure and send forth all the fragrance of the lotus. Though, maybe, you will feel you are surrounded by all mud and everything, but still you have to be very strong lotuses. For the whole world you have to come up and send forth that beautiful fragrance of announcement that the Blossom Time has come.

I was asking for the river's name, what's the name of the river. I wonder if you thought about it. See, the river's name is Parramatta. 'Parra' in Greek means 'above, beyond, supreme', 'Parra'. And 'Matta' means 'the mother'. Your river's name itself is Parramatta. It's a Greek word, and how the Greeks have known of this word 'Parramatta'? This river had to be here, the Adishakti only had to be here, to bless Shri Ganesha all the time which has to work hard.

He's the one who sorts out: Lambodara. The one you see in the Sistine Chapel, very well pointed out. It's a huge big stomach. It's really an Australian character, personality, standing there sorting out people. Throwing left and to the right. It's so beautiful, I wish you could get that picture some time. And you will be surprised – it's an Australian, you can see it correctly. It's an Australian character. That is Christ. Absolutely an Australian body, standing up. I don't know how Michelangelo could see that so clearly, that He had to be Australian like that one.

It has been so beautiful to come down, so beautiful.

It's blissful for you maybe, but for me it's nothing but complete joy, complete joy.

I had told I will not do anything after three years time, I will just settle down. Because the saintly person is not supposed to move from places to places, they must settle, they must have their own ground – that's called as takiya, and you are not to leave that. But I am your Mother, moving all over.

And, can you imagine, I have been to all the world's places, but never to Australia before, so to come here first thing was so great that even today I have not been able to put all that into words.

May God bless you!

## 1981-0322, Sahaja Yoga: a spontaneous happening within us, of union with God.

View [online](#).

22 March 1981

Sahaja Yoga: A Spontaneous Happening Within Us, Of Union With God.

Public Program

Maccabean Hall, Sydney (Australia)

Talk Language: English | Transcript (English) - Reviewed

Public Program. Maccabean Hall Sydney 22 March 1981

To all the seekers of truth. It's such a pleasure to come to this great country where there are so many seekers. So many seekers are born in these modern times. There were never born so many, any time before. For example at the time of Christ, He had to gather crowds of people but they had no seeking, they just listened to Him because they felt it was something new.

Today, the time has come where many seekers have taken their birth all over the world and they are seeking. This is a fact one has to accept, there's no hypocrisy about it. Some people don't understand that the seeking is there and that whatever they're doing, right or wrong, actually they are seeking within themselves.

Today, in the beginning, I will give you a broad line of Sahaja Yoga, the one that means a spontaneous happening within us, of union with God. It's easy to talk about it, anybody can talk about it. First, when I went to America, people said you must get a patent on your lectures Mother. I just smiled at them. I said, what's the matter? They said they might use your words and use the same things for their own purpose and maybe that they'll do a lot of harm to you, I said it's nice, let them talk about it because that's what has to happen, people have to know about it, what is there to take a patent for it. We don't take patent for the light of the sun, and the beauty of the stars. That's meant for everyone. The main thing is that these lecturings and all such ventures are of no use at all unless and until the happening takes place. It should happen to you. It's an actualisation. It is the becoming which is important. It's not reading about it, it's a living force within us which has made us a human being from amoeba and it's the same living force which is going to make us a higher personality, a prophet.

As William Blake has very clearly said, that men of God will become prophets and the day will come when these prophets will have special capacity to transform other people as prophets, that time has come today. William Blake could see hundred years back the working of Sahaja Yoga and today you can see the actualisation.

Before you today they have placed the diagram of our being. It's a very complicated stuff, they have tried to make it a simple diagram for you though it looks still complicated. For example when you are sitting in this room, supposing there was no light, one has to just tell you that, just push the button and all the lights will be on. But behind this happening there's a big history of electricity and a big mechanism and a great organisation that does it. It's not just the pushing of the button. Now my situation is such that I can push the button, alright, but people want to know the history and all the headache about it, so I have to explain to you what is it about.

Here you see the subtle force, the subtle being within us. This is a human being which has evolved to this stage of awareness and that he has to become that dynamic awareness. If you try to make any instrument, say for example, you try to make this microphone, people would definitely ask, what's the purpose? Until it is connected to the mains it has no purpose at all. In the same way you are created to be beautiful human beings and you are to be connected to the mains, otherwise you do not find your absolute value.

Now the Kundalini about which many people have talked, I mean they have written books after books, and I was shocked for they do not know anything about it, and how could they write such big books, from where did they get the knowledge? This Kundalini is a very simple thing. It is the pure desire within us, that one has to become one with the Spirit, is the pure desire. So that

through the Spirit, we know God. This pure desire, this power of pure desire exists within us as Kundalini. The whole being manifested, but still it is sleeping. It's completely there, after creating the whole being as a human being, still it is sleeping, because that power of desire has not got the chance to manifest itself. Now for this desire of power, people think that you can excite it or something. Some people have started enterprises of Kundalini yoga, of Kundalini awakening.

It is not a commercial stuff, it is not! It's a living process. You cannot commercialise it. You cannot pay for it.

We have got brains, you are human beings, you must understand that we cannot pay for the Divine Love. On the contrary, you insult it, if you talk of money. God doesn't understand money, it's in your myth, human beings have created it, He does not know what money is. You cannot pay for it! You cannot put in any effort for it. For becoming a fruit, a flower doesn't put in any effort or any money. How much money did you pay to become a human being from a monkey? What effort did you put in to do that? It is spontaneous. Like a seed which sprouts through its primule and the same primule becomes the root and the shoot and the little cell at the tip of the root works out all the digging by itself, spontaneously. Only living things can be spontaneous. And then the shoot rises by itself, becomes the leaves and becomes the flowers and then the fruit. The whole map of its being is microscopically placed in that seed.

In the same way within us is placed the primule, the germinating force, called as Kundalini. And this force which exists within us in three and a half coils. There's a big mathematics about it, which I think I cannot discuss it today, but sometime we'll discuss it. Now it is very important to see the position of Kundalini. It is placed in the triangular bone, this bone is called as sacrum, the sacrum word comes from the Greek language. Greeks must have known this, that this is the sacred bone, so they called it sacrum, it's most surprising.

When they came to Australia, some Greeks, they must have felt the vibrations of your river, so they called it Parramatta. Have you ever thought of what does that mean? It means the Holy Ghost. Para is beyond, supreme; Mata is the Mother. Some realised soul must have felt the vibrations of this river and they must have named it. In the same way they must have felt that this bone is something special, and this is the last bone that gets burnt up when the body is completely burnt under electrical pressure. Now this force resides in this bone, and you can see with your own eyes.

Today in the university many students saw it, the pulsation of the Kundalini in the bone. Now can you do that, any one of you, by jumping or by shouting or by screaming or by chanting or by paying? Whatever you can do cannot be divine. Divine has to be something that is beyond human endeavour. You can jump, you can shout, you can do this, you can do that, but you cannot transform a flower into a fruit. And this miracle you see every day, billions and billions of these, we take it for granted. We have taken our human awareness also for granted. It's a good thing, otherwise we start thinking about it, we go into another tension mounting upon our heads.

Now this force lies above the first centre. The first centre is the centre called as Mooladhara Chakra. Now this is a very big confusion, one of the biggest in the modern times. As it is, modern times are known to be full of confusions only. Only in confusions we have to find the truth, unless and until there is confusion, there cannot be that seeking. And this confusion has reached such a stage, that we are confused even about Kundalini. And there are people who have worked hard to confuse us also. This important point, that the first centre within us which is the centre of innocence, is placed below the Kundalini, is extremely important to understand. And that Kundalini resides in the triangular bone which is Mooladhara. So the centre of this power lies below the Kundalini. This is a very important point which I am going to tell you today.

The last centre within us, the seventh centre within us, manifests the pelvic plexus. I don't know if you are doctors here, but I'll tell you the pelvic plexus, that's the excretion within our body. All that is excreted is manifested through this subtle centre within us, which is below the sacrum bone, is a subtle centre. It looks after the prostate gland. Now this is the centre of innocence. Innocence is the first thing God has created on this earth; is holiness, is beauty of God, is love. And this innocence resides within us below the Kundalini, and in my next lecture in the same hall I will be speaking in details about it, how it manifests other aspects in our life. But why this is an important point, that it is placed lower than the Kundalini, because it says that our excretion is done by pelvic plexus which is manifested by this particular centre called as Mooladhara Chakra, has nothing to do with

Kundalini.

It is very important to know this fact, that sex has nothing to do with Kundalini. If sexual manifestation is going to take you to God, animals would be much faster in their evolution than you are.

We have nothing to learn from animals. We are human beings. Those who want to learn from animals will become animals. Are we to become the frogs and earthworms now, or we have to become a superior personality? A personality who is completely in command, who is the master. Or are we to be slaves of our problems? How can we become masters of ourselves if we give in our own being, to things that destroy? So one has to understand this point very very clearly, that sex has nothing to do with Kundalini.

It cannot.

Before us is placed Christ. I'm surprised that people who have known Christ, how can they accept such an absurd thing, like by doing sex in a perverted manner you will reach God? Are we now going to become just sex points? Have we no self-esteem left in ourselves to understand that we are much more than a sex point, a mere sex point. This is the best way of ruining people. This is the best way of enticing people, but I tell you, you are seekers, and out and out you are seekers! You must not listen until you have found out your Spirit. You are not going to be satisfied with all these nonsensical ideas. You will come back. I know one day all of you will have to come back. But that time you will be so ruined that I may not be able to help you. It's a very clear-cut thing to understand that sex has nothing to do with Kundalini awakening.

She is your pure Mother. She is the Mother who is individually with you. Forget your concepts and forget your identifications. Please try to understand. She is your Mother, waiting for ages to give you your real birth. She is the Holy Ghost within you. She has to give you your realisation and She's just waiting and waiting to do it. I have seen some people, who have a Kundalini, which just, like a wounded serpent is bending Her head all sides and just breaking Her body. I have seen people with holes in the Kundalini, how much we have harmed ourselves by foolish ideas, by listening to those people who are just trying to make money out of us and befool us.

There are some destroying forces that have come on this earth. Not some, but many and they are very speedy. It's very easy to destroy something, but to construct is such a difficult thing and to construct something living is even more difficult. Just we are enamoured because we think it's easy. There are people who think that if you enrol yourself as somebody's disciple you'll be saved. How can you be saved? You have to grow yourself. You have to become. You must know what powers have you got from any one of them. Those who say that you should have sexual freedom, Oh animals have all that, what is so special about getting a sexual freedom? I can't understand. I mean in India you know how much people are producing children without going to any one of these gurus.

On the contrary these gurus make you impotent and they teach you about the sex so that you feel that as if the sexual act is a very big thing to be achieved. It's such a simple thing to do and for people who are impotent it is a very great thing, no doubt, but for people who are normal and natural it's so simple, just like going to the bathroom. Why make such an ado about things which are so simple. This has gone too far now. They have also suggested that you can raise the Kundalini by sex. It's like the mother being connected to the child in a very dirty manner. People might say that Freud talked about it. Freud was another half-baked fellow, I must say. Absolutely half-baked without any wisdom about him. He must have had some problems like this himself, he was an abnormal personality to begin with. Apart from that all these psychologists meet only abnormal people. Do they meet ever a normal personality? Who will go to a psychologist who is normal? Always mad people go to them. And these psychologists catch from the mad, and become mad. And then they start teaching you something which is really maddening. Now he was so half-baked that he just saw one side of our life. He didn't know that there was another side and another side. And for him sex became so important.

He could see perversions and things and we are really flabbergasted at that. Those who are simple people, say in Indian villages, if you tell them like that they'll say what's wrong with the fellow? He must go to lunatic asylum.

Now we have to see what have we achieved so far as a human being? What are we as a human being and what have we to achieve?

If you see in this diagram (of course you should not take me for granted either).

Today as in the TV they asked me a question, that Mother do you mind if we doubt? I said no, on the contrary, I'm very happy, it shows that you are so very free. You have to ask me questions, but when it comes to these fake gurus, you just go headlong. You are so mesmerised you don't even think what you are doing! And you don't even see what others have achieved. You see some people jumping on the street, you also join them. You don't want to find out what power they have achieved, what is their situation, are they better off than us or not, if they have been cured of their troubles or not. On the contrary if you find them you'll find that they're recluses. They're even afraid, sometimes I've seen, of vegetables. If you show them a garlic they'll be frightened. Some of the gurus have this problem also. They are told that you should not take any garlic so if you show them a garlic they'll start jumping. What is this? Are we going to be frightened of garlic? Are we going to be that kind of a horrible human beings who are frightened of this and that?

Now, within us lies on the left hand side, if you see, is the power of desire which comes more from the right. In Sanskrit it is called as Itcha Shakti. This is the psyche about which Mr. Freud has talked, part of it. You see he's a blind man leading everyone into doom like him. Now this is the one is our past, is our conditioning, is the one that is our subconscious mind and we have a subconscious mind no doubt. But that's not everything that we have, we have many other things. Now this subconscious mind within us has an area beyond it as the collective subconscious and that's a dangerous area. When you enter into that area, you contract diseases like cancer. You know that in Sahaja Yoga, we have definitely cured cancer. And I was amazed that those people who have got cancer and who came to me have got cured, were all affected more by the left side than the right side. And that you can find out yourself once you get your enlightenment and you become a realised soul.

On the right hand side there is another power, which is called as the power of action. You desire something and you have to act is Kriya Shakti. This is the future. Beyond the future lies the supra-conscious area, or the collective supra-conscious. People have talked about it without telling you where is it within us. They have talked about Christ. Where is Christ within us? They have talked about Krishna, where is Krishna within us? What is the proof that He exists at that particular centre within us? In the centre lies another power by which we have become human beings. The evolutionary power, the sustenance power, the religion, the religion, not the religion that we see but THE religion.

Carbon has four valencies. Gold has a quality that it is untarnishable, in the same way a human being has got ten sustenances within it. And this sustenance which sustains it, which says he's a human being, is the quality of a human being. So, we have three powers within us, in Sahaja Yoga language we call it differently to make it simpler. These three powers exist within us. But the central power is a little cut off, if you see, there's a gap. This central power by which we evolve has not yet been connected to the mains. You are evolved as human beings but we have not yet got connected with the mains and the cord is the Kundalini. In our heart resides the Spirit. In our heart it resides. It is the reflection of God Almighty. Unless and until you have got your Self Realisation, unless and until you are connected with it, every religion, everything that you do has no meaning. It's like telephoning a person without any connection. You spoil it. So you have to get connected.

As today they asked me another question which was interesting, about Hatha Yoga. I said nobody's doing Hatha Yoga. They are doing some exercises most indiscriminately because attention is on the body, and that's why they're just doing something without understanding why a certain exercise has to be done. Actually the real Hatha Yoga of Patanjali, you have to have Ishwara Pranidhan; that means first your God must be established. First you must be connected. Let the Kundalini rise and then know what chakras are catching, what exercise is needed, what mantra is needed. We have a great organisations in this country, and everywhere else where they give a mantra, Now just think of it. There are six centres, six centres, these are the basic centres, there are many more, I do not want to tell you the number otherwise you'll be surprised. But six main centres and two on the left and right are sun and the moon. And at the bottom is the seventh.

So you can say there are nine centres basically we have to know and there are nine deities on these nine centres. How can you give somebody one mantra? Supposing you have to pass through six gates and you have only one pass, of the fifth one, and you are at the first gate, how will you pass through? These people have no idea and they have given such horrible mantras I was shocked, If you tell an Indian, if there's an Indian, they'll be surprised. One of them means tinga means (thumb). Can you imagine this could be a mantra, like this. It's such a ridiculous thing to say. Horrible things like inga binga dinga, these are no mantras, nothing, this is nonsense! And it's a mafia going on. They come and tell you in your ears, you see you are not to tell it to anybody. I mean it's most surprising that at the end it was the fallopian tubes. I said what? Fallopian tubes, how can that be a mantra? And we take it, we take it, we pay for it. People had paid £3,000 and they are given to eat for one week for £3,000, the boiled soup of the boiled potatoes. Just that water, for 5 days, and one day the rind and one day the potatoes to make them that weak so that they could become completely out of their minds and then they can be mesmerised very well.

Be careful about these horrible people! They know that you are seekers, and ardently you are seeking. They know that you have money and they want to play upon your ego by saying that you can pay, you must pay, how much money have you got? These are all parasites, of the worst type. These are all parasites, remember, and the day will come when you recognise them, when you'll be falling on the streets with epilepsy and all kinds of diseases and then you'll be coming to me. There are already so many people who are coming to me in that condition. I have to warn you again and again, be careful and understand that these people give no knowledge whatsoever, they are just mesmerising you, just mesmerising you, not only because they want to make money but they are bent upon destroying the Kingdom of God. They are bent upon destroying you all because they are satanic people and they want to establish the kingdom of satan. For us it is easy to take to these things, it's very easy to fall as I told you. But rise is difficult. It's not so difficult also, spontaneity is so simple, if you know the job you can do it.

If there's a beautiful garden you can easily find out that there must be a gardener behind it who has done the job. If somebody knows the job he can do it.

Now this central path is the path through which one has to rise. The Kundalini rises through a very thin line of Brahmanadi, it's called as Brahmanadi. In the beginning only a hair-like thing rises, it pierces through, in some people of course, in a big way it rises also. And then it pierces this fontanel bone area which is a real baptism, real. Today only, people felt the cool breeze coming out of their heads. Can you do that by jumping or by paying money? They felt the cool breeze in their hand. It's written in the Bible, even in the Bible very clearly, that it's the cool breeze, cool breeze is the sign of the Holy Ghost. You start feeling the cool breeze in your hands and you start feeling the cool breeze on your head. This is the actualisation. Of course you people don't read other books which are very good, like Adi Shankaracharya. People don't even like the mention of his name who has really and clearly said that it is the cool breeze, the chaitanya is to be felt like cool breeze in the hands. They do not want that you should know the truth. And this is the truth that when you get your realisation, you have to feel the cool breeze in your hands yourself. You have to judge yourself. I'm not going to tell you, it is you who has to see, it is you who has to feel, and then you have to grow and you have to know all and everything, all the secrets of Divine Science. You become the master then, you are the guru. You are the Spirit, and you should get it, it's your own which is given to you. I have nothing to do about it. I'm just a catalyst I should say, you can do it yourself, once you get realisation you can give realisation.

Actually Warren came to me, and Terence, and they had been really lynched by all these gurus and they were so unhappy. Just before leaving for India he telephoned to me from Australia, he telephoned to me. 'Mother, we have got your telephone, can we come and see You?' and I knew they were seekers. So first I caught hold of them. You see I don't work much in the cities, I work in the villages because villagers are easier to get realisation. The other day we were in a village called Kadus, where six thousand people got realisation, it was announced in the paper. So in the cities these gurus work out because they want money and the purse you see, it's there in the cities. I work in the villages. Poor things had to go to the villages where they don't even have proper bathrooms. You have to go to the rivers to have your bath and things and it was very spartan for comfortable Australians. But they managed it somehow. And they got their realisation and when they got it, when they came back here they have given realisation in the first shot to 300 people. And now they know such a lot about Kundalini, about awakening, about enlightenment. It's all logical after realisation, before that it is blind rationality which doesn't understand anything.

This Kundalini is there, your own, sahaja. Saha means with, ja means it's born with you, it's within you. It has to only rise with authority, with a person who knows how to do it, One should not feel hurt about it because I'm doing it. You better do it, I'll be very happy. You see I am a very happily married woman, you know, I don't need anything. My husband has permitted to go about doing this because he knows nobody can do it. I'll be very happy if you can do it, really I would like to retire. Moreover why should you feel bad if I do it? After all there are so many things I can't do. I can't drive, I can't type, I don't know even how to open your tins, I'm so hopelessly bad. So what is there to feel bad about it if I know how to raise the Kundalini, and when it is your right to know yourself and to get it within yourself so that you achieve your real baptism, your real force, and once you have achieved it, first thing that happens is that you become a different personality. You become something so different.

The other day a gentleman, old man, who met me in Singapore long time back, he told me that : 'Mother, after realisation, actually I've not even touched it fully, but one thing happened to me I just gave up gambling, smoking and drinking, just like that. What happened to me?'

I said, "When you have found out the real, you give up."When you have found the real diamond, of course, you give up the artificial ones. Because you are bored stiff, because you find life so boring, human beings so boring, life so boring, so uninteresting, full of tensions, full of cruelty, full of problems, you want to take to these things. But once you've found out your absolute, your sense of security is absolutely established. And that joy and happiness, the bliss that is promised to you starts pouring down into you. You feel so relaxed. Apart from that, so many things happen to you that it is hard to tell you in this one lecture. I'm going to have many other lectures for you.

Now first thing that happens is that physically you get fit. It's not that I'm going to go to the hospitals to find out who are physically unfit and start an enterprise, alright, pay so much money to cure this disease and all that. No, I do not know how many people I've cured, really I do not know, believe me. And I do not know how many my disciples have cured. It's like the sun shining, it does not know how many leaves have become green. You do not keep notes of people whom you love, and whom you feed. Do you write down how many morsels you have fed the person, do you? This is love. Why do you need the proof ? Why do you need, you are not paying me anything? Do you want to have any proof of the sun? You are not giving me anything. I'm not selling anything. There's no shop on. You have to get this gift. You have to get it. So why do you want to judge me? If you don't get it, better try for it. What are you going to gain by knowing about me, it's not easy to know about me. It's very very difficult. I'm such a camouflage. It's a very difficult thing to know. Better thing you know yourself, then you'll learn. Unless and until you know yourself you won't know me, so no use asking me questions which are rather embarrassing. I won't be able to tell you because I've become very clever now.

Krishna just told one person, Arjuna. He said, give up everything and follow me. He said that after yoga you'll get the Kshema, means, well-being. Not before. You get the well-being after that because when the Kundalini rises, as I will tell you later on, different centres are enlightened. As a result of that you get the well-being physically, mentally, emotionally, materially, socially, in every way. And spiritually at that. He said after Yoga it will happen, not before that. And that's what is going to happen to you when you get it. If you don't get it today don't get disappointed. I've worked for days in and day out and some people have been really very difficult. In that great England, the Jerusalem, according to William Blake, I had to work very very hard. I've worked on only six people for four years, can you believe it? Very difficult nuts to be cracked, you see.

But once they were cracked it has blown up like anything. And now we have thousands of people who are realised. Of course I do not keep any record of them, there is no organisation, nothing, You only know them through your vibrations by which you know that they are realised or not. Because you become collectively conscious, you become, again and again I say, it's the becoming. You start feeling others and you start feeling yourself. It is important, vital, absolutely THE thing for you to do. You have to get it, if not today then tomorrow. Why not do it today, it's a good idea. But after getting it one has to know that, as Christ has described, some seed fell on the rock. In the same way it happens, you have to look after it, you have to make it grow, you have to master it and you have to become the guru yourself. And as I told this morning, you better go and ask all these gurus to pay back the money. This is the best way we can understand that it is beyond rationality. I'm talking about the unlimited, our rationality is

limited, our brains are limited. But many things can be understood. So many people reached the conclusion that it is the Kundalini awakening, is the one which is going to give us Self Realisation. Through their limited brain only they reached it. They also reached so many conclusions, that like persons like Jung, the disciple of Mr. Freud the great, was such a sensible man that he said you must get your realisation, you must get your Self Realisation, and he prepared the ground for Sahaja Yoga. For he said when you get your Self Realisation you will become collectively conscious. He has talked about it.

So one has to understand that this is not only what I'm saying, this has been said by all the great saints, by all the incarnations, by all the great prophets. Mohammad said, you have to become the (unclear). But you know what they're doing about religion now. I do not want to fall into controversies but you can yourself judge what have they done out of these incarnations. You give anything to human beings they know how to make a mess out of it. You give them the best thing, the highest, they know how to spoil it. Like I would say that Hindus were told, that atma, the Spirit resides in everybody. They had no business to start the different caste system which depends on the birth. Actually Jati (caste) means a person born with certain aptitudes. For example you are Brahmins, because you are seekers, you are seeking the Brahma, so you are Brahmins. Those who are seeking the power, say, we seek in elections, is the Kshatryas. Like that, these are the aptitudes of personalities which determines a person's birth.

Actually the one who has written Gita himself, was Vyasa, was the illegitimate child of a fisherwoman and how could he say that you are born in a Brahmin family. It's a capacity, it's a category. You are the category of those seekers. You are the ones who are going to get realisation. That's why you are the Brahmin and this category can be anywhere. It could be in Islamic world, it can be in China, and it can be in Russia, it can be in England and it is in Australia. I have, through my husband's job, I have been to all these countries. I was amazed. I've given realisation even to Russians, they're very good for realisation. But they'll take time to understand it to that extent. Because you are really free people. You are the people who are free, democratic, who can have more open mind to understand Sahaja Yoga, to achieve it much greater heights. But still I would like to say that freedom doesn't mean abandonment. It doesn't mean that. Say in a plane if all the parts of the plane want to have freedom, what will happen to the plane ultimately? We are part and parcel of one whole being. One primordial being, the macrocosm, and we are the cells. We have to relate ourselves to the whole and so we have to find out our relationship, the coordination between different cells, the love, the love between.

Last of all I would like to say it is the divine love of God, is the grace of God which has made you a human being and it is His grace which is going to make you a super human being. Because He wants to have that power to flow through you, to make you a hollow personality; like the flute of Shri Krishna, so that you might feel His power and you manoeuvre it. And you enter into the Kingdom of God, because He's the Father who loves you, loves more than any other father can love. He's the ocean of love. He forgives all your so called guilts, what guilts can we have, what sins can we commit. You are like little little birds who sometimes feel guilty of bringing a little straw from outside in the house. He is a loving Father. He is a Father who is ocean of forgiveness. He cleanses us completely and He grants His beauty to us and you become His own children, who have been granted all His powers, in their own beauty and its glory,

May God bless you!

Can I have some water please. Now, there's a way sometimes people want to ask questions and they're very anxious to ask questions and sometimes you see they ask also some useless questions. Wasting the time. Now, if you're hungry actually you should ask for realisation and see that it works. Sometimes these questions can divert your attention. It's better to have your realisation first, and then ask questions. But the first lecture of introduction, I think it's better that you ask Me a few questions, it's better, without any fear, I am your Mother. I know you have to ask questions. There's somebody putting up a big hand there. You have to ask loudly.

Attendee: Are there any dangers... (unclear).

Shri Mataji: Not at all. That's a very good thing. Not at all. Not at all, she is your Mother. You see, the mother takes all the burden upon herself when she give you birth. This is the earthly mother, this is the heavenly mother. No dangers of any kind. But these

people are not authorised. It's like somebody from the village comes and he doesn't know the electricity and puts his hands into the plugs and says that I got a shock. Naturally you will. The one who knows the job, knows also how to raise the Kundalini. She is your Mother, there is no danger at all. Not at all.

Attendee: Do the gurus....unclear.

Shri Mataji: Yes, of course, I mean that's what I'm going to make you. You are going to awaken others' Kundalini no doubt! Yes, yes, hundred times.

Attendee: How

Shri Mataji: First you have to become. First you have to become which is very simple which I'll tell you later, all right, how to do it.

A: unclear

Shri Mataji: It's for Me to judge. It's for Me to judge. I don't find any evil persons much. There are people who are misguided, who have lost their way. There are very few evil people in this world, very few. Actually seekers are not at all evil, poor things they have played into the hands of evil forces. They've been ruined, sometimes I weep to see the way they are being exploited. But they are not bad. They are not bad people at all. They are seekers, absolutely beautiful things. Do not think that you are something evil, never think that way. It hurts me.

Attendee: Unclear.

Yogi: Are you going to raise Kundalini tonight?

Shri Mataji: Yes now!

Attendee: Unclear

Yogi: He is asking whether the Chaitanya is the last avatar of Krishna.

Shri Mataji: Chaitanya means, the all pervading divine power of God, which is love, Divine love. It means chaitanya – is all Pranava. It has many names it has. In Sanskrit it is called as the breath, Ruh. And in the Bible it's called as the Breath of the Holy Ghost. (Unclear) is the power by which the whole universe is ruled. By which everything that is spontaneous takes place. These three powers are the three aspects of the same. But when you get your realisation you get the integrated force. Actually when we consider analysing a person we are really dividing him. For example you might have a doctor for one eye and another for another. But chaitanya integrates you completely. And the whole power is the vital power of our prana, which is the right-sided, of our manasa, which is the left-sided and of our dharma which is the centre. All these are integrated.

Attendee: Unclear

Shri Mataji: This complaint is correct, is correct complaint. What's your age now?

Attendee: Thirty

Shri Mataji: Only thirty? About ten years back, when you were hardly twenty years I had proclaimed it but nobody wanted to believe Me. It's the human beings who are to be blamed for that. Who crucified Christ? Why did they not recognise? I have to ask many questions also. Why did you not recognise Him? Why did you not recognise Krishna? Why did you not recognise Rama? Why did you not recognise any saintly personality but these fake horrible things? Why did you recognise them? I talked about all of them, very openly without any fear. Ten years back I went to America and everything. But see, where is Americans gone now?

All mad, what to do? They have gone mad.

## 1981-0322, Extract of Speech by Sir C. P., Sydney (from Nirmala Yoga, Issue 4, Pages 10-11)

View [online](#).

22 March 1981

Sydney (Australia)

Extract of Speech by Sir C. P., Sydney (from Nirmala Yoga, Issue 4, Pages 10-11)

Dear Sahaja Yagis and Yoginis and dear little children, dear members of what I call this beautiful universal family. For me this is a very memorable moment, a moment that I will cherish, and this is a moment which fills me with feelings which I may find difficult to describe to you. I'm here amidst members of this universal family, and it is marvellous that in keeping with our desire, both of us should be celebrating, as is appropriate, our birthdays with the members of this universal family in this city of Sydney. I want to say how joyous I am, and delighted. I'm delighted because as I mentioned, perhaps in Bombay, you represent to me the symbol of a new hope. I am concerned with the United Nations. The U. N. is concerned with World-peace, world safety, world co-operation, and yet whenever you open a page in the daily newspapers, you see how disasters are taking place, tensions are rising. There are very few areas in the World where there is real peace and joy, and what is needed by mankind at this time is a new evolution, a new force, which would be, which must be spiritual in character. The world has seen the growth of materialism. The world has seen some of the evils which come from that. The industrial revolution was very good in many ways, daily life has been facilitated, at the same time things have gone too far in a particular direction and human beings have within themselves dichotomies and tensions and questions, and all of this is now finding its expression in many parts of this World with tensions, through fears, and what can mankind do ? There must be some way, there must be some hope, and there is hope, and that hope is Sahaja Yaga. What the World needs is really, some spark somewhere. As even in my little field with the U. N. System, the maritime field, I find that if you promote co-operation, if you are sincere, if you are honest & truthful, if you really believe in one human family, then people around you begin to believe in that and you see glorious moments of co-operation, of happiness, of joy. But my field is very limited. Her ("Mataji) field is immense, it is the universe itself, and I cannot tell you how proud I am of Her because She doesn't want anything for Herself. What She wants is this human family, which must be one family, should really grow up spiritually and become a new family for the World where tensions no longer exist, where mutual love is giving more than taking. It is a new spiritual attainment that must be there. It is not a particular view or a particular group or a particular thesis but the universality of Sahaja Yoga that is what appeals to me. I honestly believe that there can be peace and glory in this world, if from our hearts, not from just lips, not in a formal sense, but from our hearts, if we begin to believe that we are all creations of one almighty. There cannot be two all-mighties, there can only be one.

## 1981-0323, You have to have complete control over yourself

View [online](#).

23 March 1981

You Have To Have Complete Control Over Yourself

Public Program

University of New South Wales, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Public Programme Day 1 at University of New South Wales. Sydney (Australia), 23 March 1981.

Such a joyous moment to be with seekers, to be with young people who are seeking.

I have come for the first time to Australia, I should have come much earlier I think sometimes, the way some of the seekers are ruined by some of these horrible people who are around. One has to know that you cannot pay for God's love, you cannot pay for it, you cannot organise it, it is something that God has given you already, that is within you.

You cannot manufacture it, you cannot copy it. What happened to you when you become a human being from amoeba? How much did you pay for that? Who organised that for you? If there is living God, if he exists, and if there is his living love, then whatever has happened to you or will happen to you, and has to happen to you, has to be absolutely living, it cannot be some sensational thing or some sort of funny gesture or contortions in your body which you cannot control.

You have to have complete control over yourself, that's the first thing that should happen to you that you should be master of yourself. But, we are deluded very much and impressed by the sophistication. Those who are true seekers will have to come to Sahaja Yoga.

Now Sahaja Yoga means spontaneous happening within you it's not a rational thing, you cannot put in any effort for it. Some people will not get it what ever I may try or you may try, they just can't get it, but most of them should get it's a spontaneous happening that takes place within you. Because now we have reached a stage of our evolution where we have to have the break through into the absolute, otherwise the chaos of this world is not going to die!! That's your due, that's your right.

Yoga means union with God. It means union with your spirit. It's no other nonsense that people talk, Sahaja means: Saha means 'with', Ja means 'born'.

It's within you, it's spontaneous, like every seed has a primule in it, you too have that power within you, just placed there in the sacrum, the triangular bone. So many people who are real scholars, who are seekers, have reached the conclusion that it is the awakening of the Kundalini only that gives you your second birth, your baptism, but they do not know how it will work out because it is a living force. You cannot pull out the primule out of the seed, you cannot not force a flower to become a fruit, you cannot pay money for it, you cannot rationalise it or mock at it or laugh at it or if you doubt it whatever it is. It will work out when it has to work out. In the same way today we are at the junction of a great happening, en-masse realisation has to take place, evolution has to take place, otherwise this creation will have no meaning, you will have no meaning either.

So don't worry for cheap sensations and sensational stuff that is around, you have to ask for the real and that real you will only ask for if you have self esteem, that you understand that you have to get the real and not something that you can purchase on the market!! Whatever you can do is not divine, so, because you are doing no living work whatsoever!

But after realisation you can do, living work because your awareness itself becomes dynamic as it is meant. I had a very long interview just now with lots of journalists and TV people and radio people and I was surprised, they were very, very wise and extremely deeply interested in the real seeking and the questions they asked.

The first and foremost question that they asked was 'What is this Kundalini?' Was very good because they didn't ask any mundane questions. Do you play this, do you do this, all this nonsense they didn't ask me. They said, 'What is this Kundalini?' which is a very sensible and a wise question. This won't come to a stupid man! What is Kundalini? One should know what it is! If you have come here with a curiosity about it, at least you must ask such a question as to what is Kundalini? Because nothing is telling you. You should ask me questions .... and if you go to a Shakti there's something what we call a gift, if you want to have, you can have it. If you don't want to have I cannot force it down your throat! You have to choose it in all your freedom and understanding.

Now this Kundalini is the pure desire, the power of desire within us which is placed in the triangular bone called Sacrum. Which

remains the whole even after creating the whole of you as you look like a human being. It's just the same, till you get your Realisation, till you get your absolute, it will remain. You may go to thousands of gurus, do what you like.

There are people I have seen who are so identified with their guru's that they don't even realise that they haven't any powers within them, nothing, and still they are identified with them.

Unless and until you get your spirit you are not going to be satisfied, you try anything else because you are a category and category of a seeker. There may be some who are not, who are just posing, they can be discovered very easily, the Kundalini rises only in the presence of a holy person who is a realised soul, that's why they say you must get a Satguru, which is a guru who is a Realised Soul, but how many there are.

They are shocking enterprises, they are mesmerising, they have given you no powers whatsoever except to dance according to their whim and pay them their bills, now, the time has come for you to know that you are going to be your own gurus you have to achieve your spirit, and you have to become that, but stupidly won't understand. I understand that why people go to such gurus sometimes are extremely stupid that they can't see that we haven't got the real thing. If they are real seekers they would not accept something that is not real. They will deny and defy all and will say that we must have the power of our spirit.

Have we got the power to know what is wrong with us and what's wrong with others. This is what you have to ask, this Kundalini rises and gives you your baptism in the fontanel area. The time is so short that I can't describe the whole lot to you.

There are seven centres within us and the Kundalini is placed about the lowest. It's very important to know this point about which I'll tell you later on. It's here you can see the lowest centre is placed which is your innocence. They never talk of innocence do they? Where is your innocence placed is this point which manifests outside the pelvic plexus and which has got the Kundalini above it.

And above the Kundalini are six centres which are manifesting in your other plexuses in the gross. These are the subtle centres within you. When the Kundalini rises She enlightens all these centres. She enlightens Herself. You have to become, it is the becoming that is important, not that I give you a lecture and say 'Oh, this is this and that is that'. It is a happening that should happen to your personality in your awareness you should be able to feel the centres of others and you should be able to awaken the Kundalini of others.

If one candle has enlightened another candle, the other candle should be capable of enlightening another candle, otherwise it has no meaning. It takes hardly any time for the Kundalini to rise, but there are obstructions in many people because we are very complicated. Doesn't matter, whatever it is it can be cured. It can be improved and you have to have it because you are seekers born for this purpose only, you are not here to sell somebody's pockets and make them parasites on your society. You are not here to just become sex points, just to be lost as alcoholics and druggists and chemists!

You are human beings, created out of 1000's and 1000's of species being discarded, and placed at such a pivotal point. And now the time has come for you to enter into the Kingdom of God. At this time don't listen to these people be careful I'll give you a small story about how things work out in the hell.

There was a gentlemen who was a very good man and a very great seeker and he went to heaven because he died, he was a good man so God have him a key to heaven, but he said, 'What, here the people are so sober, enjoying themselves, they are in complete joy, but there is no fun, I don't have any fun before this, I didn't go to any one of these horrible places of sex nonsense and all that.'

So they said alright you go to hell, and see for yourself and if you choose hell you can go to hell, so he came in and he found all kinds of funny things happening, and people doing all kinds of things. Ego being pampered, go ahead, go ahead, do like this, very good for you, come along, be more fast, you must kill your ego, you must kill your super ego, this and that and he says very good idea, you see it's such an ego pampering thing that he liked the place and a very good thing going on, so the people who are doing that said, 'What are you doing here?' He said, 'I want ... I have come to hell. He said, 'This is not hell, Where is it?

Peep out from there, he started seeing from different peep holes, and he was amazed. People were put into burning fire, some were in the boiling oil and all sorts of things, he got the shock of his life. He says, 'What's that!' He turned around and said, 'Is that hell?' They said 'That's it. The smoke? ..... Then they said, 'What are you doing here?' They said, 'We are publicity department!' That's what they are!

Don't listen to them. You will develop cancers you will go mad, you will have all kinds of problems. You'll be broke. I have go now people in England, who were heads of some of those so called academics, they are paupers on the street, while these people have diamonds in their beds, attached to the bed-heads. Those people who didn't even have a bicycle have Mercedes! They themselves are handicapped, they are sick people, but they are professing such big things and how can you cut it down, all this nonsense.

People develop diseases all kinds of problems with them. You must see the people who go. What do they have, have they any quality ... do they understand anything? Are they looking alright? Is their health alright? At least minimum of minimum their health should be alright. Are they sane people?

Have they conquered themselves and are on top of the world, are they, or are they still slaves of so many things? If they are enjoying themselves there is no need to have any addictions you just give up overnight.

I don't say 'don't do this and don't do that!' I never say that. It's not necessary to say it because you haven't found the real, that's why it's a problem. But once you find it you just jump there. You start enjoying life without it, because the Spirit is the one that is the source of joy and happiness. Nothing else I think the time is very, very short and I cannot cover the full subject but I would like to have some good questions from you. Not silly questions because I'm very clever and I can avoid it.

Thank you very much.

(Realisation experience).

But don't be frivolous, it won't work out - you are the loser. I am not the loser, I don't have to gain anything! Now, how will it work out?

First you will find there is not thought in you mind, thoughtless awareness, many people talk about it, thoughtless awareness ... and talk of Self Realisation. But have they done it? Of course, it is needless to say that once you get your realisation you get your khamsha (spelling?).

That Krishna has said once you get your realisation your problems are solved, physical, emotional, mental, all problems are solved and you become absolutely relaxed. That goes without saying. But I'm not here to sort of cure people and go to hospitals. Nothing of the kind. It's just who are the seekers will be blessed because this is the reward of this last judgement.

(Just close your eyes.)

And the first thing you will feel will be thoughtless awareness, you won't find any thought in your mind, if you try to see your mind you'll find there is no thought. Just close your eyes and see if there is any thought there.

Ask your mind - what are you thinking? When there is Kundalini crosses over the Agnya chakra which is the centre of Christ, you become thoughtlessly aware - you become - again I say it's the becoming; then it crosses the fontanelle bone area which is called as ..... in Sanskrit language. This is the real baptism one can say - you can feel the cool breeze on the hands from the all pervading power around; but that's not the end of it - it's just the beginning.

It's just that your seed has been germinated but as Christ has said - some seeds got lost because they're places on the rock. So do not have a heart of a rock - just keep it open, keep it open. You'll feel very relaxed also - extremely relaxed. You have to ask for it.

You have to say, 'Mother give us our self realisation please,' you have to knock on the door. If you if you are arrogant about it - it's rather difficult for me. You are asking for such a great thing which you have been seeking for ages - for many lives.

In humility you have to ask - if it works it's your own gain - if it doesn't - we'll work it out later. Not to condemn yourself for that, you've no way to feel guilty please don't feel guilty about any thing - whatever you've done forget it - don't feel guilty - that's one of the diseases people have, when I say something, they start feeling guilty about it. Not to feel guilty about because what guilt can have with what wrong can you do - in the presence of God who is the ocean of love. He's ocean of love. Kundalini is universally there, exists in everyone - She is your Mother - She is you individual Mother. Mother - that is the desire. The pure desire which is waiting for a chance to give you your second birth.

And when She rises, She touches the seat of Spirit on the fontanel bone area and the Spirit - which enjoys itself by itself - shines in your awareness and you get collectively conscious - please put your hands out.

It's like one flower becomes the fruit, then five, then ten. It has to happen, just it has to happen. If not now, it'll happen later - you have to have sometime to do this kind of thing it's such a fast running train that you don't know where to catch it.

Please don't doubt me for the time being because I'm not selling anything - I've spent my own money for Sahaja. I have come here to give you a gift which you desire. There is no organisation that we are running, you have to become. Just feel it if you are feeling the cool breeze, it's a subtle thing. It's very subtle - so be careful.

Our attention is on the gross and if it has to achieve that dimension of subtleness.

Try to still yourself, try to still yourself.

(Long pause)

Now see for yourself. All those who are getting cool breeze raise you hands, now all of you who are getting cool breeze raise your hands higher.

Great! Alright again work it out, for all of you it will work out, I'm sure. Quite a number, at least 50% got it. Keep your eyes shut, that's very important because when the Kundalini rises she directs the pupil, so please keep your eyes shut, that's very important.

## 1981-0324, Public Program Day 2

View [online](#).

24 March 1981

Public Program

University of New South Wales, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Media missing. Public Programme Day 2 at University of New South Wales. Sydney (Australia), 24 March 1981.

It was very kind of you to have invited me here to speak to the university students. The word university is itself very suggestive, that you come here to become a universal being. Perhaps you may not have realized that when you joined the university. Many must have been to the university before and must have gone out of it. They might have been somewhere, in something, but if we ask them, "What have you gained through university education?" They can tell you that because of university education they have been able to get this job or maybe this special position in politics, maybe that they have gained lots of money, of business.

Also, they may say that they have gotten knowledge. All these things, through this university. But not that they have become universal beings. And whatever is universal is now being analyzed. When you are not the universal being how can you analyze whatever is universal? For example, if you go to any university, same way as in this university, I found, there is a science section, there is a chemistry section, then the physics section, and sections and sections and sections. So an analytical method is developed. In a different ..... we put different people to tell us different aspects of life. Like human beings too, we study them as if they are different beings within themselves, like we may have a doctor for one ear and another for the other ear. So much specialization that to get the ..... whole of your body you might have to go hundreds of doctors and end up with some sort of a complete execution of money and energy.

When you become a universal being, in the real sense of the word, it's a becoming, I'm saying actualization. It is not something for which you can pay. It is a very different thing. It is the living force within you. The living force that works out your body. Now think of your own body how it works. There are so many things which are reflex action within us. If somebody draws on you, sucks on you, it immediately reflects in your activity. It's all built within you, your digestion is going on without your understanding, so many things are going on in your body which are called as autonomous nervous system, you do not know how they are worked out, what attention you have to pay to them.

It's just done by itself because the whole being is aware of your body. It knows what are the functions when to co-operate, when to coordinate, when you want to run your hands, don't move your legs, start moving, when you want to fetch something your hands outstretched. So the being within us knows that when we have to work out something it has to be a synthesis and not the analysis. It's the synthesis that's going to help us and this is the basic problem with our knowledge.

We have to work it out synthetic way. So that synthetic now means, of course you know, it's artificial. It sounded so funny, sometimes I find that there's a synthetic material means it is artificial. Actually, the synthesis of the being can only be achieved by finding out our absolute. If your absolutely not available, you're relative, you are living relatively, your body is moving relatively, if there is no absolute. But there has to be something absolute that works out this synthesis within your body without your knowledge and they call it as Autonomous Nervous System. Now ..... is the honesty of human beings that they call it by names.

When they don't know how to explain it. Because they do not know how to explain what works about this autonomous, but what is the auto, who is the auto. They don't ask such questions. That's why human beings have become human beings from this autonomous, but what is the auto, who is the auto? They don't ask such questions. That's why human beings have become human beings from amoeba. What is the purpose? Why are we here on this earth? These questions are shut off also. Because to be honest is their job, and honesty can be a very relative terminology if you do not have the absolute within you. For example, whatever you see is honest, whatever you don't see is dishonest, is a wrong idea.

Whatever you see is honest up to that point, up to that awareness, up to that limit of awareness where you see human beings as they are. But there is something beyond, you should discover even the science has hypothesis. They have got their laws and they refuse it. Now Newton's law has been challenged, now another theory has come up. You know that Einstein has said that "I do

not know how far we have to go in the unknown." He has accepted the theory of unknown.

Apart from that, a person like Jung has said that in psychology, there is universal unconscious, he recognized that. Despite the fact that they were not universal beings, or perhaps they were, according to me they were, they saw the point that there is something beyond which is universal, which is working it out.

There is some sort of co-ordinating force outside us which works out coordination, obviously. Nobody can explain why. Example, you see SO<sub>2</sub>, sulphur dioxide, if you see under the microscope you will see there is asymmetrical vibrations, but they cannot say from where it comes. What's the purpose of that? Who has done it? Lucky they are asymmetric, co-symmetric. They do not know how. They cannot explain. "I only know" they say "this is what we see, that's what it is."

For example, in the darkness, if I see there is a table, I can call it that, it is something like a horse because I cannot see clearly. Moreover, I take hold of only the length and then a tail and then I start saying that it was just the hard staff or something and now imagine, the whole thing is very different.

When you know a level it can be much more dangerous than to know not at all, because you just continue as something very honest and you become glued to that idea and that conception becomes a part of your spiritual being. That is why you know so many scientists themselves have suffered in that whenever they tried to propound what they say more than the others they were crucified and tortured.

You know about all the scientists, the history of it. And how the scientists of the divine about which so many have said and talked. When I was born my father said the same thing. He said that the people are born on the first floor. They don't want to know what you see on the tenth floor. That's the problem. That's how they crucified Christ. Why did they crucify Christ? What was the reason? Because of their ego? No. I would say it was stupidity. It was ignorance. It was their- some sort of complete blindness that they could not see what he was and that they crucified him and he said it will continue. That's what my father told me, and it's a fact.

Then I realized about human beings, they are really very, very blind. They can't see beyond. They perceive through their imaginations. Imagination doesn't become reality unless and until you have something else which is reality. Just now whatever you see, whatever you do, you do not. You have to rise to that awareness, where reality which is the truth, which is the absolute, must become one with you. You will never understand what you are studying, where you are heading to, what you are going to do about it.

Now, you do not know by what power within you, you study, by what power you remember, by what power you can improve yourself. It is a science beyond, beyond our awareness, so you have to tune to it. For example, if somebody said that under the skin there are many cells, nobody would have believed it if there wasn't a microscope. You have to accept that we have to develop it, but in our own ego we do not want to do it.

And now for an example, Sahaja Yoga has cured cancer. Definitely, it has cured cancer of very, very eminent people and when they went and told to the doctor and said that Sahaja Yoga has cured us, they said: "You have gone mad." If you are dead lucky then they say you are all right. If you are not like that then they say "you are naive." Now even then they can produce it as, say this was the case ..... and this was the thing, this was the case history. Now believe me Sahaja Yoga has cured cancer. But they do not want to believe me because they have their warrant they take out their oath. All this we have known so far is all going to be wasted. Now all this is not going to be wasted at all.

Whatever knowledge you have now gets enlightened after Realization for example now, look at Dr. Warren he is a very well educated economist, and he knows a lot about the body and everything. He is such a good Sahaja Yogi because once he got enlightened he knew the answers to many questions which are not yet answered, and he can communicate much better than anybody else who is not an educated person, who knows everything about say ...

I myself studied medicine because I know I will have to face the doctors and it will be difficult because human beings have given names to everything and I would not be able to communicate with them at all. Second I had to also study a dictionary I should say the dictionary of Psychology to understand what they call this and what they call that.

So this knowledge is not going to be wasted. But this knowledge is not enlightened unless you see the complete work. It is going to be of no use to you. First, Self-realisation is where we are standing. We are, all of us have to have our Self-realisation. In our evolution, we have grown through all these various chakras up to the point where it's at this point in the limbic area. If you are a

doctor you will understand my words. You do not know anything about auto you do not know anything about parasympathetic and you do not know how the parasympathetic works out. Now, this portion is the one which is called as the baptism in you.

This is the real baptism. It is the living desire within us which resides in the triangular bone called the sacrum. Now as you know the sacrum means sacred. So the Greeks from the unconscious knew it. Like the way (Derek came to have this university) .....?

This has come from the unconscious that tomorrow these young people who are studying here are going to be the universal beings, that's why it's a university.

Otherwise, there is no need to call it university and this Kundalini which is there if you see in the triangular bone is coiled into three and a half coils is a desire within us, you. Pure desire within you, to become the absolute, to become the Spirit. It resides there for ages. It resides there from many lives. It resides there and comes back and comes back. That's your own authority from divine not from some theological college. From a divine realised soul like Christ. If someone comes up he can raise the Kundalini. The one who knows the job can do it and for this you cannot pay. It's an insult. You have to think of money. Money has nothing to do with it. It's a very simple thing. It's Love. How can you pay for Love? Whatever love you have to pay for is not Love. It just flows, just acts and you can see with your naked eyes. For scientists, you should see we have a film in which they have been able to see that the pulsation of the kundalini in the triangular bone is the rising of it and the breaking. Many saints have described about it, know it rises, how it goes up.

For example, Christ has said that "I'll appear before you like tongues of flame". How many people have tried to understand this sentence or they may give you some explanations or something. These are the centres which really look like tongues of flames, beautiful they are, in different colours in different areas. And they look extremely alive and extremely gentle and the flame is glowing like this. What is said 'I will appear before you like tongues of flames'.

You also do not know anything about Christ because he was not allowed to be more than four years in the real sense of the word because most of the time he was missing from here. Now today I would like to know how many of you students will recognize Christ with all your knowledge, with all your Ph.D.'s and everything. You cannot recognize Christ, that's a fact. Why? Because you have not felt your absolute. Unless and until you have felt your absolute you can't recognize yourself? So you must get it. You have to have it and it's a very simple thing, absolutely simple. Because it is living. Whatever is vital, whatever is vital has to be simple.

