

30:00

First of all you become alright. Unless and until you get your realization, I have nothing to do with any of you, you have nothing to do with me. But when you get realization also you must know you got it because your kundalini rose. So there is, there is no obligation at all, no obligation. But it should not be a ego trip, of course, should not be a ego trip. But should be understood. Sahaja yoga is to be understood, to be imbibed. And the whole knowledge should be known to you. You should have the whole knowledge as to how it works, how it moves, and how you can cure people. You should be empowered to raise Kundalini of others. This Gregoire has spoken to you, ask him how many people he has given realization to. You should be able to work it out. Now we have Fernando from Bogota, ask him how many people he has given realization to. We have Babbit here from Switzerland, we have, you have here one very powerful one, Patrick, how many people he has given realization to? But he says Americans don't come, what to do? He can't give realization to stones. It is a big problem. Like sometimes you feel like you are in a desert or a wilderness. What has happened or whatever it is...then another thing is it is not a serious thing, it is joy. Spirit is the source of joy. And joy is not happiness and unhappiness, it is joy. Pure joy. So it is not so serious.

32:00

I mean if you see any of these gurus they sit so serious, and I can't keep serious for more than two minutes. That also I put up a show. What is there to be serious, it is all a play. All a drama going on. Of course I mean if you see somebody very sick or somebody suffering too much you do feel for that. But then you feel that this person doesn't want to listen to you, what to do? It is so simple. Then another thing was told to me yesterday, that because it is so simple that is why Americans don't like it. I said but everything fatal has to be simple. Now supposing for breathing if you had to go to a guru pay him money and then only you could breathe, how many would have survived? It is fatal if you do not get your realization. So important it is. It is the most important thing is to get your realization. And if you don't get your realization, then I don't know in what category you will fall. And that is the reason it has to be the simplest of simple. Supposing you have to eat your food, you just put it in your mouth like that or do you go around like that? But if that is the case that you have to go around and round, then it is wrong. But, this is a conditioning that people have given you that you have to go around and around. Some people say oh you still work you know still you have to do a lot, still you have to give some more money, come along. Without money it won't work out and so you have to go on giving them checks after checks until they start bouncing. This is the situation.

34:00

Now we have to know that anything that is important has to be simple. And the simplest of all, if you understand this, you won't raise objections to this. But if it is simple, so why not? Again, I would say this way, that supposing I say there is a real diamond lying here. And free, just you have to pick it up. People from Australia will also come running. In the same way we have to understand that we are the spirit, we have to be the spirit. The only thing is we have to go deep into it. Like if you find water in someplace. You go on digging the well there, you don't go on digging all over the places, isn't it? So, where you find a little of it, you go move into it, deeper and deeper, and then only the depth grows. And that has to be done, must have patience with yourself. That is all. I have patience. But you should have patience with yourself. And every one of you can get it. Not only you can become masters and next day when I can come you will be all be gurus, I know that. But the gurus become so simple also. So, regarding all these chakras and everything, I think I have covered in a very short way. But, you can get a booklet on this and you can study it. I don't give many books to read also because book knowledge, we have some Sahaja yogis who are experts in book knowledge, but they don't feel vibrations so what is the use? So, it is not the book knowledge, it is the knowledge within yourself which is important. Your own growth is important. So, you have to strive for that growth and you must achieve that growth.

36:00

Now any questions? I would like to answer some questions, and then we will do the realization part.

Gregoire: We will collect some more questions Shri Mataji, they are written here

Shri Mataji: English, yes?

Gregoire: Yes. Anyone else have a question written down? Please raise your hand. No other questions, ah...

Shri Mataji: Why is a... ? I just can't read it you know, I am sorry. The spellings are alright but I just can't read it. What does this say?

Yogi: How does prosperity relate to the awakening of the spirit?

Shri Mataji: That is it? Oh, no, no.

Yogi: With the realization will I accomplish my goals and dreams and desires easier?

Shri Mataji: Ah. What did you say this one is? How does... ?

Yogi: How does prosperity relate to the awakening of the spirit?

Shri Mataji: Ah, this is a nice question, you see, the first one is. with the realization will I accomplish my goals, dreams, and desires easier? Of course you will, no doubt.

38:00

Now whatever we think before realization, we don't think the same way after realization. Because our awareness becomes different. Our dreams change, our goals change, and also what else? Desires change. Like today supposing somebody wants to build a house, for example. Then he says alright I must have a house in such and such place, and this and that, or something exorbitant, which he can never afford. But then he feels his reality and he thinks what is this of having such a big house? What is the need? But he gets a good house somehow because the divine power works out for him. And which he enjoys without much difficulties. But he doesn't aim at something funny or something which is just beyond. There was a gentleman who had very great dreams this and that. And he wanted to go to a country and he said I would like to go to that country Mother and it would be a good idea if I could go. So, he got the chance and within ten days he was back. I said why? It was horrible. People are horrible. They don't talk too properly. They treat you like slaves. I said then why did you want to go there? He said now I realize. So when you face the reality then you change your ideas.

40:00

Because you have no substance, you live in an imaginary world. But when you get the substance, you want to lead a life which is reality. And reality is the most beautiful thing. So the designs also change like you see people have sometimes designs which are just to show off. Like one gentleman bought a kind of a horn and he took it to India. And he said this is a beautiful horn. I said this is horrible. It will trouble everyone, it is a horrible horn, you should not bring. Well, he put it on and he was in jail very soon. Because he was disturbing everyone. So the thing is we do not know what we want is also benevolent for us or benevolent for the society. Because you become a collective being. All the time you think what is good for the benevolence of everyone and my benevolence also. So the priority goes to the benevolence. Like now somebody once said that oh I must go and get drunk, I now must have something to get drunk in a pop supposing he decides. But after realization he sees the people who come out of the pub falling down. He said no not me, I am not going to pay to get this. So the wisdom part is so beautiful. I have told you overnight people have given up drugs. I mean a drug addict wants what? His designs are how to get drugs by hook or crook. But he gives it up completely and he is a free bird. This is one point. How does prosperity relate to the ..., how does prosperity relate to the awakening of the spirit?