Supposing for your breathing you have to come to the university and learn how to breathe and how to have your lungs contracted how many of us would have survived? I mean whatever is vital we know very well how to do it. We know how to breathe in and we know how to breathe out. We don't have to learn that anywhere. In the same way, this happens without any learning but only the educated have a better advantage in these modern times because those who are lost in the jungles you also get lost in the jungles so you can communicate with them because you have been there. It's a better idea that an educated man talks to an uneducated man. Sometimes an uneducated man also impresses. I have seen some people are also impressed by an uneducated man and he is a Realized soul but when it comes back to them they start rationalizing and thinking how can that be? Everything that is written in the scriptures is the truth no doubt but the people who try to teach them are very hard natured. They have deviated. The only thing that they had to do was to seek themselves. To be born again. None of them ... ? They have built big temples and churches and mosques and this and that and big fanaticism around you all.

Your aura is covered with that fanatic suffocating force which does not allow you to see that whatever is God has to be universal. It's like many flowers on the same tree and they have plucked them and they say, "This is my flower. This is my flower" and the flowers are dead, ugly, horrid. And they cannot grow. They cannot grow, they cannot create a fruit. This is the condition of our so-called religions. Now I do not want to have any confrontations. If they even now excite that you have to do God's work which you have to do, definitely you have, no doubt. But you have to decide.

Christ has said very clearly in the second chapter of Matthew 2nd verse "You'll be calling me Christ! Christ! I won't recognize you." That's very true. It is not a question of who recognizes Him, but He should recognize you because the advent of Christ is going to be absolutely terrible. He is not going to talk to you, convince you or comfort you or give you any counsel as I am trying my level best, but He will just come for the last sorting out. Because I declare that the Last Judgment has started. The last Judgment takes place only through Kundalini awakening. There is no other way out. God is going to do it through the living process.

That's why en-mass Realization is coming and see now in the university you could not even find the people to fill this hall. I would have given Realisation to all of them. But they're not interested. This is not the fault of God. It is the fault of the people who do not want to see the truth and meet Me. You cannot help because of their ego, their possessions and their conditioning, they have

so much lost now that I find that we will have to have selection and this selection will go on to a point and after that you have been given all the chances, all the knowledge as how to correct yourself and how to be in the kingdom of God. But later on this last has to come and that time there will be no arguments, no talking nothing, just the last sorting out. That's what it is.

It is very hard for people to believe in Christ when it comes from ego. There are many people who think how could there be Christ? How could be anyone? Now I will prove not only his existence but the existence of the prophets and of all the great incarnations on this earth and to show what is their correction. As Christ himself has said, "those who are not against me, are with me." All those who are with me is a big family, and I want you to get introduced to that family, and to know for definite that they are there. How do we do it? How do we believe it? You should not believe any other way. If you are free, you should not believe Me, because I am not here to entice you or to give you any kind of a charm or what you call a mesmerism, but you are absolutely free. Now, in your freedom, how do you know what I say is true?

First of all you must get your Realization. For that you don't have to do anything, it's very simple, I'll work it out. But after that, you ask any fundamental question, and you will find that you are like a computer. You are now connected to the absolute and you are getting informed with the answers from the absolute. You ask any questions, for example, you can ask "Is there a God?" Immediately you get strong vibrations. You can ask another question, "Was Christ the son of God?" Immediately you get it. Now, supposing you have some fake guru, you ask about it, your vibrations will stop, and stop for quite some time. It's so obvious. Now this is one thing nobody can do.

Now you've talked about the fake gurus and all that, I'm really ashamed of them, really, I'm ashamed of them, they come from such a great country like India. India is a yogi's home, no doubt, it's a country of great people, and a country of saints, where great people lived. But you see, the market was created by seekers of God and the demand came. I'm sorry for that, that this should come from India. But as that country is such a powerfully spiritual country, hypocrisy goes around, and there is no hypocrisy. But there are thugs, lots of thugs and satanic forces that have come up in that country, they are born there to kill the spirituality. So if there is some sort of misunderstanding about these people, I should say it's an understanding.

I can quite understand that you suspect me, you should! Because I'm Indian you should suspect me. I have to just tell you that I'm not here to sell anything, nothing to sell. It's just to give you, just for you to have, nothing to sell. It's love and love and love. I do not know because I see some students are chatting.

Something, I must tell you something, and there are some law students here. Now, for the law students I have to tell, you must know the Divine laws, if you know the Divine laws that is the basis of your, that is the basis of all your human laws. If you learn the science is Divine, then you will know the science is Divine, is based on I should say, the whole of this science is based on Divine laws of science, of God. All these things one must know, because, whatever you see, now is not sufficiently there. We have to go a little beyond to see.

If the room is dark, you cannot see anything, whatever you see is very limited. But if there is light, we can see everything, and retain everything, everything. I will be happy to stop if you will ask me questions, I would like to, but don't do too much, because yesterday when I told them, they went one by one and there were at least fifty questions, see, and the people were fed up, because most of them were seekers, 90% were seekers, and they wanted to feel the realisation, because too much, and I had to say that "now stop, it's too much, you are not interested in getting Realization, but just having fun." It's very easy to make fun of Her, you know. It's very easy.

But to understand something deep you have to be a deep personality. If you are not a deep personality you cannot get near Sahaja Yoga, never. So please understand, it is for your good, it is for your need, this I do not need anything. I have come here because of you're seekers. So don't be driven away by frivolous ideas and frivolity. Please try and take it for yourself and you will see how remarkably you will get it.

Only for university students, just as Mother would like to give castor oil, with a cover of some chocolate, I would like to tell you, what nice things that can happen to you. We have many students with us, who have found themselves very difficult to the studies and all that and couldn't go ahead, some of them really broke down. They had problems, nervous problems, things like that, and some of the students were very backward in the class and they failed every year and it was a big problem for them, but when they got realisation their depression went away and some of them have finished first. Actually, most are first class, first with us in Bombay University, and also in the minor school examinations that we have ..... , and all that they were Sahaja Yogis, special first class.

It's most surprising that these students should shoot up so much, we were just talking about, there's a boy who was very backward and they thought he was mentally retarded, they were going to put him in the mentally retarded school, because in the

school if you could not pass for three years in class. So they brought him to Me, and he got a first class. A very good first class, and now he is doing very well. So you see what happens, when your awareness is changed. When your awareness gets that light, you definitely become relaxed, and you can be much better. But this is just an encouragement for you. Main thing is that you must ask for the real.

May God Bless you!

## 1981-0325, Mooladhara and Swadhishtan

View [online](#).

25 March 1981

Mooladhara And Swadhishtan

Public Program

Maccabean Hall, Sydney (Australia)

Talk Language: English | Transcript (English) - Reviewed

1981-03-25 Mooladhara and Swadhishtana, Sydney, Australia

I bow to all the seekers of Truth.

The other day, I told you a little bit about the first centre, called as Mooladhara Chakra, and Kundalini, which is the residual consciousness in the triangular bone called as sacrum. As I told you that this is the pure desire power which has not yet been awakened and is not yet manifested within you, which resides here waiting for a moment to arise and to give you your second birth, your baptism. It makes you at peace. It gives you your Self-realization. This pure desire is to be one with your Spirit. Unless and until it is fulfilled, those who are seeking will never be satisfied whatever they may do.

Now, this first centre is very important because this was the first centre that was created when the Primordial Being started doing the job. This is the centre of innocence that is holiness. First thing that was created was holiness on this Earth. This centre is very important in all the human beings because animals have innocence, they have not lost it, while we have a right, or we can say, we have a freedom to abandon it. We can do it, we can somehow or other destroy it by our so-called ideas of freedom.

This centre has a power to give us wisdom. Wisdom is such a word that cannot be explained. Wisdom is the balance between your understanding of what is good and what is bad. Where you really understand what is good for you, for your Spirit, is wisdom, and when this centre is alive and is not destroyed, then you really know what wisdom is.

For example, the person who has got this centre very well developed can tell you whether it is the North or the South, because the magnetism that is in the Mother Earth. This centre is made by the element of Mother Earth. The magnetism that is in the Mother Earth is present in this centre. When the birds fly all the way from Siberia to Australia, they do it with the help of this centre, because they know whether they are moving northward or southward. They have an innate wisdom to know which way to move and that's why one should know that this centre is also within us, but we have lost our sense of judgement because we have lost that magnetism within us.

An innocent person is really like a magnet and it attracts; he attracts the people towards himself, just like a flower attracts a bee towards itself. There are some fishes in which they have found an actual magnetic field and in some of them, they have even found a regular magnet placed in certain fishes by which they know whether they are going North, South, East or West.

This centre in us can be destroyed by various ways, as I told you last time. If you see from the top, there is a blue line coming down; this is the power of our desire, by which we desire and is the emotional side of a human being. When a person neglects his emotional side or does not respect his emotional side, then this centre gets lost, it gets very much destroyed. The emotional side in these modern times is not well understood by human beings. I'm sorry to say, but it is very true that when you destroy this centre, the first thing that sets in is impotency or over activity, like the rapist and all that are created because this centre is neglected. Both things are just the same in the eyes of God; any extreme is wrong.

Those people who say that you can be enlightened through sex are really – I don't know what to call them, because She is your Mother sitting down there; She is only your Mother, She has no other child and She is holiest of holy. She is the Holy Ghost within you and if you want to sex on your Mother, I don't know if people understand that here. In India it's impossible; we cannot

understand this nonsense. So it's the same insult to your Mother.

Like some people try to insult Mother Mary by putting Christ in a very awkward situation with Her. It's something like that we can say happens when you start talking like this. It's a very great sin to do such a thing to your own Mother, which is the Kundalini and that's why, the other day I told you, I have seen some people have Kundalini which is all the time tossing Her head and breaking Her whole body and just feeling so helpless because She's made so weak because the holiness from a person is vanished. Our idea of holiness has become so perverted and to add up to that we have now gurus to tell us that it's a very good thing to do, you'll go to heaven. Actually they are very honest they say you'll go to bottomless pit and bottomless pit means hell.

Why do you need a guru for this? Actually you have mastered this art. I mean, in England when I went, I was amazed that they have sex about... I mean they talk of sex and sex and sex, morning till evening. I don't understand. Like all impotent people talk. That's how they go on talking about sex, all the time; it's nothing but sex; it's so filthy, so filthy. They talk sex with the animals, sex with the children, sex with... I don't know what's happening to human beings, how can they be that filthy? I wouldn't be surprised after some time we will have our bathrooms inside our drawing rooms. You see there's something like our privacy, something like our drawing room where we meet people. How can you talk of these things, and how can you discuss these things which are so private, and so sacred, and that's how you lose them or you lose balance over them.

This is one of the things that's happening to us because God has given us freedom within, we can do what we like. But we have lost our wisdom. We have lost. I don't know why this industrial revolution, or I don't know whom to blame, but we have lost our wisdom to understand that these things are injurious. If it is not, we logically can say, why do we develop diseases? With free sex, all the sailors, you know under law, have to have in every port arrangements for getting injections for all kinds of complications that they have from sex life. Why is it you do not feel healthy every minute? You'll lose all your health, all your charm is gone from your face, you're sunken and you look so horrid. It's a very good sign, just now, to see how nature reacts with it. So one has to be wise to understand that God has given us this thing to us, not to be insulted but for us to lead a good, normal married life, and not to waste our energies in this kind of thing.

But when people start thinking about it, then it's even worse. Then what happens, that this shifts from there the attention onto the other side and it goes to the yellow side, goes to the brain. When you start thinking about it, definite it is that you'll become impotent. Definite, no doubt at a very early stage. Because it is a spontaneous thing. And when you start thinking about it, when your eyes starts roving here and there, be sure your attention is gone to something which is so localized, which is so different and which takes place only at a time when you are at a certain emotional spontaneity.

It's very out of date to talk of these things to people but if you are not careful about it, you have to find out the statistics of American young people and you will be amazed how many of them are suffering from horrible diseases. When I went to America, I found that nine out of ten young people who came to me were suffering from these horrible diseases and most of them were impotent. It's a shocking truth. One has to face it as it is and not to say, "Oh. I'm alright, I'm alright." This is not the way to look at things. We have to see the statistics that are being placed before us, and to know that there is something wrong about it and with your wisdom you have to reach certain conclusions about it.

The second centre, which I call as a Swadhishtana centre, is also a very important centre within us.

The first centre looks after all of our excretion; it has got four petals. In the same way, the pelvic plexus, which is manifested by that, which is a gross plexus within us, has also got four sub-plexuses.

Another one that we have is the Swadhishtan centre which is the second centre. The second centre has got six petals and it supplies, or it manifests in the gross, the aortic plexus which has got six sub-plexuses. Now this centre is very important for us in the modern times; it is extremely important and I think neglect of this centre can create lots of problems.

Now this centre if you see is connected with the brain and this centre is responsible for our action, is the centre of our creativity. When we think of the future, when we do any physical work, we use this centre for that purpose and one has to understand that

these days we are developing lots of diseases because we have not understood what the function of this centre is.

The foremost function of this centre is to convert the fat cells for the use of the gray matter in the head. When we think too much all the time about the future, we plan, we go on planning into all details. What happens is that this poor centre has to work very hard to produce new cells, one after another, for the use of your brain.

Apart from that it has to do many other functions. It has to look after your liver, it has to look after your spleen, it has to look after your pancreas, your kidneys and also the uterus among women. If you start thinking too much, if you cannot stop your thinking, all the time your brain goes on thinking, a sort of a thinking process starts without your control, then this poor centre has to work all that, your liver goes out.

When your liver goes out you must know that the liver is one of the most important things within us because it nourishes our attention (chitta). This attention, whenever it is spoiled, is spoiled because there are certain poisons within us; it can be physical poisons, it can be mental poisons, it can be emotional poisons. Any kind of poisons there are, especially the physical and the emotional ones, they go to this liver which sorts it out. The function of this liver is to sort it out.

But when you are not giving it sufficient energy, you are using for thinking, then this poor centre is left behind; it has no nourishment, nobody looks after it and it becomes sluggish. When it becomes sluggish, all the heat accumulates in the liver, and such a person doesn't get any temperature till he gets cirrhosis and he dies. When thinking goes on too much, people get tired of thinking, thinking too much. So they think, "Let's have something that will take us away from thinking, which will give us a kick outside." So they take some sort of a drug, or a drink, or alcohol and all that.

All the saints in the world have said that alcohol is very dangerous for life. The reason is that it goes against our awareness. This is a fact; you know that after taking a drink our awareness becomes blurred or excited. It's not normal. That is the reason they said no.

In Sahaja Yoga I do not say don't do this and don't do that. I only want you to come to Sahaja Yoga, get your realization and then you'll not ask for it. That's a much better way to do it. But why they asked you – For example, if you read Moses, Moses has clearly said that these are strong drinks, very clearly. I don't know if people read and they should be avoided. I don't know if the Jews do that. They should not be taken, He has very clearly said it. Abraham said the same thing that drinks are not good.

Why all these prophets talk about it? Because they are all born in that green patch of ours; they are all placed in this green patch where we get our sustenance, which is ten. We have got ten sustenances within us, like gold has a sustenance that it does not tarnish. In the same way, human beings have got ten sustenances.

These ten sustenances are represented by great prophets. The principle is called as Adi Guru, in Sanskrit language, the Primordial Master. He has incarnated on this earth as Abraham, Moses, as Lao Tse, as Confucius, as Socrates, recently he has been as Sai Nath of Shirdi (not the other fellow), and other great people have been, like Nanaka, Janaka. All these great saints came on this Earth to tell us how to keep in the centre, how to keep our sustenance, how to be human beings. As carbon has got four valances, we too have got ten valances. We have to maintain those ten valances within us; that's what they came to tell us.

But if anybody says you don't drink, half of the hall will be empty. If you say you cannot have free sex, five people will walk out. That's the problem. Here nobody likes it, to know anything about it, but it's a dangerous thing to do. Whatever it is, you have to keep in the centre. You have to be in the centre, and how to keep in the centre is not to go to extremes, be moderate, and a moderate life is the best way. But even if you have not been, it doesn't matter.

Kundalini is at this point in such a force that whatever you might have done, you get your realization quite alright. So is a different point, but what I am trying to tell you is this, that's why these people said so.

Mohammed Saheb is another who said don't drink. He's one of them, He's just the same; there's no difference, there's no

difference between Moses and Mohammed Saheb; I can prove it to you on vibrations. You can yourself know through vibrations that they were the same people, said the same thing. There's no difference of any kind. It's only people that are fighting. I don't know why, I just can't understand what is there to fight between these two. They were just the same, preached the same thing, and when Moses crossed the river and the bridge was made, that bridge is the bridge which is symbolic of the Kundalini that creates for you, to cross this Void within us.

It's very symbolic. They have worked so hard to tell you what is sustenance, where we have to be in the centre, because if you are in the sustenance, as He said, that only a thread of this Kundalini rises. It is not one thread that should rise. Actually I've seen in people the whole of it goes up like that and it stays there in many people, but the trouble is it rises because there's no space to rise. We are finished off with the Swadhishtan and with another chakra which is in the centre, which is called as Nabhi Chakra means the navel centre.

When you have an obstruction in the centre, naturally the Kundalini, though it rises with full force, all the things, all the threads fall down and only one somehow or other goes up and opens up the Sahasrara, thinking that at least if I open up there then the others, the grace will fall and maybe it will open out more.

So this is the problem. That's why they said that you lead a life which is moderate and temperate and this is what they preached, too. Now let us see what happens when we go to extremes.

In the centre, as we have seen, is the sustenance within us. Now if you try to go beyond this side or that side, what happens, let us see. Beyond this side is the subconscious; if you go, you enter into the collective subconscious. On the other side, if you move, that is the supra-conscious, you enter into collective supra-conscious.

Into this side are all the people on the left-side, are the people who are still dissatisfied, very sly, sinister, horrible people who are dead, who do not want to take birth and who still want to torture people absolutely. These are busy bodies, they can possess you, they do possess you.

On the right hand side there are people like Hitler who are very ambitious, who have died out of their ambitions and things like that. They still exist there. Either you enter into this side or you enter into that side when you go to extremes and you just get possessed. It's a very dangerous area you are entering into.

Recently I was seeing a BBC program and some doctors had discovered a very interesting thing. They said that cancer is triggered by some proteins they call it protein 58, protein 56 or something like that. When these proteins attack us from some unknown areas within us which are built within us since our creation. What are these areas? This I've been telling for so many years is the left side and the right side, the two extremes.

What we do when we go to the right side – the right side is the area where you think too much, where you project yourself into the future. Like that you go on, then you start becoming a person who is more interested in the future than the present. The centre is the present. Now you start projecting your mind into that [future], When you start projecting your mind too much into that, you start moving into that side. With that, anybody who is an austere person, they think that if you are a very austere person, you lead the life of celibacy and all this is nonsensical thing. If you lead a life of celibacy, it's not going to help you at all. On the contrary, such a person becomes an extremely dry personality and ultimately dies of heart attack and such a person is so hard-headed, so hot-tempered that you must take a barge pole before you meet such a person.

They are so cursing type, so unaware of other people's health or anything that they can curse anyone and this is their job is to curse this one and curse that one and curse that one. They are extremely dry people. They might take to social work in the name of God or they'll work like hell for the poor; they're thinking they're saving the poor and doing this and that and while, if you see them any other time, you'll be sure that such a person is absolutely burning with fire.

They have a horrible liver, very hot temper; there is no sweetness about them, there is no magnetism about them. All the people

run away from them and they are like boiled sprouts, sitting on everybody's head. Do this, do that, you haven't done this, what are you doing? They will not sleep themselves and not allow anybody to sleep. They think that everybody is supposed to work under their thumb and these are the people who are very ego-oriented as shown there, are the people who move onto the right-hand side.

Any austere ideas about religion can take you to this side and this austerity is very dangerous for human beings because it cuts you off from the whole. Such a person may be entrapped or possessed by some sort of a personality on the right-hand side.

I know of a lady who is very well known in India and whose got a big prize and this and that for her social work. I happened to see her first time on an aeroplane when she had no prizes and all that. She came with some sort of an odd stuff with her and she wanted to sit in the front seat. So the air hostess said, "I'm sorry, this is reserved for some children who are sick and they have to go by this plane and we can't give you this," and the mother is there.

She started fighting the mother, how many times she told them, and what do you think of yourself and this and that and she was just jumping from here to there and there to there and she wouldn't allow the plane to leave. For half an hour she was fighting to sit down there and the amount of abuses she used for the air hostess, I was amazed.

And she's supposed to be a woman who should be given a peace prize or something like that? I don't know, there was no peace on her face, neither around her and everybody was so disturbed with the way she was on about it. It was really shocking to see this personality who was so hot-tempered and so meticulous about things and she was arguing with her, "This was my seat and this was this and this was that." Thank God, then they got her out and the plane left the place. But I'm telling you, such people can be frantically hot-tempered and can be so unaware of your presence there that you have to be very, very careful with them.

Such people may look to be very, very successful in life and when they walk they have an upper lip and all sorts of things, but it takes no time for them to realize that it's all tom-foolery going on. This kind of ego orientation can lead you to nothing but stupidity. A person can be extremely stupid and he doesn't know how stupid he has been, because this is what's wrong.

A gentleman came to see us and he had a wife who was a mere sixteen years of age and the fellow was eighty years of age. Naturally, I thought he must be the grandfather, so I said, "Is she your granddaughter?"

So my husband pinched me and said, "That's his wife."

I said, "Really?" I said, "I'm sorry, I didn't know she was your wife."

"What's wrong, I can have a wife who is two-year-old. What's wrong in it?"

I said, "Nothing wrong, only thing is people will laugh at you, that's all."

All sorts of stupid things people do in this world, and they think "What's wrong?" This is the best way to get along with your stupidity, till they discover that you are the greatest stupid person ever. Now this stupidity comes from this ego going up and surrounding your brain completely. You cannot see anything else, you just see yourself, my room, my house, my, my, my. You cannot see that there are others, that you owe some sort of relationship to others, that you have to be kind to them, that you have to share things with them. You all the time think about yourself and such people get possessed by the supra-conscious style.

What happens in spirituality in such people, they start feeling their body is lying here and they go up and sit in a tree; they think it is realization or enlightenment – just imagine. This is nothing but a supra-conscious spirit has entered and taken the body away and put it there.

I had, I told you, three Americans coming from America and they were known to be very big scientists. They came to see me, and they said, "Mother, you have to teach us one thing."

I said, "What?"

"We want to fly."

I said, "Flying? You're already flying. What do you want to flying?"

They said, "No, but we want to fly with ESP."

I said, "You should not do that because if you do that then you are enslaved by these spirits and you do want to be enslaved by these spirits."

"Yes, whatever it is, enslavement or anything, we want to have this and we want to get this by which you fly."

I said, "Why?"

They said, "Because Russia is doing it, and Russians are doing experiments with ESP so we should also do it."

I said, "If they are going to hell, are you also going to hell?"

They said, "Yes. What's wrong?"

I said, "Nothing is wrong. Go with two running jumps, you can go very fast there. But as far as I am concerned I am not for it. I am not going to doom your life forever." So I asked, "Who has sent you to me?"

They said, "One Patanjali." There is a fellow called Patanjali who is a journalist.

I said, "This Patanjali has sent you?"

"Yes, he has sent us to you. He was the man who used to leave his body, and run all over the places. He was a journalist, so he used to get the news before anybody knows, and he used to run out of his house and the wife was so surprised that one day he brought some sand and he said, "Yesterday, do you know where I was? I was on the [UNCLEAR] beach. From there I brought the sand for you." She got such a fright, and he used to shake before any photograph of God or Christ or anyone, he used to shake like that, so she brought to me. She said, "This fellow is shaking. I don't know what is happening. He is rattling, this Parkinson's thing. I don't know what is happening, and here, in the night, he disappears, I lock up everything and still he disappears, I don't know what to do, it's very shocking."

He said, "Sometimes I go and sit on a tree."

I said, "Really?" So I told him that, "You are possessed."

He said, "Mother, please take it away. I don't want this nonsense. You don't know where I will land up tomorrow. I could be anywhere, hanging in the air. I don't want to do that and maybe my body won't come back."

This is what people are doing now is to take out the Spirits. When they take out the Spirit from a person they keep it with them. Like the children, small children die in their sleep. If a mother is here and she has a child in America, and she says, "I want to talk to my child through a medium," it's a very dangerous thing. Never play with these mediums, very dangerous. And such a mother I know in Switzerland, she did that to a child and the child died in America, in the sleep. Because the distance is such that where there is day there is night; she was doing this in the daytime and the child was sleeping. She talked to the child, she heard his

voice, everything she did ... and the child died.

Never go near these people who deal with spirits; it's said by all the great people of the world, but we are not bothered. They say, "What's wrong? We go to spirits, to ESP, to our elders who are dead, to our brothers and sisters." Why bother them now they are dead. Let them be free. As it is you tortured their lives when they lived on this Earth. Why don't you leave them be? Let them go and take their births. But we are not satisfied. We say, "No, we must talk to them. We have seances, we hold hands, call spirits and do this."

But do you know what happens with them? First of all no realization. Very difficult for such people. Even if you get realization and all that, you have lots of problems. I've seen people go mad, because these spirits are dirty things.

Supposing you have called me. I am an Indian, so now you are exposed to India. You must know you are exposed to India and you have no control over the people who are coming down from these areas and you are just being possessed. They possess you, your family, everything and is a fact that these horrible things that act or that call or that try to show that they are helping you, are the people who are just taking money from you.

But they are going to be condemned much worse than you. The people who are mediums, who are clairvoyants, have used these things and all this, we'll call these Guru's from Tibet. There's nothing like that.

Anybody who's a realized soul will never come into anybody. No Guru can come into anybody, take it from me, because they know the value of freedom. They will never do it. It's a very mean thing to do. To them who are dead and to yourself who is living and is such a beautiful thing created by God. You get possessed by all these nonsensical things and black magic Talisman and I don't know how you educated people can take to it. I would say that you are naïve. Because in India we know this, we know all this, we know all this materialization and all business, we know very well.

Of course, all the young people do not know now. Because I am an ancient person, we all knew about it; we called it Bhanumati (Name of a sorceress queen), we called it Preta Vidya, Shamshana Vidya, Bhoota Vidya; there are books and books about it, what these things are done. They're black magic, voodoo, and all sorts of things that you call them, but you have no knowledge about it.

For example, we put all our dead bodies in the church. I don't know who told, where is it written in the Bible? I don't understand, why should you put your dead bodies in the church? Alright, if you want to have a church for the dead bodies, let them be along with the dead bodies. You are living people. Why do you sit on top of dead bodies there and have all the bhoots and these devils coming on you and sitting on your heads?

Only a realized soul is a person who should be buried in a church; only a realized soul. In India, it is a custom that all people are burned except for a realized soul, because they never try to possess anyone, they never try to disturb. On the contrary, they help us in so many ways. They are not the people who will just come to disturb your life or to give you some encouragement.

Sometimes you feel very happy also with that because you feel that your responsibility is taken over, they have taken your responsibility and you feel quite relieved. In the beginning you feel quite nice; it's a good sensation, "Oh, I feel peace," you think, because somebody else has come into your house and he is going to use all your house and you'll be left behind. And then you become ridiculous. Such people you'll find put the cloth in the mouth like this, look like that, and they are very much frightened and afraid. Of course, before me they shake like this, all sorts of things happen.

Now there is another trend about it. If you say that these are possessed people and this and that, the left side ones are even worse. Left side ones are the ones who go into the spirit business, very much, but there are two types of spirit businesses. One can give supra-conscious, and one can give even subconscious. And the subconscious is very easily available because they are busy bodies, all these spirits, and in the subconscious area they are busy bodies and very mean and sly and dirty people.

For example, a woman dies young without marriage. She would like to trouble a married woman, she's jealous. And that's why there are certain rules and regulations in our life, one should understand, by which you should avoid all these things. Take your psychologists as their psychologists do not know what they're facing. They treat mad people. I told you about Freud, he was half-baked because he only knew about this power of desire which he called conditioning and all that. But he did not know there was another one which is our ego. He said you take out all your conditioning; you don't have any conditioning whatsoever. So where do you go? You land up in "What's wrong?" Ego orientated. Then you form another cult by saying we must destroy our cult. You go on saying that to yourself, "Oh, you are good for nothing, you are useless, all the time kill your ego." So you become a recluse. These two things happen with the extremes of this movement of this centre. Through this centre you either go to the left or the right.

Now what is the real thing? This is the center of creativity. Creativity and the knowledge of the Divine. Knowledge of the Divine is when you get your realization, you get the cool vibrations of the Holy Ghost and you have to know how to raise the Kundalini of others, and you have to know how to correct yourself. You have to know how to know all of these centers and also you have to find out all the absolute questions you have got within your mind.

This has to happen to you. This realization has to happen because this is in your own right you are having. Now you are a human being and you have to become a super human being. I'm not doing anything about it. As I said, I'm just cashing your bank accounts. But if bank accounts are so much on the left or right it's rather difficult. You have to give lots of grace marks and sort of overdrafts are there.

So one has to understand that better be in the centre. Not to go to these things. Why, why, for what? What are you going to gain out of these things? Are you going to go to your Spirit? Are you going to become your Self? Why, for just a little game here, a little game there? Why are you going to these horrid people? They will take you to such a horrible extreme that maybe you may not be able to return.

In London I was surprised there was a doctor whom I knew by relationship and he came to see me and he said, "I've lost all my jobs, everything because I'm very depressed. I can't work. I don't know what happens to me. I'm extremely depressed. I've lost the zest to work. I do not feel anything, I'm just gone. I'm very depressed. And every time I try to work I get again depressed. I'm very tired." I asked him did he go to anyone of these tantrikas and this type of person and he said, "Never. But my grandfather was a tantrika." He used to do this black magic business and now see the grandson is suffering because of it. Later on he was cured.

We have one Australian here who was a Russian doctor, his grandmother had a habit of taking the child to the cemetery in the early ages of his life. He remembers that very well and after some time he became so depressed he lost his job, he couldn't work. He used to get a headache and all sorts of things used to happen. Cramps used to come in his hands. When he came to me he got cured but it took some time because in childhood all the impressions of these spirits were there.

So one has to understand how to keep dead away from you. You have to be in the present and not in the dead. Whosoever is dead is finished. Have you ever noticed a monkey, if a child of a monkey dies, before the death the monkey will be shouting and screaming and doing all kinds of things. As soon as the thing dies it leaves. It's not bothered. You can see with dogs and so many things, it's not bothered about it, it knows it's gone. That's why it is said that if somebody is dead, think of God and you sing songs and things like that and do not indulge into it too much. But we have forgotten all those things and the way we do about dead things sometimes, it is so far. That actually most of us live, then when doing all this, we live in the past with it. We live in the past and such people also see some ghosts and things and some of them who were like this have seen my past and have been shaking before me, they all shake before me like this. They go on shaking, they cannot sit straight they go on shaking like this, they go on shaking like that, all the time their bodies shaking, they have no control over their body.

So one has to understand that these things are absolutely dangerous for human beings. We are human beings, we are not dead bodies, we are not that. But the worst thing is that those who indulge into these things are caught up by the proteins which

doctors have said are nothing but these dead spirits. They are saying proteins because they don't understand. These are the dead spirits, cancer is caused only by the attack of the dead spirits. I have not come across a single case whom I have treated, and I have treated many, who have not got the affectation of the spirit.

Now in realization, when you get your realization, you catch up on this or this, these are the two Swadhishtan which were marked. I hope you put your hands like this. You will get your realization as well when I am talking to you. Just like this, please, and put both the feet straight on the ground, just like this.

Now I was telling you that when you put your hands like this, first the cool breeze starts flowing in. But when you have got your realization you put your hand on somebody to test it, you catch on this one. That means it is unauthorised. Unauthorised working of the Divine can be subconscious area, can be supra-conscious, can be psychologist or anyone, can catch on this. When you work on your mind. Your mind is the superego there, the blue one is the mind. When you have, somehow or other, gone to some person or had something to do with black magic yourself, then you catch on this finger, this left Swadhishtan, as we call it. When you catch on this you have to say that you believe in the Divine working, in the pure working of the Divine and that's called as Nirmala Vidya. Nirmala means pure, the pure knowledge of the technique of how to raise your Kundalini. When you say that, this gets alright and the spirits leave you. There are many people who have come to me who have been mad, and they say, "How by Kundalini do you cure mad people? What do you do about it?" Nothing, I just give them Kundalini awakening. Then when the Kundalini awakens, when She goes to this center, which is the second centre within us, the enlightenment takes place. The deity there of creativity gets awakened and with the light, this darkness within you just disappears, just goes away.

Epilepsy can be cured. If somebody is suffering from Epilepsy there's a very simple method of curing that person. Extremely simple. When you come next I'll tell you how to get such a person cured. It's very simple.

Sahaja Yoga is a spontaneous living method by which you can cure people as a by-product of Kundalini awakening. It's not that I'm here as a healer and I going about and, "Give me ten dollars for healing." It's not that. It's just when Kundalini gets awakened you get cured. You get a good health because the Kundalini passes through this centre which is responsible for the physical side. If your physical side is alright then your health is alright. But there are other things within you. There is your emotional side and also there is your mental side and also you have got above all is the spiritual. All these things are to be enlightened through Kundalini awakening.

The first thing that happens to you is that your health improves, no doubt. All kinds of things like paralysis, cancer, diabetes – diabetes is curable by Sahaja Yoga. This I must explain to you how diabetes is cured.

Diabetes is caused by people who think too much, again. So this centre has to work very hard and it cannot give sufficient attention to the pancreas which is on the left-hand side. Because of that the left-hand side becomes frozen and the right-hand side is working very hard. Now how do you cure your diabetes. The only way is, if you are a realized soul, you give vibrations to the pancreas and give a balance to a person. There's a way of balancing it. If you can balance the thing, people get rid of their diabetes permanently.

Arthritis also can be cured, but now I must tell you about the spleen which is a very important thing within us and I think everyone one of you must understand it in a full way. Spleen, we do not know how important it is within us. It is the speedometer. It looks after the speed we have. The way we are speedy these days we are really telescoping it. We talk telescopically. We walk telescopically. We are very speedy people. And this speediness comes to us when our spleen has gone crazy.

How does the spleen go crazy? It's very simple. Now the spleen is there to create new RBCs, red corpuscles to meet all the emergencies you go through. For example, you are eating your food and it's an emergency. You need more of the red blood corpuscles. So this spleen starts emitting more red blood corpuscles. But at the same time you have the 9 o'clock news and you hear something horrid. Another emergency is created. Then suddenly you eat your food and run. Third emergency is created.

This poor spleen gets absolutely crazy. It does not know when to produce what blood cells. It doesn't know what to do with you

because suddenly you have three or four things together. You'll be having your breakfast, putting one foot in the car, talking to somebody. That side you hear somebody saying, "Get in, get in." And all this is going on simultaneously. This poor spleen doesn't know which way to move. So it becomes crazy. And then the attack comes somehow and blood cancer is set in. Blood cancer is the result of speediness. So one has to be very careful that our spleen must be alright. I am warning you as a Mother. I know these problems. We have cured blood cancer but it's a horrible disease and once it gets over, within one week they say it finishes off. We have cured many cases of blood cancer which were declared to dead after eight days. That's how they give a certificate – after eight days or after one month, that's the certificate you get in the hospital, you will die.

But in Sahaja Yoga one can try to cure them. They have been cured and when they went to the doctors, "Oh," they said, "I know, it was really remarkable but we can't believe it was Sahaja Yoga." Even if a doctor is cured they'll say, "Oh, this doctor has gone mad now. He's talking like this. How can that be?" Here they have certified the person is going to die in eight days and there he's cured and going strong after two years or so. They'll say there must be something. They do not want to accept because this challenges their knowledge.

But I am not here to take away their profession. They can have lots of patients. I am not here to cure people. It's just the seekers who come to me for realization are blessed by divine grace and they get very good health. They get cured because they are seekers. They are the men of God, they have to become the prophets. When they become the prophets in this era, they have to convert others in the same way, and they will make them prophets.

It was said by William Blake about a hundred years back. He has described all these things in his book Milton. You will be surprised. He has gone to such a limit of prophecy, that he was such a seer that he has even described where I lived, in Surrey Hills. "The first beacons will be lit in "...Surrey Hills, and also he has said where our ashram is going to be in the ruins because we had no money so they purchased a ruined place"... in the ruins, the foundations will be laid in Lambeth Way". And there it is. Our ashram it has come to Lambeth Way and here is her loom vibrates the sinew of love. This is going to become the Jerusalem. Just imagine, a person a hundred years back could see. He was such a seer and he has written all about it.

But human beings are not sensitive to things. I went to see his exhibition. He was a great artist. I was amazed. They were just seeing how he has shown nude women in the hell, just imagine. You went there to see this? This is like we went to see a flower show and there you are picking up all the filth and dirt. Is this the way to look at beautiful things? See for beauty and think of beauty and then you are beauty. Why should you desire these ugly things in life? Why should you not desire something that is so beautiful and that is your Spirit.

This the second centre I have told you. This is the one which limits our religion in the sense of our sustenance. Not the religion in the way you understand, because all these religions are just like flowers on one living tree, have been plucked by people and they say, "This is mine." "This is mine." "This is mine." And they have made these flowers very ugly and such flowers are decayed.

The whole attention should be on becoming the Spirit. If it is not so, the rest of it is not God's work. God's work is just to awaken your Kundalini. It's the living work because if He is the living God, He has to do the living work. His work is to transform a little flower into a fruit, which you cannot do. In the same way you cannot pulsate the Kundalini, but it will pulsate when you come to Sahaja Yoga. You will see with your naked eyes the pulsation rising over here and you can see your baptism taking place. It is written by so many people and they have said, like Kalidas has said. We had a great poet Kalidasa who has described Sahaja Yoga about three, four hundred years back.

And we had Adi Shankaracharya who has very clearly said all these things I am telling you. But this was a knowledge limited to few people. Even Krishna talked to one, Arjuna. Christ talked to some multitudes and they crucified Him because they couldn't understand Him, what He was talking. What was there to crucify Him. They did not recognize Him. Moses – how many people recognized him? Abraham – how many people recognized him? They were never recognized, never understood, that was the problem, and this is what one has to understand.

The time has come now to recognize, to understand. Recognize yourself that you are the Spirit – not this body, not this mind, not

this ego – but you are the Spirit. And not the gurus, so called. The one who does not give you your spiritual realization is not a Guru, is not a Guru. You must understand. You must understand this is the thing of Guru. The Primordial Master who tells you to be in the centre, who tells you all things that are to be done in the name of religion. In the name of religion everyone has said the same thing. Now I don't say anything like that because I know how to handle the situation.

We had a doctor in London who was an alcoholic who came to me. He got his realization and the next day he gave it up. He just didn't want to have it. He said, "Now I am enjoying myself. I'm not bored. I don't even remember it." But he went to Germany and after two to three months, he said, "I used to like one wine. Let me try, how it is." So he went and had that wine. When he had it he felt like vomiting, absolutely. He said it was smelling.

Then I don't have to tell you don't steal, don't talk filthy, don't do this – nothing. I have a granddaughter, who is a realized soul. Two children, two granddaughters are realized souls and one of them came. Later on she said, "Grandmother, did you have to read this stupid thing called as moral science?"

I said, "No, why?"

"This is foolish isn't it? They tell us not to tell lies, don't steal. Are we servants? Why should we tell lies? Why should they tell us all these things? I don't like it."

So the little one says, "Oh, they are stupid people. How can they say like this? Why should we do it?"

There is no temptation there. We don't have to tell you there's not a temptation. You are awakened. Your dharma is there, your sustenance is awakened.

We are human beings. If we have to pass through a dirty lane then we cannot do it. We feel horrible, we close our noses, we feel the smell of the dirt and the filth. But you take a horse, [UNCLEAR], he walks very nicely, he's not bothered, he doesn't get the smell. In the same way your awareness gets enlightened. Then whatever is sinful, you do not like. You just don't like it. Whatever takes you away from Spirit you don't like it because you lose your vibrations.

Now another center is also very important. It is for our wellbeing, called as Nabhi Chakra, about which I'll tell you next time because already I've told you quite elaborately. Moreover I would like to have questions from you today, also. But, like last time, don't go on asking questions and the same person asking. One person should ask only one question and a sensible question because you are seekers. Don't waste your time and don't waste time of others, alright?

Thank you very much.

Seeker: Is reincarnation is necessary until the body gains true realization?

Shri Mataji: That is again you are thinking about the past. Why to worry? You have incarnated many of times, no doubt about it. Now, at this is point where are you? There is no need to have reincarnations. Who is going to count? From ameba to this stage, how many times you have incarnated I don't know. Forget it. At this time you have to have your Spirit enlightened. Forget about the past. They'll ask me, especially in India, "Was I a king? Was I this? Was I that?" I said, "I am not bothered about the history."

There was a boy, very scholarly, who came and asked me, "Was I Napoleon in my past life?"

I said, "Why?"

He said, "Even if I was don't tell me, otherwise I'll jump in the sea."

I said, "No. Why? What makes you think that way?"

He said, "Because I'm very ego oriented. My ego is colossal and another point is that I am very good at drawing. So I think these two combinations are only possible in Napoleon."

I said, "No, no, you were not Napoleon, don't you worry."

He said, "Otherwise I would jump in the sea and take another incarnation."

So don't worry about these things. It can be quite diviating. There is a big show going on everywhere: "What was my last lives? Somebody said you were in Egypt." What does it matter? Whether you were in Egypt or Timbaktu, what does it matter? This is a big story going on. People save money. Now tell me about this and they are telling also very nicely about these things. You must ask the person, "What were you last time?" Must have been a donkey. Otherwise why is he taking money for this?

Seeker: Have you read Sir Arthur's Apocalypse.

Shri Mataji: Haan. I've read it, baba. I don't know what to say. I don't know how he wrote. There's no honesty about it. There're so many books. I've seen such big books written. I was surprised how he could write such big books without knowing anything about it. He is so confused, contradictory. I've always had a great admiration for Western people that they were honest, whether they did wrong or were thieves, they were honest about it. But this one, I don't know from where did he get such courage to write about Kundalini without knowing a word about it. Horrid, absolutely. All these books, so many. This one book I read was like a person coming from a village and putting his hand into the plug and saying that I got a shock. He doesn't know anything, they are so naïve, not only naïve but, in his case, I think, he's not entitled, he is not suitable. You have to be a very holy person. To do that you have to become compassion, you have to be love, you have to be pure.

It's all money-making propositions. Write about Kundalini because it is unknown. Everything is a money-making proposition these days, in the name of God, in the name of religion, in the name of Kundalini, in the name of all categories because there is no authority that can catch you, and who are you? People who are seekers, who are true seekers, who are innocent, who are simple, uncomplicated [UNCLEAR]. If you've read too many books, I'll have a problem with you.

First of all, you have to throw all these books in the sea. You have all the books in your head and you are lost. Your Self is lost. I really tell you, it's very true. This one is standing here, with the face. He gave me such a bad time for some time. And the shaking and he had all sorts of things happen to him when he first came to me. He had read all the books from A to Z, from this side to this side. There is no book which he left. I said, "Now, at least leave one book for me to read."

Seeker: Is there a difference between being awakened and realization?

Shri Mataji: Very good question. There is a difference between awakening and realization, it's true. It awakens, it passes. You can see with your naked eyes in many people. If there is an obstruction, you can see it. It passes through various chakras; you can see it. In some people it is so slow-moving, otherwise it takes just a split of a second. But if there's an obstruction you can see it and the awakening has taken place. But the breaking of the Sahasrara is the realization where you get a cool breeze in the hands. If you don't get cool breeze in the hands at least you get cool breeze here, minimum. Sometimes this centre is very bad in many people. Then you don't feel it in the hands but you must feel it here. But still it's just the beginning, just the germination. Like Christ has said, "Some people fell on here and some there." It happens like that.

So awakening is not the end of it, it's just the beginning. It has started and then realization is established. First when the Kundalini goes over this chakra you get a state called thoughtless awareness, where there is no thought in your mind. It's very easy to get. This is the centre of Christ. It goes above that. When it passes through all these centers of Moses and Abraham and all that, it passes through the centre of Christ, it passes through this Brahmarandra fontanel bone when you get your baptism, then you feel the cool breeze in the hands.

But it may be sucked back into a places where there is a problem. Because with me I've seen people get it just like that, it flows like a great river in flood. It happens, but then sometimes it comes back. But once it is awakened it is awakened. You have to learn how to establish it.

It's a very good question my child.

Seeker: there's one school of thought describes enlightenment as a static process. What you've described is a dynamic process.

Shri Mataji: Yes, it's not static; how can that be? It's a living process. You become collectively conscious. You become that. You become really dynamic because your awareness has a new dimension. You become collectively conscious, you start feeling another personality, you start feeling your Self, you start getting the power how to raise the Kundalini; you don't know how many powers you get.

It's like this: say, you get a big, huge a television. If I say there is music here, song here, drama here – it's a myth. We can't see anything. You bring a television and put it to the mains, you see the miracle. That's what you are; you are really dynamic, immediately. Dynamic is not the word; there is no word to describe how you are made. It's so beautifully done. Once you are put to the mains all your powers start flowing. There's no end to it. It's so miraculous, so wonderful.

I wish you could see one of my photographs that they have taken which you would not be able to explain; I think next time I will bring it along. You become so dynamic. If you have seen in my book, Advent, is a person, a very ordinary person. He was a gardener, got his realization and he had never handled a camera or he did not know how to handle a camera. He once took a camera and took my photograph and that is such a wonderful photograph he has taken. Since then he has discovered he can take photographs very well, he can paint very well, he can sing very well. And you become really so dynamic and inexhausting, go on producing art. Still, human beings, as they are, they get caught up in ego, get caught up in superego. But, I must say, Mohammed Saheb is the one who has told us lots of things, lots of secrets, how to get rid of all these things. They all have added to the knowledge of Sahaja Yoga to such an extent that we should have gratitude for all of them.

Seeker: What is the difference between mind or consciousness and spirit and spirit or consciousness which isn't mind?

Shri Mataji: This is a subject I'll be discussing later on at length. But the Spirit is the one that resides in the heart which is the reflection of God Almighty. By knowing the Spirit only you become collectively conscious and that's why you know the universal being is God. This is a simple answer and another is maya, is that black thing you see there. She's a maya which is the conditioned stuff called as superego. And the intellect is the one that is on this side, is the ego, Mr. Ego. So it's all limited stuff within ourself. So this stuff is very different and this one is in the centre of it. That's a very different thing. So all these things I'll be explaining later on when I'll be discussing all these points.

Seeker: Could you just repeat what you were saying before about the thumbs?

Shri Mataji: Yes, these fingers, as you see there, are suggestive of the centres that are within us. This finger, if you see the thumb, has got the same color as that. So when you find a burning on the fingers or you find numbness; numbness is bad because numbness is a suggestive of death, or towards death or thinking of death. I've seen people from Sweden, those people all have numb fingers. They are a cult and I said, "What are doing?" They said, "We are planning how to commit suicide." This is a result of their affluence. Young people, from 17 to 21 are just learning how to commit suicide and there is a competition between the Swiss and the Swedish and these days Swiss are higher.

This finger, this thumb is responsible for this centre. If you have a problem in your liver you'll feel this pulsing. Nabhi is the centre. You can see that. You have got the book. Please buy the book from these people, which is, of course, at a very nominal price whatever they have taken for printing and go through it and see for yourself what it is.

Seeker: After so many prophets have been writing so much, why is it that it's been so hidden and the truth has been very difficult to see?

Shri Mataji: It is very difficult. Human beings, really, I don't know what to call them because they never understand what Christ – They didn't allow Him to live for four years. What to do? Abraham, Moses, you know what they did to them. All the prophets, what you did to them. There are so many good gurus in India. In Jammu I know a very good one, and also in England I know one but they are hiding. They don't want to fix it. I told them, I asked one of them to go to America, with big coaxing. I paid them money. I said, "Please, go and work with them. I can't go to America."

Within three days he ran away from New York and he said, "Mother, I can't do these people. They do not want their Spirit. They want other things, they want money, they want this, they want that." They do not understand before, they would never recognize before. That's why Christ had said one thing that, "I'll forgive you anything you have done against Me. But against the Holy Ghost nothing would be forgiven." Because you will know what the Holy Ghost is.

Recognition is the most difficult thing for the ego. There was a lady today who said, "Why should you do it?"

I said, "I'd be very happy if you can do it. Imagine, I am a happily married woman. I've got my children and grandchildren. If somebody could do it, I'd be very happy. Why you should do it? Why do you feel your ego challenged? You had better do it. I don't know anything. Many things I don't know, like I can't drive, I can't type, I cannot do many things. But I don't feel bad about it. Now I know this job. If I am doing it free, what is the harm? Now, if you can do it, then I would be very happy to retire."

She said, "I don't know."

I said, "Let me do it." They feel hurt you know, that I have to do it. But you can do it yourself. But first of all, get yourself enlightened. If the mother knows how to cook, let her cook. It's a terrible job. Every night you sleep at 1 o'clock, 2 o'clock, get up at about 4 o'clock. Work like a... I don't know what. And in the end you find people challenge you, "Why should you do it?" There are all kinds of people in England. Somebody asked me, "Why don't you remove the poverty of India?" Just imagine.

I said, "Now, I'm not here to remove poverty or anything. I'm here to give Self realization." I said, "But I'm sorry it why you should ask such a question to me? Because who is responsible for our poverty in India? Who is? I shouldn't say that. I'm sitting here in England on your soil. Who is responsible for the poverty of India? Such a question you are asking me. You please answer. Three hundred years they ruled us and now who is teaching me that I should go and remove the poverty of India. They still come. The second question that comes up. The great learned man, he said, "What about your population problem? Why don't you solve it?"

I said. "I'm sorry, you are also responsible for that."

He said, "How? How do we increase your population?"

I said, "You do."

He said, "How?"

I said, "Very simple. In this country of yours, this great country of yours, every day, two children are killed by the parents. [UNCLEAR] children are killed by the parents. Now which fool would like to take birth in this country of yours? We have to bear the load. Because you don't have good parents, good mothers, mothers are becoming liberated, husbands are becoming abandoned. Who would like to take birth and you are having minus growth. Who should bear the growth because last judgement has started and people are taking their births and we have to bear the load in India and we are doing this for overpopulation. What should we do?

It's a curse, ultimately. It's a fact. If you don't have good families, if you don't have love, if you don't have good homes, why are children being born to you? Would you be born to parents where the father is a drunkard and the mother is liberated? Why should that people produce children I don't understand. They don't. In Germany they pay so much for a woman to produce a child but they don't want to produce. They have funny ideas. In India if a woman doesn't get a child, she will go to all those holy places, to all the saints and she'll do everything to get the child. See the difference? So who is responsible for our overpopulation? You please tell me.

So, prophets are not responsible, it's the human beings. They don't want to listen to a... To me, I don't know how many of you are really going to settle down. But I'll see to it; I'm quite tricky. I learnt lots of things in my last lives. I'm quite an expert.

Seeker: A child who is brought up in what she describes as a good home with all the balance, dharma and so on, why does that child of two years die of cancer?

Shri Mataji: If I could see the child, I would be able to tell you because it is a very hypothetical case you are giving me. I would like to see the child. Not I'm saying you get cancer because you lead a bad life – not at all. Sometimes very good people get it. They get affected by it.

Say, there is a mother who is very strict. "Don't do this." "Don't do that." "Why don't you get up early in the morning?" This, that, all the time speeds up the child. The child doesn't know what to do. This disciplining. And then somebody comes in the house, "Why did you say like that? Why did you split the thing? Why? This carpet is more important than the child? This sofa is more important than the child. Then the child gets upset. It's very common.

The child is not given proper attention, neither proper dignity. He's still led that like somebody who is a nuisance. Such a child can get blood cancer if the mother is extremely strict. Some children are slow; so let them be slow. Some people get up early in the morning, some get up a little late. Why make them such good citizens from their childhood. I've seen a few who are really great citizens. Let the children play. Let them enjoy themselves and you enjoy them. Let them live like flowers. They don't. We try to discipline them and this disciplining is responsible for the teenage problem in all these countries.

Seeker: It was detected at a very early age, a Ganesha problem.

Shri Mataji: Oh, no. You see, my child, I know you are upset about it. But if I'd seen the case then I would have asked other questions. It's very hypothetical, I'm saying. It could be something like that. People can detect, they cannot cure and there are many cases like that, many cases. There are some great souls who are born on this Earth; they take the load of others and die. Also, it's possible. There can be anything. If I had seen the child, I would have told you. But just now, the patient is not before me, so it's so hypothetical. You understand that, you see.

But if I had seen the child as I told you- you'd be amazed, recently somebody showed me a photograph of a child who was born realized. It's such a mature child. And his mother is taking a divorce and the father is an alcoholic. What would this poor child do? Just think of it. He is a born Realized child. He may take the load off his parents and may something happen to him, he may. It happens to many children after they take the load off their parents, especially the parents are quarrelling all the time. The children take the load. That's why they go mad, it may happen. You see, anything can happen to them.

There are violence's things and violence is another kind of a possession only. There are many things. You cannot blame God for that. I know your worries are all right, but you don't know who was in the house, how it happened, you cannot say, you see. It can be some sort of a thing, all right? If you tell me the whole case, privately, I will tell you what was the reason, all right?

Seeker: How does the Kundalini become awakened?

Shri Mataji: Ah, that's it, That's what I am going to do. That's the million dollar question.

I never say that because of your wrong doings or anything that these things happen, not that. It can be any reason. But some of the reasons are these. A person can die of starvation, because of the social problem, somebody can die of something. If you put

the child in the sun he could get sun stroke; if you put him in the cold he could die or anything could happen. Not that you all have to die, that's also definite. But the disease is... Another way of logic is the why you get certain diseases. It's not entirely, there are other reasons also, but most of these are the reasons. This is the logical way of looking at this. It's not that you are bad people, not at all. You are people who got lost very much. But you must know that if you make a mistake, say, if you put hot water on your hand it will burn, it has the capacity to burn. In the same way if you make some mistakes unknowingly because of your mind's understanding of a subject it will happen, it happens like that many a time.

Seeker: What if one of the chakras damaged by accident, if you have a severe accident of some sort and a spinal injury takes place...

Shri Mataji: It has a problem if it is damaged but still I have seen it in Sahaja Yoga. We have people who are spastic and who have suffered back bones, who have broken back bones. They became straight and they started... Yesterday we had a case like that. There was a gentleman who used to use a stick when he walked, from childhood he was limping; he could not walk without a support. Now he walks without a support; he doesn't drag his legs; he can stand on his legs. So, it can happen still. So even if it is damaged you shouldn't worry. We have to work it out. Krishna has said, "Karmanye vadhikaraste Ma Phaleshu Kadachana," means you have to do the job, you have to work it out, don't worry about the fruits. That's what my attitude is: if I do not do it, you are not going to hit me hard are you? If I cannot do it, I just cannot do it. I'm not yet selling anything nor have I taken anything from you. I'll try and try and try. That's all I can say. All right? Quite fair?

Seeker: Do you use different healing processes for different illnesses or is it the same process?

Shri Mataji: No, Kundalini is the basic thing. But it passes through various chakras and how to awaken the various chakras and deities we have to tell you how to do it. That's what you have to learn and certain things like vibrated water and vibrated certain things are given to you to eat. For example liver people should eat sugar, which is cane sugar and that is vibrated. Then the diabetes people have to eat salt which is vibrated. Some things like that also help to expedite. So, there some few things like that are very simple and very cheap.

Once I asked a lady that, "You bring one kilo of sugar." And she was surprised. She thought I was going to take from her the sugar and open up a market of sugar. So you have to vibrate the sugar and when take the sugar home, you can eat it. It's very simple; all very simple methods. I would request you to keep the Sunday free. I will definitely make myself available for you and I will tell you how to raise the Kundalini and how to give realization and how to read people. But we are not healers yet, we are Realized souls.

Seeker: Can you tell me what [UNCLEAR]

Shri Mataji: What are you wearing in your neck?

Warren: She is just wearing some beads. She wants to know what wrong did she do to cause her to...

Shri Mataji: No, she may not have done anything wrong. I would tell her what is the method entirely. But I will tell you what happens how accidents take place. Accidents take place because there are some spirits who are trying to disturb. They are there. Negative people who are there, not necessarily that you have done any wrong. There is a big fight going on between the Divine and the negative and they will always try to harm a seeker. From the very childhood a seeker is attacked, the better he is attacked more. It's very common, I have seen. But I am here to cure it. I know it happens. It's very bad but they are doing it and they do it all the time. They [UNCLEAR just waiting] even when you get your realization. When you go out they will capture you and they put ideas into your head. They do all kinds of things.

So this is one idea to take out from your mind that there is any pain or any trouble it is because of your wrong or any mistakes. It can be the negative forces that can act upon you which are working it out. Even on the road you will find one spot you will always find an accident. But if you are a realized soul, if you get in an accident then you do not get into trouble and nobody gets: if you

are in the car, in the bus or even in the train. It is the experience of many people; you are always saved. This is the difference because all the angels look after you.

Seeker: Why do negative forces want to harm people?

Shri Mataji: You'd better go and ask them. They are sadists; they enjoy hurting others; they like to destroy, they are destroying forces which are at play. They are all trying to destroy us in many ways. We have to be conscious of them and understand they are very deceptive and they are very attractive. You do not know why the destruction is not going to come from outside, it's going to come from within you. One has to understand all these things. Through Sahaja Yoga when you have the light you start seeing them and how they work it out.

Seeker: How should we protect ourselves?

Shri Mataji: Yes, that is very important and that's why I am saying you must come where he is saying. We will teach you everything. So many things are to be taught, isn't it?. How to protect, that's very important. It's important. You are to be protected, no doubt.

Now, is it over? I think they have had enough of it. Let's have the Kundalini awakening, alright?

You have to take out your shoes because the Mother Earth also helps us a lot.

That's the star, eh? The juniper. This chakra.

Warren: The Star of David.

Shri Mataji: This one is the star of David. This chakra is the fifth. This one is. But how many understand? That's the problem.

## 1981-0325, Darshan at Ashram Part 1 & 2

View [online](#).

25 March 1981

Conversation

Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Darshan at Ashram Part 1&2

March 25th, 1981, Sydney (Australia)

### PART 1

Shri Mataji: So now some questions would be good idea.

Yogi: Mother, they say that Lord Buddha died of eating excessive pork - is it true?

Shri Mataji: Who says that?

Yogi: I've heard this, I just wondered

Warren: One of his disciplines was vegetarianism.

Shri Mataji: They don't eat pork now, the Chinese?

Warren: They do, they do.

Shri Mataji: They should not. You see pork, people who are dealing with the centre, I mean the void, have a little against the pork always. Like the reason was it is very heating giving. It gives a lot of heat, pork gives a lot of heat. So they were not for it because there is already fire in the void you see, and adding to that, say liver patients taking pork really is not so good. But I would say fish is just the same. Fish has so much of phosphorus, that it can create problems for the liver people. Allergies to fish. I mean pork proteins, protein because that is pork - is... can cause lots of problems.

Warren: It's got a much higher parasitic action than most meats.

Shri Mataji: But that could not have died because he is not such an eater. This is all their ideas. But he was not a person who did not eat meat. Neither was Mohammed. It was later on, see these people started all this nonsense of vegetarianism.

Yogi: Mother what sort of meats should we avoid eating, other than just pork and fish? Should we eat beef for example.

Shri Mataji: You see as I said, that you should know what sort of personality you are. Supposing if you are liverish personality, then chicken is the only meat you can eat, because all meats I think are very heat giving. So other meats should be avoided. More vegetables, citrus juice and things like that. They flush out, you see. Now let us see what happens to liver. Liver is an organ in our body that sorts out all kind of poisons within us.

Whatever, we eat wrong, create heat in the body. I mean heat creating things are not good for liver. Why? Because it emits it. The poison is emitted as heat, but how does it emit heat and where does it go? It goes to the blood vessels, and then the blood is carried to the skin. Then the blood emits the heat as perspiration and other things and temperature. What happens that when the

liver is not alright, something wrong with the liver, then this H<sub>2</sub>O, that is water, when oxygen is 1 and hydrogen is 2, so oxygen is placed in the centre, hydrogen is here and on the other side. This is a normal thing of oxygen and hydrogen, alright?

But when you take the alcohol or anything like that, then the structure of water becomes like this. That these two oxygens here, I'm sorry, two hydrogens, and oxygen. Now when this goes near the liver like that, see, then the emissions of heat is impossible because there's no entrance to it, cannot be carried and that's how the heat remains in the liver. Moreover, you take alcohol or anything like that, and stronger things like fish with phosphorus, all these things, and the heat is more accumulated. Now with alcohol added to it is not possible for liver to emit that heat. So the liver gets spoiled, too much of heat all the time and cells get corrupted and its too much because heat gets expanded too much, then they get corrupted and they cannot function any more. So it's a vicious circle you get in.

A person who gets cancer also the same things happen to water. Water element becomes like this and it cannot get any heat into it. But the heat cannot be transferred into the water, you do not get any temperature. So you may get a cancer but you do not get a temperature - is most surprising. You may get some infection but with cancer pure cancer it doesn't give you any temperature. Same with alcohol. You take alcohol, you'll find you will fall down. I don't know all the symptoms you get, but I have seen people falling into gutters and all that sort of a thing. But they have no temperature.

Because alcohol takes you to the left side, first of all, and moreover, it transforms, the water into disuse. So it refuses to take any heat into it, there is no temperature. And without temperature you will think that you are perfectly alright, till you get into real serious trouble. But with other troubles when the liver is alright, you get, everybody knows that there is a problem and immediately temperature people are looked after. Moreover, those who are very bad liver also, if they get an infection. Say they get a throat trouble, the temperature goes up so high because all of the water is available otherwise you see. So, such people have very high temperatures within themselves and with liver they have nothing. So, this is a very interesting thing about liver, that all heated things, whatever you get is very dangerous for liver.

But, cancer is caused for the left side also. So your liver does not have to play much part as far as cancer is concerned, it cannot solve the problems, of cancer, except that when it is in danger itself. You see when you get liver cancer, then only it starts working on that. Because, it cannot sort out. The reason is the right side is for all the five elements. So whatever is from the five elements it can sort out. But whatever is from the supernatural from the subconscious that liver cannot sort out. Now, it cannot. Now what can fight this?

Only the spleen. And if your spleen is also in jeopardy, it cannot fight that. So, those people who have a bad spleen are much more in danger of getting cancer than people who have bad livers. But bad livers, will always get a heart, always, goes hand in hand.

You'll find the right Nabhi and Agnya, goes hand in hand and this is a combination in a patient.

Ego oriented people have got bad livers, they'll be tall thin. They have to be tolerant people. They'll have Agnya, they are ego oriented and they'll have heart. They die more of heart than of cancers and they are very aggressive people also. They cause others cancers, themselves heart. But, the people who have this left-sided attitude towards life get cancer more.

Because, I have not yet come across anyone who is attacked from the right. Mostly the left-sided black magic, this that, some guru, blood cancers, mostly such people get it on the left side. So those who are left-sided people have to be careful about their spleen. Very important this. They should never get speedy. You see they are not speedy on their own, there is sort of a bhoot I think, who makes a speed. Suddenly, I have seen, if you are going by aeroplane, as the time comes suddenly the bhoot comes in. The person becomes different. Suddenly, "What's the matter?" "I have to go, I have to go." That's a bhoot. So one should know if you are to go you'd better go, quickly, quietly.

There's no need to hurry up or need to play into the bhoot. But after sometime ego oriented people also get possessed, very badly.

In the beginning they are possessed by the ego people only and they become even more ego oriented. The trouble is the ego in the beginning you do not feel anything wrong because you see it doesn't give you pain, you feel very successful, you are here, you are forward, you are talking, you are a very assertive person. But later on you find that you start seeing your ego and you get a fright. And also you are possessed by so many ego oriented people. Because ego-oriented people always take to something like alcohol, things, drugs, and try to go to the left side. So any such person enters into you, you can polish off one neat whisky bottle into your stomach, you won't feel it at all. Say "What's wrong I can do it, why not? I can. I can do this, I can do that." Once they start doing this, they can also get cancer. But you see they take time to take to cancer, they're easier to get paralysis. They get paralysis, and they go "ga-ga" in the head. See, those people who are left-sided do not get so ga-ga as the people who are right-sided, surprisingly.

Yogi: Mother just when you were talking about heat generated in the body, it reminded me that sometimes when I give vibrations to people, if I touch them sometimes my whole body becomes very, very hot and I start sweating and the sweat pours down. That's if the person is in bad condition. If I touch them with one hand and I put one hand out towards your photo. Is this to be expected as normal?

Shri Mataji: You have to cleanse yourself a little more that means, you see. If it is already there's a spark, it catches fire, isn't it? And so it is better to cleanse yourself more and ask them to put hands on the photograph first time a little bit, immune you yourself - it will work out. If there's too much perspiration coming that means it's a left heart. You put your hand, ask for forgiveness. Say, "I'm not doing it Mother, you are doing it", which it will shift immediately. Even if there's the slightest consciousness that, "I am doing it", is very dangerous. Ego-oriented people take more time to understand this. They should just go on saying, "No I am not doing it, it's Mother is doing it; Mother you are doing it," you see, and that will work out. And also tell the person that, "I am not doing anything, it's Mother who is doing it." So that then you don't have the problems.

Yogi: So if that happens, know I'm doing something wrong, is that correct? If I start to feel that heat in the body.

Shri Mataji: When you just start saying, "Mother I am not doing it, you are doing it. I am your perspire there!"

Yogini: Mother sometimes when I meditate, it's happened two or three times now, it seems to be a very deep meditation and it seems as though my awareness is very much up here, but then it seems to go further up ....

Shri Mataji: That's not good.

Yogini: That's what I thought, I was wondering if that was a bhoot.

Shri Mataji: No, no, no. That's something funny experience that you just avoid all that nonsense.

Warren: That reminds me a little bit of supraconscious experiences.

Shri Mataji: Absolutely, I'm worried. You have to bring down your .... With auto-suggestion, you can bring down our ego, very much down. See when ego expands like this it can go like that, it can go up like that, like a balloon it shoots off like that. It's just shooting off like that. So that should not. Awareness should not go up there, should be just in here. Awareness position is here. Only it opens new dimensions in the brain. This is our awareness, you see. Why should you be there?

Yogini: It sort of feels as though I know that I'm there but the experience seems as though it's much wider.

Shri Mataji: No, no. This all ideas. Like some people told me I feel I'm in the tree, in the walls, in the. .... this is wrong. You see, now you are not to expand outside, one must understand. To expand inside. Expansion outside is a sign that you are going to matter. Expansion has to be absolutely inside. This is absolutely supraconscious. Be careful, I am rather worried. Put your hands

towards me. Raise them, higher. They're shaking. Better beat yourself with shoes every morning.

Yogini: I do.

Shri Mataji: Shoe beat. Be careful, I have this little thing about you, always a worry. Somehow this is an ego problem quite a lot. Superego is much less. You have to condition yourself go on telling yourself, "Now you - sit down, keep quite and don't know this and then". Because in progress you must have a balance. You see in the hand, also, this is such a small little hand of a lady and this one is such a big thing - this is supraconscious, be careful. It happens to Rajnesh, it happened. He felt his awareness has gone on the tree he was looking at himself on the tree and that is suppose to enlightenment, you see! This is what is written his book, nonsense you know? Someone should write that this means you became a bhoot. It is nice- not very high so it's alright you can bring it down, back - alright? Do something about it, it is very important. Now, the best way to do it is to become collective, spread out you see. Try to do for others, work for others, in very humble way.

Yogini: Yes, Mother.

Shri Mataji: You see, you should talk less also and maybe some German, can it's not all.

Warren: But don't get a left Visshuddhi!

Shri Mataji: That's one thing. But she won't just now, she won't for sometime because ..... left side is very ..... you see.

Yogini: Sometimes when I feel sensations, I can feel that one much stronger than I can feel that one.

Shri Mataji: That's it. That's it, that you see you have used too much it's numbed out you see it's numbed out. If the ego is too much then you just don't feel it. You have surpassed Buddha. This is the point where you see the Buddha. The Buddha point is here, you see? And if you are attached to this point it is alright, up to that point. But sometimes you could so much that it might come out from here, there, there somewhere. Like that. You see if it's too much. But this one is still not affected so you get vibrations there. But this is very much affected, so you be careful.

It is very dangerous to play with it. You know what happened to Hitler? Nothing, but this. Started going on and on and on. He thought he was successful, he was this. He could not compromise with himself, somehow. Then he became mad. You must understand, that we are here to grow, to become something superior.

So if you have too much superego, try to reduce it. If you have ego try to reduce it. Because it's for our good only. All of us must understand. There's nothing to feel hurt about it. But I've seen if you, if you start thinking that you have an ego then you feel hurt ... ego, but superego people, don't you see, they're quite proud of it.

Yes, yes, superego people are very proud of it. They say no I'm just the same, still crying, weeping. Yes, they always say like that, "Oh I'm just the same." Very happy about it, you see. As if everybody should sympathy with them and pity them and ah, ah, ah. And poor ego people who still feel how should I admit. They feel hurt. It's as if. You know it's funny. That some of those blind people have pity on them. But somebody is deaf they laugh at it. So a deaf man finds it difficult to say that I'm deaf. But a blind person doesn't mind saying I'm blind, because everybody will hear come along, come along, come along. You see it's like that only with an ego person if person knows that person has an ego so the person who has ego himself feels hurt. "Oh I have ego, I'm so bad." And everybody says, "Oh ego, ego, ego." Horrible.

But the superego's are much worst, you see. They're like scorpions - horrible - horrible. And sometimes they, they give me blisters you see. These superego are. They are horrible and sometimes they start scratching you, you know? They're just like mosquitoes, horrible things. So they still go, "I'm still very unhappy." Very difficult to cure a superego, that's all. You find many women do that and men do that. "Oh I'm very upset, I'm very unhappy, I'm depressed."

They take pride in saying such things. They should be ashamed. This what happens and they don't bother about it. So with such people you should show no sympathies and they'll come back. If you start showing sympathies, they are finished. You'll also become the same you'll also stand.

Even ego's, you see they become successful sometimes, some egotistical fellow becomes successful in Sahaja Yoga, somehow. You see, can assert. Others take cue. But no one likes it. You can see a normal person won't like it. If you get into ego then try to get out of it. See that temper and all these things are there. Controlling your temper too much, it's not good. But it comes with many things. Some frustrations in life, some sort of a problem, can be cured. See, if you're possessed sometimes you can get into these things, you see.

So, be careful you have to be normal persons. You're not your ego or superego. You are you're spirit. You have to become that. And sometimes, you know, if you lead too much you get an ego, "Oh, I understand everything, this that. Then, Mother sees to it that it goes down. She punctures it, you see?

So it's better, that we should forget all of our past and become as a humble child. You have to be like children to enter into the kingdom of God. Just like children, have no ego or superego. They're so natural and so balanced and so, so just be careful, alright? No one should try to get an uniqueness in Sahaja Yoga, that's one thing I've said. Have you got that tape with you? On uniqueness.

Warren: That's the tape at the seminar, is it Mother?

Shri Mataji: In London.

Warren: We've heard it, yes.

Shri Mataji: Oh, that's good. You see somebody says, "I'm much better than .... " definitely there's some sort of ego. No body is better in Sahaja Yoga. You are all part and parcel of the same body. If this finger says, "I'm better" it will start increasing in size. It's malignance. Try to be careful, alright?

Yogini: Thank you, Mother.

Shri Mataji: What's another? Don't play to much attention to yourself, also. What's happening to me, where am I catching, what am I happening. You see if you are a that's a concede, then what sort of a concede, also you see becomes so self centred that you do not grow. You have to go out, you see where do we expand? In the way that you do not disturb anyone. But you start seeing that how you nourish others by your love. Because if you, you see ego oriented person becomes very self-indulgent, selfish for himself. Like this is my bathroom, this is my house this is my, my, my, my, my sort of a thing. So try to avoid all these things. If you sometimes .... now say for example, if you have a house, if you are proud of that better give that up and go and stay in some dungeon, and then come back. That's how you treat yourself. It's all the right idea. Now you come along, what as you think of yourself? Then this ego can be corrected. All the time tell yourself that you better be alright. You think this is your Ashram? Alright you sleep on the street. Then it works out. You see it is easy to teach other like this. You can go on - but to teach yourself is very difficult and that what it is needed. That's needed for ego people that why for ego people it's rather difficult to come up, because they won't say, like that, you see? It must go that side before doing that.

Yogi: Someone pointed out to me once that was very interesting, every time you point at somebody the one finger, there are three fingers pointing back at you, this way?

Shri Mataji: What's this?

Warren: Like this - when one finger goes this way there are 3 coming back at you.

Shri Mataji: Like that? You see it's in an elliptical, you see like that it moves you see, whatever you give, it comes to you. Whatever you give it comes to you. Try to give something that is joy. Very easy. It's very, very easy you see to tell yourself - off after Sahaja Yoga. I've seen people becoming very much transformed. Especially English people. You know how ego oriented they are and they are not ashamed of it? They think if you are not an ego oriented person you are a weak personality, Just imagine? They think like that. And for them to become you see, a weak personality is very difficult. But after Sahaja Yoga, they'll manage that, they'll manage that. In the same way you should try to do it. But, I think your's a German one, you see. Better give nice shoes to the Germans. You're much better in London but now, your much better in. But that you have any unique experiences, please give them up. Any kind of unique experiences.

Yogi: I was very suspicious of it when it was happening.

Shri Mataji: Now, that is very suspicious but you better give it up it's a very seriously thing. One yogi, you see, in the beginning he got realisation, he was giving realisation and everything working out but he still use to take that tabac. You know? Not only he, also this fellow the one who got blood cancer and ... all of them use to take it. And I know they were taking it, because whenever I walked they use to come at the back, you see. I know it was them. After 4, 5 months he came, "I'm getting a very great experience now." I said what. "When I meditate, I became like a Hanumana" I said, "What happened." "My mouth starts expanding like this" ..... I said "and I see in the mirror. I don't see that way but I feel it going here and here and here like Hanumana. Then I feel I'm lifted up in the body and the whole body becoming very big and all that." I said, "... you must know that I know that you still take tobacco." He said, "Yes, I do." He was so ashamed of himself. I said, "will you now please vow that I will not take - I will look after it, but you have to decide that you'll will give it up.

You think that you can carry on with things and it will have no effect, when my attention is there, when you have got realisation?" After realisation you have to be very much self disciplined. You see, you have given a chance, a big long rope, but then you really hang yourself, very badly. He said, "How to get rid of this phase going." First he use to think he was becoming Hanumana in a big way and then when, I told him, he promised me, and the whole thing disappeared completely.

It's a nice thing that even ego bhoots and superego bhoots when they face my photograph they come in their own realities and they start showing their effects. Something's so interesting to see them, that way. Then, then the people realise, what's this happening to me is he going..... It happens.

But try to understand what ever has to happen will happen inside not outside. In the program also you might find some people do some sort of gestures, like this. There was one person was sitting like this. I said was this matter with this fellow? Some people will just stand up, put their heads down, all sorts of things. Just to attract attention. Ego people have this tendency to attention of others. Do something to attract the attention of others. Like hawks they're watching. Some of the egos you can make out they're watching the break and the other side is like that. So these are two types of people. Never that purely that. They're mixtures sometimes, they jump form this to that all that is there. It's worth seeing all the drama as Sahaja Yogis, you'll enjoy that. Never get into that. One has to be careful about it. Sometimes you have to take really drastic steps. Because you are seekers, isn't it? To improve that. What else?

Yogi: Mother, to help attention, a liver diet helps, is that right? A liver diet to help attention. What else can we do?

Shri Mataji: You see, put you eyes onto the Mother Earth, as far as possible. In the morning also, if you can walk, in the morning time, not during... .... I don't know, it's not very cold session. In the dews, dews that fallen on the grass, you see, will help you. Also, put your eyes onto the thing. Try to fix your eyes on the Mother Earth, as far as possible. Don't look at me. And don't try to become attractive sort of a personality, you see. Then, what happens you always see who is looking at you, you see. That's a very bad thing. I've seen the people who flirt. I've seen the bhoots getting out of their eyes going into another persons. Even the person is standing like that, you see, has a bhoot in his eye and a person comes at the back you see, is trying to attract. Both are dressed up very well, to attract the whole world. There's a competition on, you see.

And this person comes here and stands here and another bhoots stands at the back. So, without even seeing the person, you see the bhoot informs - "Hello", and the other bhoots says, "hello" and the person turns right about turn and starts looking. And you see them going on like that. And sometimes the bhoots pick on friends you know, I've seen them. Say, there's a group of say, a party of something like that. Receptions I see them enjoy. So one person will stand like a hawk. They'll put his eyes onto one person, you see. Now that person is picked out, and the bhoots are having a nice time.

And these poor things are just doing all that for nothing at all. For no joy. It's a joyless nonsense going on. And these two they are just don't know, they are just playing. Just like this. Like hawks. It's a very funny situation you know, for a person like me. I don't know how to control my laughter. It's a silly thing isn't it? And it's never happened before. I tell you 50 years back nobody did all this nonsense - to that extent. I don't know about Western Society so much 50 years back. It could not be that bad. Only one or two persons might be like that. But now days everybody has become that king, you see. What was that king who killed seven wives? They all are Henry the 8th nowadays.

In a democracy, everybody has become a demon. The reason is demonocracy, not democracy but demonocracy. Because everybody is equal to a king. What's wrong? We are ... what's wrong with us? We are great. If he's a king, I'm also a king. If he had seven wives, I can have eight, what's the matter? He did. If he eat filth, I can also eat filth. How can anybody stop me? It's like that. It's competition, nonsense, stupidity and foolishness. That is how ego is. Ego makes you nothing but a stupid fool. That was it does. Absolutely. Ego is such a thing. It makes such a stupid fool out of you, that you don't even realise. Have you heard the story of Narada? I must tell you.

I think I'll have some tea before I do.

Narada was man who was bitten by this ego once. And she started talking, saying "Look at me, I'm such a powerful God that nothing can touch me. Even Shiva was enticed by cupid and that, he had to marry Parvati. Who was Sati actually because he was bitten by cupid. But I'm such a great ascetic Brahma Chari that no one can touch me. And then Vishnu always plays tricks you see, he is the one who tricks people. So he sent two of this Ganaharvas, two of his celestial singers to attend to this Narada. And when he was going in the jungle they met him just by chance, Sahaja.

They said that, "Oh Narada, you are so great, we were sent in search of you; such a handsome man, so beautiful, and this and that," and his Ego started accepting all that. "Really," he said. 'We were searching for you,' "Why?" "There is a very beautiful Queen, Princess, who is to be married and there is a Swayamwara," swayam, means yourself, and wara means the husband to be chosen. "So we will all go that Swayamwara", like Sita had the Swayamwara, you see. "And I am sure you will be chosen, because there cannot be a more handsome and attractive man that anybody else in this whole world."

Now this Narada was bitten by Ego you see he was a stupid fellow that he believed all their stories and he went there they said, "You must dress up very well, and you must have this and that and we'll get you all the clothes, everything and we will attend on to you and we have always admired you." ..... and you see admiration and adoration they love.

He said, "Really? then I must dress up well." You see. "Am I that handsome?" They said, "You are the most handsome person, and she is going to fall for you and this is something and she is a lady known for her beauty and there are people from all over the world and you will be there unique. She is going to garland and you're going to marry her. He forgot about cupid story and about his asceticism, everything. He said, "Alright, I'm going to do that." So they dressed up him very well and he went and sat among all the other great princes.

And then actually it was Vishnu who created this Maya city, Mayanagari. Just an illusion. And when this illusion was created she walked with the garland and this lady was also an illusion you see. And she walked like this and she looked at him and she smiled. She could not control her laughter, as if she thought, what a mockery it is. He was surprised at himself. You see he thought this garland was going to ....

When she smiled, he thought she is appreciated, but when she couldn't help laughing loud, you see? Then he was rather surprised and then she went away and still she was laughing and giggling at him. So he was surprised. So he said, "What's the matter, why didn't she garland me, she should have garlanded me?" They said, "Don't worry she'll come back." And she never came back and then they said she has already garlanded somebody and she is married and all.

So they came back to their places he said, "Oh it's horrible." And he was perspiring with anger and he was very angry and he went. There was a lake, so he went to wash his face and he saw his face. It was like a monkey's face, absolutely he was like a monkey. "Oh God," he said. "I was like a monkey there and how these people were saying, then he cursed them," and said, "You two have befooled me" and all that, he cursed them. But whatever it is, he had become, then he realised, "That I am such a stupid fool because this ego went into me." It's stupid, I mean such people are extremely stupid and that's why we must be pulling ears all the time..... "Oh Mother, don't make us stupid, make anything, but don't make us stupid", that's one thing one has to do. Because, really one becomes stupid with ego, so be careful.

When this wind blows, you see, from my mouth, it takes away, dries up my throat, you see? From my nose also there is a cool breeze blowing, ears, imagine from everywhere a cool breeze blowing, what must be the condition inside.

After realisation we cannot do the same mistakes as we have been doing before realisation, isn't it? At least that much we must do, because now we are enlightened and we have a new light in our eyes. And it's much easier now to do anything, you see. Because the whole Divine force is there to help you. If you don't do that what is good for you, then you're going against the force that is trying to help you, you see? It is something like a double force is coming to help you.

Warren: Mother, left Nabhi is a very bad catch in Australia, perhaps you could talk a little bit about left Nabhi?

Shri Mataji: I think there is a tape on left Nabhi, about the spleen.

As I told it's a speedometer within us which creates a balanced atmosphere for us, that we keep to the speed in which things have to be moved. You see, you must understand that Mother Earth Herself, moves with such a tremendous speed, Herself is moving. And there are so many planets which are moving with a speed, relatively could be higher or lower. And the whole thing is managed so well that nothing collides with anything. We have never thought of it, you see. How it must be worked out that all these planets, which are so many, are going in all directions with a particular speed, with different speeds and all that is so well managed that they do not collide with each other. You must have seen those planes of the Air Force, when they rise, they show these acrobats. There are ten aeroplanes or may be twenty-one, or could be more; they all go with a tremendous speed but maintain a certain distance all the time, so they do not collide. Because they can collide in no time if they are not alert.

Now, in the same way, our spleen keeps the speed of all the organs in relation with each other, first thing, and secondly it creates blood cells to supply for any emergency in any part of any other organ. Now, we have also got this machinery of blood cell production in the bones, inside the marrow of the bones. So there are two places where they have kept this emergency that, if this one fails, that will take over certain things. But this speedy business can spoil both of them.

Now, this one is placed on the left-hand side, why? Because, with the heart on the right-hand side, God knows what will happen, so it is placed on the left-hand side to keep the pace alright. Now, what happens, when we are doing any work. Say, for example; eating our food. At that time, soon emergency comes up. Once in a while is alright, but everyday if you have news at night and dinner at night and you like to read your newspaper as well early in the morning when you are having your breakfast, you are in for trouble. Because, when you read the newspaper, you react, you being after all sensitive people. You see for those who die, and newspaper will never give you anything; they are not supposed to give, I think. If the plane lands alright, then they will say, "today the plane landed alright." But they will say there was an accident and so many people died there. You start saying "what's the name, is my friend there, is my this one there? He went yesterday!" - Emergency started.

Now, that time you are having your breakfast; we are doing something very important and the blood cells are created. So this poor spleen becomes really crazy and she doesn't know what to do with herself. She produces certain cells to supply here, and then she produces some more to supply there; she really goes, it goes haywire, absolutely and it becomes crazy and when it becomes crazy, the whole nature is crazy. The food goes to the stomach. The speedometer is wrong then, at that time, the food is not digested in the stomach, but the juices start flowing. Say, in the lower part of the intestine. What's the use? The juices must be secreted in the stomach. Because the speed of the whole thing is so mismanaged that there is no supply of proper blood to all these various places and people, whosoever, does that kind of thing becomes a person suffering from bad digestion, gases, this, that and a very speedy temperament.

When he talks, he talks telescopically. You see, he always thinks, is worried, is so speedy, so worried that anything starts like, as I told that, if I tell someone you have to go, you have to fly. You should see people when they have to fly. Suddenly, just, before going, they become so mad, so crazy, because they don't know what to do with themselves. Because their poor speedometer starts excreting some cells which are crazy and they become so very crazy. And sometimes they arrive much earlier, or sometimes they forget their passports at home, I mean, they do all kinds of things.

Warren: Sometimes they get anxious about the traffic.

Shri Mataji: Traffic! And it happens like that, but the other way round, people say that, "If you don't do it who is going to do it?". I said, "But what's the need to get upset about it." Say, for example; I'll tell you a very simple example, a very nice story.

When I went to England and while coming back I wanted to go to Paris but I had a through ticket and I could get down at Paris or wherever I felt like. It was a ticket like that, you see? And there was no need to hurry or anything because I knew where I had to go. I was staying in a hotel and the gentleman who was in charge, one of the shipping corporation fellows, supposed to be very bright and brilliant, enterprising, this, that, all the stories about him. He telephoned me at least four times. You see, they think women have no sense of time and women have so, they must tell me four times, you see. So he told me that, "Please send your luggage down at 11 o'clock!"

I said, "Alright!"

"Please send your luggage down at 11 o'clock." Again and "Please send your luggage down at 11 o'clock." Four times!!

"Alright, I'll do it."

And I'll be there exactly at 11 o'clock and I must see you."

My husband is supposed to be his boss you see, but the way he was ordering me about was surprising. He thought I didn't know time or what ideas he had, I said, "I will be there exactly at 11 o'clock."

"What is the colour of your bags?"

I said, "It's white. Everything's white."

"Alright, I will see you. Have you written the label? Have you written your name?"

I said, "I have, it's all there."

"And then we will take the luggage in the car and you should arrive within 5 minutes."

I said, "Alright, I'll be there don't worry!"

"I will give you a call from down below, and then you arrive.

First, I will put your luggage inside the car."

All these connections he made and I sent the luggage down.

He said, "Put it at this point." And all that he told me. I said, "Alright!" I put the luggage in there and I came up, waiting for him to come. It was eleven, eleven-thirty, twelve o'clock; the fellow was not there. He was not to be seen. Now he came about 12.15 p.m. (gasping). I said what happened? He said, "I'm sorry Mrs Srivastava, very sorry."

I said, "But, what happened ?"

"You see, it was such a bad jam, I just couldn't reach you. I'm sorry."

I said, "It's alright, but I've sent the luggage down. Did you find it?"

"No, it's missing:"

I said, "Missing? Now, let it be, what is got to do now, it's missing."

We came down, there was no luggage, nothing. Somebody had picked it up.

I said, "It's alright, don't you worry, we'll find the luggage, don't you worry, it's alright."

He said, "but we'll miss the plane."

I said, "We are not going to miss the plane, there are many planes going, why should you worry?"

"No, no, no, no, we have to go on this plane. You are booked on that and there is a seat for you." I said, "I'm going from London to Paris. What was the need to worry so much. I would have sat anywhere. What is the need to fix my seat and everything, on a first class? There's nothing to worry so much I can sit in front, or backwards, or anything."

But still, he was so much worried. So we were supposed to go there one hour earlier or something, whatever it is. The plane was late as usual. And as soon as we reached the airport, where he stopped the car to drop me, there was the luggage! You see, one of those people, tourists and all that, they had carried the luggage with them, and they had put them there, so that whosoever it belonged they would pick it up.

I said, "See, the luggage!"

"How?"

I said, "It is there, now go and put me Paris."

So he took my tickets and everything and went there. And would you believe it? He booked me for Bombay. That is only the half part of it. I'll tell you the rest. He booked for Bombay. I didn't know he booked me for Bombay. He gave me back the ticket, he gave me the.... what you call that?

Warren: The luggage check.

Shri Mataji: The baggage check and..

Warren: Boarding card.

Shri Mataji: Boarding card and everything I got into the plane.

He said, "Thank God the plane is late an hour." "But." I said, "I was quite ready when you told me." "But what to do? There was a jam," I said, "You would have started 3 hours earlier out of the house."

"Really, but how could I know? There was such a ..... there was never ..... this was historical!"

I said, "Everything is historical with me. Don't you worry." So I got into the plane.

I got down at Paris, nobody checked me, I just walked out. And there was another one, his true copy standing there, a Frenchman. All the time the other goes on like that and this one goes on.

I said, "What's the matter?" He said, "Nothing. Oh! You've come very late, you've come very late."

I said, "I'm sorry, but it's not my mistake." "But his Nebi", he called him Nebi, "You see (don't mention my name to Sir) this fellow should have informed me. He never informed. He's supposed to be very efficient he's this, that."

There was no chance, you see, because by the time I come there my luggage was missing. He didn't think of you, he just thought of the luggage, was more worried about the luggage, and we went to the airport and from the airport he saw me off. I told him you better give a ring. By that time you had come to the aeroplane.

He said, "Yes, I came here, because, I should have enquired what time the plane was coming, the plane was late, so I came quite early here."

I said, "Very nice." He was sitting there for two hours already.

Now this fellow was another speedy one.

So he said, "Alright, now what about your luggage?" I gave him the baggage thing, we waited and waited and waited. No baggage came, it had gone to Bombay! So he went to the counter and he said, "What about this?"

He said, "Oh God, this is marked for Bombay."

He said, "Really?" "Yes, this is marked for Bombay, it's gone to Bombay."

He's got such a temper for the fellow in London. He said, "Look at him, his efficiency, he's not seen this, he's not, he's done it like that, and all sorts of things."

I said, "But why do you worry? My luggage has gone. Why are you worried? I have to be here for four days, it's alright because I'll manage."

"How will you manage?"

I had that vanity case, I said, "I have a small change with me and I don't need anything, I'm alright."

He said, "With one saree it's alright, one saree you wear for four days or five days in Paris who knows?" to see? Here people wear one dress for one year also, nobody looks at that, only in India it's a problem, if you wear the same saree people will notice. Not here, nobody's going to notice here.

I said, "I have to see the museum, that's all. You don't have to worry." I said, "you tell me where you've booked me, hotel and all. The hotel where I stayed there, I managed myself very well. And the day I was going back, you see, he came to see me off with his wife, you see, and his wife said, "All the time he was blaming Neb for this and he should not have done this, and should not have done that I said, then, "Now what to do?" He said now, "Thank God it's settled down. Now you're going back, but what will you do without the luggage?" I was going to Teheran to my brother's place. I said, "it's alright, don't you worry, I have to travel, why do you worry so much for me?" So he said, "One has to worry for people who do not worry." I said, "If you want to find any excuse to worry you can worry about anything, anything you can worry about, but there's no need to worry at all for me." So, as soon as we reached the airport, there we find my luggage again, back. My baggage had come from Bombay to Paris. He said, "This is surprising, the luggage has come." Now, the best part was, I said, "Now you get me booked."

You see, he had already booked me and when he took the ticket, they said, "No, there's no ticket. The ticket had been cut because she was booked for Bombay." Now, that was too much. His wife got after him, "You were saying such and such was so efficient and this and that, he's done this, what about you, the great efficient? All the time you're on my head. You get ready, you get ready, you get ready, you get ready." She gave him a big lecture. I said, "Don't you worry, I'll be going if I have to go, I'll not go if I don't have to go, and you don't have to pay the hotel bill, I'm going to pay it so just don't worry." He said, "What to do?" I said, "You just don't worry." Then we discovered the plane was late by two hours, I said, "Alright," I trunk called to Air India people. "It's alright, give her a ticket." I got a ticket and I went. Nothing happened. But this was these two persons really, they were so nervous and I'm sure their speedometers were out. So this is one of the simple stories of how things happen and how we are bothered.

After all, one must know that you are not lost are you lost? That's all. As long as you are not lost, you are there. But every time if you think you are lost, then nobody can help. There is a joke that a boy who was roaming about in an exhibition, his name was called. "Again," he said, "This am I lost again?" It's like that, it's like that all the time if somebody thinks you're lost, you've lost. It's their mistake. But the boy was not lost. Every time the parents used to call his name, you see, so he said, "Oh God, am I lost again?" Others think you are lost, but you are not, but sometimes, you start thinking the same. What is there to be upset? Nothing, nothing is dangerous that much as you own fears.

Warren: What is the Gruha Lakshmi quality of the left Nabhi?

Shri Mataji: You see, it is called as Gruha Lakshmi because she is the one who fixes the speed in the household, she's the one who knows how to fix if she's a Gruha Lakshmi, if she's the one who is really a housewife. But housewife has interest outside then she cannot feel it. She has to have interest in the house. She has to have interest in her own children. She has to be a good housewife and she should know as a housewife, she's very important. When once she realises her importance, then only this speedometer is alright. Even for children, she doesn't hurry them. She fixes up everything for the children. For example the children have to go to school tomorrow. Now, she gets up in the morning, early in the morning, she sees that their clothes are alright, everything is alright.

When there is time to wake up the children, she goes, sings something nicely or kisses them and gradually she gets them up, so they are not in a hurry to get up. She gives them sufficient time to get up and get ready, and then, husband, she tackles a later on. But the main thing in India, it was a custom that never the women used to eat before the husband had eaten. And there are two reasons, but one of them is this Gruha Lakshmi. And they would sit with the husband when he's eating. They used to fan the husband you see, when he's eating the food and would ..... and. So people may say it's slavery. That's no slavery. That's how you handle them back. You make them absolutely dependent on you. You ask my husband, he will tell you that story. Once they are absolutely dependent, they just do not go anywhere else, even if they try some tricks they're back today. Because they cannot leave them.

The speed you see, is controlled with the fan. So, the person is eating and the wife tells everyone, "Now don't disturb him, let him eat his food." He's not supposed to read the newspaper, there's a fight about the newspaper and she throws away the newspaper. "No. no, just eat your food, eat slowly, eat slowly nothing to bother, it's alright." But, that's not so, I've seen many women on the breakfast table. They'll fight with their husbands, "What about the money? You haven't given me this." So the husband gets angry. "Alright, I will not have my breakfast today."

That's not they way I mean, I'm not saying there are no cruel husbands, they are so. Exceptions, are there. But the wives can be also cruel. But if they are normal people and good people and if they want to understand how to put up their own speed and the speed of their husband. Alright, first of all they must know they should be very balanced, very balanced and solid women. They should not be jumpy. If they are jumpy they can make everyone jump. Imagine this Mother Earth being jumpy, we would have been jumping like that all over.

So you have to be solid, not only that, but you should be able to bear up many things of the men. You see, it is no criteria that if somebody dominated you, then that person becomes more sort of something higher than you. Only those who can bear up can bear up. For this Mother Earth can bear up our weight. That's why we can stand on her. Does that mean that she's anywhere less than us?

The woman has got a special capacity to bear up because she is made like that. She's a solid personality. Oh, She can take in so much inside herself and digest it and just finish it off. She is a person who does not get disturbed by so many things the husband has to say to wife. He is sometimes harsh on her because he has, after all to face the outside like, and he has to face everything and then he comes home and he says everything to his wife. You see, I've seen sometimes even the photograph they say, "You are like that, you are this you're that, you're like this, you're this" and take out everything on the wife and then they are satisfied. Because, they know for definite that because my wife is not going to be embittered, she understands. She loves me and she understands why I'm shouting at her. But this kind of Gruha Lakshmi temperament is gone now. Because, now women are possessed by men and they are even worse than men once they are possessed by men.

Imagine a woman possessed by a man, and the man who possesses must be a horrible fellow. So the men become like women and women become like men. I don't know what to do with such perverted people. So, a woman has to be a woman and a man has to be a man and they should not try to compete each other but supplement each other. A man must realise that he can't live without the wife and the wife must realise that she cannot live without the husband. But it should not be anyway one dominating the other.

Because, when the people are possessed they have methods of dominating. For example, they can become extra sweet, nice and charming. They can become extremely reasonable. They'll give you a proper answer for everything. They'll reason it out, they'll sound very logical, but all that logic is nothing but absolutely a kind of a damnation for you. Because, they're becoming so dominating that you don't even see. Also, that you are being pushed down into something which is very tight corner for you, from where you cannot get out.

So, the housewife has to be a housewife, and she has to be a proud housewife. Now, Sahaja Yoginis, should know, specially, that I'm housewife and if you ask my husband, he'll tell you how much I've done for him, always and he has been such a busy man, that everybody else thinks that he has always neglected me and he's been very horrid to me and all that. They think that he has never bothered about me and things like that. But that's not the point. I understand that he's very busy and I'm very proud of him. Because, he's working very hard. My Job is to soothe him, to relax him, to make him feel happy.

But here the problem is that it is not easy for the women to see that men are just like children. Really, they are just children. Men should not hear this part. You should know how to handle them. You see. You can please them with small, small things and they can be so very sweet. I'll tell you one thing. One day, you see, we wanted to buy this house and this and that, he said, "it's too much, it's too much money," and all that, "I don't know if we can afford it." Now you tell me, with all this talking you see, we were

about to sleep on our bed you see, when he was asking me, "now you just tell me one thing, how much money do you think we will require in India?" So you see, I thought it was too much, and I said, "Can I tell you tomorrow after calculation" and immediately he smiled and the whole thing went off his head. You see, little things here and there, turning of a wife. You see, husband is soothed and he understands that it's too much, I'm paying too much attention to this and I'm too much worried for nothing, at all, and all that.

So, she's a supplement and he's a supplement to her life also. If these things work out this way, it's so beautiful. I do not say, you would not work. If you have to work, you have to work, but you should not work so that you have to have a hairdress, so that you waste your money in just self-indulgence. It is not that way. It is work because you need money, if you need money you should work. Otherwise there is no need to work, also to work for women. So many women need not work at all. Because, if the husband is sufficiently earning and if the husband is good and if the money, that he knows belongs to both of them, then it is better that women should look after the children and look after the household and make the house a beautiful nest for the children. But in the case, you see in case there is need, they should work. But understanding that if they have children, their first duty is to their children. They have to look after their children, that's the very foremost thing. Otherwise, you don't have any children. If you have your children, you have to look after them. But it has gone so far in the west now, that people don't want to have children. Women don't want to have children. Women just don't want to have children. Just they do want to have children. Because after children is a problem. Why to have children?

And even the children are born, they are so angry with the children. I've seen in England, educated mothers beat their children. Can you imagine? I've seen in the trains, I've seen beating their children, I mean, out of question for us. You see, our children are equally naughty, they trouble us, they do all kinds of things but they tease us, we don't punish them so much. In childhood, if you allow them to do what they like then when they grow up you'll find that they are beautiful disciplined children. And if you allow them to do it in the house, outside when they are with us they're so disciplined and so quiet you have seen Indian children how quiet they are. But at home they are not.

At home they'll do every sort of thing, you see, but when they go out, then they are very well behaved. Then when they come home also, they will learn. Not that you don't discipline them, you also tell them. If you are a neat person, if you are a person who believes in beautifying your house, and all that, no children will disturb it. I'll tell you, my both daughters if you ask them, I've never told them "don't", but they know that I was very aesthetically tempered and I used to do my house very well and all that. If I leave anything there then they would see that it is there and they would again keep it. Just to please me and they would bring things that were beautiful. You see, they developed very aesthetic tastes by understanding that I am so much that.

But you see, we have so many weak weaknesses. We tell lies, the children see that. We do all kinds of things, they see that and then they become like that. We husband wife quarrel in the presence of the children, then the children pick up from us and they learn it and they start many abuses, they pick up from us you see. A husband thinks that quarrelling before, there's no curtain between the children and the parents they'll fight, argue out, or the husband won't say anything, he becomes sulky and the wife will go on saying something or the husband would be saying something and the wife would be keeping quiet. All these things are not good in the presence of your children. In the presence of you children, you have to behave in such a manner that they imbibe your good sides and not your bad sides. Because, one may call it hypocrisy children you should be honest with them. There's no need to have such honesty with them. You see, there are certain things in the household like you have a drawing room, and you have a dining room and you have a bathroom. Now, you don't bring your bathroom in your drawing room, do you?

So be honest, do you do that? So this kind of honesty, of having everything mixed up, is not honesty. So, before the children, you must behave in such a manner that they themselves imbibe the qualities which you relish, which you think is better and gradually, you'll be surprised. You will give up so many things for the sake of children, so many things you will learn when you will be with children. Because they really tell so many things and then they correct you in their own sweet ways and their ways, specially the realised souls, the way they talk, you see will interest you. You must listen to them and then we realise how many foolish things we have been doing, which we would have avoided if we had this wisdom. That's what they are, but we must have interest in our children. We must look after them, love them. You see. I find in the West, this husband is the babysitter and the wife is the one who is everything in the house. So she stands up like this -"clean this, sweep this, so that"- I used to wonder

what's the matter with this woman? As if all of them have become servants or what, these men? While my husband is so ..... man that he can't even sweep anything. He said, "Look at these people, what will they think? I'm such a lazy lump, they'll say, Nobody works." I said, "Your work in the office, why should you work in the house?" "No, no, you must teach me how to sweep." I said, "I don't want to do that, because your sister will say I gave you a broom in your house and hand that she's not going to forgive me for that." He said, "Who's going to tell her? Better tell me how to do it." I said, "Alright." So we went to the backyard you see, front yard, how to teach .....

So he took such a big broom, you see, that English broom, and he started sweeping all the filth. There was all these, what you call leaves and all that, he swept them like that again pulled it back again swept it pulled it back and all that he was .... After five minutes I came, I said, "What are you doing?" He said, "How do you take it on one side?" "see, once you put the broom that side it comes back with the broom. What to do?" He had never seen how to do because he never had to do. I said, "Now will you please give it up that? You can't do, it's very difficult." "Let me practise." He could not do it. The main thing was, for 8 days I had to rub his hand with some lotion or something, just to get it alright; because it was paining so much in his hand. So it was added work for me, doesn't matter So you see, it should be such that they are entirely dependent on us. There's no work, us work is low. Like washing the things or doing any work is not low. But we have to do the work for which we are meant. You see, no use when - your men really have become very gentle - but our men, if you give them anything to wash it will break definitely, 100% be sure. If you want to have a bull in a china shop ask an Indian man to enter into the kitchen! But it's very interesting that ways isn't it? To understand them in their true nature, to make them men as they are".

It is the women who are the Shakti, behind the men, and when they are the Shakti they have to work it out that way. So we have to understand that we are women, are the ones who determine the speed of men and we control the speedometer of men. So we should not be speedy, we should not hurry them up.

Like in India, only the men will say, "come along, now it's getting late, now it's getting late!" They are the ones. But here I find the women say that, "What are you doing? Oh! Come along, John!" The John is rushing, "Oh and yes!" His carrying the luggage. I'd seen a picture he went on a holiday you see, poor man had to carry even friend's luggage up and down.

Warren: Dinner is ready everyone. So Mother should have dinner now. It has been a lovely evening, just chatting.

Shri Mataji: And from Sahaja Yoga how do you cure? It is very simple. Put your left hand towards the photograph and put your right hand on your spleen and turn it, and say, "Mother, you are the Gruhalakshmi." Now Gruhalakshmi was Fatimabi, who was the daughter of Mohammed Saheb and she was ..... She never went out, she never went out. She kept inside the house and she made her children so great, two children who fought their way and the husband also and they died in that big war of Grabala. And She stayed at home.

The whole power was inside. She never went out. She used always that, what you call, completely covered, "burtha," you see. She is the one who is the complete Gruhalakshmi among all the Lakshmis. Like you can say Sita was Mahalakshmi, but she was Gruhalakshmi; just kept Herself. Nobody knows much about Her, but She is the one who created this Shia, Shia you see. Surprising, that Seetaji is called is called as Shia in the villages and some people who do not pronounce, say Shia. So the pure Gruhalakshmi was Fatimabi.

But men should not understand this way that they have right to dominate women, not at all. They have only right to love them. They have no right to dominate. You see, if they try to dominate women, you see the result of that. You see, one foot will be on this foot and then another will come on that one. So you see, it's companionship and love.

Right wheel of a chariot has to be on the right and the left wheel has to be on the left, but both of them have to be equally. If they are not equal, they need to be similar, but they have to be equal, if they are not equal then the whole chariot will be going round and round and round, this way or that way. There won't be any progress. So one has to understand and one must glorify that you're born as a woman to play a role fully as a woman and not as a man. When a motor car decides to fly, can fly? But only a bhoot can do that.

Yogi: But, Mother, in our society, then how should the man act, because the man has also lost the ability to play his role well?

Shri Mataji: Over here the men are too good. That I'll have to tell to Indian men. You see, man, what happens I think in the West what you have studied in western people. You see, they are not the people who are quarrelling and nagging as we women do, you see, you must understand that. I'm just telling this for the Western men and not the Indian men. Modi you close your eyes! You see, Indian men are very different, but I'm telling you about the Western men are ..... what they do, they don't know how to cope with the women, you see, they don't understand, you see, because they're men, you are women.

They'll not quarrel with you, discuss with you, or anything, "Why did you do that? Why did you go there?" They say, "Alright, your have it." They may slap you, throw something at you or do something like that. You see, they, they just have direct methods of dealing with you. You see, even if they have a fight, they say, "Come along, have it." You see, there's a fight about something which has nothing to do with the fight. They'll fight with each other, hit each other and sit down. It's done, finished. The fight is over. Women are not like that, when they fight they'll be going inside and ..... "Oh she's so very bad; she was carrying on with this, this was this, like that." We are different type, they are different type. Now, what happens if with men if you go on nagging them all the time? "What did you do about my necklace?" "Did you bring it?" "Have you got the money? I would like to see it." And pry on them and do things like that and they get very angry. You see.

So you leave them alone, but if you just handle them the way they should be handled, like children, you see, then they are very good, excellent. So, the trouble is the handling of men is very important. Even if a man is told how to behave, it won't happen, because it is you who really controls him. It is not he who can control himself. It is you control him. He doesn't control you at all, in a way. But in a way you see for western woman she thinks that unless and until she controls in a way like that she doesn't actually control. Actually, you control the man, out and out; absolutely, but it should be done in such a way that he doesn't feel it. If he feels it he will go on drinking, will take drugs, naturally, a man who takes to alcohol is mostly a man who is dominated by his wife or a man who is very soft outside. .... Say to a everyone, he's very nice, "Hello, how are you?" He goes home and boxes his wife.

But you must understand he has to do it, he has to box someone because that's there in their nature to box people, so they have to box someone. Either they will box others or they'll box their wives. So the second part is better that they come home. You can have a pillow puffed up and make a fun out of it, like a little child who comes home, he gets angry with his mother, he goes on hitting her, "Oh! Why did you do it? Why did you do it?" Like that. Alright, because they think they have a right to do it. But once you deny that right, then they go mad, then they take to alcoholism. They go to so many thing. Most of the men take to all these vices only because the wife doesn't give them that satisfaction and love. It is you who control the men, not that they control you. It's very simple to handle men, very simple. There are some tricks to be played of course, but a woman is quite tricky, she knows how to do it; but it should be done sweetly, so sweetly, suggestive of your love, suggestive of you love.

You see, now. My husband was with the Prime Minister, so busy with the five-year plans, and the ten-year plans and the fifteen-year plans and I had immediate things to be done. I was building a house for him, and I did not know how to talk to him, because I knew if I talk to him he'll come on me like a .... "Oh for you this is such a great thing and for me that is such a great thing," and relatively he would blame me. So I used to discuss five-year plans to begin with, and then we discussed the two-year plans and then one-year plans and then the household. And it so developed that anything in the office, he must discuss with me, he must talk to me.

Even if he was in England or something, something happened, he must talk to me first of all, he must discuss with me if it is so or not. Everybody would think that I'm such a great government official that he has to discuss with me. But sort of you see, he had an outlet and sort of a thing and felt that I gave him the right advice; what ever it was but it was so always so, it was so. And even Lal Bahadur Shastri, was the Prime Minister; he had such faith in me and he used to talk to me as if I was a great woman.

One day, he came and asked me, "Now tell me what are your priorities as far as the country is concerned?"

I said, "Why are you asking me? I'm just a housewife?" He said, "Now listen you're a good housewife, a successful housewife. I would like to know what are your priorities."

I said, "The first priority is food, agriculture that is the first priority." "Then what is the second priority?"

I said, "Is clothing, housing. That's very important. Unless and until you have these three things, what's the use of anything else? The fourth thing is education, so the priorities must go like that. What's the use of having plastic factories here? You are importing plastic factories, rubber factories for all this we don't need. What's the use of creating another plastic mountain for ourselves?" He was quite happy with what I said. I said, "Now, don't go in for things like they have in the West. That's not going to suit us. They themselves are getting into ditches, and we'll get into the same ditch." So whatever we have, try to use pure things made of human from hands, not from machines. See, you can have one plate or you have ten plates.

Now, for example, we went to England and in India I had seen to it that in my house we don't serve any drinks in our house whatsoever. But in England he said, "Even an English crow won't come into your house if you don't have drinks," he said, "No even a frog won't." So I said, "If that is the case, you'd better have it." Can you imagine, at that time, we spent in the beginning, only to open, I mean we never had a bar in the house you see, but to sort of start drinks, only for the tumblers made of wood, Czechoslovakian, this crystal we spent nine hundred pounds, this, this for liquor, this is for this, that is for that. I said, "One is sufficient," that is how we have exhausted all our Mother Earth. This another mistake we have committed by having and why? This is industrial development, we can say, that English have only whisky and their crystal. They had to sell their crystal so they started that you should have another one for this, another one for this, another one for this. Because their crystal must sell and their whisky must sell. How do you do that? By having all these permutations and combinations.

So this is what it is, you see. That when you start spending money like this, you have no money for your real things and that what you need is very little. You can live with very little. Of course, I like to have things, I like to buy things for what? For giving away, for giving away presents, for having things around to make the house beautiful. So that when people come in and see and they feel happy about it, but when they like something, I said, "Alright take it." I just put it at them as an exhibition, so that people can like it and I can like it and I can give them away.

I've given away even heavy furniture to people if they like it. And my daughters were so much worried about this part that, one day, you see they went opened my locker and put all my ornaments into some other ..... so that I don't give away all that. But I enjoy it, and once I give I get more. So you see, to please men, you should live in a very big way. Small-minded women can never appeal to men. They have to be big. They must like if the guests come in the house, the guests of the friends of the man come in the house, and all that. Sort of you merge into him completely and you start enjoying and people have respect for you. Otherwise, you see men do not enter into some houses. I said, "Why? His wife is horrible, she looks at me like this. I do not want to go into that house." Then you are not a Gruhalakshmi. So many qualities one has to learn of the Gruhalakshmi.

But if the Gruhalakshmi is alright, the speedometer can be kept alright. And some women have the idea of sulking and misbehaving and going into some sort of a nonsensical impression. That all is .... You have to be there, you have to be joy giving. But men themselves must look after their speedometer very much, very important it is, if they do not get with all this they can defy their wives and they can spoil their health and become absolutely sort of ego-oriented, and they can absolutely can be caught up so much so that they can get blood cancer.

Now, about blood cancer I'll tell you tomorrow.

May God Bless You.

PART 2

Even if you are silent you do very much, you don't know your powers. You really don't know your power. You can even stop the sun. You have got such powers you can't believe it. I have made you after the pattern of Christ, after the pattern of Ganesha. You are very powerful people. On your hands the Kundalini moves. What more powers do you want? How many saints there are who have been blessed with such great powers? You have no self esteem as it should be. If you really develop your self-esteem you see the whole balance will come to your spirit. Self-esteem is the only way really you are going to be self-realised. And then one should not pass sarcastic remarks about each other, you must respect, all of you must respect each other. Somebody is like this, somebody is like that, I don't like it at all, passing remarks about anyone. I don't like it at all. And you should not also pass remarks. And a person who might be considered selfish or something like that, it will stand out. It will be corrected I myself will find out, so you just don't pass remarks. Even in the public we can do that. It's very bad. Anything - I mean any gesture or anything. Should not do in the public. I mean we are all one in the public.

QUESTION: So Mother, we'll get our self-esteem by preserving our collectivity and make that stronger?

Shri Mataji: Yes and also that collectively about yourself. You see if you get "Oh, I'm shaking, I'm frightened. This person has come and said something to me", finished. What are you therefore, you see among yourselves also one person should not dominate another, but if one tries to dominate you should not be dominated but work things out. Self-esteem means that. If you allow somebody to dominate you are good for nothing, you are useless. Tomorrow you have to hold swords in your hands you must know and here you are you, shake, shake. Just think of such swordsman. The only fright will be if the swords will fall out of the hands. Instead of doing any work.

QUESTION: That's it you know. You've just described my problem because on the one hand you know, I really want to help my eldest boy. I really do Mother. And you've given me all the tools and everything. Next minute plop! I'm frightened. But what about? What if? And I go back into the past and think about the mess that was and I think I can't do it! No. So what is this? Is it a bhoot that comes in and gives me the fear or....

Shri Mataji: Maybe all your own. Because you see the past is there is tying up you. You see that's dead, that's finished, forgotten. Now I've become a fruit. I'm no more a flower I'm a fruit. This is the self-esteem that has to be established. In humility also! "I'm not that arrogant person, I'm not a dominating person. I'm not going to enjoy dominating others. I'm not that lazy person. I'm not that, I'm another personality. I'm a saint. I am a prophet and I have a right to make others prophets! What more do you want. But sometimes if you make a beggar sometimes a king when they come in the beginning sometimes he just puts his hands like this to get something. Forgets that he is the king, he is asking and begging, that's what it is.

Forget your past. Completely! You are sitting on the throne like dignified personalities. Sit on the throne & enjoy the beauty and the glory. This is what it is. Called assumption. Viraj, in Sanskrit the word is Rajana, means, I don't know, to permeate, the kingdom within you. Allow it to settle, to sustain within you the kingdom, the kingship. That's Virajiea, when you sit down on this throne and have all the glory and all the heights of this throne emitted through you and enjoy it. Such a big word is Viraj.

You see like a bride comes in the house. And then the mother-in-law gives the keys to her. And this is your house, Virajiea, and you are the owner of this house, come along and enjoy. So she feels it. Now she is the owner. How should she behave? How should she be humble. How she should be kind, respectful and how she receives respect from others. That's what is the whole thing with Viraj now. So we have to be that, and then you'll be surprised at how you can solve the problems. Think that you have to become the king alright. A king has to know when to use which power. A king doesn't come all the time and hit persons who come to his feet, nor does he touch anybody else's feet. You see it's like that. Alright any more questions?

[ NOTE: BREAK IN TAPE ]

Everybody sat comfortably and how there was no competition. And he was amazed that there was no competition. Because competition is a part of human nature he used to think. And there was no competition except with everybody being good and nice. That's all. He being very intelligent, he saw to it, and that the ladies were dressed very well, I mean not, in any informal way,

that they had made it a formal thing. And he liked it!

When we are formal, we are respected. We have to be formal because we are respected. We are very formal. As to what thing we give what whisky and what gin. But we are not formal when we present ourselves to others. You have to be formal when you are with the public. Very formal. In every respect and that helps because you respect them. They know. They respect. You go to church properly dressed because you respect God. In India when women go to temples they will wear their best dresses, their best saris, and they wear all their ornaments and they go to temples, because you respect, out of respect. And now we go to church. You take out your hat. Out of respect, and women put on a hat to respect.

In the same way in Sahaja Yoga you have to respect the public because there may be many seekers among them. Talk to them with great respect. Know that they are seekers. They may be horribly funny sometimes. Then do not try to be harsh with them. You should say. "If you are seekers you will come. If you are a true seeker you will find it here. No use arguing with you. So many of us were like you. For nothing at all, why are you quarrelling? What have you found so far? Please find it out. Don't delay", like that in a very cajoling, very patronising manner you should talk to them. They should feel that, these people are concerned with their well being and also their respect. Respect is the first thing that we must give to these people. Talk to them in a very respectful way. Make them sit down. Because now you are much higher. So this consciousness is also there you see, so you have to be more compassionate and more congenial to them when you are so high. This is the problem with all the human beings. All pay complete disregard for others when they evolve. Has been with all the great saints I have seen so far now those who are, they throw stones at them, they hit them, they abuse them, they beat them. They do all kinds of things, can you imagine? Because you see they are not yet evolved. You must understand it much more. That they are not yet evolved. So how you must treat them like children. And once they are treated like that you'll see they'll be very happy with you because they'll see what change has come into you.

Arrogance and all these things are horrible things which should not be done in Sahaja Yoga at all. You should never combine in fighting. If somebody's fighting, forget it, forget it, forget it! If someone is arguing you should say "No! No!, no arguing can do it". You cannot argue a flower into a fruit. You are losing your time. It is better do not argue. Like that you see. Be at a higher pedestal and pull them out, very delicately. Not to push them down. They will go down much more.

They have to come up, know that they have to come up and when you have to come up and when you have this knowledge you be very soft with them. Among yourselves different but dealing with others you must understand. This is the key note and the rest of it you know very well and as far as establishing a rapport is concerned you do not.

I would say that this Yogi here is quite good at talking to people. But otherwise as a person I would say she is more left-handed so she should be a little more right-handed. It's sort of indulging sometimes into a little left-sided stuff sometimes. But she's more appreciated than a person who's aggressive because people like sometimes a little [ gentleness ] ...So in the room I will tell her "you should be more right handed, now don't try to get into things where you'll be dominated". That's nonsense, can never be dominated. But as far as the dealing with others is concerned such a person is more appreciated who takes you see others aggressions upon oneself you see. That's the way it should be. That how she has been quite successful organising things and talking to people nicely.

So it's a different thing what we do here among ourselves but with outsiders you have to become extremely subdued, very humble. They don't expect a saint even to say anything you see. They expect what Christ has said if they slap one face turn the other face. They forget the other one "Don't throw pearls before swines" and also that he took a handle in his hands and started beating all those. You are on that level, but still take to another style.

QUESTION: They tend sometimes in Australia, Mother, to underestimate their knowledge of Sahaja Yoga and say "Really I don't know very much about it, but, but" and they begin with an apology and this is not a good system.

Shri Mataji: No, No. Just be in the centre. Apologeticness is not. That's what I said. Should not be apologetic by any chance. Humble. Apologeticness is very different and humbleness is very different. Apologeticness is left sided. No. You don't say that.

It's the Visshuddhi. "You have no idea. I would just like to show you...." In this way if you talk they'll not feel bad. Instead of, "I tell you this, this, this."

The style in which you talk NEVER be apologetic. NEVER be apologetic. Whatever you say, say it with complete confidence. Absolute confidence. If there's no confidence, ah, ah!! But how you express your confidence is a different point. There should not be overconfidence in asserting it, but there should be confidence in yourself and in Sahaja Yoga. Those who are negative should have nothing to do with Sahaja Yoga. There's nothing apologetic in Sahaja Yoga. No. No apologies. It's great to be Sahaja Yogis. Really to be that high. You must have that dignity and naturalness.

It is said that, that the higher you go the humbler you become.

Now there's a story in India that once a saint was meditating and he was blind and a King came to him and he said "Have you seen any men going by here", in a very polite manner and he touched his feet. He said "Yes, yes my king, your, servant came here first, then your minister and now you have come", and the King said, "You are blind, how did you see them?". And he said, "By the manner they addressed me. The servant came and he said "Eh. you!", I knew it was a servant, then the Minister said - not in the way you said it but a better way than the servant. When you came, you respected me in such a manner as you are respected. And I knew you are the King." The one who gets respect will give also respect because if you are not respected by your parents you don't respect others. If you are respected in a family, you respect others. Respect is different from apologies. Why should you apologise, why should you talk like that. Now you ask me a question.

Yogi: You have answered everything, Mother.

Shri Mataji: ASK! ASK!

QUESTION: Some people are little concerned about for tomorrow about the strings we are wearing, from the Puja, Mother.

Shri Mataji: No look this you should remove. Second day there is no need to have, just remove. These are material things. Just tie it for the day, next day just thrown in the sea that's all. There should be no tie.

QUESTION: The ring?

Shri Mataji: The ring you should wear. It's alright. If you want, tomorrow you need not take it. Depends on, there's no need to have the ring around just now. Just now you don't need any protection from them out there. If you want you can take it. You see people don't like it. They think you are branded. They think your freedom has been taken over. It's for your pleasure you are wearing it. Better not wear this. Just take it out. We have to be Publicity Department. Publicity Departments for Sahaja Yoga. Do lots of things just to make them come in, come in, come in! And then we'll have it. I have to try so many tricks you know.

First time we went to Bordi, I had taken over 25 of them. And gave realisation, the first realisation to one of them. Of course I had given one to one lady at home. But the second one of this 25 was a fellow who got it. And all the Maharastrans were very unhappy. They don't deserve this, Mother, because they are this, that. Nobody told me this but I knew it was going on. The lady who started murmuring is nowhere near Sahaja Yoga now. But half-baked, they joined hands and they were very unhappy. Modi was there. He was one of the first ones.

And that day I really put up a show of anger. After ages and even since then I have never had, and I just lashed. I said, "You people are good for nothing, useless. I don't know my fate is bad I got such horrible people. If you are thinking of ... and Marathi and all this nonsense here better get out. I've nothing to do with you". I was really angry. I was really so angry that I don't think I've put up that show anywhere. I've tried to. But not to that extent. And for about one hour I shouted at the top of my voice. Really screamed at them. All the bhoots ran away from me, so frightened and 12 of them got realisation. So the first trick I tried 12 of them got realisation. One of them is Modi. 12 of them got realisation that day. You can imagine. First I really screamed and shouted and all the bhoots ran away and all these ideas got out. When I get angry also its against the bhoots you see. But I really

shouted. "Get out from here. I don't want to see your faces. Just go. I'll have nothing to do with you! I'm not going to give you realisation". So frightened. And a gentleman whispered, "Mother please forgive us". "NO"!!!

He didn't know what to do you see. And two years I worked them, two years. I used to cure them alright. And I was so angry with them. I said, "you wretched people, you don't deserve it." And that woman has gone out of circulation. That one, she's the one who started this talk. Someone comes and starts saying something like that you people get gathered. And then after that she really got first class. All twelve of them are here except for one she was the first who got it at home.

QUESTION: Mother, talking about Sahaja Yoga there's often a great interest and sometimes the first move from people even going through to Self Realisation is often fairly straight forward. After that, after Realisation, I find it difficult to know quite what to do. With some people you don't see them again. Other people it might be, well on one occasion I'm thinking of, two months later he started to come back again and became reasonably regular. Should that be left. Should the next move after.

Shri Mataji: No. You better tell this to those people. That you see people are so caught up. Some of them just drop out like that. That's why, you should say that Christ said some seeds fell on the rock you see. And then they come afterwards and we find them lagging behind, so they'll be warned. You better warn them. It's very common.

They are very much there when Mother is there. And also when I go away one more problem may come up, so better tell them. Which I am going to tell them. That they start doubting because the bhoots come back you see, like bad pennies. Then they start getting ideas. It happens always. Once I go away they start doubting. Ten people meet together and they say and yes, yes, I did feel and now I don't know. This is not the last word, there must be something else. Like that. For some personal reason maybe, for any reason they do it. They gather people around them and they start going against Sahaja Yoga, they do. I've seen it. And then they come back. You see what happens is they are losers, great losers. No doubt. So you tell them. Doubting starts always. Always it is there because the bhoots you see. For example, there are two friends. One gets more sort of vibrations and things like that. So the one who doesn't get so much of it you see goes back and says, "Oh I don't know" - you see it's a jealousy or some sort of a thing starts. See these human feelings are there so one has to be very careful. If another one hasn't got it why shouldn't I get it? In every other thing we behave like that, but in Sahaja Yoga they're absolutely fooled. If they want they can take two running jumps and go to hell. Much faster than they could ever do because really it settles you down very fast.

QUESTION: Mother is there a risk of losing contact with Sahaja Yoga if supposing you might be married to somebody and because of their job which is a job worth keeping and everything you have to live a considerable distance from the mainstream of Sahaja Yoga. Supposing for example I was very much established in Sahaja Yoga but physically I was separated from the ashram. You wouldn't lose it?

Shri Mataji: It's alright. But what I would suggest that for about two months or so when you have holidays come and stay with them. You see it's alright. You must do your job. Nobody has to sit idle. You have to do your job. Nobody has to give up jobs like that. Except for one or two persons who can afford it. Those who are busy with Sahaja Yoga can do it. But all of you need not. You all should do the jobs and there you meet people and talk to them about it and there you are doing the job of Sahaja Yoga.

QUESTION: Because ultimately that's where the strength lies?

Shri Mataji: Bring some people from there. You don't have to live in the ashram but sometimes you must come for the training of your mind. You should learn how to live with others. That's why. Because ultimately we are all going to live together isn't it. In India. Or in Australia.

QUESTION: Always keep us guessing Mother?

Shri Mataji: Maybe six months in Australia, six months in India is alright. But what about London. That's the rainy season. Permanent. May is good. They're nice scholarly people I must say. Their contribution to Sahaja Yoga is very valuable. They have gone through all the books, honoured all that is supporting to Sahaja Yoga. See that Chindawara's book, they said "I didn't do

much Mother, I just saw it here" but I know, Gavin and all those people they worked very hard to find out quotations and things like that. Very scholarly, very scholarly. Their scholarship has come in very handy.

You see people want some support all the time. The other fellow was asking "What is your authority?" You see I could ask him, "What is the authority of Bible? Why would you accept Bible as the authority? What is the authority of Christ? Because you are just born as a Christian and that's all. An Indian can't say that "Because Bible says so". Why, what is Bible? For that to have authority of Bible to see that you get vibrations from the Bible. What is the authority of Koran? Why do you accept Koran? You should say there's no mention of Kundalini in the Bible but how far could you go.

It is said that I shall appear before you like tongues of flames. In a way that you should be born again and if this is the method then this is to be done. It is written in so many others.

In Indian Scripture so clearly, Kundalini awakening is the only way you can get your self realisation so you have to reach proper conclusions. You cannot have a narrow vision, you cannot judge the whole thing by this four years expression of Christ. It's very limited.

QUESTION: Mother could you just explain the tongues of the flame again.

Shri Mataji: Tongues of flames are nothing but these chakras. One flame is enlightened. Like these many tongues you see they come up like that. You will see them. Actually Sahasrara is such a beautiful thing. It's like a lotus. Just like burning lotuses and you see the light, beautiful it is.

QUESTION: I know of a couple of people who are most likely coming tomorrow who believe that they are working with clearing out chakras who haven't got their realisation.

Warren: They haven't got their Realisation yet Mother or they've only just got it and they very arrogantly call themselves energy redistribution therapists and all this nonsense. This lady in particular that we are talking about came for, her Realisation and got the experience and promptly was initiated by a Buddhist monk and then said she got it all from the Buddhist monk anyway. Now she is going working on patients and saying it's Kundalini and this and that. I mean I have no time for those people.

Shri Mataji: She'll lose it. She'll have a bad time. I'll tell her "you better look after yourself, you are not alright".

Yogi: The chakras cannot be cleared by an unrealised person?

Warren: NO! The chakras cannot be cleared by an unrealised person.

Yogi: Mother, may I make one more point? That even a realised man, excepting Mataji, cannot clear the chakras without Sadana, without meditation, penance. If I think I can clear all the chakras, I should know that I cannot clear all the chakras unless and until there is a definite correlation of Sadana with those chakras and definite blessings for those chakras. Then only will I clear those chakras. The basic thing is that without surrender to Mother, nothing will work out.

Shri Mataji: One has to surrender to Mother that is the biggest point. You know any type of thing you see, doing, the lady will have a bad time, I'm sorry for it. Yes. She will have a very, very bad time, she will have all kinds of problems ..... Those who try, break their hands, break their legs, do all sorts of things.

You see if you're sitting under this roof alright then you are not troubled by rain. But if you go out of this you are troubled, only difference is that after coming to this safety and all that, if you go, then you feel it more, but if you get it normally, you don't mind. You see even people become mad, they accept it, they become blind they accept it, but after coming to Sahaja Yoga when they do it, they feel it more because they have felt the goodness of it. Then they feel it much more and it looks very absurd and they say "Oh, I got Realisation, why did I break my hand?" Because you were not sincere, you were just playing games.

Sincerity is the essence, from your heart because here is the heart chakra. You have to put me in your heart and I am there, got to put me there - then only if you are insincere you can never progress, there's no doubt. With all humility I must say that. What to do?

This is what it is, that's what Christ has said, "Anything against me will be forgiven but against the Holy Ghost will not". You can tell them like this, that in Indian scriptures it's written, it is only the Holy Ghost who can awaken Kundalini like this en- mass. Only with Her Sankalpa even if She thinks and desires it can work out. Even by her Kataksha with Her one glance She can do it, you see this is Kataksha. Even without any Sankalpa, even in Her presence it happens and that's what it is.

So you should say "She is the Holy Ghost" you see, you have to find out about Holy Ghost. There's nothing about Holy Ghost in the Bible - what is it? They don't know what is Holy Ghost they say it's a bird, it's all imagination.

QUESTION: Mother do you feel that it's alright to tell people who you are immediately now.

Shri Mataji: No. You see you must tell like this, if it comes to that. If you tell them that (now see they'll say it's very difficult) then: "There is something about Mother you should find out, what She is. I found it out what She is. You have to read some other books to find out, you can find out by putting your hands towards her". You see they ask such a question.

QUESTION: Mother a lot of these people that will be coming tomorrow have a lot of knowledge they have gathered through their seeking and they may try and lure us onto their grounds.

Shri Mataji: You should say very simple thing that "You didn't get your self realisation with this, you did not. So forget it what ever it is. We've got our Realisation. How do we say?

Because we can tell about our own chakras, tell about your chakras. Can you tell about us? You cannot. With all that knowledge, forget it.

Warren: One thing that is being implied here is we find a lot of people come in with their own little '-ism' or their own little idea and they try to tell us what we should believe.

Shri Mataji: No you listen to them you say we have listened to all this, we've gone through all this and we have had enough of it and I will not move but I've got out of it because it doesn't give you anything. "Only through Sahaja Yoga, I found you see, that I could feel my own chakras and chakras of others. There's no other way out. I want all these things myself." That's the best way to tell them. You say "I don't want to argue, but only one simple thing I want to ask you." I mean don't allow them to sit on your head, also that's not the way, otherwise, you have not delivered the goods.

We have to deliver the goods that's the main point. Is not our showing our humility there, we are not there to have a show of humility, we have to deliver the goods. I told you the tricks of the trade here. Now supposing they come out with them, you should say "Now this all I have read, I know all this and no use going into it. Only thing I will ask you, one thing, what did you get? Can you feel my chakras? Can you say whether my chakras are caught up? But I can tell about you, about many others, and we always say the same thing.

So that's how you stop them, but you must deliver the goods. The main thing is don't have just a show of your humility and apologies and all that. No, No, not that. But you must deliver the goods, you must put this into their brains otherwise what's the use? All this show, is for what? For getting more in your net of love.

QUESTION: Mother if they ask you questions and you're not confident of the answers you might give?

Shri Mataji: Then you better send them over to me, to Mother, you see. What sort of questions they can ask, you see just put your attention when you sit down and another thing is don't give yourself bandhans and all that in their presence, like this you don't do it. Nothing of the kind, sit very dignified. These things upset people, new people very much. Just talk to them, as professors do to students, just like that.

QUESTION: When they ask questions, Mother about the various deities and I'm not really very familiar with them, I mean who Vishnumaya is and all that, so then if they really want to know, do we send them over to you?

Yogi: Another sahaja yogi can answer that.

Shri Mataji: That's alright, that's alright, you should just say that in thing you can see it, without having the books with you. You see the chart, moreover you should say, "not so important just now, gradually you will know everything about it". The whole knowledge is given to us by Mother free of charge, everything, and you can tally it, you can verify it. You can verify it, you can see the Kundalini pulsating, you can verify it, you have to insist on this point. This is a living process.

You get to see Kundalini rising, you see in many people the Kundalini rising and that you see that people start feeling this cool breeze. This is the living process there is no doubt about it. These others are just arguments and concepts which are dead. But this is a living process.

QUESTION: Giving bandhans and similar things will be one of the things we'll be teaching them. Is that correct?

Shri Mataji: You should teach them later on, not in the beginning. If they ask for it or something, you see this can be done later when they come to us, or ask for it. Better is to be very discreet.

QUESTION: Some people ask "What do you do a Sahaja Yoga Centre?"

Shri Mataji: Should say that we have: One is collective meditation, where we sit down and meditate and be thoughtlessly aware. And vibrations.

We put on Mothers tapes and listen to it and understand what She has to say because She has talked about all the chakras. There are 300 tapes like that, every tape gives so much knowledge about ourselves. Because now we have got the power, but we must learn how to manoeuvre it how to take it round. Like once you have got the electricity then you have to know how to use it. What to do about it, all these things we work it out, learn and master it. And you don't pay anything for it. And then we sing songs and things and enjoy ourselves. And when you come closer and closer to us we will let you know what we do. Because there are certain things, we do not tell to people, because if you tell them, they can't bear the truth about Mother, then you find out about Mother and who She is. What is Her incarnation and what is She doing. You come there gradually because you should be able to bear the truth. You see where as people could not bear the truth, what Christ was, and crucified him, but now you are going to crucify yourself if you can't bear the truth, not Mother. Is other way round, alright.

Firstly, I'll make them thoughtless so they won't ask anyone questions. The little bees (Laugh). I'll make your task very simple (laughter). But you give a good presentation, that's all.

Warren: Publicity dept.

Shri Mataji: That's a big joke, eh, publicity dept.

Warren: Look good and leave it to Mother.

Shri Mataji: Better smiling also, never laugh. You know, you people laugh in my presence, but if you otherwise laugh, at others,

you see, they feel very misled. Don't laugh at them. They should not get a feeling there is an understanding between you making a joke of them. That's another thing can work out, that someone will come with an inferiority complex. You see, there are some people who suffer from a feeling that "Everyone is smiling at me, and they are laughing at me, they are making fun," sort of people like that, so just learn to be nice to them, be concerned with them and don't laugh at them at all, or at anything, don't laugh too much, because this laughing can be misunderstood at that level, alright?

I think laughing should be avoided as far as possible if you just see happiness and all that and sometimes, at the sky you can see and laugh, but not make fun of them in any way which is sadistic.

Please see to that; that also happened very common in England. Many people ran away because of that, you see, they ran away more because of Sahaja Yogis than because of Sahaja Yoga. This is a new arrangement for you, suddenly you have to be Public Relations Officer.

QUESTION: Mother, when I have been reading about the Indian epics, something that's puzzled me is that sometimes, "Asuras" can perform "tapas" to a deity and gain powers which they then use for evil purposes.

Shri Mataji: That's what Sahaja Yogis do also and then they have a fall. You see, God is a very simple being. At the slightest ...

QUESTION: Mother, some people that you talk to, and explain to them the collective consciousness and the way you become connected, if they are following some doctrine of their own before Sahaja Yoga, and they accept what you say to a degree, but they don't fully accept, should we be persistent with them over a few days, to help them?

Shri Mataji: The proof of the pudding will be the eating. Put their attention to their chakras. If there is no cool breeze coming, then it is a very good chance for you to say something. If you find that there are some centres, you should say "Are you doubting? Don't doubt", and find that catch. You see, that's how on the chakras, if you talk in relation to chakras, they will not know. Because everybody wants chakras to be cleared out. You see, how this knowledge has come, when I went to America, they got all these things about chakras and vibrations. The word "vibration" started through that. Imagine! They did not know a word about it and Kundalini and everything, then Muktananda took a cue from there and started talking about it. They never talked about it.

QUESTION: And even though You didn't spread it directly, it got spread all over the world, anyway.

Shri Mataji: And now I knew that, that later on they would come to Me alone because none of them can do it. I was so confident, and people said, "You should have a patent. You shouldn't allow anybody to use the tapes for it, they should not tape You or anything."

I said, "Let it be, doesn't matter. They are doing free advertisement, why not do it?" They started this twice born, all these things started with that, born again, and they never thought of it.

QUESTION: Mother, somebody asked me last night if it would be dangerous for them to come and get their Realisation and then leave it. After they are Realised is it dangerous to leave it to them?

Shri Mataji: As you say, it would be like asking if it was raining outside, would it be dangerous to be inside the room. You see? There isn't ... if you are inside the room you enjoy the protection of the room. If you are outside you get all the problems there. There is nothing dangerous, you go ahead whatever way you like. But then you feel more getting out, because what happens is that you have felt the security and the beauty of yourself and to be without it you feel bad. Supposing a rich man becomes poor, it's difficult, but a poor man becomes rich, and it's not difficult for him. But for a rich man to become poor it's very difficult, he cannot adjust. And the same way when you are enriched, you find it difficult to live like a pauper. You see? That's the point.

QUESTION: A very common egoistical trick though Mother, is they get their Realisation, then they take it away and they think they

can establish it in their own way, using their old methods.

Shri Mataji: you see, you should say that, "Just now you are, when you come to Sahaja Yoga you will know that you are still at the foothill. Absolutely, just now, this is just the beginning, and you don't know how to handle it, really. This is the fact. So you come at the foothill of it."

Now, to learn how to go further, you have to know about it. Like somebody with electricity and the sun, or fire. You also know how to handle it. It's better to know through the experienced people how to handle it, what to do. Because you come into mistakes and this advice is available. Of course you may learn gradually, but very slow and steady. But with this it starts, it can move." That's all.

QUESTION: in relation to our development in Sahaja Yoga, I noticed that in two of your recent lectures You've mentioned the flames of the chakras, and You have said, you can see the flames. Now, if someone was to ask me, if they would come to see this in Sahaja Yoga, what should I say?

Shri Mataji: Well, you don't, you don't say anything in Sahaja Yoga. You should say, people have seen it from outside, we don't want to see flames, we want to become flames ourselves. Alright?

Yogi: Right.

Shri Mataji: You should say, you see it from outside. These people use to see from outside. They were not realised souls, some of them. And Christ has said it because he himself was there. You see? It is a position that he said so. But you see. Sometimes, flames around me, auras and things.

QUESTION: When you give somebody realisation, like when we were in Melbourne we gave realisation to a friend and we were not able to follow it up with her, and now she's become quite confused about it. Should we give realisation to everybody if we can't follow it up with them? Because they can....

Warren: If you give realisation to somebody but you don't have the opportunity to follow it up, and in this case it's created confusion in the mind of this person, should we therefore, give realisation to people even if we can't follow it up?

Shri Mataji: I'll manage, leave it to me, it's all pervading, it's all pervading, despite that, so many get it, and so many retain it, develop it, they come back. We have to go on giving realisation, that's very important, sprout it, let's see. You see, even if out of 10 only 2 came out, it's alright. Let's first start giving Realisation, it's very important, otherwise nothing they can see. Some are slow, some are fast, it's alright.

QUESTION: Mother, is it possible, just by our presence for some tiny piece of awakening to become awakened in a person who otherwise refuses to come and get Realisation, or come and see Mother, or whatever?

Shri Mataji: ..... everywhere and now the time has come for you to take new rules in life of becoming prophets and making others prophets.

For Australia I see as a whole not a separate thing. As a part of the whole universe and also as a whole as Australia. One should never get the idea that you try to be separate entities anyway. Once you even think of such a thing cancer is set in. I am always afraid that even in the name of Sahaja Yoga, people start organising.

Now to have an ashram is a very big thing. Very essential for Sahaja Yoga, like in previous lives you were in the ashrams, long time back, when we had the custom of chaturvar which is as the four periods of life. In the first period of life as children, the students have to live with the guru. From 5 to 25 and they keep very clean relationship among themselves and that (innocence) is called as gotra.

Luckily the land that we are going to get belongs to that era where the great rishi called Shandillya, who was my gotra, had his ashram. Perhaps you do not know of him. So, so much was purity maintained among the ashramites, that nobody could marry,

even today nobody can marry, people of the same guru of the same university. So ashrams are like universities where you come not to make a convenience, but to educate yourself in Sahaja Yoga. All of you should make it a point to come and stay in an ashram but never, understand, that one ashram has anything another ashram (hasn't, which is) coming up.

Now whatever is the mother ashram from where everything has started, all the other ashrams must understand the authority of that ashram which is the mother ashram. It is very important to understand this kind of matter.

I think this is the reason why the families also fail in western countries, because we don't understand that we cannot have two heads. We have to have one head and one heart. So we have to have one head and that head has to be today this ashram where people are living here and what ever you may start today, now there will be an ashram, maybe in Sydney, maybe in Melbourne, maybe Tasmania, anywhere it is an ashram which has to take instructions from this main ashram.

So I want to make it very clear to you that when I go away there should be no quarrelling about it, no complaints about the ashrams must be made, the ashram is your Mothers temple. It is the place which is to be kept just like a temple.

Ashramites must look after it and others also who live here, for example you may bring your children but they should not be allowed to go to every room, must keep this place like a temple, and those who live here also should know they are living here because they are getting a training, not to make a convenience out of it.

I have had a good experience of the ashram we had in London, and in the beginning the first ashram, you know that I had to pay for everything to establish it. But it started, then the people lived there, they were just parasites on me. For everything they were demanding even an ironing board. Such a funny type of thing started (with) the ashram, then their discovered that this was really wrong what they were doing here.

Because your Mother is very lenient but that means she gives you a long rope. So you should not try to assert yourself on me but try to assert yourself on yourself.

I am not the one to say anything because I want you to use your, freedom. To use your freedom fully so that you benefit through your own discrimination power. You have to develop your discrimination power. Now how do you do it. If I keep you in my pouch all the time like a kangaroo does you'll never grow. So you have to make a decision yourself. Whatever you say - agreeable, but you have to take that decision, discriminate into what is good and what is bad.

So first thing one has to remember that this ashram as it has started will remain, for the time being, the first one. Now as Warren and Terence came first time to India and they got a good training, they will remain here as heads of this place till I tell them that you are not, there should be no competition in this logic, now I tell you how this works out.

It is a very simple method if you try to understand it, very simple. Have you ever seen how the butter is brought out of the curd, first the butter is churned, like this, with a churner. Now when it is done they find the butter is spread all over the surface like the children of God all coming, then a little butter from outside is put into the butter. That butter gathers all the other butter around it because it's a little more mature, it starts gathering all the butter around, but some of the particles of butter do not get into it, so the person who is churning tries to take out all that also when he takes out the butter.

But if you remain outside it is not possible. It goes with the butter milk and is thrown away. So like that Terence and Warren had to come and especially Warren I must say was very much given lots things to work out.

So as long as you say something, we will not like it sometimes maybe, he's a human being, he may make mistakes. But somebody has to decide right or wrong, and you have to follow it because if you start individually asserting yourself we will have again cancer in Sahaja Yoga, because you people are very individualistic, just like our London Sahaja Yogis.

But you don't have all these problems I hope, as they had. Like they would come and enter into the kitchen and polish off everything, no paying any money for it. And all sorts, they used to keep things very dirty and everybody had a problem, but as luck would have it, that I've seen that people are gathering round. The more you adhere together, together without challenging anybody's authority the better it will be. Those who will be left out, will be left out, without progress.

So I'm warning you, it's not to pamper the ego of Mr Warren in any way. Which I know how to control. Because I can control his ego. I can control him sitting down there. But you are to be controlled through him. I have to have somebody here who controls you. Because you know that in the beginning you need a controller and somebody has to tell you.

It may look dictatorial in the beginning but that's how it works. Gradually when you grow, you form your Ashrams but you have to keep the decency.

Indians are very difficult for ashram life. Is practically impossible I think. It is going to be very difficult for us to have an ashram for Indians. Because they have never lived without their parents, without their family, without everything. But in any Indian family they have an upbringing while they live there, is very surprising.

See in my husbands family we have got about a hundred people or two hundred or three, and they become so alert when we are

all gathered together, I mean they all go and analyse, my husband is out, and everybody is out, I mean even if it's the fourth or fifth cousin they live together that's Indian style of life, I mean togetherness is like that, and all of them eat together, live together but there is one head of the family. He has to sacrifice also quite a lot for the family - but there is only one head of the family, and his wife is the other side of it, or somebody who is maybe (cough) of the family, but there is only one head in the family and everyone has to obey.

Now there are systems and systems accordingly, we must accept the seniority of people in Sahaja Yoga. Like, see now we have here Rahul Bai who is a very senior person. In India people accept seniority. We have Modi who is very senior, so if Modi says something, that goes, people respect him and obey. You see, it must come obedience and all those things come because the authority flows from me to all of them, one by one. Unless and until you do like that, there is no other way out for us to be governed in the kingdom of God.

We are individuals, absolute individuals, great individuals, but the connection has to be properly understood. This is very important how to respect. Now first of all, I would ask Rahul Bai also to speak to you first of all. How to respect me. Is very important to begin with. Then how to respect the persons who are in charge to begin with. Because it's not a question of giving up your freedom but to give up your ego.

It's ego to be given up. It the ego that says "No, why should I listen to him. Why should he say to me." Is the ego, nothing else but the ego. And try to understand that the more you love and work in harmony, always in any organisation, where one person becomes the head, it works out.

Every state has one person. Now if the person is not benevolent or if he's cruel, he can ruin the whole thing. But you have got your Mother sitting on top of all of them. You understand that now. You have to love each other and respect each other. The elders have to sacrifice for the younger ones no doubt they have to, that doesn't mean the younger people should laze out and should find out all means of labour saving devices, the complaining nature is called as murmuring souls in the bible, and that's the worst thing. If your mind is in anyway complaining about anything tell it to shut up. Must ask your mind to shut up immediately, because in Sahaja Yoga there should be no complaints.

Now try to understand it this way. We've got our realisation for no payment. We have entered into the kingdom of God for no payment. We are there to do God's work. He is going to look after us. He is going to give us joy and happiness. He is going to shower all the flowers, the choicest flowers upon us, and our life is going to be fragrant and we are going to be very happy people together all of us.

But we must learn the matters of respect. In the west people don't know respect. This is what we have discovered. I have discovered as Mrs C.P. Srivastava also they have no method of respect. They will respect you if it is a protocol or some sort of written down law that if some if a king visits India or if a king visits England then the Queen must go and see, it's all written down things but there's no respect, no sense of respect, no sense of respect, very little.

While in India, because of traditions and because of upbringing people have an innate sense of respect. Now you have seen anybody in India, maybe anybody, but when he sees me he touches my feet, anybody. Yesterday you saw when I was with one Indian he came and touched my feet. To them even to say "Namaste" is too much, they touch my feet. In the crowds you saw, anywhere you go in India, I mean I have seen that even the president of India stands up for me, he won't sit down, I have to force him to sit down. I am an Indian national ... anyone like that will respect unless and until they are westernised, when they are westernised they think there should be no respect.

This is not individualism. People think if you do not respect others then you have been very individualist. You have to respect elders, those who are elder by age, you must serve them. They sacrificed for you, it's very mutual.

Here the parents have to do a lot for there children, and the children have to do a lot for their parents. But if the parents do not do anything for the children they are not willing to sustain or give them complete love, then the children also become very irreverent and very, I should say, they don't know, they don't know what they are doing. They start saying what's wrong and all sorts of things they start. They are no more children. They start giving instructions to their parents. Here it is very funny, you get your instructions from your children, is never done in India. If your parents are old it is for God to decide, you don't go giving them instructions.

There are many parents in this country, who because of these kind of complications, have gone to the left or right side too much. They are horrid. No use quarrelling with them or fighting with them. Leave them to God. Because you see they are hard boiled people no use spoiling your relations with them, just tell them alright, it's alright, and you'll be surprised, gradually you can bring them around by telling your friends here "why don't you give a bandhan to my father", shoe beating, everything can be done by others and that is how you are going to help each other, actually what you need is the help of each other, it's very important.

Now your left Nabis are catching, that means you are very speedy people, you are extremely speedy, you have to put down your speed, and some of you are lethargic, that's an extreme. Two extreme work out, somebody is lethargic, somebody has to be speedy, so, some balance must be brought.

First of all the speediness must be brought under control by meditating more on my photograph, it will settle down the speed of it. Sit down before the photograph, not in a hurry but in a settled way, just take it easy, there is no need to speed up or do anything speedily.

There is one person you have to impress and please, is me, and I am the most pleased personality. You don't have to hurry up, say something is not done, "Mother is coming, let's do this then". Is no need. There is no need to speed up at all, in anything what so ever.

Keep yourself calm, try to calm down yourself. Try to tell yourselves that speediness is not good, it causes cancer, it causes horrible diseases. So, this left Nabhi worried me too much, throughout the whole time I was inside I was working on your left Nabhi. I am tired.

For left Nabhi you have to know the mantra that is to be said. It is Gruha Lakshmi, but that shows that you also should understand that you must respect the Gruha Lakshmi, and the Gruha Lakshmi also has to be respected. There is a Sanskrit saying "Yatya naria puijante, tatra bhramante Devata." That where the women are respected and respectable, there resides the abode of (.. ..) there resides the Gods - Devata, all the Gods are Devata - deities. They reside where the women are respected and are respectable. So the women have to be respectable, for that one thing is definite. It is that dominating nature, if they are chatter boxes then they will never be respected. If they are selfish and conceited they will never be respected.

They have to be very much giving, dignified, sweet, good and (cough) see, women have to be left sided more than right sided, if they are right sided then there is a problem they are neither men nor woman. I am going to talk about this more in my next lecture, but for you Sahaja Yogis I have to tell you that women have to be women, out and out.

Sahaja Yogini's should take to dressing that is more womanish. They should not dress up like men at all. Men should have that dignity of men, they should walk like men, they should change there ways, see some people make lots of gestures like women do and all that. All that should be given up, they should try to become men. Dress up like men, dress up like men, live like men and woman should be woman.

So gradually you will find, once you become absolutely what you are, you will be beautiful people. This differentiation must take place. This is also a problem at left Nabhi, is that you have not decided about your sex. Whether you want to be a man or a woman, this is a problem. So man has to be a man, and woman has to be a woman.

Now as I have told you in yesterday's lecture, that a wife should not dictate to the husband. There is also the head, is the man, head, not the heart, and the head depends on the heart. If the heart stops, the head goes off. So it is a mutual dependence. But people see the manifestation of the head, not of the heart. This is a very powerful personality, she is potent inside, but she is kind, she is loving, she is giving.

There is no need to compete with men. They can never compete with woman. I can tell you, if you are really woman, in sweetness, in greatness in visionary you see you can do a lot (cough) and Sahaja Yogini's can show such great dimensions to man. That they could aspire to achieve that.

But you have to develop your womanhood within yourself, of being a little more on the shy side, or we can say which are receding, that's a receding type of thing. See I am your Mother, I am very dynamic otherwise, but you see how I behave, I am very receding type, before my husband or before other men who are not Sahaja Yogis, I just don't say anything, they don't know what I am. It's a trick I know. But you should also understand that other men or other people should find you to be very sweet, good woman, not interested in nonsensical things, but dignified.

And then the men have a great responsibility also they must respect only such women. Actually, the mistake lies with men much more than with women.

To begin with I find that men respected first of all women who were frivolous, it's their mistake, I will not blame woman for that. When we went to Bombay in 1953 or 54, at that time all the girls who were educated were of my age, quite young. Where we used to meet at parties this, and that, and we were simple, very simple. We used to dress up in an very simple manner, never tried to put up any pretensions, no funny dresses, nothing. They never took to smoking, drinking or anything. For about 3 or 4 years. I found very good relationships with the husbands wives.

And one girl cadet came from England, lady, so called, and she was a big flirt. She used to smoke and dominate people and like she would take the floor first, she would talk and talk, and jabber all the time.

The job of a woman is to listen and say one sentence, that's sufficient. Her one sentence should be equal to the hundred sentences of men. So wise it should be. I mean women formerly have done all these sayings that we have. Like a stitch in time saves nine sort of thing. These have come all from women, never from men. And that shows that women were so wise, that they used to teach the right conclusion and the right point, to say the right thing. And it had to a meaning. All the time those who jabber they were never respected.

So I was telling you about this (what did I say ... murmuring... from audience a prompt - about the woman who came from England) this woman who came from England she started smoking and drinking and flirting and talking to men in such an equal manner. And all the men liked her, they started turning to her and everybody used to try to be nice to her and be good to her and something. God knows what happened to her. She managed them very well. And they liked the women who flirted and this and that. So all the woman said why should we sit, we are no less than her. We are equally educated. They also started, you see, wearing funny dresses. She used to come in a very funny dress. They also went and bought funny dresses. She used to wear like men. They also started wearing like men dresses. Within ten years I found most of them were finished. They were just like that. Because it is the men who make the women as well as their attitudes are concerned. The men run after prostitutes the women become prostitutes. I would not blame woman here her. You see they do not have their own spine, the woman to decide. They take decision after the husbands, always so it is the husbands who make them like that.

If a husband wants, the woman should dress up like this, she will try to please him. In the sense that she doesn't have her own spine is not a bad thing, means she doesn't have her own assertion in the beginning.

But when you start doing too much like this and she says "Yes alright to please you I'll become a prostitute" and she gives all that is prostitution with that.

And she knows her powers and the woman has been blessed by God. Because in case she has nothing in this world, she can earn her living. She can live without men. The man becomes useless after 60 years or so but the woman is alright until she dies. So if woman takes to nonsense she can go to any extent. One has to respect her wisdom and her qualities. Otherwise the society goes to dogs. Because she can do whatever she likes. Once she becomes a shameless woman. Once the shine in her is disappeared she can do what she likes. She'll dress like she likes, she'll talk like what she wants, live like she wants. Who's going to look after the society.

So it is necessary for Sahaja Yoginis, is to understand their responsibilities. They have to take to methods of women. See like looking they must learn, must learn how to please people who come in the house. Talk to them nicely, look after them, if they need anything.

And the men have to see the outside thing more. That doesn't mean the women should not go, they should go.

And these women who are womanly only are appreciated. Any women are good organisers because they are womanly, if they become manly they can never organise. Because men can organise as men. But women have to organise as women.

So this is also very important, which is a very important point in this country and other countries of this kind, where the women are getting liberated. I don't know if they know what they want. Cannot be happy without men. Men cannot be happy without women. There will be nonsensical things going on, its all perversion, this nonsense. But that's nothing, these are adjustments ad-hock on day to day basis. There is no joy giving. The main thing is that you must behave like a woman.

Its nice to be a woman to dress up like a women, seem to be fond of children like a woman. Sweet like a women. It's very nice to be like that. And men should be like men you see, and now if women do not become like women, then what happens, the Nabhi chakra goes out then the sense that they are responsible.

So the men also get very bad Nabis. They became speedy. The woman will determine the speed of the man. If the women are speedy, what will happen to men. The speedometer is speedy, what will happen to the man.

You see normally in a developing country, the men are like, they'll say "Oh you are getting very late, come along now." Two hours before time they'll reach the airport. And the women take their time to get ready, dress up, this that. She says "wait for a while I'm just getting ready", "Oh take too much time", the men will all the time be saying woman will remain woman and men will remain men.

A very nice sweet little song, "Bindiya chamkegi, churi chankegi" the wife is teasing the husband. He says that when you sleep your bangles make a tingling sound. Then this thing, when it is rubbed against my shirt or something it makes a red mark. Or when you ... so she said the bangles will have to make a tingling sound. This thing has to shine. And you are treat me as a woman. I cannot be a man. And she teases him. She says I cannot be like you, without any sound around you and nothing. I have to be like that.

You should learn that song, you'll like it. It's very nicely sung, I liked it very much. Little naughty girl, married and she teases her husband. That now you don't tell me that. I am a woman with a man. And the women never hurries up. See they may have a watch, just for a decoration. They have such little, little watches, the husband will be there "What are you doing? Why don't you get out its very late? Why don't you get ready?" Like that, the man shouting at the woman. The woman says alright I'm just coming, just coming. But if the woman is the other way. "What you haven't got a ..... we have to go". Finished. Either the husband becomes a woman or there is a big clash. Its only possible when we remain what we are.

You see this is what is called as Swabhava "Swa" is self, and "bhava" is the expression and manifestation. Like a mango remains mango. Whether it goes to Australia or to America. If you put a mango, plant a mango tree, you will get mango out of it. You don't get peach.

But in human beings we have got freedom. We are born as women and we want to become men. Why? Why did you take birth as a woman. Then what happens, you become unisex. Unisex means no sex at all. You come impotent, become horrid people. I mean all the sweetness of life is gone.

As it is God has not made one person like another person. So many people in this world. Even one leaf is not like another leaf. Just to create beautiful variety, so that you enjoy life. But here we are we are spoiling all his beautiful plans for us. By doing all these nonsensical things. Let us be one with Him.

And let us not assert ourselves, and try to think of our ego or these things. Just be one with Him. In complete surrender.

This surrender (cough) that's the source of real joy and happiness. Nothing you have to loose. You just loose you horrible ego, or your super-ego. And that's what one has to learn, that you do not surrender anything but your ego. That's the sacrifice you make. You do not sacrifice anything, that's very important, as your spirit is your spirit takes over.

And the spirit of a woman and the spirit of a man is just the same. But manifested through a, say there's a lamp which has a blue colour and a lamp which has a red colour. So the colour is different. You'll have to have two colours. How can you do with one colour only at least minimum two colours there should be there. Isn't it, that why the permutations and combinations took place with these three gunas, that are within us. And all sorts of human beings were created.

Now if you have any questions you ask me. I will make some rules and regulations for Ashram, ! Hope you'll obey them. Very important, without any rules and regulations one doesn't profit. Abandonment should not be there. Then later on these rules and regulations will be a norm, and I'll give you a very sweet example.

You see in India the custom is everybody touches my feet. Anybody. They know what it means touching my feet. So hundred times if they get the chance they'll do it. Mr Modi wrote down all the rules and regulations and there was nobody should touch Mataji's feet unless and until she calls for it. All sorts of rules and regulations he read and then he put that reading to one side and touched my feet.

We went to Rahuri and they were touching my feet, 5,000 of them. My feet got swollen up and so at the Puja he said, Dimal said that nobody is going to touch Mataji's feet ... (??unasked ... ??unannounced) and he touched my feet. So everybody was very angry with him. They said you very nicely touched and you don't want us to touch. (laugh) Is very sweet, watched it, is said because your Mother should not be troubled.

End .

## 1981-0328, On Nabhi or Manipura Chakra

View [online](#).

28 March 1981

Nabhi Chakra

Public Program

Maccabean Hall, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Nabhi Chakra, Third Public Program. Maccabean Hall, Sydney (Australia), 27 March 1981.

If you don't hear Me this time please tell Me. I am sorry for being late for this lecture, but Dr. Warren had time to explain to you about this experience. Sometimes it is easier to understand this from a person who has achieved it, than to understand from a person who is talking from some tenth storey.

That's what My father told me, that if somebody's born on the tenth storey, and the rest of them are on the first floor, if you start telling them from there they will first of all not listen, nor will they understand what you see.

It's not proper, that we should try to tell them something from a level, to a level, which is still there static, in their mind. So one has to, raise their, consciousness, two three storeys so they start seeing that there's something beyond.

But, in doing so, so many mistakes, have been there, before, and some people have done it deliberately, some are misguided and some are doing it deliberately.

Net result is just the same. Even if you give poison to someone by mistake, or in a misguided way, the result is the same.

In the same way, whether you are misguided, or whether you do it deliberately, whatever is wrong has an effect on the kundalini.

Now the Aquarian Age, is the word I picked up from Dr. Warren, which is so true today. Aquarian means the water carrier, and in Sanskrit language it is called as kumbha. Kumbha is the one what we call the kundalini, the mooladhara is the kumbha, where the kundalini is there, the power of kundalini is there. So to call it an Aquarian age was to be some work of some realized soul who could see that, in this age the Kundalini is going to be awakened, and that, an age will start of people getting their Kundalini awakened.

Now I have already talked to you the other day about this second center, which is called as Swadishthana, which gives us our sustenance and also our power to create.

The sustenance is created inside, that green part, which is, represented by main ten Primordial Masters, and these ten Primordial Masters had another series of masters who were called as, Disciple Principles.

Now about these people I have talked to you last time, but today I would like to speak to you about other centers, specially this nabhi, which is the navel centre which is very important in human beings. This is the centre by which we seek. When in amoeba stage we seek food, at a higher level we start seeking heights, like when they became mammoth and all these animals they wanted to have a height, to go over the trees to be able to master them and to eat the leaves, but they became so much outsized with their height, that they had to become smaller animals, like say intelligent animals, and, like say cats and things like that, cat family.

And this is how the evolution has been brought forth through our seeking as amoeba, then as animals and now as human beings. As we have evolved higher and higher, we have become subtler and subtler in our seeking.

For example the people who are seeking say power, are not so evolved as people who are seeking their spirit, no doubt about it. Because you have gone through that, you have had enough of it. Maybe last lives you might have been kings and queens and you must have seen all the jokes of it, so you said now, had enough of it, this power business, we don't want to have anymore, such a headache we don't want to have.

The people who are seeking money also, are the people who have had enough of it and they were fed up of it so they said now we have had it.

So now you are seekers of something beyond. It has been always so, something beyond we seek, but this seeking beyond is not described to so many people and they are not able to understand what is the beyond, that's why this center is very important, of your evolutionary process.

Now, first of all as I have told you that we have to be in balance, that's one thing we must have is the balance in life. I mean in commonsense also we can see - supposing there's a car going only on one wheel, how many would like to travel by that.

Anything that you do in life has to have a balance, otherwise, anything, even catching something, holding something or small, small things, even riding a bicycle you know that you have to have a balance. So, if the Kundalini has to move, you have to be a balanced personality, a personality with a temperate nature and must have a balanced attitude towards life. That is very important, but in case it is (...)

...it is not, you can be sucked into the central path of the Sushumna, in the central path of your evolution.

Now the evolution takes place by remaining in the central path. Those who go to the extremes fall out of this. Now the virus that we suffer from very commonly, is nothing but a kind of a vegetable which is fallen out of evolution. Now the vegetable that we call as tobacco, is going to fall out of complete evolution and you'll be surprised after some years you will not find any tobacco growing anywhere because it will go out of evolution, thanks to human beings that they misunderstood the role of tobacco. Tobacco is an insecticide, is to be used for killing the insects and not to kill yourself. But, we sometimes forget, that whatever God has created for the good, sometimes we can use it for our destruction.

Same is alcohol. Alcohol was created for polishing, it's very good - for example if you have to polish your crystal, you should use gin is very good, for diamonds or anything. Is just a polish, it's a polish for the, for anything, it gives a polish. You see alcohol is a polish and its composition is such that it gives a polish to a thing.

Now God wanted you to have polished surfaces and polished things and all the clean look of it so He gave you this polish. Now you started drinking it, now what to do. He never asked you to drink, but if you drink that, then it polishes your intestines also.

But it has its own nature. It doesn't have any idea of morality, poor thing what, we can't blame the alcohol, because it is supposed to polish, wherever you put it, it polishes, all right? So it polishes your liver also nicely.

And when the liver is nicely polished then what happens that the heat from the liver, which is for the expulsion from the body, it has to pass into the bloodstream, cannot because there's a barrier and because of that barrier poor liver does not know what to do.

It just goes on accumulating all the heat within it and that's how your liver goes out of circulation of anything, and you have liver problems and you feel very giddy, nauseated, and liver is the one which really cleanses your attention. Whatever you gather from your attention it cleanses. So, you become horrid I mean you are all the time angry, hot-tempered, you bark at people all the time, all that thing is typically liverish you see.

We grow tall, like that absolutely straight line, and you become very hot-tempered. Sometimes you could be hawk-like you know, people will be afraid of going nearer such a person, because such a person can be very dry personality and that's why you'll find, drunkard people if you they're over-drunk you go near them they'll just beat you for nothing at all.

I mean it sometimes happens that by chance if you go and ask some drunkard that: 'What's the time?' in the night you will have it.

So, because it spoils your awareness and in that awareness a nice man also could be like that, but of course there could be a case where a person might become better.

That is also another thing that can happen when you get possessed by this left-side movement because alcohol reduces your awareness and you go to the left-side, movement to the left side, may give you, a feeling 'Oh I'm very much better now' and sort of you get happy because your ego is subsided and everything is alright and 'I'm really morbid now, I cannot hit anyone and let me have little bit and sleep off'.

But next day there's a hangover and you feel so horrible with it, that you don't know what to do, I mean it's something, then again you want to have it in the night because you want to again go to the same realm into the left side.

Now this left side realm, apparently shows that there is reduction in the weight of the ego, but it does not, it wobbles. What happens that you go to the superego on the left hand side you see there, and the ego then thinks that it has gone down because the superego increases in size. But when superego increases, the ego is pushed down and then when you come to your ego condition, then it pushes down so there's a big wobbling going on, and such people get ultimately very much confused.

They might end up in a lunatic asylum I don't know what they do, but, when they are even sane you can find they lose the grip over life, for example such people can become very frivolous, and cannot feel the joy of life without drinking. It's most amazing that people can't enjoy each other unless and until there's a glass in between.

I mean human beings are so beautiful, and they have the capacity to enjoy each other, so much, they are the only ones who are blessed more than anybody else. But if there's a glass all the time in between then they can just bark at each other, they cannot enjoy each other. The enjoyment should be complete when there's nothing in between.

Now this is what I was telling you, this Nabhi chakra. This Nabhi chakra gets ruined also when we take to alcohols or serious things like that, drugs and, even I've seen certain medicines can spoil this. Then you get a problem with the other things like digestion, you get constipation, all sorts of things take place, by which you develop gas troubles and other troubles and then your heart troubles and it goes on one after another. I do not say that it's only alcohol that will cause. There are other causes also, but alcohol can never be helpful, in giving you good health.

Some people have a feeling that if you take alcohol then only you will keep good health. Is a wrong thing. Because health is not only physical health. It's also mental health. People think that physical health is the end of everything, is absolutely wrong because we are not only the physical being. We are also the mental being and the emotional being. And when you play too much with your Nabhi chakra you have the biggest problem and that is that you can never be successful in life as far as enjoyment is concerned, of your achievements.

For example a person becomes rich, unduly rich he becomes, is a blessing I should say of Nabhi chakra on the right-hand side. Right-hand side Nabhi chakra can give you a lot of wealth, a lot of money and you'll have ten cars and fifteen people attending to you, everything you may have but, it cannot, it cannot give you the satisfaction of life. You will go on accumulating and end up with a suicide or something like that and you would not know why you are bent upon committing suicide.

That's why in all affluent countries you find people are planning to commit suicide and the more affluent they are the worse it is. But the left side gets completely dried.

Now the left side is the centre of the family life, the Gruhalakshmi, the Goddess of the family, the household you see. A person who runs after money too much, forgets his family. He has no time for his family. The husband and wife may meet somewhere on the airport or may just wave at each other sometimes you see, crossing each other, or the children suffer the most.

And in that case the women also then take up with the men, they compete what's wrong, they start copying men, and in so doing so, when they compete with each other, then what happens, that this family life gets disturbed. The woman of the household is dissatisfied, her ego is not satisfied. In olden times the man used to go in the jungle, and get all the wood cut, bring it home, and give it to the wife and wife used to cook. There was no problem because there was barter system. He could see her working in the household.

Now the husband earns the money and the woman spends. I mean that also requires some work, isn't it to spend the money. But to man it looks like, that I'm the earning member and she's the spender. So she said all right, I will also earn. But in this too much of competition, too much of competition like this, between the two, what happens, the family suffers, the children suffer and such a person will have problem with the wife, the wife will have problem with the husband and you can always feel that center on this finger, if that finger is catching, that means there's something wrong with your family relationship, that you have to adjust yourself, or he has to adjust. It's an important thing. Because you are like the flowers which have to produce a fruit. That's what nature wants. Nature wants that you are there to produce the fruit, that is your children. That's why you are men and women. That's the basics.

Now, if you think that with that responsibility if you can do something else you should do. But the main thing is that, and if you don't do that, is to look after your children, to give them joy, have a beautiful nest for them, then I must say that you are neglecting your basic duty and your attention is on something else.

That's why so many divorces are taking place and problems are there, the women ask for their rights, they go beyond their limits, they became dominating here, the men become dominating. That's not the way we are going to solve it.

We have to know that we are two wheels, two wheels of one chariot, one on the left, another in the right. Now they are not similar, they're not similar they are two types one left side one right side. But they are equal. In their, whatever they do it's equal, they are to be respected equally in the same manner. And it is always so for example, I had a girl who came to Me and she was a private secretary, and she told Me: 'Mother you say this, but I've seen that all these men come and flirt with their private secretaries.' So I said: 'All right, maybe so, but what does that matter.'

You see that shows that's something wrong with the man, he doesn't understand, he's off his head, he cannot enjoy his wife and he's running after other things. It's like having something in your house and you are looking at other things you see. Like in India if you go to some, somebody comes to your house be careful about your things, but in England I tell them, if somebody comes to your house be careful about your wife, see. Is just a little difference between, but the second one is a dangerous thing because fundamental, the wife is the fundamental thing, because you do not know what she will do, how she will react and you do not know how the guests because that is regarded as their freedom.

But if you take away something from somebody's house that's not freedom, because: "We can take away anything from somebody's house, why should anybody arrest us?". Because there is a free will for you to do what you like, is allowed to do what you like, but in that free will you are harming so many people and ultimately your society.

Now these two wheels, as I said, are very important to God, because so many great people want to take birth on this earth.

So many great souls want to take birth on this earth, and if we behave in such a manner, that all the time this chariot is this way going up and that way going up, I can tell you no child would be willing to be born in this place who are great people. Only the people who are of the worst type will be born, they'll be hooligans, they'll be horrible people with a horrid nature and they'll spoil

the whole atmosphere of the countries where husband wife have, do not have good relationship. The children will be such hooligans and such horrible things that you'll be surprised that at the age of eight years and five years they'll be committing murders and doing all kinds of such thing that you'll be shocked.

Now between you and Me, because you are also husbands and wife and, one thing it should be there that we should not quarrel before our children. We should have all decency of husband and wife, there are so many things we do not do in the presence of our children. In the same way we need not sit down and quarrel and say: 'I hate you and I hate you'. I tell you this is something you have to change little bit in our language. In India if somebody says: 'I hate you' it's regarded, that man regarded as a most unmannerly person. I mean its very bad manners to say 'I hate you' how, I mean it shows that you are very low type of person to say like that. But 'I hate you' so what. If you hate so what, you are not God. If you hate Me what does it matter, actually, if somebody hates someone, so what. That shows that person is not a good person, just to hate someone.

'I hate you' is a way of expressing something that is I feel, is very wrong for the family system. It shocks children. Children look upon you as ideals. When they are born you should see them, most of the children nowadays in Australia are born Realized, I see them around when I went to the airport and I see they're born realized. And they watch you, and they're surprised and they sulk and they feel very sad. They don't like, they don't take sides, they don't like the father to fight the mother, the mother to fight.

And one other thing which you must understand, that a certain gradation has to be there. A woman is the strongest point of the household. Like this Mother Earth is. She takes all the problems upon Herself. She, because She's the strongest. Who else can withstand this kind of weight on Her. It's the Mother only can do that. In the same way a woman in the house is the mother, and she has to bear up. You see it's nice to have a husband who comes home and says whatever he likes and takes out all the filth on you, than to have a husband who is very sweet, hello, hello and outside he goes like a bumptious tiger on everyone.

Such a man is, has to be, he has to, you see they're like children I would say, they are like children. They have to take out their tensions on their wives only, and you should be an absorber of that and that's the sign of a woman. A strong woman doesn't get easily disturbed by these things. She's not bothered. She says all right, you little baby come along, now I have had four babies, now this is the fifth one which is the smallest has come.

Let him shout and scream, even with the children, you have to be patient, they'll hit you, they'll do anything. I would say that way in India, children are treated very kindly and they are special things. They will do what they like when they are children, but when they grow up we do not have teenage problem, we do not have problem where the children don't respect.

In that, this is very important aspect of our modern life that we have to understand, what is the relationship of husband and wife is. Husband is like say, a gentleman who is definitely is to be respected by the wife. But if she does not respect the husband she cannot get respect from her children. But the husband has to be a respectable man, that's very important.

If the man is not respectable, he cannot be respected easily. But the more is the woman has to be very respectable, if she doesn't give her respect, you can handle any kind of man if you are clever enough, drunkards, all sorts, they come round.

Because after all they're human beings, they're not bad people. But because of mishandling they just get out and the domination of men is just a myth. See, they cannot dominate, they're incapable of domination. They just do it because they want to feel that they are superior, that's all. But they cannot dominate. Whatever domination, what is their domination? Is little little things here and there. Just like children, that's what it is.

If women understand their maturity and their responsibility as women, because they are the shakti, they are the power of the family, and they are the potent shakti for the husband as well as for the children, but if they get disturbed then the husband is disturbed and children are also disturbed. But they are potent, while the kinetics are these people. Like here is the electricity, all right, so we say very good, lamp and electricity and all that, but from where does it come. The source is somewhere quietly sending the source, and enjoying itself by giving that source.

In the same way this is a very important centre. Why I said it because today I went to Melbourne and all the time this finger was burning up to this point. So that means there's something wrong with men and women as far as their family life is concerned. They're all very upset I felt. The husband is upset and the women.

Maybe the laws maybe against men, maybe here I don't know. But in America I found a husband and wife relationship is very queer. For example I met a lady, very queer people they are. I went and stayed with a lady she had a luxurious house with a swimming pool and this, and a maid in coming to do everything up and five storeys and this, and she said: 'You see my, one of my former husbands will come and see you in Los Angeles.' I said: 'All right very good idea'. So he came, he was like a pauper you know walking like this, and he says: 'I have got a room on rents where I'm staying Mother, it's very difficult, I have to share it with someone'. I said: 'What? That lady who was there, she has a very big house, she's supposed to be your wife'. He said: 'That's mine, I tell you, I lost it to her in a case'. I said: 'How could you lose that in a case?' 'Because she asked for a divorce and because she found guilty out of me something some, so she got it'. And she married three husbands, all the three husbands are moving like paupers, and this lady's very rich.

If you marry seven husbands, seven husbands are finished forever but the lady is so rich, seven times more than any one of them. So this is kind of a law I don't understand. First of all why there should be a law, I don't understand, between husband and wife. I just don't understand. I mean we don't have such laws in India but everybody cares for the wife, because she is the nearest and the dearest person they have. Who else to depend? If the woman is dedicated and devoted to husband, do you think he'll run after any other woman, he has to come back to her. You see he'll be so fed up with these women who just live for money or anything and he has to come back.

So, you see one has to take a very wise decision, because you must understand you are born at a juncture, whether in, on which you will be destroyed completely, or you'll be saved completely. Is a very important thing. You have to save humanity. You are born at a time when you have to save humanity. It's not only Kundalini awakening that will help, because you might be saved, but you have to save the whole society, the whole family, the whole, I should say the whole universe or the whole creation will have no meaning if you people are destroyed.

Now you, this is one of the way of destruction, by destroying the family. The children become mad, the husband becomes mad, they all end up in orphanages, that's what I've seen, they are mostly in orphanages in their old age, there's nobody to bother about you. So it's a question of giving, and giving and giving.

Now this Gruhalakshmi's centre is on the left-hand side, and the another is Raja Lakshmi centre is on the right-hand side. Now this center gives us the power to rule over people and we become very, in extremes you see we can become very arrogant and we can become very very, sort of authoritative and we might, sort of end up with a funeral with ten thousand people behind us, all bought from market and put there behind you without any feelings, that's all, finished. With such a man finished they'll say, oh thank God he died, he was a horrible terror for us. So, that kind of a life can come with Raja Lakshmi.

But in the center is the Lakshmi. Lakshmi is the Goddess, is the power within us, by which we balance, lead a very balanced life, by which we are satisfied.

Now they have made a beautiful picture of this Lakshmi also one should understand this power - is a Lady, is a Mother and She stands on a lotus. Now these are all symbols which suggest that these symbols are carved out with such deep significance. She stands on a lotus. Means imagine, who can stand on a lotus? And She's a very healthy woman, very healthy woman and She stands on a lotus. It means that, that She is never putting pressure on anyone.

A rich man comes in, he must honk his car, loudly, because he's rich so he thinks he must honk it higher, and a rich man must go in a big limousine or some sort of a thing to show off that he's very rich. If he comes to any program, or any he must sit in front, he should have the front seat, and he makes him known everywhere everybody must feel the weight of the rich man.

He can run away with ten wives, of somebody and, he can have a big boat for himself, and he can get any number of women there and he can spoil any families he likes because he's rich. This kind of thing comes in in people, but Lakshmi the One who has, stands on the lotus, is the beauty and the glory of the riches that God has given that person.

Then, it has got two red, pink flowers in the hand, that are lotus flowers again. Now the lotus is regarded as a very holy flower in India, because it is so receptive to everything that is crude and funny. First of all it is born in the mud. Just think of it, in the mud, in the filth, where the horrible smell is coming out, the lotus is born. And the one lotus gives the fragrance, the beautiful fragrance to the whole atmosphere, and kills all that's filth and everything, and covers the whole pond with its big, big leaves so that it looks a beautiful pond. That's what is the lotus for. But this lotus is a pink lotus, means pink, you know is the sign of love. Pink is the sign of love. So such a person has to have tremendous love and that softness of the lotus.

Now the inside of the lotus is very soft and nice and a, I don't know what do you call that, the bee, the black bee, a very big one which has got horrible, no, the black bee, it's like that, which has got angular legs and things like that, horrible, you cannot touch it. That one can find its place in the lotus. When it goes to the lotus, the lotus opens its petals and takes it inside and makes it sleep on the corona that it has, very soft one on the bed, and covers it nicely and gives it a nice, you see, swinging feeling, that it feels it is in the lap of the mother and it sleeps off. Even such a animal, it gives a place to live. Now the man who is a lakshmipati the one who is blessed with Lakshmi, has to have a temperament like that. Anybody who comes to his house, anyone, should be very readily accepted. I've seen people like that, I've seen in my lifetime. Should be accepted and they should be very gratified to have such people in the house and should feel that oh God, what a blessing it is that we have a guest in the house. But in modern times, we find out devices and methods, how to avoid guests, guests are equal to pests.

I was in London, we were living on Surrey Hills and we had bungalows, separate bungalows, quite good bungalows I should say, there were seven bungalows. And poor husbands were taken to tasks for mowing the lawns and everything and the wife used to tell them now come along do it properly and the polishing of the brass, whatever was there, and everything was done very well. But I didn't see even a rat enter those houses, even a rat, I mean leave alone human beings. Nothing entered those houses, only these two persons used to come out and go in. And I don't know they might be having some yearly, some sort of a get-together, maybe. But nobody, while My house was naturally, I am like this, so it was open all the time, people would come in and go out and this and that and I was just enjoying their company. And one day they asked Me, what's the matter in Your house, all the time people are coming and going and used to wonder what is it going on inside. I said nothing, just they come, have tea and go, that's all, just some talk together, some rapport of love.

But what is this, all the doors are closed, that way I must say Sydney people are very open hearted, and they are, they like to be together, there is a togetherness in them. But with all this, if you cannot have togetherness, to enjoy your wealth with others, then what's the use of all the wealth. If you have wealth, you'll go for horse-racing, that's also your own enjoyment. If you have wealth you will do something else which is so individualistic.

You cannot enjoy your wealth unless and until you share it. As I told you the other day that I am a capitalist in the sense I have all the powers within Myself. But, I cannot live without sharing it, so I am the greatest communist, because I just cannot enjoy, that's why I had to come all the way to Australia and today My husband was so insistent that I should come back soon, I said: 'No, I have to meet all the Australians still, and then I'll come.' So unless and until you share this love after realization, you do not enjoy. All isms drop out, because you become combination of both extremes, and you just start enjoying yourself.

Now this lotus is in the hand and another hand that the Goddess has is like this. She has four hands, and one hand like this. Now this hand that is like this means, you see with this we must give, we must give, we must be generous.

Miserly people cannot be the blessed ones, they cannot be. Miserly rich is the horriddest thing that you could think of. Mean, if you see a miserly person, I mean, I don't know, I get a headache with a man like that, you see, who goes on counting each and every pi and measuring everything, you see miserly horrible things and ultimately when they die, their children take out all their money and just spend it over.

They have, miserly people have another way of getting their money looted. For example a thief might come in, if not thief then, their children will become very wayward or something will happen, they will get sick and they'll have hand broken and feet broken or something, and they will have to spend money. So the miserly people are such a nuisance to the society. They give nothing to the society they are there for themselves and they are just malignant personalities. The people who give, not of course I don't believe into giving into somebody freely because that also can spoil people. If you give something to someone very freely, they can be completely spoiled and, they would not know how to use that money.

This is the trouble with human beings is, that they cannot bear anything. If you give them money, either they become miserly or they become wayward. If you give them power either they become dictatorial or they become destroyers. I mean, you cannot give anything to human beings without Realization. Anything they get extremes, they become mad. That's one word can explain.

Now Krishna has said, "Yoga kshema vahamyam". He has said I give you Yoga, that is union with God, self-realization, and then I look after your kshema, and kshema means your well-being.

This well-being is brought forth with this Lakshmi, with one hand that is giving, the another is the protection. This hand which gives, should not, the other hand should not know. It should be so done so gracefully, graciously.

Today only I was telling the story to some people, about My Own father, who was a very generous man I've ever known. And he had a habit on a Sunday afternoon he used to go, he used to call all the people and say that I have to give away lots of things, I have too many things in the house. He'd take out all the blankets, sometimes all the utensils and sometimes food, anything that he felt like he used to give away.

So people would come and he would pass on and his head was bent like that, and some people told him, what's the use, some people are taking three blankets, some are taking two blankets, you don't even see what's happening, you are just giving away, please at least raise your head. So he said: 'The problem is like this, because I don't give, it's God Who is giving, I'm just standing in between. And they all are saying that you are giving, you are giving, thank you, thank you - so I feel very shy, first of all. And secondly it is the lookout of God who is giving these things to see whether one gets two or one. Why should I bother. I'm just standing in between, I'm not supposed to see who takes two or one.' Such generosity I've seen, in My Own lifetime. And I have seen, the more generous he was, the more generosity flew into Our house. I mean, that like if you open this door from the other side it starts flowing.

But some people have sixty shirts, but still they'll go to the market and buy shirts. And they'll say: 'Oh I have a weakness for shirts.' Now I don't understand this weakness of heaping up shirts after shirts. It is ridiculous, isn't it. Some of these things really are ridiculous, that I have a weakness for shoes, now you go and see the shoes are from top to bottom, you can open a shoe shop, or - it's like that, what's the use of getting so many shoes because your foot has got the same size for years now, it's not going to change, even after realization.

So there is no need to, I mean if your shoes give way is all right but, I too have the same problem. That I, My disciples know that they should give Me a shoe, I don't know why, they give me a shoe, all the time I go there they give me chappal or a shoe or something. I said now I've too many now what to do? They said: 'Mother return it to us we'll keep it for vibrations.' I said: 'That's a good idea,' because I have no place to keep all these shoes, I mean I am not a cobbler, I cannot do anything with it. So it is useless. Best thing is to give flowers so that I can again send them back to some ocean or to some river.

So even in there, when we go on accumulating, and I must have this, you go to the shop the people are like this like this, watching everything. What is there to watch. You see whatever you want to buy, you go in the shop, see what you like, you have it. But sort of I must have this, I must have that. I have known a person who had ten ironing boards and twenty iron in his house. All locked up. I said: 'For whom?' So she said: 'Maybe my children.' I said: 'You have only one child, God has been very miserly about you, you have only one child. And now what are you going to do with this? You'd better throw them away.' And with the electrical I

mean appliances you know they go off and all that. But she would not. She could not, she used show everyone: 'See now I've got it.' Not antiques, all modern stuff, you see. And this is how the things go on accumulating which has no value aesthetically or in any way.

Actually, you should buy something only to give it to someone. That's the best way of enjoying it to the maximum, you see. And anybody likes it - have it. You see, that's the best way. It's a great thing, I mean I tell you it's rather difficult for you people to understand but I am One of them Who does that very often, and My children and My husband are rather worried you know, God knows next time what She'll give away. But you'll be amazed I've so many things, so many things, despite all this, I mean the whole time thinking what to give to whom, still it's so many things in the house, now that we have to take a bigger house.

I don't know what to do with so many things and I try to thrust things on the people, Baba you take this you have liked it. But they say: 'No no no how can you give me.' But really that gives Me such a pleasure, and one must learn how to do it. But I've have seen human beings are different. For themselves they'll buy diamonds, and for others they'll buy artificial things. It's very common you know. They will buy for, they are wearing diamonds and when it is coming to giving to others they'll give artificial. At least don't wear at that time the diamond, at least that much decency should be there.

So, you see, when it comes to giving, give it with your full heart. You just feel that love of giving and you feel so happy, because you feel so big about yourself, like an ocean that's giving so much of clouds and again it is receiving these rivers into it, and again making it into clouds, a sort of a circle of beautiful conversion into beauty after beauty starts, it's so beautiful. And that's what we should try to become, a part of that circle, which is so beautiful and which is so joy giving, to yourself also. And this is what it is, and this hand is for ashraya, means for the protection. You must protect the people who are your subordinates, who are dependent on you, your children. Like, it's a very common thing to insult your children from their childhood. Why did you spoil that carpet? Why did you do that? You should not have said this, why did you? This is a very wrong thing of discipline. Best discipline is to put dignity into children.

You see, a good home in India we'll say, is known by the way children are addressed in the family. Like, in a good family we address the children like sir. Little bit like that, ap, means sir. We never address the children with indignity, and we put them on a dignified level. And it's a very nice thing.

I'll tell you about my own granddaughter, that, somebody was telling her one day that, there's a very, this boy and why don't you marry him. She said: 'Why do you want to talk about marriage? I'm not yet grown at all to think about marriage, and we have to be dignified about things, how can we think of marriage when we are not to think, and my grandmother will marry me and I want to live, a dignified person.'

A little girl of seven years said this to this woman who was very, sort of pseudo-intellectual type and she tried to tease my granddaughter. She said: 'It's not dignified'. Just think of that. At the age of seven years they have their sense of dignity. If you tell them, you see they, you need not tell them don't spoil the carpet, but give them dignity they will never spoil it. You'll be surprised. Because we all the time cut them short, they become so bad. They want to, they think we are good for nothing, we don't know what to do, all the time they're telling us like this.

Or even if you have to tell them, tell about somebody else, like that boy, you know, he was absolutely useless, he didn't know what to do, he spoiled the whole carpet, I went to his house and slipped down. The child immediately gets the thing.

But directly all the time hitting the child, you see gives him a personality which does not hold anything substantial within.

He might later on became a very arrogant person taking a cue from his parents, and he may behave the same manner, but he would not be that dignity which just is silent and is expressing and manifesting. It should be a silent dignity which just manifests, and when people see such a person, it happens, people see and say 'Oh what a man, what a dignity'. You see that's what, and they become sort of ideals for society. I think this correcting the children is not the way, it is not disciplining, but it is making them grow.

What we have to give to our children is the joy, is happiness of the family, is the complete security, a sense of complete security and you will see you'll never have teenage problems, never have teenage problem. You'll be surprised you put them anywhere, they'll be so dignified and so mature, that people will be amazed. You won't have to tell them. Even small little children I've seen, if you keep your house very clean, and also always look after it, children themselves will keep it clean. They would like to do. Because children are really the budding beauties.

When we cut them we cut them at the root. They expect so much from us you see, they lose all their dignity and I'll tell you try this with your children, give them dignity, you will be amazed how they behave. We say they are spoilt, I've never see children being spoilt when they are dignified.

Like my own grandson is a Realized soul who's a very great person and all his friends are above twenty-five years, you see he's just a five-six year old boy and he doesn't like to wear any dress which has got funny faces and all that He says: 'This is like a clown, I'm not a clown, I don't want to wear'. I found it very difficult in Singapore to buy a pant for him which didn't have any funny faces, because all of them had Mickey Mouse, this, that. And I've seen My grandchildren also, daughters, there these dolls with, you see this ducky what you call the duck sort of a face you see. They said: 'What's wrong with these dolls, they should know how to put their lips. This is not good.'

I mean you see, they themselves know, that this is wrong. 'She's going to go into tantrums.' That's what they say. This duck is going to go into tantrums that's why she is behaving like this, oh ho like that, you see they are great-grandmothers sometimes the way they do some things and the way they behave.

But we must give them real love and joy and happiness, that's the thing we can give to our children and you'll be amazed that this Australia is going to be blessed with children who are very great saints, very very great saints. I know that, and you have to look after them with dignity. Very great saints are going to be born in this country, so I have to request to you, that forget your problems, husband-wife problem, is nothing. Look after your children, give them dignity, give them a nest where they could live, forget because I've seen in England I've seen in England even an eighty-year old woman behaves like a bride I mean she doesn't get over her feeling that she was a bride.

Like one of the 'Great Expectations' you must have read of Charles Dickens, where there was a bride who was sitting all the time thinking she was a bride. I see that picture even today, all the time they are in bridal mood. You are a mother and you have to treat your children with that dignity and with that love that a mother should give. It is very difficult for some people to accept the position of a mother, they think, "Why women should be the mothers? I said, "This is the greatest thing. Look at Me. Look at Me. This is the greatest thing to be the mother, to love everyone, that they depend on you for love and guidance, just for love". Such a great thing to feel, "Oh God see how much I can give, how many cups I can fill?" It's such a great feeling, I wish you would know what a mother is. And the motherhood you have to learn from your children and grandchildren and expand it to the whole universe. It's such a great thing a woman has. In the same way, the father has to do a lot of things about which I will tell you, when we go to the other center.

I think I've talked at length on this center because all the time what I find these two centers are catching very much in Australia.

So we have to talk about the things that are catching on this and this. And today I saw there five six children with their both the fingers in, all realized children with those fingers they were sucking, and they were showing Me again sucking like that.

So you can imagine how much it is, and otherwise this one and this means that you have been going to some unauthorized personality. If you are going to some unauthorized personality this thumb will be caught up, that's why children put their things in their mouths and Freud has his own nonsensical theory, but actually it is the center that is catching with these born-realized children are showing you.

Now for today, I may not be able to cover other centers so much, but later on, what is the date we are having the program now?

Next Monday Wednesday Friday, three days are there out of which I will cover all these centers and specially that of Christ I would like to speak, because I met some people, when I went to America I was telling the people there that you are to be born again, you are to be born again and you must have your realization, so what I found whatever lecture I gave there were big big, much bigger than these you see, they had brought to tape all my speeches, and the people who organized My program told Me that: 'Mother you'd better get it patented or don't allow them to tape it.' I said: 'Why?' They said: 'They will be publishing, these are all writers and this I said: 'Very good let them write.' But some of them started an organization called 'born again', imagine.

Now if I said you have to be, then you start an organization that we are already self-certificated. You see it's a thing one should understand you are to be born again. Now Christ has said that you will be born through Me. Is a fact. Where is Christ, is here. This is the gate, see the narrow gate and your Kundalini has to pass through that.

Now in case it does not pass you have to say Lord's Prayer. You have to take the name of Christ and you have to adore Him, then only it passes through, shows that you have passed through Christ. You enter into the kingdom of God which is the, limbic area. So it's a fact; when He said you have to pass through Me, He didn't mean that people who are self-certificated can say that: 'All right this is Christ, this is Bible this is Christ,' as if Christ is somewhere lying there, you just have to turn a stone and you get Him there. Christ is here. How do you approach Him is only through the kundalini awakening and it passes through Christ. This is the door. Now say, you are all Christians or maybe you are Jews or whatever it is, but in India for example they have a very antagonistic feelings towards Christianity.

Now even a Hindu, or a Muslim, if he denies he says all right I don't believe in Christ. He has to. I have to tell him that: 'See, if you don't believe in Christ I cannot give you realization. You have to ask for forgiveness, and you have to request Christ, then only this will pass through.

Now there may be Jews or Christians, any type, they have to know that all of them are here. For example there was a doctor who came from, Tehran to see Me, he had cancer, and he came to see Me, he had this cancer of the stomach, so I told him that: 'Do you believe that Mohammed Sahib was the same as Dattatreya or Nanaka?' He said: 'No I don't even believe, when you say that He was Moses or Abraham. I said: 'He was Moses Abraham and they are very powerful personality. Unless and until you accept that He was Moses and Abraham, you are not going to get it.

He said: 'Ah, I cannot say that,' because Jews and Muslims are like this. I said they both are the same they are very great personalities, you are just fighting for nothing at all. I know Who is Moses and I know Who is, Abraham.

But he would not accept, for eight days, then his wife, you know she was wiser, she said you'd better get it, you are not well, you'll die, better get it, then they came. You see this is what happens, they are just compelled. He came: 'All right Mother whatever you say I will accept.' I said: 'Not that, from your heart you have to say,' and he was cured, for your information he was cured.

So do not have any extreme ideas, They are all in there, and They are all One. Only we are fighting saying this is mine, that is mine.

So this is I have just hinted at this center because I think that's a very important center as I have discussed with the void, about all these Abraham, Moses and all the Old Testament, which is so important. How, and how Christ is the One Who stays there, Who crucified Himself, to make a path for us to pass through, why His crucifixion was necessary.

So I'll spend more time on that later on. I hope you'll make it convenient to come again, and I hope you'll get a better hall, they are feeling very warm here.

May God bless you.

Now, again we can have some questions if you want, for two minutes only. Not much because it goes on. Now some questions if you have. Because you see the questions now you ask I'll tell you one thing. There are certain limitations because I have not talked about every chakra and the whole thing, all right? So I've talked very little about the whole subject. So you have to listen to the whole thing and then ask Me questions, is much better. But if you have any substantial thing you can ask Me and then I would like to give you realization. That's very important.

Q: Mother I just want to know why, if alcohol is so bad for you, did Christ turn the water into wine?

Shri Mataji: Oh you see that's another big mistake. That time wine was not this kind of a wine. You see people used to take wine which is grape juice. Even today if you go to Jerusalem, you get wine which is not fermented. It is prohibited, in the Bible if you read Moses or Abraham, to take these strong drinks, it is described very clearly but why Christ did not talk about alcohol, there's a difference between wine and alcohol, wine which is fermented and wine which is a real wine. You see otherwise He would have said fermented wine. And, that's a very common drink and I also enjoy it very much, grapes I love. So ordinary grape juice was the wine but, about this alcohol He didn't talk much because you see now I am with you, I have to give you realization so I'm talking about Kundalini and realization isn't it. Now Christ did not have to deal with Kundalini at that time but He had to talk of eternal life so He talked about that, and He showed with His Life that life is eternal by His Resurrection.

Now Abraham and Moses are, all these Primordial Masters are concerned with your attention and with your sustenance, so all of them, whether it was Mohammed or anyone, have talked against alcohol, you see. Whatever was their job was to look after the sustenance of the stomach and we can see clearly, that how can anybody who is of Christ's quality, give you wine to drink, which goes against your awareness.

Is impossible. But that's how it is. We do not, you see we mould everything according to our ideas but wine means ordinary wine. You go today even, if you ask for wine, even in Switzerland, you'll be surprised that ordinary grape juice is called as wine. Even the grape, that creeper is called as wine. The whole thing is called as wine here. Now there is no fermentation as far as wine is concerned, but this is what it was. All right?

Q: ...in the Adi Guru Principle, before Moses, before Abraham, what was there before?

Shri Mataji: Very good question. Now you see, yes, yes, I would say..

Q: cont...and are there more to come, he said.

Shri Mataji: No that you forget, but about the past I will tell you something because, you see future you just open it because I want to put your attention to present. But still if you have asked the question is very good. That, you see, there are five dimensions in which this area remains within us also.

So the first is the Vaikunta area, is the stage where God just incarnated, that aspect of God just incarnated as, we can say the Vishnu or that represents the sustenance. That Deity was. And that is at a, for example we know Christ's Birth on this Earth but how He was created in the Heavens we do not know. So at this level also there are five dimensions into which these things happen and then ultimately He came to Earth.

All right? In the same way these things are projected, in the subtler level, at the Vaikunta stage and all that. So all this is there, and I think in one of My lectures on Creation I have described all these things. I hope you'll get those lectures from England, and you'll be able to listen to them, in which all these things I have described, quite a lot.

What question, is there?

Person: You are... behind them, Mother.

Thank you. You are such a nice, loving son of Mine.

What question is there?

Q: Do you have to give up your own religion if you become a Sahaja Yogi?

Shri Mataji: Now, this is a question which is your own. Wherever you are born becomes your own religion. It's a misidentification. Supposing you are born a Hindu you become a Hindu. If you are born a Christian you become a Christian. If you are born a Muslim you become a Muslim. Now what is your religion? Say you are a Christian, Christ is very much there but in all His dimensions and you see all His relations with others. You cannot have just Christ isolated as: 'My own.' Is wrong. This is a myth. You get over this.

Supposing you have a stomach trouble, you'll have to go to Moses, you have to become a Jew, or you have to become a Muslim. Now supposing you have a problem, you have a headache, you think too much, you have to become a Christian. Now, if you have a problem with your neck, which most of you have here, especially here, is to feeling guilty business, there's a Deity for that is called as Vishnumaya, you have to ask Her to help you.

Then if you haven't got the witness power properly exhibited then you have become Shri Krishna, you have to go to Him.

And if your father has died or something is possessed you, you have to go to Rama. It's like that. So how can you, they are all within you, so how can you become only one. You have so many things within you, in the same way the Primordial Being is not just Rock of Gibraltar. These are different aspects of God which are expressed in One Personality. There's only One God but Who manifests, through many aspects this must be understood. About this also if I have time I will tell you how the God and His Power separated, and how His Power created those manifestations of His aspect. Like we are a human being but we have a nose, we have eyes, we have a head, we have everything. Are we just like a rock? Even a rock is not the rock because it has divisions. Even this staircase if you see it has it's fibers and things, you can see. So nothing is like a solid stuff. You see our idea about God is a solid stuff – He's Christ, and He is our own. No. He is the aspect that is the Son. He is the Son of God. And there is God. And there is the Holy Ghost.

Already as Christians also you know, as Jews also you know, that Jehovah is there, Moses is there, Abraham is there. But the problem with all these is this, that all those people who were born in these Arabic countries had no chance to express themselves so clearly. Nobody was there willing to listen. Now see Mohammed Sahib, or say Abraham and Moses, they were all the time running away, running away, they are on the run, all the time on the run. There was no time like a Maccabean Hall where one could talk. Imagine what a life poor Moses had to face, Abraham had to face, just think of that. How could they tell all these things about. So the knowledge that what, just see now the run. You are just telling people: 'Now don't do this and don't do that,' that's all.

But today the time is such that you can see the whole, the whole picture, because the whole picture is there, you can see. So you should not have a narrow vision, but see them in a bigger vision. You make them narrower by your own narrow vision.

There's nothing like your religion. There's only one religion, and that is God's religion which is within you, which you transcend. When this religion gets enlightened you transcend. For example I have no temptations at all. I don't know what is a temptation. I don't know what is vanity. I try, you know sometimes to put up a show: 'Now let Me be vain now how do I become. What muscles should I teach.

But I cannot do it. I haven't got that kind of a machinery inside, you see, you just become beyond this. Then you don't need religion because you become religion. Don't have to tell you anything. It just happens. It just happens, you become that.

And "my religion", whatever we think of, if you really believe in it then try to bring as many as possible who belong to that.

There are so many mistakes people are doing in the name of religion. So many mistakes. One small mistake I have told you, put all the dead bodies in the churchyard. The Christians do. So many mistakes the Jews do, you know that. We are making mistakes after mistakes, and we should see what have we achieved? Our forefathers were going to church, they were going to synagogue and they were going to synagogue, and they were going to - what have they achieved? Nothing. So let us see the complete universal thing that is within us where all of Them are there, and we have to understand that we do not exist alone. All of us are there as cells in the whole Primordial Being, the microcosm and the macrocosm.

We have to just be aware of that wholesomeness within us.

Anything that prohibits that, that makes you smaller and narrower, you must give it up, and become the Whole. That's a living thing. If it narrows you, that religion is deadening. That's not the one that's allowing you to grow.

So there is no religion to be given up. On the contrary you have to enlighten the religion and enlighten others. All of you could be Sahaja Yogis and could be anything, because there's nothing like Christ hanging there somewhere and Mary hanging there. No, they are part and parcel of the Whole. They are there. You cannot just take them out. And there cannot be many religions, there can be only one religion, that's a human religion which makes you higher personalities, makes you grow. So you don't have to give up anything, but you yourself won't do many things, yourself won't do many things because you'll understand whatever is living is living, that's what you'll start following.

We have in our prayers all the prayers, Jew prayers and Christian prayers and Hindu prayers and all the prayers of all the religions because they are all mantras, they are all the chantings, and they are so important for different chakras. So you see your universality also gets aware of your own being, expressed in different, these great Deities.

They are within us and They are awakened and you are surprised. The Kundalini won't rise unless and until you break.

Some Christians catch on the Agnya. Imagine. They mostly catch on the Agnya. Agnya chakra is the chakra of Christ. Why? Because they have not understood Him.

So He Himself is angry. So you have to ask a question that is Christ the Son of God? Yes. And then you have to ask My Relationship with Him and then you'll get your Kundalini rising. I'm here to represent All of Them, to explain, to prove all the Scriptures of the world. That nothing was wrong, nobody was false, and I'm here to prove All of Them to you, by not denouncing anybody or not possessing anything, in the same way you are going to become great people. All right?

Thank you very much.

That's the proof of the pudding. There you will discover, there you will discover that your own powers are manifesting, which have not manifested so far. This is the thing. We have done everything under the sun, in the name of God and seeking but now for the first time you'll find your own powers manifesting. If your Mother has Powers what does it matter? Anybody has powers what does it matter. You have not manifested your own powers so far. If you have the spirit then you must manifest your powers isn't it. That's most important. And this is the religion of the spirit. Spirit is beyond any conformity or any sort of a narrowness. It is universal. So this is the religion of spirit and in the realm of spirit you'll be amazed, the working of this power of all-pervading Love. You will find out that whatever you have been struggling with is nothing but a myth and everything will drop out and you'll be amazed at your own powers. Do come all of you. I'll be there waiting for you.

Could we have your hands towards Me. And close your eyes. I hope you are taking vibrations from the photograph and using it in the night. Please do it because that will really give you advancement. Some of you will find from the photograph when you place

your hands there will be a flickering in the flame. Just now also there's a flickering going on. So do not get disturbed with that. If there is flickering, that means there's something wrong somewhere which is being corrected by the photograph's vibrations. Do not be upset if there is any flickering because it, you'll understand later on what it means and how to look at it. So don't worry on that part.

Now put your hands towards Me just like this. Both the hands. He's putting the hands like this. On your lap. On your lap.

Please put your both the hands on your lap. And close your eyes. Just close your eyes. It works. It works. It is kept there for that. It manifests. It just manifests. It is very difficult as described in many books. It is a difficult thing. But maybe that I have something about Me that it happens.

It was to happen in My Presence so it is happening. So please have it and get it properly established within yourselves. You are the seekers and I have to give your own rights.

So just have it. No obligations on Me or on you. Just have it because it's your own. I'm duty bound to give you that.

Close your eyes. Please close your eyes. Keep your eyes shut because if you do not close your eyes the Kundalini doesn't rise above Agnya chakra. So please keep your eyes shut, absolutely shut.

Again the left Nabhi is catching. As I told you. Now you forgive your wife and forgive your husband. Just imagine what a small thing is catching this evolutionary process. Just forgive your husband, forgive your wife, forgive your mother. Just forgive them.

Just forget them for the time being I would say, and forgive them. Better. Left. Now don't feel guilty. Please. Say Mother I am not guilty. Please. In your heart you should say, from your heart that: "I am not guilty Mother". Say it at least thrice. You have to forgive yourself. Please forgive yourself. That's the main point is you must learn to forgive yourself. When I say you have to forgive others then you start cursing yourself. I mean to say forgive everyone, inclusive of yourself also.

Ah, just think of it. Will you please say within your heart that: "Mother I am not guilty". Will you say that. Please say it again and again.

It is sometimes unbearable for Me to see how you people are angry with yourself. You should love yourself. After all you are the temple of God, isn't it. Isn't it your Kundalini going to rise, isn't it. Is nothing of My manifestation, is your manifestation, so you have to be some special people isn't it.

Then you must respect yourself, and do not feel guilty, I don't know from where does this come in. Better. All right, say it loud: "Mother I am not guilty". Let's see all of you saying that. Say it. Again. Everyone.

Even for taking alcohol don't be guilty. It's all past it's past. God is the Ocean of Love and Compassion, so much so that these pangs of your so-called little, little bit of guilts are of no value, have no significance in the flow of His Love, so please do not find guilty because I have said it that alcohol goes against awareness.

Not for me. Maybe for some people it does, but not for me. It's all finished and gone. Do not feel guilty for anything that you have done. Please. Just know that you are the one who is going to become a temple of God. You are the one who has to enter into the Kingdom of God. The criminals do not enter.

Like the great children of God you have to enter, not with any guilt, but like proud people.

Better. I think there's a possession that tells you that you have done this wrong or that wrong. Just don't listen to anyone. Now ask for your realization. It's your due. Just ask for it. In all dignity you ask for it.

Start feeling the cool breeze in the hand. Now see with your hands on your head if there's cool breeze coming in. Left hand. I think you'll feel there first in your hands, so many of you. Getting it? Yes, good. Now ask forgiveness from Christ. All right. You feel very relaxed. Those who are not getting cool breeze have to learn to forgive first of all. Then your thoughts will stop. You must forgive. If you get thoughts you just say: "I forgive". You watch Me and you can get thoughtless. Just say: 'I forgive'. Then you have to ask for forgiveness. So the heart opens out. Just forgiveness. Asking doesn't mean that I'm guilty. If you have asked for forgiveness it is given. So then you don't sit down and say: "I'm guilty". Once you are forgiven then why are you saying: "I am guilty"?

Good. Are you getting it or not? This gentleman. Tingle, on the right? Heat on the right? Now put your left hand on your liver. If you have heat on the right. Now let's work out all the permutations and combinations. If you have heat on the right hand, then put your left hand on the liver. Here. Liver. Liver is here, under your rib, on the right hand side. Just see if you have. Then put your left hand, left hand. Right hand towards Me and left hand here on the liver. Now if you have no breeze on the left, and more on the right, put your right on the heart and left towards Me. Left towards Me. Heart is here. Little lower. Little higher for you. Little lower for you. Little higher. For you little higher. Yes. Little higher. Little higher is the heart. Pushing. No, no, left. Right hand towards Me. Yes. Little higher. This side. Yes.

Left hand towards Me and right hand on the heart. Now, ask for forgiveness, at this point. That means your attention has not been towards your spirit, as it should have been so just for ask for forgiveness but then don't feel guilty because the next step is that, where we jump in. Just ask for forgiveness. Try it. Better. Are you getting on the left or not? Getting right? All right then, you got it. That's the thing. That is beyond reasoning, without any arguments. It's a happening. It's like a sprouting of the seed, which has taken place, which can be only achieved, because you have that within you. The seed which doesn't have the germinating power, cannot be germinated. But now you have to know how to use this power, this Divine power of Love for your betterment, for the betterment of others and for the betterment of the whole humanity, for the emancipation and evolution. Is it all right?

Q: What did the heat in the right hand mean?

Shri Mataji: Means your liver is little, out of gear. All right? Put here. Or maybe you think too much. If you are living in the future, also you can get right hand. Live in the future. Planning. Planning department is liver. Those who live in the past have a left side problem.

Q: I've got tingling in the left hand.

Shri Mataji: Left hand. And the right hand? Both combinations are there?

A: No the right hand's okay.

Shri Mataji: All right. Right is all right. Now you must have gone to some guru or somebody or to some person like that. That means tingling. All right. Doesn't matter. You put your hand down below here, right hand, right hand. Down below. This is the left Swadishthana and put down. And now ask for forgiveness that I'll never go to such unauthorized people. That's all.

You should say: "Mother are you my Guru?" now because you have been to guru. I'm not a Guru but you can say that. Or you can ask a question: "Mother am I my guru?" That will also help, because that Principle, the Principle of the Primordial Master within you is insulted. Because by mistake you went to other people. All right? Better now? Is improving, see. Just see that. Is so simple. It works. It's coming up.

Now don't think. If you start thinking it will again go down. Just don't think. You watch Me without thinking. Very good. You yourself can now turn your, tell them how to take bandhan. He'll show you how to do it and how to raise your Kundalini and fix it up, which will make it possible. Put left hand towards Me. Put it seven times. Seven times, with your hand. Because from your hand the power is flowing. This is the first training in the power. Just give yourself a bandhan. Means you protect your aura, you

won't be attacked. Maybe you are going out and some spirits might catch hold of you, and now you will know, so before this you did not know till you ended up into lunatic asylum. But you'll know immediately you are caught up, because you'll lose your vibrations.

Now how to raise it, just see how to raise it, that's also important. With both the hands, push it up. Go up like that. Once. Again you can roll it like that is also good idea. Twice. Now, ask for fixing our realization. Just ask for fixing. Thrice. You move it and fix your realization. You can.

Hah. See now, it's better? Much cooler now. You have to ask for it. That: "Please Mother, fix our realization!" Then in the, then you'll grow. Then you are on your own and you become your own guru and you can have your own big big, crowds and crowds of people whom you can give realization.

I've one disciple who came to Me and got realization, he has given realization to ten thousand people. Ten thousand people. So, then you will know, what you have achieved, and how many people you'll be curing, automatically. You are not a healer or anything. Automatically you'll be curing. You are not going to heal anyone or anything. It will just happen spontaneously. There are so many people who are born these days, who are seeking God and you have to give them help.

Thank you very much. I hope to see you again

## 1981-0329, Just mere awakening of the Kundalini is not sufficient

View [online](#).

29 March 1981

Just Mere Awakening Of The Kundalini Is Not Sufficient

Public Program

Sydney (Australia)

Talk Language: English | Transcript (English) – VERIFIED

Public Program Workshop. Sydney (Australia), 29 March 1981.

Modi must have told you very clearly about how to grow in Sahaja Yog because he's one of them who has really taken very positive step to see that he grows. Now one has to understand one simple point about realisation is that, just mere awakening of the Kundalini is not sufficient, that's just the beginning. You get your realisation but you must become the tree, you have to grow, you have to become. If you cannot grow then you have not achieved what you wanted to be. And you grow very fast, very fast with meditation and with understanding about meditation. Now one of the few hurdles that we have, that I've seen it, that are innately built in Sahaja Yoga itself. One of them is that you get it spontaneously so easily that you take it for granted. This is in the pattern of it, only innately built. You see what ever you get so easily you just take it for granted. But the another side of it is like that, that when you have your eyes you don't know the value of your eyes, you take it for granted. But when you don't have them then you know the value of eyes, it's like that. So when you lose vibrations and when you get out of Sahaja Yog, then you start feeling much more lost and then you come back to Sahaja Yoga again. Like a person becomes rich, he enjoys the riches and then you make him poor then he feels it more. So this is the correcting point.

But it is very true that Sahaja has this thing innately built in its self that it all happens very spontaneously and you get it for doing nothing at all. So, may be so many of you may lose it because you might find that it is just you got it because of something. I've also known of people they get vibrations and they say, "Now it's all right I don't need Sahaja Yoga, I am on my own." Again they're back like bad pennies with some troubles and some problems and then they go out. Now I would say that Modi is one of those first twelve people who got realisation, after two years I've worked on them, while you got realisation in such a short time. Two years I've worked on twenty five people out of which twelve got realisation you can imagine, two years! As I've told you in London I've worked on six people for four years to give them realisation. But once a certain number of people of particular ideologies of permutations and combinations, once they get realisation I find the rate of realisation increases very fast. Like formally we never use to have anybody in the program who has been to any other guru, just avoid them. Even up to the point that this Modi himself used to tell people there's no program today, no program. And they would ring Me up and find out that there was a program and why they were not allowed.

They said "Mother we get headaches you see. They break our necks and they just disturb us and they are good for nothing."

But now, it's very different. Once we have built up our strength of collectivity we have so many channels, things are working out very differently. So the value that Modi would attach to his realisation is much more than you would attach normally. Because as you see, first even say to have a ordinary oil lamp was a problem. So the oil lamp was very important for people. They would see to it that they would not use out all the oil and they were so careful. But today we have no problem, we have got electricity we take it for granted. Only when the electricity goes off we know what is electricity is. In the same way your realisation also, when it is lost you understand the value of it. But supposing you have just touched it and then you lose it, then you do not understand. But if you've got it you've enjoyed it then you lose it then you want it back again, so best thing is to be steadily moving towards your evolution. Now after I go away that's the fears people have here that people start doubting. They said, "It happened with people they started doubting."

Doubting what? Your doubting yourself is the main point is. You cannot believe that you can get realisation. This is the basic. You see to Me, it seems that you feel that how can you get realisation? Only those who are very highly realised souls know that

you are realised, they know that you have been given realisation, but they also sometimes ask Me, "Why did you give them realisation. What have they done?" Because you also think that, I mean we still have to look forward to something else. How can we get realisation, this is the trouble.

You don't believe in yourself. That's what you have to have confidence in yourself and then you'll have confidence in Me also. Because there are so many ways, by which you can verify. First of all you can ask questions to the photograph or to Me in your heart, about Myself, My relationship whatever you think could be, whatever you think, put your imagination and see that what you think I could have been. Ask that question. Your vibrations will answer. Put your, stretch your imagination to the last, what could be the last word you could think of Me. You see, some people will put doubts saying that, "Kundalini awakening is very difficult, it is not easy."

Yes it's true, it's not easy, it's a very difficult thing for human beings. You just can't do it, is a fact. You have to work for days with some guru in some jungle, all alone, seeing nobody, working out your chakras by chakras, sometimes you have to starve, sometimes you have to eat, sometimes you have to breathe, you have to do all kinds of things. And then the guru can work out. But there could be someone who is somehow the master, could be someone. Kundalini is the Holy Ghost within you. So there could be someone like that who can do the job and that is what it is. These things put you into doubts, because you can't believe it.

In relation to yourself you can't believe it. You can believe in God, you can believe in Holy Ghost, you can believe in Christ but you cannot believe that it has any relationship with you, that you could be that great, that you could get your realisation. So just feel it and enjoy it. First of all, don't think, that's why I say, "Don't think." Because as soon as you start thinking, Mr. Thomas in you will get up and say that "Hello, this cannot be Self-realisation." Mr. Thomas was great, you see. Christ had all the disciples and I find all those types around, permutations and combinations and somehow Judas also, but they're rarely to be found. But there are, no doubt and some are Thomas's, and these Thomas' are described as murmuring souls by Christ Himself. He said, "These are murmuring souls," and they murmur and one murmuring soul comes to you, another murmuring soul in you joins hands and you start all murmuring together, start thinking. Now at that time what have you to do on rational grounds is very simple. What have I done so far? I've done everything, did I get cool breeze? Did I get my self realisation? Did I feel my own powers? Have I been able to feel myself and others? Because you see you're still not fully realised, you may not be able to feel the vibrations of another person, neither you will be able to feel your own vibrations. But there are so many people here who are realised and they can feel yours, and they can verify.

Supposing they ask you, "How is your father?"

There was one gentleman in England he came and told Me, "Why is everybody asking me about my father?"

I said, "Because there's one particular centre that's catching," and I called a child I said now tell Me, "What is the centre catching?" She pointed out this one and I said, "This is the centre." Everybody is catching on this centre, this is the father centre so they're asking you about your father.

He said, "Yes he's dead and he died of cancer and he had this and that," and we had to treat him.

For example, anorexia is a disease can be cured by curing this centre. It's such a deep knowledge and it is such an all pervading knowledge. Because once you know in a tree the sap that goes to all the leaves and all the ends of it and if you can move the sap, your attention can move with the sap, you can know the whole of the tree. You cannot know leaves and then know the tree. How many leaves can you count? But to know the tree the best thing is to get to the sap. To treat a tree is best is to get to its sap, isn't it? In the same way when you go from inside out then you find that you know yourself and others very well. It's very simple even small children can do it.

So the first doubt comes about yourself, "Oh this is one of them" because there's a guru shopping going on, you see. There's a guru shopping, there's a float, you go to one guru to another, to ESPs and what you call them, all sorts of things, mediums, and all

sorts of things they do with the dead bodies or anything. All these things you have been to and you will have found it. So now suddenly you have to come to a temple, where you don't pay anything and you just get the blessings. So can't believe it, you just can't believe it, it's too much to believe. This is what happens you get

confused. You are all ready confused, but confusion could be over by understanding that something is happening to you just wait and see, give it a chance. There's no way we can bind you to Sahaja Yoga, because there's no mesmerism here. This is another innately a problem with Sahaja Yoga.

Second problem I should say is that you're too free to do what you like, absolutely free, there's no binding force except that you feel the love of your Mother. Supposing you are not feeling the vibrations in your hand, there's no way of binding you down to Sahaja Yog, nothing. We just advise "Go ahead, it will work out, let it work out." There is no fees, there's no registration, there's no compulsion, nothing. It's your own free will. If you want to stick on you can stick on, if you want to go away you can go away. There's no force on you of any kind. There's no registration of your names with some fees or anything, I mean you are not bound to pay anything. If you paid something then you feel, "All right I've paid for it, so go through it what ever it is, good or bad.. Supposing you go to see a play and it's a horrid play but still you say, "All right I've paid for it so let me go through it." But that you cannot do with Sahaja Yoga because you've not paid. There's nobody will force you down, nobody will go on telephoning to you, "Come along, please come along," and all that.

So the attitude has to be changed, it is I who has to gain. Say there's a beautiful spot somewhere. Now that beautiful spot doesn't send an invitation card to anyone, everybody goes there. But if you have not yet discovered the beauty of Sahaja Yog in that way and have not enjoyed it fully, you'll have to go again and again and see for yourself. It is a deliberation on your side not on the side of the Sahaja Yogis or Sahaja Yoga. It's not going to fall at your feet. That please come to Sahaja Yoga, please donate something, nothing of the kind. If you come you are welcome, if you don't come, welcome. On the contrary, you will be surprised there's more rejection than acceptance in Sahaja Yoga. That's also innately built. I've seen some people who are very insincere type they just go out from Sahaja Yoga like a tangent.

There was a gentleman who was very troublesome to us in Bombay and we didn't know what to do with him and he just got transferred from there and we got rid of him. So you just go out of Sahaja Yoga like a tangent and we are saved from the botheration. Because you must understand, if you have problems, if you are not all right it's a problem for Sahaja Yogis to correct you. It's just the other way round, if you understand this, then you will understand the thing, what works out. For example if I have to cure somebody it's a problem for Me and not the problem for the person who's sick. Now if the tree has to grow is the problem for the gardener not for the tree. So the tree must see to it that it co-operates with the gardener and gets itself developed. If this understanding is developed, that it is I who has to gain, it is I who has to go forward, Mother has not to gain from me anything, She wants me to have all my powers manifested. She wants me to grow through it, if this attitude is developed then you'll work hard to grow and you'll work it out. But on the contrary you see at the slightest protest if you ego stands up and says, "Why, why should I do this?"

To overcome this hurdle you see, we have to build up certain stages. That's what Modi was telling Me. That you first become thoughtlessly aware, see that silence is established. There are certain things that you do much later, everybody is not allowed in there, because truth can be only born by people who are strong enough to bear it. That's why I'm not going to tell you who am I, till you reach a certain stage, because you cannot bear the light. That's what happened with Christ. They crucified Him because they could not bear Him. Human beings are like that, they can't even bear an incarnation of love. They can't even bear love, it's too much for them. Even if you give them too much love they get upset, they get disturbed, they just can't bear it.

So you have to build up yourself to come to a certain stage of understanding of Sahaja Yoga. It's a state, which you achieve. It's a state. You are not to be certified by anyone on the...But it's a state where you will start giving realisation to others and the whole way you'll be talking you will be in a very different manner as if you are completely detached. You'll say "It is going, it is coming." It happens. You will not say my mother must get, my father must get, you will never say like that. Because you'll understand that the problem of Sahaja Yoga is that it cannot give to anyone.

Like the sunshine can shine it is for the trees to expose themselves to the sunshine and get the advantage of it. The sunshine is not going to run after you all over to see that you get it. This is the point here, it will shine the whole day and you take it. But it's not that it will run after you all the time requesting you, "Oh please get me, oh please get me, have it, have it," like that. And this is what one has to understand very clearly, that it is you who has to ask for it, and not anybody is going to force on you anything. On the contrary if anybody tries to say something more your ego gets like that. So try to be careful.

I am very happy to know that also, that in all the ego orientated societies I've seen that Sahaja Yoga works like wonders. Because first thing they see is their colossal ego. And that's a very positive point about it, because once you start seeing this horrible balloon in you, you just start watching yourself and enjoying, "Oh Mr so and so now get along with your ego." You see it's a very interesting life you start leading. If your ego you see, is a very good sign. If you cannot see your ego then there's danger. But some can even see their super ego if they're possessed. See people see how they get possessed suddenly because the frequency of possession becomes very little so that there's a big gaps you see to see the time when you are normal and when you get abnormal also you can see clearly that you are abnormal. By seeing that you start judging, "Oh God I have again been caught up, I'm again lost," and you come back to normal. The whole thing becomes a very beautiful understanding of the reality about yourself and you laugh at yourself all the time. All the time you laugh at your self and you laugh at everything and you find the whole joke going round how people are seriously indulging into nonsensical things and how it's such a big joke you've been yourself worrying about things which have no meaning, which has no significance.

Like I went first to Paris and people told Me, "Mother they are not going to like you very much, because they believe a person who is so happy is ignorant. You should not be a happy person. You should be a crying baby so they'll believe You. They're all les miserable, very unhappy people, extremely unhappy and if you tell them you are a happy person so they are going to be shocked at such a thing."

I said, "Really this Les Miserable, let me (inaudible). Let Me do something about them" and I made them laugh so much at their miseries that they got all right and they understood that the joy is just there. You have to just peep in your heart and you'll find the source of your joy and then the whole thing vanishes into thin air. But it has to work, it has to happen. There is no quick way of doing it in the sense that I say, "All right, you give me five rupees or five dollars, Australian dollars and you get it." No, no, no, no, you may give Me any amount it won't work out. It has not worked out with My own daughters you'll be surprised. I've never forced them or I've never asked them. I've only two daughters they're not realised, I'm not bothered. When they'll ask for it they'll get it. But My four grandchildren are born realised.

And one of the eldest ones one day very seriously said, "As it is you cannot commit mistakes I know but it would have been nice if you have given them realisation when they were children."

You see this is what it is that you cannot force these things on anyone and you have to take a very detached view. You are a seeker, your mother and you are there but they are not your responsibility, you can tell them about Sahaja Yoga. But if they are opposing you better have, let them be alone, they'll come round. When they see the transformation in within you, they will definitely come. So leave them alone. Don't bother your heads. Just leave them alone and you will be amazed that they will see you transforming so well and acting so well and they'll change themselves and they will come to you and ask you, "How are you so much changed and transformed?" You see, proof of the pudding is in seeing the pudding up there, changing people. And this transformation, you'll be amazed coming into you so suddenly that you will be amazed.

But as I told you, that on the left side is the desire or you can say the super ego, the desire to do something. And the right side is the ego which we try to, sort of please, and which feels happy and the one by which we have ambitions. But in the centre is the willpower to do this. And this willpower has to be increased by you, "I have to do it, I have to do it." First you'll feel tired because

your left heart is weak, then I will tell you how to do it. 'Then know how to raise your left heart if you're tired. See most of the people these days are very tired people. They talk, "Ah," they sit down "Ah." They can't, I mean they are very tired, absolutely fagged out people. Morning till evening what have you been doing, nothing. Just sitting in the sun you got tired, just lazing out

you got tired. Why, why did you get tired? Firstly because you're not integrated, you are fighting with in yourself. You're head is fighting your heart, your heart is fighting your liver. Secondly, you are thinking and wasting your energy. So you have to learn how to settle your heart, what has to be done to raise your heart to make it peaceful and how to get the energy from your spirit. Once you start doing that your tired feeling will go away. Then your aggressiveness also will decrease and you'll be amazed that you will just watch the whole thing. Neither you'll aggress nor you'll take aggression and the whole reaction will be very different.

Then everything has a meaning, your feelings have a meaning. Supposing you have a feeling today for Poland, which is in trouble, all of you should ask just now, "Mother solve the problem of Poland." Because I have no desires you see, I am desire less, you have to ask and it works, you'll be amazed because your attention is enlightened now, it just works. You have to desire for it and it works. You have to work for it and it works. And so many miraculous things people will tell you just believe them that's all true. Money problems solved, because of Lakshmi Tattwa within, financial problems solved, social problems solved, family problems solved, because you are solved. See in relation to you all everything seems problematic. When your problems are solved everything is solved. It's so simple as that. We have to solve ourselves and it is solved through the awakening of the Kundalini.

Now I would like to have some questions from you and then I would like you to go into groups with the Sahaja Yogis and talk to them on intimate level and also you must tell Me your problems. If you have any intimate problems, you can talk to Me also. But best is to talk to each other.

I would like Warren to see to it that he organises all these groups properly.

But I would love to have some questions from you about Sahaja Yoga now.

Question: How can one laugh at abortion.

W: He's talking about abortion, you are taking the view that it is bad?

Shri Mataji: I'm not saying you have to, I said you are not to laugh, means you laugh at silly stupid things I meant, you see. But at abortion as I can't understand you see. This is a very funny situation in this country. As it is the birth rate is minus and you are having abortions.

Question: Does it exist in India much abortion

Shri Mataji: Not much, people don't like it at all, they hate it. And you know the trouble is like this. You people are having no children so we have to have the load on us. You see what to do? Nobody to be born here, they don't want to be born here because there is no love in the heart. See when, the other day when somebody told Me about the doctors here some of them are butchers I couldn't believe it. Because in India at least, doctors are not butchers by any chance. I was surprised; this is because everything has become a butchery here, because the heart is covered with ego. There's no heart left. You have to raise the heart. That's important, once you raise the heart, you see, you cannot stand all this nonsense, you know. Why do you want to have abortion I still can't understand?

Question: Does it affect Swadishthan charka?

Shri Mataji: Oh, it affects many chakras, I mean. There was someone I knew who always used to catch on right heart, I must tell you this, very nice person, always on right heart. His father was a good man, everything was fine, asked him, "How are you catching on right heart?" He was not married and when he came very close to Me then he confessed to Me that, "I lived with a woman and she was going to have a baby and she went in for an abortion and I conceded, and since then

I have been feeling very sad about the whole thing." But the whole view about life has to be changed then only you can avoid these things. You see it is a symptom of a disease. It's not the disease itself, abortion is not the disease, is a symptom of a disease.

Now what is the disease with in us is, is that, that we have allowed our sex to be let loose completely, talking too much about sex from childhood. What is the need to give education in sex, I've been failed to understand? Openly, there's no need to teach about, you see, do the animals need any sex education, they still produce. Then they told Me, "They tell about sex only because they think by telling about sex they can protect people from not going into sex."

I said, "No, they create too much of curiosity in children."

For example, in India we never talk about sex to children, they do not know, they are so innocent. Even till the marriage takes place some of the girls do not know what sex actually is, how it works out and all. But they are told this is something filthy to do and all that and when the girl gets into puberty it is told and to the boys also, somehow or other it is a very different society. This question doesn't come, it never comes into the head of the boys and girls. You see if you keep them pure, like it doesn't come in the head of a sister and a brother even today, thank God. Many sisters and brothers I should say, despite Freud's all efforts to spoil your minds, but still there are brothers and sisters' relations today. In the same way it doesn't come into their heads at all. And when they get married they are to be told, this is what it is. And that's why they say these koarak and all these places were built where they could take young brides and young people to see that. This was called as Koomari Kar Temple, means the married women when they were not virgins could go there and see those places to understand what is sex is and they got so exhausted with this early sex life, I mean you go into all kinds of tantrums then. Because you're so exhausted then you go into perversions. The basics are wrong. We are trying too hard to be sexologists. There's no need to be sex points you are that already. But you don't want to be only sex points, do you? I don't know what makes you feel that that is the end of every, every endeavor, everything should end up there. May be that advertisement and all this is coming to you too much because they think that by exploiting these things they will help you. But it's such a perverted thing and

(Seeker interrupts and asks Shri Mataji about people in India being given a gift like a transistor radio for sterilization. Does it have a purpose? It has a purpose to a point.....)

W: Oh, I'm sorry this has another point.... He is talking about in India where they give a transistor radio....

Shri Mataji: That's what they try, this is also, you see western ideas coming to India. Oh, they did all sorts just to sterilise them. Oh! that's how the lady lost her last election, last election she has now pulled her ears for that. You see, they are all westernised people you see, they try to try all these tricks in.... People don't like it you see. There's a bridegroom who went for his wedding and poor thing saw that there was a team of people standing there for sterilisation. He jumped out of the bus and he disappeared forever, nobody knows where he is, disappeared. 'And they even sterilised people who were very old and who were not even married you see. It's so funny, so indiscriminate, I think they were possessed by some bhoots I don't know what to call them.

You see population is a problem in India but what to do now, you should solve the problem. And there is something working out in a very funny way, I must tell you. I went to Colombia, I found lots of these Norwegians carrying Colombian children with them. And they looked so different from Norwegian children, Norwegian people and these Colombian children.

I asked them, "Why do you acquire these children, where are you carrying them? They said "We have adopted them".

I said, "Why don't you produce your own? That would be better, to produce your own." "No we don't want to go through the process of it, it's better to have ready made."

So the supply has started in having all this in developing countries to give you ready made children. Isn't it funny, it's funny things going on, instant babies.

Question: If a chakra is blocked and you clean the chakras wouldn't you be undoing the karmic cycle that a person has to go through?

Shri Mataji: Very good idea, Because I think you people...I know the question is this, that he is saying that if you try to clean the

chakras you will be undoing the karmic cycle and all that you see this is the typical things that are being circulated in the west you see. That you have your own karmas you see and we are the gurus so you have to go through your karmas, you must suffer for your karmas you see like that is there. Now, this theory was all right before Christ came in, not after His coming. And why are they here then? Why are we paying them, for what? You better pickle them out. They're worth nothing because they just take money from you, and we have to go through our karmas. They make you dance, jump go into all kinds of things. Put spirits in us and say, "You are suffering your karmas. Why should we suffer?" At least they should suffer for our karmas, minimum of minimum.

Now Christ has done that for you. He has taken all these karmas, your karmas upon Himself. He has made way for us, that's why you have to pass through Him. Once you pass through Him, through Agnya chakra, your karmas are sucked in by Him, that's your ego. It's the only ego that says you have done this wrong, and that wrong. You see an animal doesn't think that way. It thinks it's its own sva bhavah the way it has to be. But it's only the human beings who think I've done this wrong, I've done that wrong. I've done this good, that bad because we have ego. But when your Kundalini passes through your Agnya chakra your ego is sucked in, your superego is sucked in. Christ has done double job in one shot you know, it's great. That's why He was crucified, it was to be. He took all your karmas upon Himself and put it into hell. So whatever karmas you have done are all sucked in. But the door must open fully.

In the beginning it happens that only a thread comes up, you see, and the ego is not fully sucked in so sometimes it still comes up and all that. The best weapon to get rid of them is to forgive others. Forgiveness is the greatest weapon Christ has given us, which we have to use, forgive, forgive and forgive. That's a very good way, Lords Prayer is the solution for your Agnya chakra, you'll be amazed. You have to say Lords Prayer after realisation to open your Agnya. Then you become thoughtlessly aware. After realisation, again I say, not before realisation, it has no meaning. Before realisation what ever you have said has gone into karmas. Only after realisation you are baptized and get an opening here and all your karmas pass through that. Also you will find when you get realisation lot of heat comes out, these are the karmas you see, that are coming out. Let the heat go out and all karmas are finished. It's like that. This is what is Self-Realisation.

Like an egg is in a egg shell, is very different, but when it becomes a little chick and the mother breaks the tip of the egg a new bird comes out without any karmas or the smell of the egg. So clean and nice, everything converted into something beautiful. It's like that, this is the rebirth. This is how we become a new personality a new being. So to forget about your karmas after your realisation, all right. He has said it

that, "He died for your sins." Didn't He? And the wages of sin is fear. If you still have fear within you of your karmas, you are still sinning. There should be no fear about it.

Do not have any guilt, I've been telling you not to have any guilt. What can you do? What sins can you commit? Do not have any fear. This is very common as I told you the other day, left Vishuddhi, I have to talk about it quite a lot. It's so common, in Australia, in America and in all the western countries, to feel guilty. Everything collapses there and nobody can rise through the Agnya because it collapses down here onto left Vishuddhi where you feel guilty. What are you feeling guilty about? And why did Christ come on this earth? You are just wasting His incarnation by feeling guilty yourself. He has taken all your guilt upon Himself. What do you think He was? He was Omkara, he was Pranava, He was the word, He was that power. He's not attached to anything but He can take away everything that you think is sin, because He's sinless, He so pure, immaculate.

All right, does that give you some hope? Or still you are indulging into your own miseries?

Question: Can You give us some guide about diet.

Shri Mataji: Diet? All right. This diet theory is also coming from some horrible Brahmins you see. Don't listen to them. They are the greatest rakshasas ever born on this earth. Devils, rakshasas are monsters. They eat like hell, they eat such a lot and they always tell you, "Don't do this and don't do that." You can eat anything you like, except don't eat the meat of animals which are bigger than you. I mean otherwise you will develop muscles which will have funny contours and things. Eat animals which are

smaller than you, is the point is. And if you eat those animals they do not also have much sense of compassion and all that. It's all right they are just like vegetables, sort of things, so it doesn't matter. You don't kill them, they are killed in the machine and all that, you have to eat that, and you need it, you have to eat. But that doesn't mean that if you are vegetarians you should become non vegetarians. It doesn't mean that.

Whatever you eat, you can eat. Eating is not going to change your spirit. Spirit doesn't eat, it does not. Makes no difference to the spirit except that, to your body which is the lamp. So if you have to keep the wick all right, you have to keep the lamp all right and for that don't eat anything that is a very big animal compared to yourself. Cows meat for example in India they don't eat, because, "Have you ever seen Indian cows they're very gentle." And the cows are in the house, just like mother they start giving milk to the children they see. Every day they are taking the milk of the cows so they develop a feeling, you see. And that's why they don't drink, you see. But it doesn't mean that if your Australian cows are I don't think are like that. Because what I've seen they look like buffalos to Me sometimes. Like My granddaughter, she came to England and she asked Me, "Mother, Grandmother, why the buffalos in England are white?" Yes, so, it's all right. But you'll come down on diet. It will be different you see, you'll see gradually. But don't worry about it. Gradually everything drops out into very little things. But you allow yourself to develop.

Question: Eggs? And things like that?

Shri Mataji: Oh, eggs you better have, lots of it. But if you have liver it's not good to have eggs. Eggs is very heating, pork is otherwise good but not good for the people who have liver problem. See you must understand that every person is different. Now today I met a lady who is very left sided. So I had to tell her, "You eat pork, eggs everything. You see it is how you are. Even the Indian Ayurveda is like that. They want to know the prakruti, the character of a person how he is. We have evolved from different types of animals. I saw the nocturnal ones. You see the nocturnal ones must eat a lot of meats, those who have evolved from nocturnal side, you see. Left-sided, the ones who are afraid and frightened and who are not egoistical at all you see. Such types they should take more meats and things but those who are too much aggressive better take to vegetables, is better. All right now, what's the question?

Question: Does forgiveness stop the rich getting richer and the poor getting poorer?

Shri Mataji: It does absolutely, absolutely. Sahaja Yoga is the thing that balances the society. Those who are poor become richer and the rich understand that they must share. Willingly they start sharing their money. But you become really rich in a very miraculous manner. Now there's a girl here and I would like her to tell you what happened to her, it's miraculous. But she's an Australian and she doesn't tell lies you can see that very clearly and she'll tell you what happened to her. Where is she gone? Cheryl come along. Is she here?

No let her tell, is better, she's Australian they'll believe her more. But never trust an Indian that's even worse. You know some of the gurus have introduced some Indian bhoots, Indian spirits into English people, and Americans and also European and I find they behave just like Indians. They'll cheat, they embezzle, they'll take away things, not the women, they'll not touch the women you see. But they'll touch the things, they take away the empty cans, is typical Indian you see. It's rather

surprising, yes there are some, I've seen them like that. It's surprising to see such things happening to a western person who behaves just like an Indian, must be some possession of bhoots put by these gurus.

So if you believe Me then I can tell you what she's told, it's really miraculous, very miraculous, you see. Cheryl was telling Me that she wanted to come to India and she had no money. So her daughter was very anxious to come to India and they didn't know what to do, they didn't have sufficient money. So they just said, "Mother we want to come to India can you arrange it for us, that's all." And it so happened that this girl had taken a trinket she had in the house, a bracelet to the school for a sale, whenever they have the fetes all over. So she took that for the fete and the teacher said, "I think this is gold." She couldn't believe it. She brought it home and they got it valued and they found that the price of the thing was equal to what they had to spend for both of them travel. But this is nothing. And then she got some money from somewhere in the house, somewhere I don't know how she got

some money and she didn't sell even the bracelet. And that's still there she said, "For the next trip." I said, "I hope so, you sell it." "May not." Like that you see, things work out, because your Laxshmi Tattawa, your centre of well being gets enlightened and then you are looked after.

So many things happen. Like today they told Me so many things of this kind happening to them and I too. You see when these people came in, I had told them all right, you give Me so much money may be required for your stay there. Very little it was, very little for them to be there in India after all, you see India is also now becoming very expensive. And when I went to India I had discovered it had become very expensive, doesn't matter I said, "I'll put it in the bank. "Let it be there." And anybody ask Me, "Have it, you want it, have it, now spend go," and it was all right. I could manage, see that's what he did, and so many of them have done it. It's looked after. You go to right places, you get right things, don't spend too much, you do not repent for spending and you feel happy for whatever you have. You feel very joyous, not worried about counting but if you make a budget you had it. You don't worry your head about budgeting, how much you're going to spend, you'll be surprised. You won't go to things which are unnecessary, useless but you'll buy something that is very good and ultimately these things will be very precious for you to sell. Many things have happened like that. Many things have happened.

Question: Why is Australia important for the future?

W: Maybe about Shri Ganesha?

Shri Mataji: Only thing I don't want to pamper the ego.

Question: Is Australia blessed?

Shri Mataji: Very much, very much blessed. It's a very much blessed place, specially created. Australia was the first continent to be created and if I dare to answer this question, I hope you'll believe Me and not get into ego trips. Australia is a place which is described in the ancient Puranas that a great saint was sent to Australia and another heaven was created. And that saint is called as Thrishanku which is your Southern Cross...what do you call that? That shows the Southern Cross and you can only see Southern Cross from Australia. This is one of the Puranas, the Vedas have also mentioned this and even before that Australia is the place which has the Ganesha. The first is the Mooladhara Chakra, the first centre is in Australia. How much wise you should be. Did you hear Me?

W: (Question) She wanted your opinion about the Australian aboriginals.

Shri Mataji: Oh, they must have been good people to begin with, I am sure of it. They must have been very good and holy people and nice people but I think later on they deviated because of too much jungles and things you know, they started feeling the fear of the nature too much. They must have worshiped things, which were good to begin with and later on to some things like spirits and this. More over the dead bodies, the way they disposed of must have been something wrong. So maybe they might have gone into a left sided action, into primitive ways of exciting these bhoots

and things, spirits and spiritualism and all that. But in Australia must be the minimum, in Africa is horrible.

African countries have too much of it but it should be the minimum of minimum because you see, Ganesha's chakra is connected with the left side, you see is more on the left side, isn't it? So also one can go drift more on to the left side, that is what it is. And even today I feel there's kind of a lurking inferiority complex that works in Australians. They try to copy the west, there's nothing to copy there, they've nothing sensible. They have to learn from you. You see this is a little inferiority complex we have that all the best things are in the west. That's wrong, you are much better of in so many ways. At least you've not lost your moorings. So I would not pass a general remark about any community as such but there is a possibility that they can come up very well too. I mean they can get out of all that left-sidedness.

In India also we have big communities in the south where people have lived with too much ritualism and all that and have taken

to left-sided behaviour of attracting you know spirits and this and that, and giving those [telesmart?] and all that. They have done all that they are doing, like witchcraft, witch doctors and all that. They must be doing it, but it can be cured, there's no problem. As the west, people are over developed and very ego orientated and right side. Both are extreme cases, but you can correct. The people who are left side it's easier because they have to move forward but it's difficult for ego orientated to move backwards. But if we can do that there why not here, so nothing is lost. One should not worry too much about these things. Human beings are just the same, everybody has Kundalini, finished. As long as you have Kundalini I have no problem.

Question: Is there anything wrong with eating chilies?

Shri Mataji: No, it suits some people very much. Some people should have, those who suffer from colds will be a good idea, suffer from constipation is a good idea. But don't eat too much of anything. But it's good for some people, something is good for some people, something is good for some people, you have to just find out. For people who get constipated it is better to have a little of green chilies all the time, it is very rich in vitamin C. It is very rich in vitamin C is good for people who catch colds very easily.

Question: Do you know anything about the teaching called Mahikari.

Shri Mataji: I know. You see Mahikari thing was, the person who started Mahikari was a realised soul, though not so well equipped. I've met him before his realisation and he got realisation I think through Me only, what ever it was. I do not want to claim anything like that. But only thing is he was not equipped, well equipped. Like anybody here who gets realisation starts doing something. And his daughter I think, mislead the people because she's not a realised soul. She became very money-orientated, she started putting it, it's happened with every one of them. But poor thing, this one was not, he just got realisation he was not an incarnation also, you see.

Even incarnations who came on this earth like Christ you see, like Mohammad Sahab, like Rama, Krishna see such great incarnations were purest of pure. Even those people have been mishandled and people have raised organisations, which are just money making propositions. Everything some how man makes into money. I don't know how, it's something that happens to human beings you see. Then they start giving [Telesmart?] then they start giving this, that, cross, this I mean it's a money-making proposition throughout. You see this is the trouble.

Warren: She said you are very right.

Shri Mataji: And you may lose lots of your powers, even ordinary, normal powers with this kind of a wrong attitude you see, or misguidance, because it happens like that, you can make mistakes, you can do so many things. You know I've seen people, one girl whom I had given realisation she went to a lady who was a medium. She used to get "Ho, ho, ho, ho," like that, and this thing. And she

gave her a talisman and she became actually blind, actually blind. Now she's blind, her eyes are open, I mean I have to still cure her. This is the report I got about her.

Question: Would you say the same of the Hari Krishna Organisation?

Shri Mataji: Oh, now you are pulling Me into controversy. But I will tell you the other way round. You see if you go on calling say the name of anybody, even your name would you like it? So then how can God like it? On the Oxford Street you stand up, you should see the site, they even sell those things see like wigs, they sell them like wigs in the market. They shave off and sometimes they wear wigs. See it's not show, it is something that has to happen within. It's not the show that you put up is something that has to happen. You see most of them end up with throat cancer and very violent, very violent people. They are beggars, absolute parasites.

Warren: (Jaguars) with expensive cars.

Shri Mataji: You see this is very nice,  
I met somebody in England and I told him, "What do you do here?" He said, "I deal in opium." I got a fright.  
I said, "Opium, how do you deal in opium?"  
"Other people's money,"  
I said, "That's very good, other people's money."

You see you can float an enterprise. It's very easy because you are such seekers such great seekers of ages and you are so naïve, very good. You go anywhere they'll take a square, sit there with saffron cloths with some circles on, another fellow will be fanning. Oh this one is very great, coming direct from Kashi. Then have nothing to do with horrible people. Kashi is one of the worst places now. So you all go and prostrate. This is what it is. I mean, why are you enamoured by these circuses, aren't you fed up with them?

We had a lady from Norway, this one was very interesting. She came to My house, stayed with Me, very badly caught up, and she told Me the story of a lama who came to Norway.

First he told all these Norwegians, "You see, if I have to come to Norway you have to make a place with the floor which has got all marble."

Look at that. They're such parasites these Lamas are. First they have sucked the blood of these poor Tibetans and now they were willing to suck the blood of these Norwegians. Now these poor young people you see, I should say the young people in the west are really not rich because they're parents do not give them money the way we give our children you see. So they starve themselves, they ate only potatoes and this and that and for one year they starved themselves to create this floor for these horrible people. And this fellow came you see, with his shaved head and all that. He stayed there and this lady told Me that she had to go and just bow to him one thousand times for three months. One thousand times. Imagine, just to go, as it is he'll be finished, even three times is sufficient to finish you off. And three months she did it. And with Me she was arguing morning till evening.

I said, "Look at that, her arguing with Me, eating My head off and here you're bowing to him." They would not allow anybody to go near the lama, the great was sitting on the seventh step somewhere hanging in the air. Is very common you know, the more you are missing from the scene the more you are difficult to be seen you see. Is something great, "Oh, ho! I've seen the glimpse of that

horrible thing," that's what people think. You see this is what they play upon you emotional, what you call it emotional blackmail. That's what it is.

They will tell you first of all they're, we call them chumchars, we call them spoons. They'll come and tell you, "Oh this is very difficult, you know. He may not give you any interview, and you have to at least you should shell out five hundred rupees, see it is not easy, it's very difficult. Only you should send your photograph with five hundred," all this nonsense. If you are the river Ganges, what can malign you, what can dirty you, what can make you impure? If you are here for purification then nothing can impure you. One two three four, now the one who has not asked at all should ask.

Question: Over the years it seems we have lost our power to believe in ourself that we had in Egyptian times the power to believe in ourselves but we went wrong...

Warren: the question is concerning the loss of power within ourselves, perhaps back in the days of Egypt we had these powers, we seem to have lost our power to believe in ourself.

Shri Mataji: I don't know even if at that time you had those powers very much. But Egyptians indulged more on the ego side you

see, those who were rulers. And the slaves were on the left hand side too much because they obeyed the rulers you see. So the sensitivity came to them from spirits, not directly from themselves. And some of them were really, very realised souls and you'll be amazed if these extreme cases are there, they understand an incarnation better.

Say if you are taking LSD too much, you will see only lights coming out of Me, you won't see Me. There are many who must have seen that, auras and things, if you are on the right hand side too much. If you are on the left hand side you'll be awed, you'll be shaking before Me and you may see My previous births and you'll be quite frightened because you'll know what it is. So they understood the incarnations better, but evolutionary you are much higher than they are. Though there's confusion because of so called freedom you had which you misused. But as a whole I think this is the time for blossom. Only thing you must know that you're a seeker and you are a seeker then you must get it and if you get it why should you be surprised. But it's like a seeking has become like a fashion, seeking here, seeking there seeking there, seeking you stop nowhere you see. You see you go on fixing the bolts you see, you're just going with an inertia, even if you stop fixing you still go on like that. It's like that, you see, it's a style you have developed going from this to that, that to that, that to that and you cannot stop it.

Question: I'd be interested in Your opinion of philosophy for Rudolf Steiner and secondly your concept of Papa tax sungar in India.

All these are all people playing on bhoots and things, that's all I can say.

(Shri Mother asks the seeker what does Steiner say and he says million words.)

Word, words, words and words, what does he say? Might be a realised soul but what does he say?

(Seekers tries to tell Shri Mataji what he writes about.)

He might be a realised soul like Khalil Gibran is, you see his vibrations are good. He might be, but still you have to become realised souls you see. Reading that even Zen is all that. Zen is everything is, nothing but his realisation. But you'll be amazed that the head of Zen himself reads all Zen without being realised, and he's a hopeless fellow.

I just talked to him and he said, "Oh, he cannot get realisation."

He's confirmed on that point. Imagine the head of the Zen saying that, and he said we had kashapas only twenty six kashapas we had in six centuries can you believe it. And he wouldn't take his realisation and he was so frightened.

He accepted Me all right but he said, "I am nowhere, Mother, compared to You." "What is this? But I am telling you can get."

Warren: Steiner catches on Agnya and Swadishthan.

Shri Mataji: So it's good to read somebody who is a realised soul, but you better get it yourself. You become Steiner, all right. What I'm saying, you become a realised soul. And you can write about your own experiences. Yes, please.

Question: Seeker asks about opinion of Dadaji.

Shri Mataji: Dadaji, he's arrested.

Warren: In Calcutta

Shri Mataji: He's already in jail. No, he was in Pune where he was arrested, this Dadaji. This happened about I think, I don't know, but I heard about it. I don't know when it happened. No it was not because of any political thing. But they found some income tax things and all that and lots of, I don't know, I didn't pay much attention, but he's arrested that I know. There are these sorts of

things but the best part of the thing is that all that is untruth is exposed, gradually. Whatever things they may put out, whatever story they may put out, whatever they may try, they may entice you, you may be interested in them whatever it is. But they themselves meet their end. Because all that is falsehood has an end and truth is endless, it is anand, it is eternal. The truth is eternal.

Question: What do you see as the future of the United Nations?

Shri Mataji: That's a tricky question. My husband is one of the secretary generals. I better not speak all right. Let it be. We'll see about it, work it out. Some tricks we have to play.

Question: Do you know of Krishnamurti?

Shri Mataji: Oh, very much, he's another one. Krishnamurti is another blah, blah, blah. I'll tell you about Krishnamurti very well. You see what Krishnamurti does? He says this part what I say that "There are false gurus." But I don't say there are not real ones. If there is falsehood, if there's artificiality, there has to be real. If there are artificial flowers there has to be a real flower, too. So he negates you from the other side completely and he puts up your ego by saying, "Oh you can find it," so you are finished. He's a blind leading others into blindness.

( A seeker relates his meeting with Krishnamurti to Shri Mataji. He saw him personally asks him "why do you do what you do" and Krishnamurti said, "Does a rose ask why?" )

Shri Mataji: I mean it has no awareness, simple answer is as that. A rose has no awareness. By any chance he's not a rose. he's just thorns that's what I know. Those who have come from him have had a very bad time I must tell you. You see they are really so depressed and so horrid. We had one architect; I mean his life was finished. So many of them I've met, horrible they're very argumentative.

The best example I'll give you about this because you've brought forth. There was a fellow who came to see Me, he's the grandson of his guru. His guru was Yogananda, Yogananda, the Kriya yogis, you see. He was the grandson of the Dadaji or something, Babaji, called Dadaji then Babaji

are there. This Babaji, his grandson, you see, his Yogananda's guru was somebody else, and he was the son of this fellow, but I mean the grandson of his guru, so the great grandson of Babaji. So the whole family was Kriya and he did all the Kriya Yoga and everything he did. He went there and he got so frightened. One day he happened to see this Krishnamurti that there should be no he said, "No Kriya and all that, you see, that you are your own guru," and this and that."

So he said, "Oh God, what have I been doing?"

So he gave up Kriya Yoga and came to Mr. Krishnamurti.

He said, "I became such an expert that I spoke better than Krishnamurti did."

And everybody was surprised and said, "Second Krishnamurti is coming and I ran away from there. I said, "Now this is that thing is happening to Me."

And he came to Me, you'll be amazed I've not been able to give him realisation till today. I must tell you this, he comes to Me still often. Often, very often he comes to Me. I've not yet given him realisation. Imagine the grandson of this Babaji has to bear I don't know what things, poor things has been done to him, I 'm very sorry for him.

Question: Do you know Rajneesh?

Shri Mataji: He's another horrible one. Why do you need a guru for such a thing? You are masters. He's a fool, he doesn't know compared to what you know. But you see what you thought of, that inside you are human beings, you feel guilty that you talk of sex with animals, sex with this, this, that. If there's something lurking in you, there's something wrong in all this perversion and

homosexuality this that and all that. So you thought it better to have a guru at least he'll certify. But he is going to make you take two running jumps to go to hell, I tell you. And he talks, just there and he talks, "That you'll go to bottomless pit," in the bible a bottomless pit is the hell. You see he's very honest in a way, he says so.

He said, "You'll go to bottomless pit."

He has criticised Christ to such an extent that he said that Christ had bad relations with his own Mother. Oh to that extent, he said about Mohammad having bad relation with his daughter. All sorts of things he is talking and you know people publish it. He's getting such a publicity. He pays money to people that they write against Me and doing all kinds of things. Indians don't like him at all, at all, they hate him, they want him to get out but he's so localised he cannot smell a flower and he calls himself Bhagavan, means God. In the book you see, anywhere you read, any Indian book where they have described God, the names of God, they're thousand names supposing, of Vishnu or of the Goddess, anything. At least fifteen or twenty of them are that they are fond of flowers, they're fond of fragrance, they're fragrant. That they're fond of Kamalas, Champas they're fond this that all is there and this fellow cannot see, if you show a flower to him he'll run away. He cannot bear to have any incense being burnt anywhere. When you go there you they see and you can only put phenyl to go and see him. I think he's a bathroom cleaner, that's what he is. The way he's so much afraid. I don't know what he likes the bathroom smell. And he does all dirty things, very dirty fellow, is filthy I don't want to tell you what he does but I know what he does.

Question: Could you explain the meaning of satoori and samadhi.

Shri Mataji: That's Zen. You see, Zen satoori is the same as samadhi but it's a, you see the Zen were as I told you in six centuries were twenty-six and whatever they wrote people never understood you see. Because they were realised souls, some of them were born realised, some got realisation. Now even when you will talk people won't understand you, it's a very surprise thing. But it happens like that because your language changes. Now they call it satoori is a samadhi but

it's not so clearly given, they could not explain so clearly about it not properly to people, it's not so clear cut.

Now in our Sahaja Yoga we have first of all Nirvichara samadhi. Samadhi, dhi means awareness, and samadhi means enlightened awareness. Nirvichara means thoughtless. Thoughtless enlightened awareness is first thing, is clear. Sahaja Yoga is very clear cut practical, every word of it. You see it so clearly there's no vagueness about it. Even you'll understand Bible better, Zen better, everything better if you know Sahaja Yoga because your eyes are open to it, all right. So the first thing is Nirvichara Samadhi. With Nirvichara Samadhi when it crosses your Agnya chakra you get Nirvichara, means when your ego is pulled down. With that you get powers. Like you see if you become a deputy governor you get powers if you become a governor you get powers. The first powers you get is curative powers. You get cured and you can cure others.

Many people whom I have cured are not Sahaja yogis, they're useless people actually. I've given up curing people for the same reason because they just come for cures, they get cured and lost. What's the use of curing people who are not going to give the light? You see you don't repair lights which are not going to work out. It's a horrible stuff you see, curing people, but you do cure. You start curing people automatically with raising [sounds like das?] not with spirit. There are another faith healers and all that nonsense is not there.

Also Kundalini can rise to a point with a person like that. But one should not stay at that point must go higher. Because the movement on right and left you start getting either supra conscious or your subconscious experiences which can be very alluring and you can be quite lost in them. You start seeing lights, you start seeing something different, you might see an aura around Me. I mean you see lots of things, you may see something else in My past, that should not be there. You should forget about it. You have to go to the airport to catch the plane isn't it, so don't see all the things around, it's all not wanted.

Many people get lost at that point when they stop at Agnya, if you have concentrated here this can happen more because this is broken or if you have had this third eye business and all that you may go to the side. It can be quite dangerous. You see if you use these your samadhi for some sort of a sensation. So you should not. I mean all wise people should not use this movement at

all, as far as possible say, "No we don't want to see that. We don't want to have any supra conscious sensation," and all that. Then you rise higher and then you try to feel your silence in the limbic area and you have to feel your vibrations coming out from your head. It is the vibrations when they are flowing that's the best stage, when you have pierced through your Brahmaandra.

So the second stage starts from Nirvikalpa Samadhi growing into, which many of the Sahaja Yogis have achieved in Australia, is called as Nirvikalpa, where there is no doubt. You have no doubts left about Sahaja Yoga, you have no doubts left about yourself. It's a state, it's not that by mentally or rationally but it's a state. Where you see it so clearly, white is white, you don't have to doubt that whether my eyes are showing white or black, you see. That state is reached is called as Nirvikalpa where there is no vikalpa, you just go, move steadily and that's the best stage where you really grow faster because you're so steady and that stage must be achieved.

So try to achieve that stage through negating things, "Nethi, nethi, vachinay niganmoor," by saying, "Not this, not this, not this," and you reach that stage, is very clearly given. You see the trouble is, so many of these books which are so great are never translated, people do not know about them. Now after coming to Sahaja Yoga you will be exposed to them and you will see what truths there are and how Sahaja Yoga verifies it and proves it.

Question: What influence are you likely to have on people who live with You who are not realised. What is the realised soul's influence in that type of environment?

Shri Mataji: You see if you have stones and if you have living trees, stones do not receive anything from the sun but the leaves receive something, isn't it, they are more sensitive, that's the difference.

Then in Sahaja yoga there's a possibility that you can convert stones into living beings, can be done. Yes, because they see, you see they see you, they understand the value that you are, gradually, rationally they start understanding then they reach certain conclusions, then they come to Sahaja Yog, then they get realised, it works out that way. But with seekers it's very different, seekers just jump into it. They do not think about it they just get it. They get it so fast that they don't think about it, they just they get it. So they are so sensitive, that's the difference.

Question: Can we help our loved ones who do not want to listen to anything, particularly about Sahaja Yoga?

Shri Mataji: You see there's nobody else that you help someone, they are all within yourself. On the contrary, I would say better to have them together who are Sahaja yogis because those who are not will trouble you, it will be a problem, leave them alone, they'll be all right, they'll come round. Let them come on their own you cannot force them, they're loved ones, you'll change now your priorities, you'll understand that those who are really loved ones are not really your brothers and sisters. As Christ has said, "Who are my brothers and sisters?" Now we have to ask that question. Because you speak another language, you are a different person, not that you give them up, but they exist. But they haven't got your awareness so is a different thing all together. But you help them in a way, gradually they see you but if you force them they'll run away. No use forcing or telling them anything about it but you show your satisfaction and happiness and your growth and others get impressed by it and they just come to you.

Question: how can you.. Do You help them?

Shri Mataji: Yes, I do. But you should put them out of your minds and say, "Mother, You help. If You try to help, then I'll leave it to You.":

W: (Question) He can't understand why You say that Christ died for us. Why did He die for us?

Shri Mataji: What else could He have done with the stupid people? They crucified Him, He didn't say, "You come and crucify Me," did He, you see? They're stupid, horrible people, donkeys. They didn't understand Him, stones as they were what to do? They crucified Him, He didn't ask. But when He was crucified the sins that they committed in crucifying Him were to be forgiven. That's what it is. He was, what did He do? You see He died because of you because people like you only crucified Him. You

represent them. When you are realised then you are different people, then you are resurrected. His message was resurrection not crucifixion but that shows the stupidity of these people, isn't it. I mean you may do that again I can't say, there are people.

W: Question: Is it possible to exercise love and acceptance when as she says.. You're judging people as to whether they're right or wrong.

Warren: We are using vibrations.

Shri Mataji: I am not judging, you are judging because when you get your vibrations you start judging yourself. You see I am not judging it's only your own judgment. It's your own judgment. Are you getting your cool breeze in the hands? No, then let it happen. I'm not judging you it's you are judging it yourself. All right, then you will know yourself. Just now you are judging that you're not getting vibrations.

Question: Is it true that Indira Gandhi is worshiped as a Goddess?

Shri Mataji: oh don't, that's all political stuff, you see, Indian people are like that.

Warren: that's useless.

W: (Question) She's confused about the fact that You talked about love and acceptance at the beginning but then when peoples names were brought up, we often scoffed at them.

Shri Mataji: ah About the gurus? Ah, that's it. It's a very important point. That's very much with you people. You see you have all of you, you see have developed a philosophy where you say that nobody is evil, everything is fine. This is a very good philosophy to work with because you also fit into the thing. That nothing is evil about you also, isn't it? It happens like that. You remember when Christ was criticising these horrible people they asked Him, "How do You criticise them? They do not criticise You."

Then He said, "Will the devil talk against its own house?"

There is a negative force working, very much active and you have to not only scoff but get rid of these things because they are acting as your destroying forces and they destroy you, I see them very clearly and I have to tell you. So love doesn't mean that I love a snake, will you go and love a snake, a snake must understand first of all. In the same way we have to understand there are evil people, that's true. That is what is very much in the West, I see, "Oh, you love everyone" is all right. But you don't love a snake, do you? Go and have, ask snake, "I want to love you." He'll just finish you off.

So many of you are harmed so much by these people and I have to cure you. You don't know what I have to go through, such a lot of work to cure you when you are affected by these people. You don't know how much I've worked, morning till evening. This morning I started six o'clock till I came here just ten minutes I got to change My sari and I was here. These are affected by other gurus and things and I have to take it out. I know what harm they have done to you. You have no idea.

Question: What are Your objections to chanting and singing the holy scriptures?

Shri Mataji: Not at all, who told you I am, I'm not but you must understand that without understanding what chanting is needed, it's like a medicine. Chanting is a mantra. Mantra means a thing that acts as a sound to correct a particular thing within you, all right. It's you can say sound therapy, all right. Now you have to know what medicine is needed for which charka, also you must know where is the problem with you, or with anybody else. I mean it would be chanting at random means sometimes it would be sort of an indiscriminate drinking of all the medicines, you see. Taking all the medicines bottles into your stomach emptying them without understanding. We do chant but we know where to chant, what. You see, not indiscriminate, just like that. And it's very dangerous because when you go on chanting say, Rama's name or Krishna's name.

Now when you say Krishna's name, Krishna is here, if your Kundalini has not reached there up to this point if you take Krishna's name it's very, very annoying for Krishna Himself and He recedes, sleeps off. He freezes sometimes and by that you develop problems of the chakras and sometimes you develop throat cancer, it's very serious. So first, you must know where is your Kundalini, where it has gone, where it has stopped. Then you should know what is the problem, then you must know what exactly is the chanting to be used, all right, and then cure that part. You see so it's a big science, which has to be understood in Sahaja Yoga, it's not at random.

You are suffering from whatever trouble you are suffering from, you must know first of all. See many people who are Christians catch on Agnya I told you, they do, because it's unauthorised. Christ, we treat Him as if I don't know what, some passion fruit hanging in a tree. Do we know who He is? There is a protocol, great protocol. Even Brahma, Vishnu Mahesh could not reach Him. So for us because we think we are born among Christian families and because the church has given us a certificate so called do you think we are authorised to chant His name all the time and trouble Him? And what do we ask? Do we ask for our spirits? Do we ask to give our realisation? Do we ask that we have to be born again? No, what do we ask? Something nonsensical.

Question: What is Your opinion about practicing spiritualists.

Shri Mataji: Very dangerous, never go near them. Never touch them even with a barge pole, horrible things they are. You see it is very simple to understand that if you get connected with any area what so ever, and somebody is connected to that area you are exposed to that and there can be any indiscriminate aggression on you from that area. You would not know who's coming on you. So never go near them. May be you want to talk to your father say, whose dead, you want to talk to him. Why? Release him, free him, why do you want to talk to him? Now let him be alone, let him decide for himself what he wants to do. Why do you want him to hang around? It's too much, it's too much of a load. Then you want to, when you use some medium for that you do not know he might get somebody else. It's very dangerous for your children also, so many children have died with this kind of a thing. I mean you develop especially cancer, this multiple sclerosis or anything like that. All these come from spiritualists. These are all spiritualists, these gurus are spiritualists only. They'll believe in spirits, they'll handle the spirits they're working out, these are very dangerous things I may be able to tell you some time how they work it out and how they master it. It's very dangerous. They're like vampires, what you call it, vampires. More surprising is that there are so many things in English language, which we don't have, like witchcraft and the witches were sort of punished, all sorts of things are there. In England, they talk of all these things supernatural and all this but still I don't know how they go into it.

Warren: somebody asked me a question on the way up. Is it wrong to be a medium? This relates to the previous question, so perhaps you could answer that Mother?

Shri Mataji: Oh God, I need not tell, it's very, very wrong to play into the hands of the spirits. You are enslaved completely; you don't know what happens to you. Horrible, it creates problems absolutely you're an abnormal personality. Never do it. It's sinful, sinful. If you accept My words really it's horrible, never do that.

Question: What is the difference between western spirituality and eastern spirituality?

Shri Mataji: Now this word spirituality means by these spiritualists you mean?

Warren: No. Philosophy.

Shri Mataji: Is just the same, spirit is just the same. Is universal, there is no difference at all, I do not find any difference. Spirituality means the spirit that is the Atma, you mean the spirit that is the Atma, the one....

Question: I'm talking more about the quest for the spirit.

W: search for the spirit

Shri Mataji: Search is just the same. But Indians you see now, modern Indians are sort of developing you see, they have to go to that height to see where you have landed yourself. See they can short circuit, they can short circuit if they want but if they want they may have to go to various types of problems you had with that affluence and they may come back. But it is better to short circuit it I tell them. While yours is a problem so easy because you have discovered now that matter is not sufficient. Matter doesn't give us joy, no use running after matter. But still some of them are running after sex you see and all that. They have to finish another circuit, once they are over with that also then things will be better. But in all this kind of a quest you have lost something indefinitely, no doubt. Going through the matter, going through the sex and going through the power all these trips you see you have lost something, which requires correction. While Indians if they understand with their wisdom they better short circuit this, need not go into plastics and nylons. You see I have to carry nylon saris from England for Indians while they have their silks, they want to wear nylon. So this is the difference in the basic development. But Indians if they take to Sahaja Yoga they're very good and easy, especially Indian villagers are excellent. They don't understand all this they have no mental problems you see. I don't have to discuss with them all these things, they have not gone into all this nonsense so they suddenly become beautiful fruits, that's all.

So this is the difference of little degrees I would say that you are gone to other extreme and you still have to move to that extreme or they may finish off and then we can achieve results. But your quest is much ardent, very sincere and truth. One more thing I always felt and today also I feel that really some great souls are born in the west, that's why is such a sincere desire, very sincere in their desire. Indians first they come to Me for curing, if not for curing, for getting children, if not for that for jobs or money all sorts of thing they come up. Or they'll say, "My mother is sick, my father is sick, my brother is this," all this goes on. But I have met many, many seekers in the west who just want realisation, very beautiful people no doubt. But you have lost something in your seeking, no doubt, doesn't matter. Kundalini is that ardent desire within you, which works it out.

W: Question: It seems as though the simpler the life we lead the better we are, it is much easier for us. We get away from thinking and so on.

Shri Mataji: I agree is a good idea of simplicity but is a, you must understand that also very clearly because we had somebody who was a hippy I should say. He was a real hippy, such big grown, he had grown hair up to this much and all that. He came to Me and scarcely wearing anything in that horrible English cold you see.

I said, "What are you doing to yourself why don't you clad your self properly into proper clothes and better cover yourself," and I was really didn't understand him.

I said, "You are not living in Africa why are you dressed up like this, it's like a primitive dress." He said, "I want to be primitive." I said, "You cannot by dressing up. Your brain is so over developed, how can you be primitive."

You see by dressing up something do you become that. I mean it's just a drama you are playing with yourself, you do not become primitive. This is the point is that and then the problem is the brain is thinking the same way, that the same rate and everything the same, only by changing is something that is not good because you should accept as you are. Why to do something like that? But simpler life means this way, that's another extreme. But you see too much of formality like having a tail coat or wearing morning dress, grey suit and then having a particular type of a glass for a thing and all that nonsense you see, you better finish off. That's bit too much going too far with it and also caring for all these small, small things like matter that's something that's grown in you. Preservation of horrible things and useless things and all that it's [really?]. And then to think, think, think, think about everything, sit down and think how miserable I am and when there is no misery you just sit down and make miseries by thinking. I don't find any thing miserable here, what is there? You see in India these people where there people are so happy, chirping just like birds enjoying themselves. They don't have all the things that you have. So you see to get out of materialism is a better idea, to say that a simpler life means, but you must live beautifully. Beautiful doesn't mean that you should have ten types of things and all that. Beautifully means you should not be as a morbid stinking, you see. Clean and beautiful you can make beauty out of the soil anything; with love, you can do anything. So you see it's alright I mean whatever way you dress up or

anything makes no difference that's what I'm trying to say. That it is the inner thing that has to change not the outer. Again the Sahaja Yoga is this.

1981-0330, Anahatha, Shri Lalita, Shri Chakra

View [online](#).

30 March 1981

Anahatha, Shri Lalita, Shri Chakra

Public Program

Maccabean Hall, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

You want to ask a question which you like to ask.

Seeker: [Unclear conversation]

Sahaja Yogi: Hare Krishna.

Shri Mataji: Are you Hare Krishna? I 'll talk about Krishna, then we'll talk about Krishna.

Seeker: [Inaudible]

Shri Mataji: Swati, you don't want?

Sahaja Yogi: [Unclear]

Shri Mataji: What's he saying?

Sahaja Yogi: He wants to ask me a question, Mother, because I was doing the program.

Shri Mataji: You should not be aggressive like that, all right?

Seeker: [Inaudible]

Shri Mataji: You can do it later on. What is there to be so aggressive? Did you come here to quarrel?

Seeker: [Inaudible]

Shri Mataji: No, no why have you come here to tell your things. You have come here to quarrel.

Seeker: [Inaudible]

Shri Mataji: [Inaudible] Be quiet, all right? Have some patience.

You see, when you go to other gurus you don't ask any questions, nothing, you go headlong. You shave up your heads, do what they tell you. There's no enquiry for them, not a question, nothing. Whatever they say, you obey them, pay them money. Just obey them blindly. Whenever you come to Mother, please don't try to get this – that's wrong.

Seeker: [Inaudible]

Shri Mataji: That's true, I know. – Why do you want to quarrel? You have come to quarrel. Seeker: [Inaudible] I do Ananya.

Shri Mataji: What is he?

Lady: He's probably a Sahaja Yogi.

Shri Mataji: Hum?

Seeker: Sahaja Yogi. Sahaja means [inaudible]. He teaches the people [Unclear]

Shri Mataji: I have never heard of follows-up. [Unsure] What are you doing [unclear]? Have you got your? He's [inaudible] nothing wrong. He has his own ideas too.

Seeker: [Inaudible].

Shri Mataji: No, no, don't fight. You see, the minimum you are silent, have started spoiling everybody's mood You take another hall on hire and you give a lecture. That's a better idea. And you'll be happy and I 'll be very happy if you can do that. All right? Alright, better do it.

This is what is called parasite.

[Laughter]

Sahaja Yogi: [Inaudible]  
[Shri Mataji burst into laugh]  
[Applause]

Shri Mataji: He was drunk!  
[Unclear conversation]  
He was just drunk, I think. It's all right, don't worry.  
Forget it, forget it. Let it be. Better sit down all of you. Now, I'll tell you.

One had all types of experiences every next day. Sahaja Yoga has an open door for everyone. All of you can come in. Some of you, actually, do not deserve even to come but you are allowed to come in. You do not want your Self-realization but you have come here, I don't know for what. But it's all right, it's a Mother's house. You all could be here.  
But as a Mother, I have to tell you one thing – a very simple thing that you must do all justice to yourself. In all earnest to yourself, you better get your Realization. If you do not get your Realization, you'll have lots of problems, lots of sufferings later on which may come out as anything: physical, emotional, mental, spiritual but last of all, they'll be sorted out into something else.

So, I have to request you, that be patient with yourself. As I love you, you have to love yourself. I see that beauty, that sparkling beautiful Spirit which is clouded by your [inaudible] cloud, any sins, problems. But I see that sparkling spark transparent. That's why, I'm extremely patient.  
You will know your beauty also if you are little patient with yourself and try to understand how to be that spark That is what you are. You are lost, you have to find it. That is very important for life; That is the evolutionary process of human-beings. And those who do not accept their Spirit – I do not want to say to frighten you- but only thing is, this is the Last Judgment. You won't have another chance. So, please, try to get your Realization established. If you think, coming to my lecture, you'll have more knowledge about chakras and things like that. That is not going to help you neither help Me. I'm not here to show off any knowledge or to sort of, dominate people in any way, or to start a new cult or religion or anything like that.

I'm here to give you what you have, just that is hidden from you, that you have not yet felt. That's yours, it's your own right that is sahaja – born with you, spontaneous, the living force of Kundalini, which is the Holy Ghost actually reflected within you, has to do it and that's what is important, absolutely wise, absolutely logic. But we are not yet so equipped to understand our estimation. We have no self-estimation of any kind, we are not able to understand what we are. It's better to get your Self-realization and to understand your own values. This is something so valuable that no words can really prove it.

Now today, we are yet to be with a very interesting – is it all right, can you hear Me?  
– a very interesting chakra, called as heart chakra, which is called as Anahata chakra. Though it is not placed on the heart, it is placed very much behind the sternum bone in the spinal cord. In the childhood, this center manifests the power in the sternum bone and creates the antibodies. Now this center is governed by the Goddess, who is called as Jagadamba – meaning the Mother of the Universe, who gives a sense of security within us.

She resides in this center and manifests, till the age of twelve years, Her warriors called as antibodies. Doctors call it as antibodies. After twelve years, these antibodies go into circulation and empty the sternum bone. But whenever there is a problem of insecurity, the sternum bone starts going up and down and you start feeling [inaudible] within you.

This is a very, very important, extremely important center within us. If you have less antibodies, then we can develop lots of problems of insecurity even if we have imaginary hallucinations or sometimes actual possessions, this center can go out in a very funny way and you may develop diseases like Asthma [unclear]. But actually, with this central one, the center – there are three chakras you can see there, so the central one gives you the sense of insecurity specially to women will cause cancer of the breast. Breast cancer is caused by insecurity among women. Mostly women who are insecure do not say that they are insecure. Supposing the husband is a wayward person and he is having relations with other women or she is suspicious about the relationship like that then she may develop this trouble within her and she may not tell the doctor, doctor would not know and

breast cancer can be caused with [unclear]

First of all, a woman is a mother, mother of your child. And if her security as a mother is challenged, then she develops this horrible disease called as breast cancer, which is very common these days among women. Men do not understand that women are very sensitive things. They are, of course, extremely evolved; they can bear much more than men can seldom a woman gets a heart attack. They are quite streaky, means if there is an outside attack on them. But they can't bear their husbands to give them insecurities of this kind.

Now you can understand a woman who is insecure like that, she may not say it, she may not complain, she may not also show it. But in her, there is an insecurity developing which results in the creation of breast cancer. There are many breast diseases are developed by these and also some of the lung diseases are also developed with this insecurity. In addition to that, those people who suffer from cold too much, and those who get exposed to pneumonia or, you can say, even people who go to closed places like cinemas, those places where there is not sufficient air for them to breathe, they develop this trouble in this area very much and more on the left-side of this chakra which is called as the Left Anahata.

Now the Left Anahata is the Mother, is your mother. If there is a problem with your mother – supposing your mother has died very early in life – you have had no motherhood in your childhood. If there has been a problem with your mother, then this left-side chakra catches and it goes hand in hand with heart. So, in this inner if you get a catch, then you must nourish the left-side chakra which is catching, it can be heart or can be this left-side chakra. So, you can ask the patient, I mean I know that it is hard for you to discriminate. If you ask the patient, “Are you suffering from any insecurity from your mother? What about your mother?” and if you find that there is a problem with the mother-

[Somebody is interrupting Shri Mataji]

There are such destructive people always. It's so common, doesn't matter. It's all right. You see, they are the losers, why should you worry?

Now, if there is any destruction of any such feelings of motherhood within you, then this chakra gets spoiled and you can develop diseases like tuberculosis or could be any such diseases that has to do with your left hand. And also, it affects in a way the heart organ.

On the right-hand side, there's a very, very important chakra called as the chakra of the Shri Rama. Now, Shri Rama was an incarnation of this Vishnu, the One who's on the Nabhi chakra, who came as the eighth incarnation on this earth and – no sorry not eighth. He was the seventh incarnation and he – there're ten incarnations out of which he was the seventh – and he came on this earth and he didn't in any way profess or say that he was the incarnation of Vishnu. He, that's why he moved from the central path to the right path. He kept himself there.

Now this Shri Rama's center is very important because Shri Rama was a perfect human being 'Maryada Purshottama'. He dealt with, or we can say, he created the boundaries in which a human being should live as a king, as a husband, as a father and that's why this is the center of the father. If you have failed as a father, if your son has no feelings for you or maybe, that your father has not been good to you. Or if you have done some harm to your child, then this center catches.

Now, there was a boy, who came to Me, quite young and always this center used to catch. I asked him, “How is it this center is catching?” His right heart. “Because you have a good father and everything is all right”. Then he confessed to Me that, “Mother, I must confess to You that I was having a relationship with a woman and she conceived. And we both decided to have an abortion”. And that's why here, his center was catching.

Now the very age-old asthma could be with this. Very age-old asthmas which people have, could be because their father might have died very early in age. Now such fathers, who die very early, feel that their children are insecure. So, they hover around the children. If you can tell your father that, “I'm all right, don't worry about me, you take your birth,” you'll be amazed your asthmas can be cured.

We had a Governor of Kashmir, who was a friend of my husband, a very senior man, he wanted to see Me. In India people have a different style of behaviour towards saints. We never behave in this arrogant manner as you see here – never. Even the President of India would stand for a saint. And he, though he was the governor, we were his guests. After all, my husband was an officer much junior with him in age. But he came walking to our guest house and he said, “Today I’ve come to see a saint and not Mr Srivastava”.

And he sat down. He said, “I’ve come to take your blessings because I’m having asthma for twenty-five years.” I said, “All right.” Then I asked him about his father, “When did his father die?” He said, “About twenty-five years back. That time, I was very young, not yet employed, my father was very much worried about me and he died.” I said, “All right, will you tell your father that, “You take your birth again.” He’s a very noble man, very well educated. It’s only that he was a very clever man. And he said, “All right,” because he was suffering too much. Since that day, he never got an attack from asthma – it’s the truth.

It’s very simple to cure anorexia – another disease that you have. Somehow, I wanted to tell you the truth for science but then I’ll tell you about this anorexia [unsure]. Anorexia is also caused by emotional disturbances. For example, a girl’s father dies and she cannot retain this phenomena. And she feels for the father and the father also feels for her. And this mutual feeling brings the father, as a spirit, around her. And then she cannot eat. You see, she feels extremely restless, she carrying on with that feeling. She just cannot eat; whatever she may try she cannot eat.

In London, one doctor, once experimented on this and he said, “All right, we’ll do the last rites of your father.” Just imagine it! He said, “Let’s try,” and she started eating. In the same way, if you can tell your father that, “I’m all right.” When you tell this to someone, they start crying because it is too much to say to your father who was so close to you, suddenly died. And they feel very emotional about it. But once they cry it out and they say it, these things get corrected. Asthma, many times, can be cured by this sentence.

But there can be a combination of asthma which I called- now, I’ve never told you about the ‘granthis’. When the two centers meet, there are auras of every chakra. And when they meet a granthi is formed- ‘granthi’ means a knot. A knot is formed. And when the knot is formed, when you take the name of a Deity, you have to take the name in such a manner that you put those two deities together.

Today I had a boy who had a very bad cough for the last two months. And they did not know what is the reason for it. When we judged him, we just found there Agnya, this chakra, and [inaudible]. When we put them together and gave it a bandhan, we got catches. When we tried on both the chakras, it was better. Because if you treat one, the disease goes to another. And again, when you brought your attention to another, it comes back. So, it is better to attach both of them together. There’s a method, a technique by which you can do it after Realization. All these things are to be learnt and these granthis can be completely opened out. And you can really cure the person of these, so called, physical problems which are really emotional.

In a society where people do not understand how human beings are sensitive, how they are delicate, how they are to be treated and that they are the most delicate things, people become extremely aggressive and their aggression can be very subtle, can be very untrue. They may appear to be extremely beautiful but can be very injurious and can be very, very, I would say, extremely disturbing. So many aggressive characters of women and men have destroyed their children, they have destroyed themselves. One has to understand that all such aggressions end up building problems in the society. Insecurities lead you to problems and problems. Like the wife has a insecurity to the husband.

Now if husband has the insecurity of the woman, then what happens, they go into these funny relationships with men. When they find the women are so untrusting, so dominating, then they try to have these funny relations, just as you see [unsure]. If they meet women who are kind to them and do not try to dominate too much, they’re sometimes dominating in the name of a superiority of it [unsure]. Very much. So, the man can develop in his own way as a man and a woman can develop in his own way- in her own way as a woman. But when they try to be a man, then the insecurities develop and that’s how we have so many combinations which are psychological in nature.

This was discussed by Freud, to begin with. But as I can see, he was very half way. He could not see through that there is not

only the psyche that we have. We have also another side which is called as ego within us. So, he said, "You'd better de-condition yourself". There's no end to it! And once you start de-conditioning yourself – many gurus are doing that way: they say, "You must de-condition yourself." By de-conditioning yourself you do not know that you really develop your ego which is, in a way, a more difficult thing to conquer or to recover.

This ego within us doesn't trouble us, it doesn't. It may give you success, it can give you lots of things: it troubles others. Like Hitler never thought how he was torturing other people. And if you get a superego, then you get a pain, you don't like it, so you want to give it up. But if you have the ego, you just enjoy this 'I' ness. Now, what is that nice thing? This 'I' is the one which is the ego.

Now when the Realization takes place, when the Kundalini rises, it rises in the center and the power of Kundalini spreads on the sides. In the center is the power of the Mother of the universe. And once you know that the Mother of the universe is your mother also – it's not the knowledge rationally but it happens to you. So, you feel that security within you. All your emotional things stabilize and you become really stabilized into yourself. And you start feeling yourself and staying with yourself, you feel your own glory and your own importance as a human being, as a Sahaja Yogi, as a Realized soul.

Then you change your role completely. You are no more afraid nor fearless. The fear of the unknown goes away. You become absolutely in the center: neither you aggress nor you take aggression. It's a very beautiful relationship that exists. For example, if somebody tries to aggress you, you just see the drama. If somebody tries to be extremely humble with you, you see the drama. The whole thing comes to you as a drama. You're never disturbed with all these things. And you must know that these ups and downs are always there to create a variety.

This center is the most important center from one point of view. That all our emotional problems come from this center and the way we treat the chakras, the way you can handle each other - we are not at all aware that human-beings are even delicate, that the delicateness flower like this is extremely there. Whatever you try to do to a human-being, know he has a very deep root. These roots as a result of bearing up become big to horrible weapons within us and when you come across somebody whom you can dominate and trouble, you start hurting that person. You use hurting language hurting others.

You cannot enjoy another person but when realization takes place, you become so fruitful that you enjoy the security of another person. After realization, a person who is realized, never possesses because a person who is realized has felt the freedom and has divided the freedom so he never tries to dominate another person. This is a very, very great disadvantage in sahaja yog that people who are [UNCLEAR] are very nasty, they can be horrible, they are very troublesome and sometimes they really ruin themselves but because those who are realized souls cannot dominate them, they just watch and see who are dominating. If they could do it, immediately such a person will feel that hundreds of slaps coming up from waves but we face those who are real today, also so many of them, and watching you and are sitting down here. I also see what's happening but they watch and see what others are doing, what harm they are doing and how they are pulling, they just note it down. Of course, this is not so true, that those which are bringing hurdles and inconvenience in the work of God ultimately are taken away from the Grace of God. God is very forgiving, no doubt, He forgives first mistake [UNCLEAR] but after some time He also punishes you. He punishes you so badly that you are amazed how He has [UNCLEAR] you. This center, to keep it clean and nice, one thing you must know, that there is nothing to fear. God Almighty who has created you, He's so powerful that there is nothing to fear.

23rd Psalm which we read [UNCLEAR] what He says. I would say, that is the mantra for this center. There is nothing to fear in this world but actually what happens, that if we are egoistical, we are frightened because we know we are egoistical and somebody is going to hurt us. It is most [UNCLEAR] that kind of a fear comes in that we have done some harm so we are frightened that this is going to happen. Moreover, when you indulge into things like [UNCLEAR] or strong [UNCLEAR] as you call them [UNCLEAR] and drugs and things they take you to superego. The superego takes you to Collective Subconscious and you get attacked by the Collective Subconscious on and when you are attacked then you get a very different personality which is [UNCLEAR], who doesn't want to say anything, which keeps quiet, which runs away, [UNCLEAR] shouts and such people are very depressive. They become absolutely depressing, extremely depressed and sometimes they lose their jobs, they cannot work, they cannot pay attention. These people have to then go to the right side to give a balance [UNCLEAR] - it's to raise the right side

of his being. To give them a balance we have to raise the right side, not the left side. And once you raise the right side, you must know you are raising Shri Ram.

I do not know if you have read the life of Shri Ram, who was the [UNCLEAR] king and he sacrificed his own wife just to keep the public opinion alright. That was the greatest [UNCLEAR] thing but you have seen people that for their own children they sacrifice the whole country. There are people who sacrificed their whole country for their wives while he's the man who sacrificed his wife for the whole country and the whole story is so good to know that the wife had to go and deliver the children in a ashram of a very big saint known as Valmiki. Now these two children were born and when Rama came to call her she went to and disappeared into the Mother Earth. After that it is said, these two children who were Luv and Kush they went [UNCLEAR] two ends of a [UNCLEAR] because they were kids They decided not to stay in India that can the Himalayas [UNCLEAR] and they decided to disappear in the North. So Luv went towards the [UNCLEAR] side and Kush went to the left side. The left side was China that's why the Russians are called as 'Slav' - Luv becomes 'Slav' and Chinese are called as [UNCLEAR] Better go and tell them that the descendants of two twin brothers who were children of Sitaji and why should they fight among themselves. Chinese and Russian people, they're Slavs and [UNCLEAR] Rama's kingdom was the kingdom of great harmony and great [UNCLEAR]. A king has to be a benevolent king. He has not to use his power to destroy or to make people insecure.

If you make even one person insecured, it is sin and a king can make thousands of people insecured by his terrorism or his absurd ideas about [UNCLEAR] Rama's life was a message, was so ideal. Whatever problem he had, he used to call his ministers and would talk to them, ask them what are the problems and then he would tell them, "Alright, if you think these are the problems then," he would say that, "It is better to go to some saint and ask for their advice." And all his ministers had to go to some saint and ask their advice [UNCLEAR]. Saints have the same opinion, all of them, on any country because they are [UNCLEAR] vibrated awareness. In vibratory awareness there's only Absolute Truth and that's how he saw to it that through these saints he could manage them to lead a life of complete harmony and understanding. His own life He spent like a message He would walk without shoes and he sacrificed everything that is meant for [UNCLEAR] And in the end he wanted to have a real faith for [UNCLEAR] of Ashwamedha yAgnya [UNCLEAR] is a [UNCLEAR] in which you put a horse and you follow the horse and wherever the horse goes, you fight the folks which are trying to capture it.. And those horses, whichever country they went, they were not captured, were regarded as the part of the Kingdom of Shri Rama. So this horse went to many countries and there at that time they had to do a great [UNCLEAR] worship of the fire. While he had no wife alongside the day and he said, "I will not have this, if I have to have my wife, I cannot have." So the people said that, "If you can make a statue of your wife, we can have this whole thing done and the puja can be performed." So he made a golden image of Sitaji and tried the worshipping done.

It is hard to get a husband of Rama's style; He's an ideal husband. Such a loving husband, He even in separation, He never thought of any other woman just of his wife. He enjoyed the separation of his wife and lead a life of a sage. His wife too, so dedicated to him, was so upset, She thinks that He's going to have this yAgnya, that He may get married again - She was jealous but then she discovered that He made a beautiful image of Her. Sometimes, when they are women, they are jealous but jealousy is not such a bad thing. Jealousy is the controlling factor by which men or women can control the licentiousness of each other. Jealousy is God's gift but it should not go too far. It should be open jealousy and it should be enjoyed. It is in lots of poems of Krishna and Rama - you will hear the jealousy of their wives and how once Radha was so jealous of the flute that Krishna used to use, that She asked Him, "What do You mean by holding this flute all the time to Your lips? What is so special about her?"

So Krishna said, "Alright, if You are so jealous, go and ask Her. [UNCLEAR - ONLY?] ask the flute." So she went to the flute and She said, "What is so special about this, how you are all the time uh.. at the lips of My beloved?" She said, "See [UNCLEAR] this." Something very simple and she smiled. She said, "What is your speciality, you have to tell?" She said, "My speciality is that I have no speciality. I've become a hollow person. He flows through me and melody is created and people say that 'Is the flute that is playing.'

It's Krishna who's playing, I just see the flow of that. That flow of that energy that you people use it, I see that and I smile at people who say that [UNCLEAR]. I've become [UNCLEAR], I've become a hollow personality." This is what one of the beautiful stories of jealousy is. So, I would not say that jealousy of the worst type, where you may [UNCLEAR] husband is but a sweet jealousy is a very nice thing and a sweet teasing is also very nice thing. Actually in relationship, we have to develop very sweet

uh.. connections with each other. Like a, today I was talking to somebody who's brother-in-law is very hot-tempered or something like that and all that. I said, "Very good idea. So you are the one who can take it down his temper because you are his brother-in-law." Said, "How?"

I said, "You should teach them sometimes and take his side and do all these tricks and you'll see how he'll manage." That's a very good relationship but this training you do not have in the Western life While we have quite a lot because we live in a joint family, so we know what is our relationship and how to do and how to enjoy each other and how to make fun of these small, small things so we are always laughing and enjoying ourselves, our relationships instead of just finding faults, "She came very late, she banged the door so loudly, she should have known to sleep on here, why didn't she do that," - all these [UNCLEAR] This is how we all can live together if you see to the sweet things but if you go too much [UNCLEAR] meticulous things and to all these nonsensical problems that you have, it is going to be a headache What you need, these small, small things sponsor relationships. Now the Mother of the Universe is the one that is [UNCLEAR - NAMED?] with one thousand names; She has one thousand names and She has got two centers on to which She acts - on the right side is called as the Shri Chakra on the left side is called as the Lalita Chakra and the book that has one thousand names is called as Lalita Sahastranama. All these thousand names, can imagine, how many powers She has - She has thousand hands and with these thousand hands She looks after. So what is there to be afraid of? When there is Yogmaya, who is so powerful and She has thousand powers what is there to be afraid of and when She loves you so much? On one side She has the light on the side of a child. Who can tell you walk so quietly, so nicely without getting disturbed at all. I can see, that it is She who is going to be [UNCLEAR - WORKING?]

who act. Only thing, they must feel Her presence in your chakra and establish Her there. This is what is the central chakra is very important within us. [ASIDE - Should I (UNCLEAR)? Should we?] While I'm not saying, there is one chakra more. First of all, before doing Vishuddhi, I've to tell you the imbalances of this chakra, first of all and then you'll understand what is to be done. The imbalances that come in this chakras, first of all, is when you are extremely emotional. Very emotional people there are. At the slightest they'll cry, they're very easily [UNCLEAR] out but whatever you may say, first thing you do is to use your water power and upset everyone; You see, the children are upset, the husband is upset with your water power and the once it starts, it doesn't stop.

Emotional people, when they go too much with their emotional behaviour they do not get epileptic so much as they get, what you call hysteric and this hysteria spreads from one to another because people see that those who are distressed are affected with their hysteria. Once they become hysteric, other people start thinking, "Oh, God, just look at her!" She's hysteric so everybody going to her, is kind to her and that is how she also picks up from another hysteric woman and starts being hysteric but actually, it is a possession that comes to you and you become hysteric. Now, this hysteria is to be treated in a very simple way. First of all, she is to be told that, "We don't believe in hysteria, [UNCLEAR], we are not bothered. You have your hysteria well it is not good for us." It is to be neglected. If you neglect such a person will be much better or if she shouts or screams anything, you lock her up in the house you go out and come back. You'll find, after some time she'll not have hysterics. But if it really due to some possession, then you have to give her a regular treatment of sahaja yoga by which she can remove the possession.

So that there are two types of hysterics one is the real - when a person is really caught up and is possessed and is feeling oppressed and the another kind is the one which is just a show because people are there, who are insincere type and they try to show off. You see, like many you'll find. Now the gentleman here was just nothing but a show off. There was no need for him to be so upset, nobody said anything to him in particular, nothing was wrong, he's not here to fight with Me - nothing - but he's just a show off. And this kind of a quality comes in when you are a show off, so it's best is, to show to such a person that you do not care for the show off. Once you do that, you'll be amazed that it works out wonders and people who are suffering from all these troubles get cured but there are people who are really sick and hard to find some - a very simple method. That a person who is suffering from this kind of a show off thing, if you put anything obnoxious near the nose of such a person he just forgets, he can't bear it, you see. He forgets about his uh.. tantrums. All these tantrums are just forgotten. So in India, is a very funny thing they do is to rub your shoe and put it to the nose of the person and can put anything else.

Also sometimes they put a little onion which is not [UNCLEAR] to the nose of the person and then the person just becomes quite normal. But if it is a real, real hysteric, you see, then of course, you have to get it treated by sahaja yoga. I've known one lady was

going to some guru who really raped her and she didn't know she was raped but sort of in unconscious state and she was thinking that she was raped and all that and she became pregnant and then she had to get her abortion and all that - horrible fellow he was! He's still going very strong making lots of money and this woman since then became hysteric sort and she used to get into terrible hysteria so much so that when her husband had to take her to Scotland then [UNCLEAR] boarding house where he was looking after, she used to scream like mad and she used to go into a tantrum where her neck would go on one side and her hands would go like that; It was terrible. Worse that her epileptic mood would go on for 3-4 hours. Thank God she came to sahaja yoga and she got cured. - What are you doing? - I'm drawing [UNCLEAR] - Why don't you give an extraordinary affair? I'm here to make you extraordinary. [UNCLEAR] Oh, it's alright but I think you better be extraordinary so I also can be when I... alright?

Alright, finish it soon and you better have it. Now, this one is one of the hysterias, as I told you, on the left hand side and a right hand side, when a person is, say, in the power, he becomes the king and he starts shouting out - he's not [UNCLEAR], he's a father. He has to behave like a father and a father has to sacrifice. He has to go on sacrificing for his children. He has to give love to his children. Now, a father will never have a [UNCLEAR - SALARY?] for car and a beautiful house and the children starving. A, any king or any woman who does that, is not a father. If he is the father, then he is the benevolent king and such a king, we should all pray that we should have, within ourselves. Is important that we should have such a king who sacrifices everything for the sake of his subjects and what a character!

A king, who has a licentious life, who kills seven wives and does all such nonsensical things how can you, because unless and until you have a have a character of your own, you have your own principles, unless and until you are an ideal king, how can you rule people and what can you give them except for licentiousness and permissiveness. I was surprised that, now in England all of them are trying to follow this king who kills seven wives. You see, either the wives are killing the husbands and the husbands are killing the wives and once I asked, "Why do you do like this?" "Our kings did it and now we are democratic, so we can also do it." - they have all become kings now. If you have to become a king, you have to be a king like Rama who loves his wife, cared for [UNCLEAR], above all, His care for His people, His subjects; Nothing was more important than the people whom He governed - that is what it is. But when this happens, you'll find the wives had escorted in most of the [UNCLEAR], like his son they always gets caught up because they think, "Oh, we're great!" You see, their nose is up like that, they go in a big car, they have no time to look at any one - they're supposed to be public servants but they behave as if they are the owners of public properties and public. Specially in developing countries like India, they indulge into horrible things like bribery, corruption and all those things and are least bothered about every corruption leads to [UNCLEAR] damage because they do not believe, that God Almighty the Great, is our Father and when our Father is there, so great, He's going to look after us. Why should we do all these injurious things to ourselves.

One [UNCLEAR - MALADY?] can kill thousands of people. If a person takes a bribe while building a bridge, the bridge is weak and when the car is passing over it, one, ten, hundred, thousand people can be killed. For taking a little money how much we do harm to others. Now, one side is the sin against the father - that not to believe that he looks after our yoga and kshema, both, He's the one who looks after all our material well-being. For that we should love [UNCLEAR] at least that is all the developing countries [UNCLEAR - ITSELF?]. The countries who are developed, who have money, who do not have insecurities from money - what they are doing? They are having the another side - is the sin against the mother. They are intruding the security of the family while making the wives suffer of the insecurity or making the husband suffer of the insecurity, making the children suffer of the insecurity; The whole places security is insecure. The women also have seen, when they're divorced, they start doing very dirty things, filthy.

They become prostitutes - actually they are prostitutes. Yes, what is the difference between the good woman and a prostitute is this much today, that one does it with willingness and the other says that she doesn't do with willingness. Whatever you may call it, it's a very wrong thing and for a woman, it's killing; It's absolutely killing because woman's chastity keeps the whole earth moving. Her chastity is the most important thing. If a woman doesn't have a chastity, then I don't know what's going to happen to that earthly, that earth - it's horrible. All kinds of [UNCLEAR] takes place, the Mother Earth is accidentally rolling with agony. She can't bear her daughters being slaughtered like this for the sake of emotional blackmail or some sort of a thing like this. Women must understand they owe a responsibility to the whole society. If men are responsible for economics and politics, women are responsible for social life. They have to get, they have to stand on their own feet and know that they are women and their

chastity is the most precious thing.

Now, in a country like India, where [UNCLEAR] in poverty, but women's chastity is the fulfilment extremely [UNCLEAR], I mean, you can't think of what you have even. In the olden days, we had a Muslim queen. Her name was Noor Jahan. She was first an ordinary woman and she went to the king's palace and met Jahangir, who was a prince and she was a very beautiful and innocent girl and he fell in love with her and he wanted to marry her but the king didn't like. He said, "No, she must be from a royal family." He married her to one Shera Afghan of Bengal and sent her. This lady became a devoted wife to her husband and lived very happily. But when Akbar died, this, this Salim her, I should say, her lover became the king called as Jahangir and by mistake her husband was killed by the armies of Jahangir and this upset her very much. Then she was brought to Delhi and she went and told Jahangir that she cannot have him. "You have killed my husband, I'll never see your face, you cannot touch me."

He was the Emperor of India. This woman said, "You dare not touch me, I've nothing to..." - see the character of the woman. And then he became very sick. He was also a very good husband and a lover, I should say. Became very sick, he couldn't live without her and the mother was a lady called as Jodhabai - she was a Hindu lady whom Akbar had married, so Jodhabai, mother was very sorry for the son and when the doctor said that, "This girl has to be brought today otherwise this fellow is going to die perhaps," so he said, "You must arrange somehow." So this queen, the mother queen, went as an ordinary maid-servant to this girl and worked with her as a maid-servant. So this girl was sick and she said, "What do you want?" She said, "Will you give me if I ask for it?" She said, "Yes, if I can give you, I will give you." So he asked, she, this old lady asked her, "Will you marry my son?"

She was willing to marry the son of a maid-servant but was not willing to marry this Emperor, whom she had loved for some more time with the idea that she had killed the husband and when, when she discovered that the son was nobody else but Jahangir and she was married to him and she became a very brave queen, Noor Jahan; Noor Jahan means the light of the world. Like that, we have had many, many stories in India because the character of a woman [UNCLEAR - SHINES?] and such a power of [UNCLEAR] that even Krishna and Rama and the greatest of greatest people were afraid of such women who had [UNCLEAR]. If you have to have real powers, then you should be really dedicated and very pure chaste women. You'll be amazed, every word you say will become and you'll be such a powerful woman that nobody can even touch you. It's a tremendous power of which I'll give you one another example how the women of India behave towards their chastity. Uh.. we had a lady called Padmini, very beautiful queen and once uh.. a king, a emperor or something, he heard - not yet an emperor but he was trying to make [UNCLEAR - HIM ONE?] - he heard about the beauty and he said that, "Oh, I must see this lady otherwise if she does not agree, I will attack." So all the people said, "No, we'll not allow our queen to be demonstrated like that." So she said, "Alright, I don't want my country to be attacked, so it's alright, he can see me in a mirror, doesn't matter."

So she stood in a mirror and he saw her and then he again became very mad after her. He said, "No, I must have her as my wife." And he came with all his army and surrounded their fort and sent word that, "You must send the queen." But this was too much for Indian men to send their queen to be killed. Imagine the seven queens killed in England, imagine! What a story it is! Now they would not accept that so, they said, "Alright, we are sending the queen," and they got this palanquins and four people with the palanquin and inside there was one another soldier sitting in with all the swords and all the guns and all that. Like that, they sent hundred palanquins saying that, "These are the maids of the queen, that are going," and the king was in the first palanquin, and they said, "We are going to fight these people. In case we die then we will know because that there will be no fire with us. If there is a fire then we want that we should know that we have died."

And then these people went to fight and each one of them was killed - there was no fire. These women made a fire and climbed over it and all of them burnt themselves. They would not allow their chastities to be touched by men. We may say, you so wish you were like that but today we have got that - they are so gracious to have died for their chastity; It's such a great martyrdom for us to see how these women have killed themselves. There are many stories like this - even the wife of Ravana, who was killed by Rama, was like that which I'll be telling you later on sometimes. That story is also very interesting but that is what it is but we have lost all that, somehow we have lost it. I don't know how we have lost it but we have lost it - it's a very sad thing. Very sad that we have lost such a precious thing that we have. With realization, you get it back. You get back your sense of decency, your sense of chastity.

Like, if I'm on the street, people are kissing each other, hugging each other. I mean, these are things to be done in the bedroom, not there, you see, it's so ugly to do it like this, embarrassing everyone. They'll be going on the escalator - that's the only time they can kiss otherwise there's no other time; They must stick on to each other all the time. And if you ask them where are they going - they are going for a divorce case. [LAUGHTER] And it's very indecent to be so much showing off your relationship with your husband - there's no need. You see, there's no need, all the time, to touch him and what's the need? It looks so indecent; I don't understand that there is any need if there is love. There's more love then you never do that, actually. Uh.. you'll be amazed that Indian women when they see their husband, they may not even raise their eyes and you make out why because she doesn't even raise her eye but she knows in her heart and heart that her lover, her husband is so near. There's no need to say that; It's so beautiful, it is so much loving that husband just looks at the girl and he knows that's my bride is there and he just shakes his head and she also.

It's so beautiful while this vulgar expression and this time you have to think, it's ridiculous sometimes the way people go on. We are making ourselves very cheap. In our own estimation we should stand into great [UNCLEAR] of our shape and our understanding that we are human-beings - even animals, some of them, are ashamed of these things and how can we go about with this kind of things. Very wrong ideas have come into us, like women must show their body - why? What is the need for women to show their body? It's a very compulsion out of women, they must show their body - it's absurd, I mean, to us it's a priority that the men, doesn't matter because they have nothing to hide so, why should they every time they meet a man they need to button up his clothes and a woman will open her body. What is this? I can't understand that a woman, in her modesty and her chastity, should know the value of her private life and her privacy. She must respect. The way she behaved, the way, she's become shameless, absolutely shameless and then [UNCLEAR] there was a big movement that you shouldn't even wear under, undershirts for women or something like that and they developed all these troubles of the breast cancer.

They developed with that; Men should also wear undershirts not talk of the women but men should wear just for the absorption of, what you can say the perspiration of but women for their chastity also because they expose themselves and that's the chakra of shyness, is the chakra of modesty, is the chakra of your chastity and you expose it? - that's not the way it should be. Only your child should be able to see that, nobody else is allowed. That's [UNCLEAR] you will be childless. You will see half of your spirit will go if you dress up properly in a proper way, in modesty. Nobody [UNCLEAR - DOES THAT?] The way you walk, the way you behave on the streets, I mean, there has to be a [UNCLEAR] - what else? You created this, I tell you, the women created this, it's not that the man but the way women are dressed, the way ugly they are - man feels excited, what can he do? They have to behave themselves, they have to do in such a way that they do not distract men so much. All the time trying to attract men is a [UNCLEAR] thing.

Like one American woman was said that, "Indian women are...." I said that, "Alright, to one husband only. We are not bothered about other husbands. We are not all the time worried about figures, this, that to attract all the men of the world. Only one husband is Shri Ram is very..... distract our minds and they respect [UNCLEAR] maybe husband as someone. Maybe a man [UNCLEAR] it's [UNCLEAR] to play with the emotions of another man who is .... Whatever is ours we enjoy. .... enjoy somebody else's thing - why you do that? By doing that, you create such a lot of insecurity in such a lot of people and this is what they have to understand. Do not lay your hands on the other families, keep them off. It's worse than stealing all their families, everything together. Allow people to [UNCLEAR] and make marriages successful.

I've seen people flirting about with [UNCLEAR] - shameful! I've seen that and I feel so much shocked. What must be the curses of God for such people who have no sympathy, no desire, no understanding as to what the husband would be feeling of a whore? All of us must know, this hurts us the most. This center hurts anyone the most. Nothing can be more hurting than this [UNCLEAR]. If you take our something, doesn't matter but you deceive someone and in love everything is fair according to the modern science. You hurt anyone, you do anything, you'll be amazed - now I had a disciple who was 26 years of age and he had a friend who was 24, mother was about 45, 46 maybe; The friend went with this boy to his house and the lady went away with this 24 year old What a problem it is! Nonsense! And then the son came to Me and told Me, "Mother, this is what has happened, what should I do?"

I said, "Go and [UNCLEAR]." She was so shameless. She started telling Me, "How nice that boy is, he's so interesting, this, that." I said, "Have you forgotten you have two daughters also." She said, "No, not I've not forgotten that. I will [UNCLEAR - MEET THEM?]." I said, "Nobody should meet you." Then she brought out all the case, everything, the house was sold - poor daughters are, they have no place to go to, they are in our ashram. The father has become mad sort of person and she doesn't mind she's [UNCLEAR] all of them and [UNCLEAR - STIGMA?] and the boy feels so heated up, he's so angry and this foolish woman thinks that she's such a bride!

How many people [UNCLEAR]. They destroy this life, destroy that life. What are we doing? We're destroying ourselves. You can rationalize it, you can say it is alright but it is murder, it is murder. Murder of not one one person but of many. With this, I think, today I'll finish. Tomorrow I'll [UNCLEAR - BE OR DEAL?] with Krishna because the mood is different today. For Krishna you have to have very playful mood which we'll use.

Tomorrow we'll have a nice time with Shri Krishna and Christ. You'll be a master when I'll speak to you day after tomorrow and, I'm sure, you'll be able to do much better. I'm sorry, I had to say these things to you because in India people are [UNCLEAR] stealing, bribing, this, that nonsense once they grow. We have got money now, now at least enjoy each other, do not destroy each other. You see, any husband you have got, just try not to [UNCLEAR] in this lifetime, any woman you have got, try [UNCLEAR] in this lifetime - please. At least that type of a person won't be there next life - properly. So stop it. Why are you like? If you have married, it's alright, work it out, be comfortable with each other, be generous, be sweet, look after each other. Do not destroy your lives.

Your people suffer from such horrible hallucinations and things, if you treat them like this. In America I met a child of eight years; Eight years child and his mother told Me, "Mother, he has taken to drugs." I said, "What! eight year old child has taken to drugs?" She said, "Yes, he takes drugs," and that child I just took that child and hugged him and loved him and kissed him. I said, "What have you been doing to yourself?" He said, "All the time my father, mother - they are quarrelling, this is uh.. another father has come, he doesn't like me - he has more children, this, that. I don't like that father [UNCLEAR] Then I kissed him and kissed him and kissed him. Then he [UNCLEAR] very happy and he started feeling My softness [UNCLEAR] - then he started crying. He said, "Do You know Mother, my mother has never hugged me like this, has never kissed me.

She had no time because all the time she was trying to be with my father and my father was trying to be with her. She had no love to kiss me like that." I asked her and she told Me, "Oh God, I will never forgive me if I touch a eight year old boy like this." This is Mr. Paul [LAUGHTER] I mean, even one a person, who is 65 year old in India he doesn't mind getting into mother's bedroom, behaving like a little child, just taking her blessings [UNCLEAR - I MEAN?] it's nothing regarded as, never even comes to our [UNCLEAR] You see, My daughters are very big, about 35 years. She sees, when My husband is there, both of them will sleep and say, "Daddy, now we are not liking to go out of this." Nobody feels anything. Even My son-in-law will be there - everybody. I mean, it's so clear, it's so [UNCLEAR]. Seems our brains have been ruling our hearts Clear your hearts, clean your hearts.

Don't listen to these horrible psychologists; See, they are pathological cases. We are [UNCLEAR], don't listen to them, don't develop guilts for nothing at all. Why are you so much obedient to them, I don't know. Your Christ will be alive, you are the God man and one of the thing is love and wisdom. Isn't it? I think, this Freud never saw; This is what it is. We have [UNCLEAR - BASED?] ugliness out of all that is [UNCLEAR] We have created horror out of our security. You have created destruction out of all the constructed beautiful things. This is what you have done so from today, build up your hearts sometime, build up your mother and know that we have to be beautiful, decent people.

May God bless you! Tomorrow I'm not in India but day after tomorrow, I'll be free to have [UNCLEAR]. Thank you very much! Should we have meditation now? [UNCLEAR] into meditation should [UNCLEAR] For meditation, one has to know that it is the Kundalini which clears you. She's the one who clears you. Now the mantras on the awakening of the deities helps you to expand the area of the chakras which you can learn, later on, how to do but just now let us see. We can say, that there is no need to fear. There is no need to fear at all when the Mother, who is the Mother of the Universe is looking after us. Just you say that and this center will open out and the Kundalini will rush through.

Please put your both the hands towards Me, just like this. Stretch them a little, just stretch them. Close your eyes, close. [Shri MATAJI BLOWS INTO THE MIKE] [Shri MATAJI BLOWS INTO THE MIKE] [Shri MATAJI BLOWS INTO THE MIKE] [Shri MATAJI BLOWS INTO THE MIKE] We have closed the air-conditioner. If you are getting the breeze, you should not think it's coming now from Me and also from your head. You can feel it coming out of your head. Put your right hand towards Me and feel it on your head. Now you can meditate. Now put both your hands towards Me and just for [UNCLEAR - FEW MINUTES?] close your eyes.

Close your eyes, please close your eyes. Establish your chakra, establish your chakra of the heart by paying attention there and say that, "Mother, I want to feel You." I fear not, I don't fear or say, "I feel secured within myself." Hmm, then it is better. Your left side is weaker - put your left hand towards Me and right hand on the heart center, on the heart center, in the center.

## 1981-0331, Vishuddhi and Agnya Chakras

View [online](#).

31 March 1981

Vishuddhi And Agnya Chakras

Public Program

Maccabean Hall, Sydney (Australia)

Talk Language: English | Transcript (English) - Reviewed

Public Program. Sydney (Australia), 31 March 1981.

Actually, yesterday it was announced that we'll start around seven thirty. And we did not know what to do because he made a mistake and he went on making that mistake on the radio.

Today is very interesting topic before us, is to discuss the Vishuddhi chakra, which is placed here behind the base of the neck, and which has got sixteen petals. It manifests outside the cervical plexus in the gross for physical action. As you know, for the emotional side, you have got larynx glands and thyroid is the gland which is placed here.

This center, in the evolution, is of greatest importance for human beings, because this center developed its maximum growth when human beings raised their heads from animal stage to become human beings. As animals, the heads were at an angle towards the ground, first it was just touching, parallel, then it was raised higher and higher. Till it came to monkey stage where it was raised slightly higher. And at the human stage only, they raised their heads in a straight line.

Straight line was all right. In the straight line it was the balance between the superego and the ego.

First, there is superego in the animals when they are looked after by human beings. Animals developed certain conditionings from human beings. Like a dog has to be looked after by human beings. Then the dog is told to do this or that and the conditioning starts. And when this conditioning starts in a dog, he starts developing his superego in a human way. But when a chimpanzee raised his head and tried to become a man, first the head of the first original man was bent like this. In the Ramayana, there is a mention of such race, the missing link, where human beings were half monkeys and half human beings. That's about eight thousand years back.

Now this center was really, fully enlightened by Shri Krishna, who came on this earth in the era called as Dwapara. Rama was in Satya Yuga, and He came in Dwapara. That is about six thousand years back. And Shri Krishna incarnated as one of the incarnations of Shri Vishnu, who is responsible for our evolutionary process. It is only through Shri Vishnu that we evolve. He is the aspect which gives us dharma. Dharma is our sustenance. Through changing our sustenances or our capacities we have evolved. Like, I can say carbon was at Mooladhara chakra. And this carbon, electromagnetic matter, got prana into it by which it started moving as a living thing. This living thing then grew into higher and higher awareness till it reached a stage where you were an animal. And then you had to become a human being.

The first human beings were short people. That incarnation of the short people is called as Vamana.

Then there were people who became very conscious of the nature around and they wanted to have the mastery over the nature. They started doing all kinds of yagnyas according to the Vedas. Vedas actually worked out right hand side growth of human beings. And they developed people who were good at reciting Veda mantras and all such things that would give us mastery over the five elements. These people when they mastered the five elements, they became very ego oriented, and instead of only keeping the head in the center they started pulling it backwards. By pulling that backwards, they started developing their pituitary, and this pituitary was activated so much that they increased their heights than normal, became greedy people, started thinking about the future and the idea of future started coming into the human beings.

It went on till today where the people have tried to master the five elements, they have developed ego to such an extent that they are extremely ego-oriented and this ego engulfs, pushes down the superego as you can see here, the ego that is over-developed can push the superego down. So then in addition to that, people like Freud said that, "Why should we allow ourselves to be conditioned to anything?" It's only the human beings who can have good conditionings and who can have bad conditionings. But, as the basic wisdom was lacking, you see, gradually we started losing the basic wisdom, and we denied all kinds of conditioning within us, by saying "What's wrong?", "What's wrong?". And when we went on like this, saying "What's wrong?", "What's wrong?", what happened was that our ego developed so much, that it pushed the superego. The superego was pushed to such an extent that it could not bear it anymore.

So, in the modern times, say about fifty years back, you can say, about twenty-five years back, a new generation started showing its effects. Young generation came up and they felt that the ego is too much, we are too bound to material things. We are instead of enslaving the matter and material powers, we are enslaved by them. This realization started coming into them. Actually, it started, I should say, about sixty years back. But this grew up very well about twenty, twenty-five years back very much, or little earlier, we can say about thirty years back, when people started seeing that this ego is no good, this matter is dominating us, it is falsehood.

But another thing they felt very strongly was that they are now not integrated with their heart. There was no joy in anything. They did things without any emotions, they were very emotionless, there were no feelings for anything. It grew quite a lot this feeling, till the war came in, Hitler trying to destroy, and at that time with the incoming of Hitler, people who see the ego of Hitler and they started seeing that reflection within themselves, that how Hitler could destroy this world by pampering the ego of the people by saying that "You belong to a higher race" and all those things. And this gave them a big shock and this big shock made the young people of that time feel that this is not the proper way of our progress. And that's why there is a big disparity in the old people, say who ruled India and the people who are today Indian citizens or who are young people there.

The whole idea of ego became very subtle. They thought it was a show off, if they over-did something, it was too formal. They believed in casual life and they wouldn't accept anything that was over ego-oriented. But once the ego has developed too much, you cannot get out of it. The more you try to fight it, the more it will sit on you. It's not possible. And the superego, which once suppressed, can be so suppressed that you just become nothing but ego. And the ego then envelops the heart. Because one of the auras around the heart which I will be discussing later is also from your Swadishtana chakra. And the whole Swadishtana chakra can go round and can completely encompass your heart. And there is a dislocation between your heart and your head. There's a disintegration. Sometimes, with shocks in life, also a person's ego is challenged.

As I was telling you that we have to be very kind to our wife and to our husband. If their ego is challenged, gradually after three four shocks, they get disintegrated. We give them diseases. We give them horrible things. We have no business to do these things. This is sinful. First of all, to marry someone with all the show and with all the things and then to make somebody unhappy because you have a ego or hurt somebody's ego by which making that person emotionally dry. Then a society which is extremely dry develops. This dry society cannot even value the children. Matter becomes the most important thing. Material possessions become more important. Then all human relationships are ended up and sacrificed at the altar of this ego.

Well, these people, after all, are human beings, they have an emotional being within them, which suffers. So to be emotional, people take to drugs and things as I told you, to alcohols. Alcohol's gross is much more with this kind of a society. Just to escape the tortures of ego, they become alcoholic. Once they become alcoholic, the superego starts developing. It starts pushing the ego on one side and the wobbling starts and the confusion starts. This alcohol, which has been denounced by every Primordial Master, because they were supposed to look after your attention, because the attention, not only gets spoilt but your values go down. Values about human's chastity, values about your own chastity, values about your own dignity, I mean you can do anything if you pamper this, I mean, people do such undignified things, that if you take a photograph or even a picture of such people, they would be shocked that they were behaving like this.

So first of all, the dignity, the human dignity goes down, the sanctity of marriage is lost and all the values that are built up in your

attention as a human being, through all great blessings of these great saints and great Prophets drops off. One by one, you start reasoning without any values for anything. You do not value anything but your ego. Even your material possessions are there to suggest your ego. That's how a person becomes a dry personality. In these circumstances, he thinks that he must also overpower God's powers. Sometimes such things came up, that people wanted to have powers like God. And they want to challenge God, and they want to say, "There is no God. How are we to believe there is God?" Because the ego is such a blind thing that you just allow it to think about God and your relation to God. It's such a blinding thing. It makes you sometimes so stupid. As I've told you, last time it was said in the seminar we had, that it really makes you absolutely stupid.

Now the Vishuddhi chakra is the thing which has started the ego within us, in the sense that the superego, the conditioning that was in a society was challenged by Shri Krishna. Shri Krishna was a man who was a witness of the play. He is the one who is the Primordial Being, in the sense He is the one who rises to meet the whole. He is the Virata. And this Being, Shri Krishna, is the one who taught us to witness, through Gita.

Now in short, I will explain to you something about Gita. And try to understand, because it is a very subtle thing to understand Gita and to read Gita. There are - I don't know how many criticisms of Gita written already- but nobody seems to have hit at the real points of Gita. Krishna was the incarnation of divine diplomacy, divine diplomacy. Divine diplomacy is a thing by which I also play tricks on you. Because if I cannot give you Realization, if you are too argumentative, you try to be a mediocre, then I put you into such situations that you start seeing the point that you are missing the real goal. Now Gita is nothing but a complete exposition of his talent as a diplomat. For that, one has to understand the tricks of Shri Krishna.

First of all, in the very beginning, at the very outset, in the second chapter in Gita, He says that you become a 'sthitha pragnya', means that you become a Realized soul, you become a 'gnyani', means a person whose awareness is enlightened. Of course, in India, as everywhere, there are people who think, "Gnyani is a brahmin who has read many books". It means you should have your Realization so that your awareness is enlightened. This is first thing He said at the very outset because He's not a business man, you see. So, He says the thing that is there. He only tells this to Arjuna to know who He is because He is a diplomat and He knows how people were at that time, that He is not going to tell them that He is an incarnation and that He is not going to tell them what is the truth. Because if you tell them the truth, they will hit you hard, He knew this very well.

So He said this to Arjuna, who is his bhakta, who is his devotee, that, "You achieve that".

But Arjuna at that time is a mediocre. He couldn't understand, because He said that, "You are a saint, you become a witness to achieve your Self-realization. And then you go for war to kill people". They couldn't understand, how can that be? I should kill them before; after the witnessing, how can I kill them? Even if they are cruel, even if they are wrong, I cannot do it after Realization, because after Realization, I will have to be compassionate. This is the mediocrity of Arjuna. It's a very subtle point, I think you catch the point.

So Krishna says- He understands. He immediately understands, "Oh, that diplomacy is needed now, it won't work out to say it straightforward, much". Like, I would say a son is sitting out of the hut trying to drive a horse cart. Now the father comes out of the hut and the son says, "This cart is not moving, how to do it?" So he said that, "At the first, bring the horse in front of the cart. Unless and until it is connected through the horse, it won't move." You have to get connected to the horse, that is the atma, to the Spirit. So he says that, "You are saying that I have to move the cart, and now you are asking me to move the horse. How can that be?" Then father understands that this one is not going to be handled easily. So, he plays the trick on him. He says, "All right. Let it be at the back. But you think, you believe that it is the horse which is pulling the cart. You believe it." Now how Krishna has said it is even beautifully, more beautifully than this analogy. I gave you this analogy to see the trick of Shri Krishna. And He had to play because people are so mediocre. Since the six thousand years they have been believing into something nonsensical, that you will see now.

He [Arjuna] said that, "If I kill people, then I will have the karmas within me. And after my Realization - how will I get my Realization? If I get my Realization, then I cannot kill." These were his ideas about Realization. What Krishna said that, "You get your Realization, and then whatever you do is in the name, is really, fully in order to God. If you have to kill, you have to kill! You have to kill the devils; you have to kill the rakshasas." The idea that if you kill somebody, it's something wrong - I mean,

supposing today, Hitler was to come, to spare him physically is wrong. Will you spare a snake? You will have to kill. And He said, "Nobody is killed there" and that's a fact. Nobody dies. As I told you that the Spirits cannot be killed [unsure] this will only put them out of the stage just now. So Krishna says that, "You should first become Realized, become a witness, then you are just an instrument in the hands of God. And He uses you for what He likes, and you do whatever He says. If He says you have to kill, you have to kill. If He says don't kill, you don't kill." Because the power starts flowing through you. Now, your own concept of compassion is wrong. How can you be compassionate with people, that one man can destroy the whole world? Are you to be compassionate to that man? For what? The greatest compassion is to him, is to put him out. After all controls, God is watching. This is the way to stop action. That is what Krishna said.

But Arjuna didn't understand. He said, "Still, how can get rid of karmas?", and he had those theories. How to get rid of the karma. So Krishna played a trick with him. He said, "All right". He put a very absurd condition. This is what is the essence of diplomacy is to put an absurd condition and befool a person so that when he reaches a stage and understands that it's absurd, then he gives it up. Otherwise, he will not.

So, He told Arjuna that, "Very good, you do not want Realization, go ahead. You do all your karmas. And you put the fruit of the karmas at the lotus feet of the God. That's what you do, so you won't have any karmas upon yourself." This is an absurd thing. Before Realization, it cannot happen. It cannot happen. Before Realization, your ego remains as it is, as you see, it is not sucked in. Subtler it will become, you'll become very humble and very kind and this, but still the ego is there. Ego is there means, it's a state of your mind, which is covered with ego. It has to be sucked in by the actualization and actual happening. Not just saying that, "Oh you are very humble". Some of the egoistical people are extremely humble because that suits them, extremely. But inside it's the ego there. Ego is there. Till it is sucked in, you cannot fight it, you cannot drive it out, you cannot get out of it. It has to be sucked in. To suck that ego, kundalini has to rise, you have to get your Realization. You have to become the Self and not the ego, your identification with ego must drop. That's only possible if you become the Spirit. But He said, "All right, doesn't matter. What you do, is to do your karmas. Then go on hitting the cart but put all your attention on the horse, and your cart will move". It will never move is the point, the absurdities.

So He gave such a proposition by which the horse does not move. And after some time you find, "What is it? The cart is just there. I am putting everything I am supposed to be putting everything on the horse. Nothing doing. It's not connected. It is just there." Once this confusion is reached then you take your Realization and actualization. This is the point. Unless and until this absurdity is dawned upon you, you will never accept. Because you are asking questions, "Why should you do it?" "Why should he do it?" "Why?" So He says, "All right, go ahead." So this is the karma theory that started, that whatever karmas you do, you put at the lotus feet of God. So it's a misbelief. He put you into a maya, into illusion. That was important. At that stage, it was important to put you into illusion. Because you would not accept even.

See, if you have to take out the butter, you cannot do it with a straight finger, you have to make your finger bent a little, it's like that. So, Arjuna said, "What about dharma? What about devotion to God? These are organized visions, churches, and our temples and all. What about that?" Till that also, he was [?]. He says that, "Patram pushpam phalam toyam yo me." "Whatever is the fruit, whatever is the flower, or whatever is the water you give me, I will take it. I'll take all that. But if you give me a flower, I'll take it." But by giving, He is very clever, which I don't know if people have seen the point or not. He says, "By giving, by that you do 'ananya bhakti', that is 'ananya'. Now the word 'ananya' is the word, which is the real devotion: a-nanya, it means when you are not the other, when you are Realized. You can only do bhakti when you are Realized, ananya. The person who's ananya, means the one who is not the other: you become one with God, then you do the bhakti. Very clearly, He said that, "You do ananya bhakti". Ananya devotion, means devotion when you are not the other, when you are Realized. Before that, what's the devotion? Very cleverly said, but nobody sees the point.

I've been asking people; the other day a gentleman came from a cult, "What does mean Shri Rama, Shri Krishna, Shri Rama, Shri Krishna." This is not ananya bhakti. Ananya bhakti means when there is no other, means you become Realized. This is the essence of this bhakti Yoga. In bhakti Yoga, He has said that, "You have to become one with your Spirit." Also by saying ananya, and by karmas, Karma Yoga is also the same type, "Whatever work you do you put at the lotus feet of the Lord." You cannot do it, absurd condition.

But after Realization, what happens to you that you do not say, "I do it". You say, "It's moving", "It's coming", "It's rising", "It's starting". "It", third person. You just say "it". You don't say, "I am getting the kundalini", you don't say, never. "It is coming", because you know you are not, you feel that. Because its flowing from you, you have become aware of that. You say, "It is going", "It is coming", "It is not coming". You don't say, "I am giving Realization to myself or to anybody".

Like a lady came with Me to America. And she told Me that, "Mother, You must give Realization to my son". I said, "All right. Let him come." He came all the way from [inaudible], and the kundalini was frozen, it wouldn't rise. She said, "Mother please give him Realization." I said, "You are a Realized soul. You try to treat him". Or give him a certificate that he is a Realized soul. She said, "How can I do? He is not.

And why not? It's a good idea, you are listening to my recording morning till evening, to give him Realization. You say you are Realised. Why do you say you are Realized? If I were you, I would say, "Baba you are Realized. Now get out of here". Because I knew that the Kundalini doesn't rise. It's a frozen kundalini. I said, "Why don't you do it?" She said, "How can I?" I know she is not Realized. She doesn't give vibrations. How can I take?" I said, "That's what it is." The kundalini has to rise. That means that you know it is beyond your ego. It is beyond you. You cannot do it.

You must have that authority within you, then only you can do it. As long as there is authority. You are doing it, that's why that ego means an illusion that you are doing something. Because you don't do anything. What do you do? As I told you, all dead work. Dead to the dead. You make a chair or a staircase, "Oh you are a great man!". So [inaudible] from the mountains, make another mountain, "Oh you are a great architect". All these are dead energies you are handling, electricity, magnetism, architecture studies. All these things are not living energies.

Living energy is the synthesis energy of all the energies. It is 'prana' on the right-hand side. On the left-hand side is the 'mana', and in the center is the dharma. All these three energies are synthesized are integrated, I should say. [Inaudible] is again dead to the dead. But we can get completely integrated when the light of the Spirit comes in you, and this is the Brahma, is the one that is flowing through your hands, is the Brahma Shakti, is the Brahma.

So this was about Gita. But in his childhood, what did He do? We have to understand. In his childhood, people say He just tried some things [unsure]. No He was not. As I knew from my very childhood, people knew from his very childhood.

He played with the Gopis when He was about four years of age, you see. There's a guru who said, "He is Shri Krishna. That's why he makes you naked there". Imagine, you are four years of age, and this guru is, I think, 50 years of age. Is it the same? If at four years age, like an innocent child, He just started to make them naked because He wanted to raise their Kundalini as a child. He could try. [Inaudible]. He climbed on the backs of the people and made them just light, made the Kundalini rise. He does it many a time, He uses that [?]. I think that's the best way. And I told him, "Why don't you do it in your village?" He said [?]. There are your feet there [unsure] But I must do some [unclear] with the car".

So the child of four years, playing with the Gopis. When they were carrying the small pots with water on their heads, He would break those pot. Because Ra-dha, 'ra' means energy, 'dha' means the one who sustains it. Ra-dha, She is the Mahalakshmi. Radha, the one who sustains the energy. She used to have her bath in the river Jamuna, and used to vibrate the water. And the Gopis, the ladies, used to go and fill their pitchers with that water, which was a vibrated water. And He would just break that pitcher from the back, so the water would fall on the back giving them Realisation; see the trick of the child. In those days, there was no [unclear] and hall, nor such good seekers, one could not talk of seeking in a village of Gokul. So He tried these tricks of breaking the pitcher, make the water fall on the back, so that the Kundalini would be able to arise.

Then He has also his Gopis can go dancing with their hands. It's called ra-sa. 'Ra' means 'energy', 'sa' means 'with'. Radha used to be there. She's there and she used to hold their hands, and they used to all dance and the energy is imparted to them. But She was the incarnation of the Energy and He was the incarnation of the Primordial Being. That's different. Nowadays, you find

people holding your hands and passing dead spirits. It's horrible! It is satanic! Such a thing should never be done, it causes lots of problems. [Inaudible] especially, emotionally, it's a horrid stuff to do like this, holding hands and passing spirits. Or some sort of a man sitting in the Himalayas [inaudible].

If they are Realized souls, they'll never pass it. Because they understand [inaudible]. They will never trouble you. They'll never possess you. Now when you understand that She was Radha, and the energy was passing through them [inaudible]. And He used to play another thing, very beautiful. He used to climb over a pyramid of the boys, on top to get some butter. But the people need it. So his mother used to hang it high so that they could not reach there. He used to take a small stick and hit it and all the butter used to go on them [unsure session]. [Inaudible session] First of all, standing on the top of their heads, [inaudible] Sahasrara.

There was a gentleman who got his Realization in [inaudible]. [Inaudible session] He had never heard about Shri Krishna. He didn't know all that. And before getting Realization, he went into his subconscious areas and where he finds a very big Shri Krishna. And he described what he made like a pyramid, all these things and how he falls down. And then he saw other things also there, which you can read the book and see for yourself.

But butter, Shri Krishna is very fond of butter. Why? It is at this point [Hamsa] you need butter for your Vishuddhi. If you have got sinus trouble, you heat some butter and take a dropper and pour the heated butter in the nose, regularly, for 3-4 days. Your sinus will be all right. It's a very simple medicine. You just try it. Your colds will be all right. Why? Because the inner membrane of the nose due to our breathing becomes very, very dry, or we can say cracked. As our hands can get cracked. Now if the butter is put say, even on the soup, we used to do before. Nowadays, people have become so butter-conscious, that they don't put it. On the soup, you see, the butter on the soup, just goes and lines up the trachea, these places and the throat and these glands. Even the [inaudible] is lined up, you see, so that the whole thing becomes very much soft. Even if you have any problem, you can rub hot butter in here. Now the butter has double quality. It is a soft milk fat, plus salt. Salt is the quality of the Gurus. So the combination of Guru and the butter, as we gargle with the salt, osmosis takes place. It has a very deep significance.

Now this center is manifested outside, as I told you as sixteen sub-plexuses, which govern our nose, eyes, throat, our neck, ears and also the outside of our eyes, the eye lids and also little muscles that control, and so many things by this one center. Sixteen are the petals also of this center, Vishuddhi chakra. Vishuddhi means without, vi-shuddhi, 'vi' means 'absence of', I mean it is so 'shuddha', it's so holy, that everything is absent, vishuddha is the meaning of this center. Means it is absolutely holy and that's why He is a sakshi, He is a witness.

He tried to break our conditionings in a different way from Freud.

Our first conditioning we had, in those days, that a wife and husband relationship was too conditioned. And the wife was dominated by husband, by all family people, and they used to torture everybody. In his time, a woman was treated just like a slave in the house in those days. Somehow it worked out. Because women had to be very chaste, to be very good, but the man was dominating and it was a big family's system that developed. And with this, people started getting strangled in that family system which had become dead.

So, He wanted to [inaudible]. He said that, "There is no harm in mixing with men as brothers and sisters. We have to be pure in heart and they are all brothers and sisters, we should mix up and we should have proper relationship with each other, understand that this is my wife, this is my husband, and others are my brothers and sisters". Because it was not allowed for any woman even to get out of houses in those days. It was so much [?] because the mothers-in-law were very strong and they would not allow the daughters to go out. The whole episode of Krishna in Gokul is like this. And all the stories and songs are like that. That a wife says to the husband, "Oh my sisters-in-law are a weight, how will I [inaudible]."

So all the story of love, of love between husband and wife, He started. Now He didn't have Sahaja Yogis as I have today, and disciples around. And He had to permeate his powers, the sixteen thousand powers He had, at this chakra. This chakra is represented here in the head, in front. It's called as Virata chakra, means the one he became when he became the Primordial Being. So, to have those sixteen thousand conducting human beings, He had to play a drama. He was a great dramatist. He made them take birth as women and he got them arrested by a king. Now a social problem was created. These women were

with that man. So, according to Indian standards, they are all finished. They have no value. They are all gone women. Though they were by forcing, not with their own will, but in India any woman, who is even taken by force, at the time of Sita, it has happened. So she should be discarded as Rama did, as I told you last time. So He attacked this king and got all these sixteen thousand with Him. So people said, "You have got these sixteen thousand women, who are not to be accepted in the society, so what will you do? Nobody is going to marry." He said, "I will marry them."

[Inaudible] you see, actually they were his powers and He married them. He said, "I will marry sixteen thousand." It's all a play, you see it's the play of the Virata. He married those sixteen thousand.

Now the five elements that He wanted to control. He said, "I want to hold on them, we have to have everybody [inaudible]. So He created five women and He married them also. Now many people say, "Oh Krishna has married sixteen thousand and had five queens and this and that." Are you Shri Krishna? Are you Virata? Have you got even one power to flow through? If you have one, you can flow through yours. He is the one with sixteen thousand powers and these powers permeated on this earth to give us an awareness by which we felt that there is God beyond, that there is a Macrocosm, that we have to achieve that wholesomeness, that we have to become a witness of the play of the whole. He made us conscious of Macrocosm at that time.

He said in Gita that, "The Spirit that is within you never dies. It again and again comes back to give you Realization and when you die, the Spirit does not die". "Nainam chindanti shastrani, nainam dahati pavakah, na chainam kledayanty apo, na sosayati marutah" (Bhagawat Gita, chapter two, verse 23). You cannot kill it with a weapon, neither you can burn it with fire, neither wind can blow it off, neither anything can suck it. To prove this, Christ came on this earth. To prove what Krishna had said, Christ came on this earth to show that Spirit is eternal.

They are all one together. We are the people who cannot see Them like that and sometimes it shocks people when I tell them about the relationship of Shri Krishna and Christ is so close.

Christ, the name Christ came from the word 'Krishi', and Krishi word means the farming. That means Krishna came on this earth to sow the seed.

[END OF PART 1].

[PART 2].

[The relation between] Krishna and Christ is extremely close. But I don't want to shock you by telling about the relationship they had. Because if there are Christians, they'll be shocked. If there are Hindus, they'll be shocked. And if I tell all this to Muslims, they'll be absolutely [unclear]. When Muhammad sahib said, 'Allah Hu Akbar', Akbar is the Virata, is Shri Krishna.

If you don't mind, I would like to tell you, you put your hands to see if I'm telling the truth or not, that Christ was the son of Shri Krishna. When he talks of his father with his two hands, these are the fingers of Shri Vishnu and Shri Krishna. This is Shri Krishna's hand. And it is Shri Krishna who called him Mahavishnu in the heavens. And made him more powerful than his father. He was specially created by Radha who was the subtle energy, who came on this earth as the Mother of Christ. Christ's mother was a lady who lived like a potent energy for Christ. Except for Him, nobody knew. That's why at the cross He says, "Behold the Mother."

That's very important. And He was one of the greatest principle sons of your Mother. Radha incarnated on this earth and She brought this immaculate conception. The whole story about it is in the Devi Mahatmya [Bhagavatam], when the Goddess created Mahavishnu out of an egg, and that's why on the Easter, you celebrate the egg. Egg is the suggestion of you being the egg and the next birth. Easter suggests the second birth of human beings.

The name of Jesus also comes from the word Yeshoda. Yeshoda was the foster mother of Shri Krishna and Radha thought that her name must be brought in because she was also another power. So, Yeshoda is called also as Jesoda in the northern parts where Krishna lived. She was called actually like Jesoda and the small form of Jesoda is Jesu. And that's why He was called as Jesu or Yesu. In Indian languages He is called as Yesu, [?] Jesu. And even in Hebrew, He is called as Yesu, not as Jesu. You see

this Y and J like Yugoslavians and all these people use, is a confusion between Y, ya and ja. And these two words are confused in the world, Yesu or Jesu.

He came with such powers according to the Devi Mahatmya [Bhagavatam], that He became the supreme support. He is the support at the Mooladhara chakra. He is the one who is Ganesha at Mooladhara chakra. He's the support of the whole universe. And Krishna placed Him higher than Himself because He incarnated higher than Him [at Agnya], and Shri Krishna is there. If I say that, you should see the vibrations yourself. Just see on the vibrations.

The crucifixion of Christ, which I will tell you later on, is another drama. It's another drama to be played. Now see the difference between the 6000 years and 2000 years of Christ. So the 4000 years passed in between. In those 4000 years, lots of things were to be decided and it was decided that Christ should be born in Jerusalem, in these places that we can call [inaudible]. Because that was the place which was to be attacked again by the Divine forces and always most of these Primordial Masters, they are called as gurus, they are born in that area, as Zoroaster. You see, most of these people like Mohammed Sahib, Shri Zoroaster, one after another, three of them came. One personality came first.

Then Mohammad Sahib came in there, then Moses came in, Abraham came in, all these people were born in that area.

And then Christ came in [inaudible]. He thought that would be the best place where these great Primordial Masters have worked [inaudible] and that they will be able to understand.

But people as they are, they killed Mohammad Sahib, they also killed Christ. They never listened to Moses, never listened to Christ. People are like that and today I find many people who call themselves Christians are the people who were there to enjoy His crucifixion, who liked it, supported it and crucified Him. Today they are moving with a Bible in their hand saying that this is this, this is this. So unauthorized, so dangerous! Now it is better sometimes to read what Krishna has to say about Christ.

But just now today as we are first dealing with the Vishuddhi chakra, I'll talk about Christ later on.

Vishuddhi chakra has two other points, which are very important within us. I have to take this up because you people are suffering from Left Vishuddhi. Left Vishuddhi is on the left-hand side and right on the right-hand side. Right hand side Vishuddhi is the Vishuddhi when He was the king and called as Vitthala and His wife Rukmini. They lived in Dwarika [unsure]. This is the 'raj', or you can say the 'rajasa', means the kingliness or the action, where He wanted to act as a king, is on the right-hand side. The left-hand side is the one where He was born and in his early life, when He had a sister. His sister was actually the daughter of Yeshoda who was sacrificed, it's a big story, how Krishna was born in a jail and was taken by his father and put it in a place called Gokul. And the child in that place who was a girl was sent and She is the one who appears as the lightning in the air. And how She became the lightning when She was killed and announced that, "Your killer is still alive." to the horrible rakshasa who was actually the brother of Krishna's mother.

And it was announced that the eighth child of this Devaki, his sister, Kamsa's sister, Kamsa is a rakshasa, is a devil, will kill him. And this frightened him so much that he started killing all the children that were born to this Devaki, his sister, who was put in the jail.

The last one was Shri Krishna and when He was born, everybody slept off and the doors opened up and His father carried Him in a basket, just like Moses story it is, and crossed the river Yamuna and when the river touched Shri Krishna's feet it again went down, crossed over, went to Gokul, put the child there, took the child of Nand- Yeshoda and brought the child back and he placed it. When the child was replaced, you see, it was a girl. So Kamsa came and said, "The eighth is girl, how can it be?" So then he just found the girl and She went up and She announced that, "The killer of you, Kamsa is born and is living very much and He is going to kill you, beware." And then the story is that how He tried to kill him, so that, we don't have to bother about that. But the main thing I'm telling, was this sister of Shri Krishna.

Now the Left Vishuddhi problem starts when we get confused about sisters' relationship or the pure relationships like a mother, this is Mr. Freud's business, you see. All kinds of confusions, creating problems about relationships with other men, other women, there's no understanding. Anyone who is married, unmarried, anything cast eyes towards someone, to have adulterous eyes towards others. That's why Krishna- Christ at this point had to say, there is no sanctity in the eyes, that's why He said that,

"Thou shalt not have adulterous eyes". But that's not possible without Realization, I have seen, when we have [inaudible].

So all these perverse ideas about men and women relationships are there, and in the subconsciously they create a guilt. You know it's wrong, you know, at the base of your heart, you know that. But the ego has gone so much there, people say, "What's wrong?" That's why I see people in the West are at least innocent. They know it is not wrong. But in the East, in India, people know it is wrong, still they do wrong, means they are not innocent people at all, they know this is wrong and still they do, then they are not innocent. So all those Indians, who try to do these things knowingly that it is wrong, are the wrong type of people because they have lost their innocence. Now this is one of the things why we catch on Left Vishuddhi, very much in West.

But the second one is even- another thing is just to sit down and analyse yourself. This is basically, some sort of a funny sort of a guilt that is built in us. Or sometimes it is the superego, some sort of a possession, you start analysing and just murdering yourself morning till evening. "I should not have said this", "Why did I do it?", "I should not have gone there", "I should not". May be it is Catholicism. It could be anything. Jews also go and weep and they go on repenting things, and when you have repented, finished. If you have repented then it is finished. Why are you go on, still carrying on with the guilt within you? And this left-sided is too much. So much so that My hand gets really paralyzed with the vibrations flowing all the time, this left side. That's why I say, you go on saying one mantra. "I am not guilty", "I am not guilty", "I am not guilty". Because you go on suggesting to yourself that you are not guilty. All the time sitting down and analysing yourself. And also the society is like this, from the very beginning we are told, "You should not have done this, you should have done this. This, you should not have done, this carpet is spoilt, that is spoilt". So the whole thing builds like a guilt. For nothing at all you are guilty, I mean it's such a fake stuff. And you believe in that and the gurus play on it. They say, "These are your karmas". So, you are doomed in.

So, on the Left Vishuddhi, you have this guilt business. On the Right Vishuddhi, you are extremely talkative and you are being arrogant. Such people can be great orators, they can shout at the top of their voices, they can control people with their oratory. The right side with which they built that kind of an action, is their style.

There are so many things one has to say about [inaudible] comes in, and how it becomes a [inaudible] and all efforts. Let it be, don't complicate it. [unsure].

So now this is how you develop the complications on the left and the right sides. When the center is upset, then you take the responsibility of everything on yourself. You are running like a mad horse. You are like a bull, I should say. And you do all the gross job. And you think, "Oh you are such a nice man, in your heart". You feel, "Oh, I will have that" or "I'll get it, I will do it". You take the responsibility of the whole world upon your head and you start saying, "Oh I feel so bad that I could not help in Vietnam". You cannot help, how are you connected? "I'm so bad with Cambodia. I should have done something." You cannot do it. By just sitting in Australia, you look after Australian problems, Sydney problems, family problems and your own problems! Start it from there. 'Charity begins at home'. People always try to see the problems of another.

Like if I'm there and you tell Me, "Why there's poverty in India?" Really, very seriously they ask Me the question. I said, "Who is responsible for your own poverty is". That, "Why don't you think of your own problems?" When I am in your Australia, I'm out and out. When I am in India, I am in India out and out. Why would you be anguish [unsure]. That's how you should be also. You need to face your problems, what are your problems? These are the problems, that you feel guilty for nothing at all. You've being conditioned like that. And then if you get out of the guilt, you become egoistical. You say, "I hate you" and when you quarrel, "bapre", you really bark. There's no softness anymore. It's such a horrible voice starts coming that I knew that Australians are fighting.

When you take to drinking, you go to the other side. I mean, when we were coming to Australia, they were blaming. They were drinking so much and talking so much after that, nobody could sleep even for a minute. And so loudly they were talking that I was thinking even fish market in Bombay is better than that. [Laughter]

And they had lost all capacity to understand that there are people who want to sleep and they are talking so loudly that like a there was a mouth piece near their lips, the way they were on and on and on, all of them talking very loudly. You go to a reception,

you don't see any meeting, you talk, all right. But the other one doesn't listen to you, you don't listen to him. You go on talk, talk, talk, talk, talk, very fast. You just don't know what they are talking, what you are talking. They say, "Yes, yes, yes." You nod your head and he nods his head, and you don't know what they are talking, what they are saying, and then you say, "Oh, I've been to a reception"[inaudible]. Then you come out and go to another reception, go to another reception [unclear], And such and such come in; you shake hands, all right. Such a sad perspective, what is the need? It's all, there's no rapport, there's no understanding. And if there is, it is for flirting, that's all, which is another one, I told you, is nothing but the play of the spirits through your eyes. That's why Christ had shown you and He said, "Thou shalt not have adulterous eyes." Thou shalt not have adulterous eyes. Any Christian who has adulterous eyes should know that first step to Christianity is not there. He said it so clearly. So very clearly, emphatically he told you, to understand that your eyes are very important and they have to be pure. They have to be honest and pure eyes

I like the way people in Australia like my honesty of telling them anything that is honest. It's so sweet of you because some things can be quite hard. To believe and to take it, though I speak softly about them, I am very clever to put it through. But the way you see it, because perhaps you see that honesty in Me. I am not here to please you or to displease you, but to tell you the truth in such a way that you will not get a shock and you start absorbing it. Because that is what you are asking for.

So at this stage, the awareness becomes collectively conscious, started becoming collectively conscious. This is the beginning of it. But now the incoming of Christ, the advent of Christ was specially described. Thousands of years back, it was started with an egg. It was created with three Pranava, the Omkara, 'logos' as we call it. The sound that is the complete energy, Omkar, as you can say, the word. You can say the word. He is that energy embodied, because He had to prove that the Spirit is eternal. He is the Spirit. At all these centers, He is there. These vibrations are nothing but a emission or manifestation of His being. So He cannot be killed, because He is the Spirit. He cannot be dead, He cannot be destroyed. Because He's just the energy of Spirit. That was the embodiment of Christ, that He was brought on this earth and He was crucified suggestive of this gate here He had to penetrate. This very important gate here, which is the Agnya chakra, which He had to penetrate. By penetrating this, He created a space in the ego and the superego. This space is the space where they say that, "Christ is the one who has taken the sins of the human beings in Him". He is the lamb that was sacrificed. In the olden India, they used to sacrifice lambs. If you have done anything bad, you take a lamb and sacrifice it at the altar of the cross. Those who do not know about Christ are still doing it. And those who know about Christ also sacrifice [inaudible].

So the karma theory finishes off at the point where Christ came in. Because He is the one who is capable of sucking your ego and superego, both. On one side He sucks your ego, on the other side He sucks your superego. He is the one who drove the spirits into the pigs and the pigs were dragged into the sea. I mean He did so many such things, but because of these disciples, it is not depicted fully. But He so clearly showed that there are spirits and that you have nothing to do with the dead. But the Christians, who call themselves Christians, are just anti-Christ in this aspect. They'll have all the dead bodies in the church and sitting on the layers of dead bodies, all the spirits hovering around, your children are attacked and you are attacked.

I am not against the church. Church if it is for the Realized souls, is a very [good?] thing. There is no reliability in a church where they do not have Christ in there. Christ is the Spirit. If the church tries hard to be reborn, then it is a church. Otherwise, the rest of the things are just lip services. They are lip services.

Now another thing, all the Christians, all the Christian nations are very much interested in all kinds of these dead things and clairvoyance. "Oh I am told that there are some clairvoyance", they are very, very flourishing people. It is very dangerous to go near them. Cancer, blood cancer, epilepsy, heart attacks, accidents, financial ruin, all these things can come to you through these mediums. You have no control over them. They say she is very good lady, he is very good gentleman. He may be good or bad but what about the ones which are coming in. Can you see them? You know who are coming? It's like having a licence without any passes without any exams.

Why go to the dead? But the Christian nations are resembling England, which is supposed to be the heart of the universe. Every tenth house, somebody sitting with a 'planchette' [to call the dead spirits] talking to the great grandfather to know where there are still in the property, or some such a thing. Every tenth house you see, and so much! Then whatever was less than was

completed by the gurus from India. Some of them came out of the jail. They had no place to go, they wore those dresses and went out. They remained planning straight [inaudible]. Then some of them are [inaudible], they are [inaudible], and they became gurus.

Whatever they talk is horrible Hindi or horrible Marathi or whatever it is. In Sanskrit, it's called ?-English. Being English as [inaudible] politically, openly, ego oriented, but these are disturbing [unsure] slyly from superego.

And these gurus are making him dance, there's one who wants Rolls Royce. Last time, he asked for a Rolls Royce. He has got 58, and wanted the 59th. Actually, he was going to buy a [?] but somehow fizzled it out. And that's how the people are there, and these very ? English people who don't want to eat their food without the [inaudible] are held by their tails, by these horrible gurus.

Without knowing how much they are befooled. And even grown-ups and old elderly lords have hit it. There was one lord's son who died. He was trying to fly in the air. The father was in it- father and mother were downstairs, father about 70 years of age and wife about 65 and they were trying to fly downstairs and upstairs was the daughter in law and the son. And the son collapsed, he died. So the lady, the wife came and told that, "He is dead". So they were very happy, he is now gone to heaven, he has achieved his last life. Imagine these lords, these scholarly lords. And some Sahaja Yogis went to tell him, he says, "Don't tell us, don't come in our happiness and joy, our son has gone to heaven, and we are all going to go there."

[Inaudible] I can't understand this. What has happened to their brains? They are told that you take a drum, stand on Oxford street, wear that horrible dress, go on dancing in God's name and [inaudible], then you'll go to God. How will you believe such nonsense?

And for Sahaja Yogis, I must tell you, I had six of them. All scholars turned into hippies, scholars from Oxford, and from Cambridge. Oxford you know, ford car combined with an Ox. They really, completely exhausted Me. Four years, I worked on them! I said, "Oh God, these stones, what am I to do with them?" They liked the food I cooked, they liked the house I lived, they liked the way I was, everything, but nothing happened to the Kundalini. And then it did happen. Very difficult nuts to break, but now doesn't matter, they all found . They found out that Sahaja Yoga, it is spontaneous in Sahaja Yoga. Everything points to Sahaja Yoga. Everything points to Kundalini awakening. It's there, they recognized, even logically they recognized. It's absolutely logical. I am here because of them, I should say.

They always failed. They have a guilt about Australia that they ill-treated people for very little offences, like even stealing the bread and all that. They sent away these people to hell. Now [?] I mean, it's a heaven. You got heaven in punishment, compared to that dirty London, nowadays. It's nice to go and see. Every time you go out you have to have an umbrella, even people play football with an umbrella in their hand. It's a mad place, the [dirtiest?] place I know. But it is in Me. It is the heart of the universe. Everything circulates from there. All your laws, all our governing things, everything comes from there. So I had to work very hard, I know. But now we have really beautiful Sahaja Yogis, which are tremendous. And thanks to William Blake, he has already prophesized so much about Sahaja Yoga, about what will happen, even where I lived, where ashram will be, everything is so much in details. That now things are getting very much better in here.

So now, we come back from there, to our Agnya chakra, the center where Christ came in. There is ego and superego. He came at a point which is in the center of the ego and superego, which is controlled by pituitary, the ego is controlled, and the pineal body controls the superego. In between them, at the optic chiasma, in the center of the optic chiasma, He came. That's why eyes are very important for Me. Because eyes are controlled by this center. There are two petals to that: 'ham, ksham'. These are the two sounds that come out of those two petals, ham, ksham. On one side, left side, when the person are in superego. They are sadists, that's how they call them, people who like domination, who like beating up and all, I mean the extreme cases. I mean, in India we do not have this extreme type, we have people who are submissive or we have people who are arrogant, at the most.

But this, the husband beating the wife with a hunter or some women liking it, this kind of nonsense I have not heard of. But you see, you go to such extremes in everything whatsoever. "All right. If we have to be suppressed all right, let us get beatings, let us go on suffering." Why should you suffer? Christ has suffered for you. What is the need for you to suffer, I just don't understand. And make a drama out of it, "We are suffering". 'Les Misérables' like the French.

French are very 'Les Misérables', really very difficult people, you can't carry on with them. They think they are 'Les Misérables',

making everybody miserable. In the same way, we also take to this kind of an idea, "Oh we are suffering, we are very unhappy people", We start all sort of nonsensical emotional dramas we play. And "Why are you laughing, why are you enjoying yourself?" Like I went to France. I told you the story. They said, "Mother, don't say that You are a happy person. They won't like it. They will say you are not sensitive." I said, "Really?" Then I went to make fun at the whole stuff. But this is what it is. We go to the extremes, we torture ourselves we go on condemning ourselves, "Oh I am so bad, I am good for nothing, I am useless."

We had a gentleman like that with us. He did only one thing is to read lord Byron That man, you should never read, I tell you. What a life he led! He himself was a horrible, licentious man and he writes about The Prisoner of Chillon. This lord Byron did it. Now he became the prisoner, you see, without any prison, without anything. He is the prisoner, this gentleman, his name is Bonnie [Bonnivard]. And Ronnie is the one who cries in Indian language, 'Ronie'.

So this Mr. Ronnie all the time used to cry, weep, sleep in his bed, have his food in his bed, "I am very sorry, I am this and that." His mother got fed up with him. Wife ran away, also he cried for that. His son ran away, he cried for that. The mother said that, "You cannot have all this nonsense". So he cried for that, "She doesn't love me." And he came to Me, he said, "Mother I would like to wash your kitchen and do-." I said, "You see, there is no need, I have got my own people here, staff, you don't have to clean. Now will you please change your attitude towards life?"

He said, "Mother I'll try this, I'll try that." I gave him Realization, tried to. But he had these angles. I said all right. We sent him back to his mother. Three days later she rang me up. She said, "You please take your son away from me. I am fed up of him. He has come here, he is weeping in his bed as usual. He has gone back to the same, and he is doing no work. I have to cook for him, otherwise he starves himself. He thinks he is the most miserable man, you better have him." You see this is the same style, you see, is the superego people, one style. And another one is the aggressive. Actually, the way aggressive people can become also people, because they are afraid of [?].

Like in England, I was surprised, people are very frightened, very frightened. Extremely frightened people. Indians are not like this. I mean if you need anything, you'd better telephone to them rather than go to their house. Otherwise, if you go and knock at their door, they might die of heart failure. They are so frightened, you see, most surprising. Extremely frightened people. And you cannot say anything to them. They just get like this. What are they frightened about? I don't understand. Extremely frightened people they are. In India it is not so. In India, supposing somebody comes here tonight, immediately you think, "Oh maybe your friend has come, he may be in difficulties". Immediately the husband would ask the wife, "You have sufficient money in the house? What have you got? Some ornaments? He might need some money. Otherwise why has he come? Or may be some problem with him." It's like that. You just open the door immediately, without thinking. And the thieves in India don't knock at the door and come in. [Laughter]

I mean, they are not expert burglars you see, as we have in England. They are naïve still. So their thieving also is mostly of no value. Actually, in my house, in my father's house, we never locked our houses, never. All our doors were open, morning till evening. And father said, "If you lock the house then people will think, there's something in the house, that's why it is locked. Please keep in open." We leave everything open and anybody can walk in. And in the night, mother fixed it. I mean, we were like that. But now we have learnt how to thief and how to do things and that's why the problem is different. All right.

So, we have Christ in this place, where this red mark is, sitting at the crossing point. And this crossing point He has done for us. He has taken our karmas, the sins upon himself. The Hindus should now realize that they need not go about with their karma theory, before everyone. They do not want to talk of Christ, because they know their karma theory fails. If He has been sacrificed for our sins, either He was a false guru or we are true gurus. Then how can we build up our karmas? If we become the Spirit all our karmas will be sucked by Christ who is awakened in that. So all the karma theories go away. All the sacrifices go away. All these ideas must go away.

And when I talk about these things, Hindus blame Me that, "You are a Christian." But when I talk about Krishna, the Christians say that, "You are a Hindu." Some say I am a Muslim, some say I am - what am I? I am a Musulman, because I know all of them are one, in one body, in one personality, they all exist. In one personality, in every human being, and no use disintegrating them and

suffering the problems of disintegration. "I am a Christian", "I am a Muslim", "I am a this". You are that because you are born in that. Do you think about it? You accepted it just because you are born in it. What have you got? What did your forefathers get? All your people have been going to the same thing. You are a Hindu, you are doing like a Hindu rituals. If you are Christian you are doing like a Christian rituals. If you are a Muslim you are doing like a Muslim fanatic. It's all that nonsense you have been doing for ages together. Did you get your Realization? It's the first point. Even in the Gita, the first thing that is, that it's through Veda, 'Vid' word means to know, and 'Veda' means by which you know. If these Vedas cannot make you know, then they are useless. They themselves have confessed it.

So, we see here Christ, standing at the gate of three centers, three powers, Mahakali, Mahalakshmi, Mahasaraswati. He is the one who's is controlling all these three powers within us. By one power, He controls all our superegos, He controls all the devils and spirits. If you show the cross the devils run away. It's common. He controls our ego on the right-hand side. Though the Christians are the most ego oriented. Whatever they profess, they are just the opposite. And then He controls the dharma within us by which He makes us rise above towards spirituality, to be the Spirit. He controls that center within us. And this center is the center where your eyes get pure, that your superego at the back is clear, that your ego is sucked in, and from your eyes flows nothing but just compassion. Just compassion, and love of God and the devotees have adoration and nothing else.

One lecture is not sufficient to describe Christ. Nor it is sufficient to describe Shri Krishna. I have spoken for hours, days together, and this lecture has taken too much time because I have tackled two very important centers together. I hope you will not sit on certain words or certain thoughts and just try to renounce the truth. This is the truth. I have come here to tell you the truth and not to please you, your ego, to please your ego, or to excite your superego, but to comfort you. And to make you your Self, your Spirit.

May God bless you all.

[From 1:24:19 on audio 1]

[Shri Mataji speaks to a seeker]: You have been asking too many questions. You'd better come and sit. All right? That will be better because you must be satisfied. All right? Just too many questions also, why? Just take it. First of all, get Realization. Get Realization. Did you read the book Advent?

Seeker: Which one?

Shri Mataji: Advent.

Seeker: Advent.

Shri Mataji: Hum.

Seeker: No, no.

Sahaja Yogi: Any questions?

Seeker: Question about Cosmic consciousness.

Shri Mataji: [Laughter]

What is cosmic? It's not cosmic. Cosmic has something to do with your five elements.

Seeker: No -

Shri Mataji: I know, just a minute. I will tell you. Sit down, sit down.

You see cosmic consciousness is a consciousness which develops when you have interest in the matter. Cosmic consciousness, part of it, is shown now by your knowledge of science. This is the cosmos. The Spirit has nothing to do with the cosmos, in the sense, that this matter is just a lamp for the light. Light is the Spirit. The so-called cosmic consciousness is actually achieved by the movement of the mind to the right-hand side, which is the supraconscious area.

In this movement, before Realization you are helped by people who are 'busybodies' [dead souls], who are anxious people, who are lying on the right-hand side. Like you feel you are flying in the air, you are leaving your body, you are sitting on a tree. Or suddenly doze, some people know dozing, they know about the water, they know where the water is. All these suggestions come to you from the supraconscious area. Sometimes you start knowing about certain stars. There are supraconscious people in Columbia where women take this LSD and there are some drugs like that, if you take to it, you go into supraconscious area. You start seeing colours and formations. Beyond that also these people were so surprisingly supraconscious! You will be amazed that, I asked them, "Why do you have an emblem as the condor, the big eagle." They said that, "It is because our old Indians told us that once, it can be from India, God. God Vishnu came on a condor in this country". [Inaudible].