42:00

Now the prosperity is a idea. It's an idea. Now for example I will tell you like we will say that Americans are prosperous, alright. Indians are not, in a way. But in a way they are prosperous. For example if you want to buy a good present for a friend you go to an Indian shop you can get a beautiful silver, or a beautiful ivory piece, or a beautifully carved thing which will cost you here a thousand pounds, thousand dollars. While it will cost you only about hundred dollars.

[Transcript of "Continued - Questions and Answers" audio]

If you want to buy a good paper to cover it you can't get it you have to come to America to buy that. So this affluence is plastic affluence. This prosperity is plastic affluence. You see like we have diamonds, we will have pearls, we have emeralds, we have rubies, we have everything. Every household everywhere whether poor or rich will be having at least two to three tola means about thirty grams of gold, every household, and silver, in India, though they are poor. They may be even beggars, still they will have it. It is so cheap there. So, the affluence that we see is an idea. Then you get rid of the one thing and throw it away and bring another thing, throw it away. Because they are worth throwing away. But if you have one good plate of brass, is sufficient, is better than twelve plates of plastic, I mean even hundred plates. So, the affluence is also to be understood in proper sense. What is affluence? Affluence is that which gives you satisfaction. If you have got now today a house, so tomorrow you want to have a car, then day after a helicopter, then an aeroplane, I don't know how it goes on. That means whatever you desire is not from pure desire. You are jumping from one to another. And whatever you wanted people will kill themselves to achieve some sort of a possession.

2:00

And when they achieve it they will not even take two minutes to forget it and think of another one. They can't enjoy what they have desired for all these years. So that shows it is not pure desire. The pure desire, the power of pure desire is the kundalini. Once you get your connection with the spirit the whole priorities change. Priorities change and then you know what is good and what is bad. Then you may not have so many junks but you will have something nice with you which will have vibrations. Your idea of beauty, idea of prices will completely change. And it is such a joke that I tell you that if you buy something in Florida for say ten dollars you can get the same for five dollars in San Diego, and for a hundred dollars in New York, so what is the price? I mean such a madness in one country, not only in one country but in two stores. It is a common thing. I mean you all must have experienced it. It is not me. So your priorities change about things. Then you take things which are very beautiful in the sense that they emit vibrations and you live with them happily. But I personally think that all material things are good because you can communicate your love through them. It is nice that you can give nice things to others. That is the greatest joy at least for me.

4:00

The most enjoyable thing is to give something really nice to somebody. To know what one needs and to give that. So many times, when I give something, they say Mother how did you know I needed. I say I just love you; you know. In love you know everything, love is knowledge, and knowledge is love. And the most nourishing and the most joyous thing is to give. And then you understand what is the right thing to do. Selfishness, possessiveness, all these things are headaches. Really, it is a big headache. Say this is my carpet, then it is a headache for me, because I will be worried it is not too short, I hope they have not cut it out, something wrong with it, thank God it is not mine. So, I can enjoy it better. But if I am a realized soul, then how do I enjoy it? I look at it, and the one who has created it, that joy completely flows, giving me joy. It is not important that it should belong to me. It can belong to anyone as long as you can enjoy it. And you will enjoy it better if it doesn't belong to you. I tell you in a way because then you don't have to look after it somebody else looks after it and you enjoy it. So, this madness also of accumulation of possessions and all that, makes you mad. So, the best thing is, if you have to have something, you must have them, you must enjoy them as well as keep them until you give it to somebody else.

6:00

But you will be amazed that when you start doing this you will be filled with things, like if you open this door air will not come, but if you open the other door such a blast of air will come. I tell you I suffer from overloading. If you give somebody so little, they give you so much. I mean, I didn't mean that, but it happens. It just happens. So that by giving you get something that you want, because they know what you want. While you go to a shop you just don't get it you are so frustrated. I'll tell you about Gregoire one day we went to a shop in India I wanted, liked a sari, but I thought it was rather expensive. I am a little miserly about myself, but I came away. I don't know when he went there, he bought the sari. And suddenly he offered to me. Of course, I don't like to take things from my younger people but you see my heart was filled with such love. Look at him how he thought of it that Mother didn't buy so let me buy this for her. Of course, I can return that in some other way, always. But see the sweetness, the subtleness of this. I keep that sari very carefully because it has represented that sweetness of a son who just thought I didn't buy the sari so he went and bought it for me. It is not worth much as such but it is very precious to me because it expresses that love of a son. So, the world is so beautiful the way you make it. And I would say that if you ever come to India, we have about two thousand people there, all of them like you, realized souls. You should see how they live.

8:00

They don't fight, they don't quarrel. I have never seen them quarrelling. Just sometimes they pull each other's legs, that is nice. And sometimes also hit each other, and real enjoyment of friendship, real enjoyment. There is no problem that this woman is running with that man, that man running with that one. No such things, nonsense. It is so pure, such pure relationships. Such love and such enjoyment. And they don't want to leave the place. We are there about ten days, they say Mother we don't want to leave it. It is described already by Rabindranath Tagore. The whole description of this is there that people from all races will be coming. We have people for all countries, from all kinds of people, all races, all religions, everyone. We have so many Muslims also. You will be surprised when I went to Russia what really made me feel very happy was that twenty-five Germans came to give realization to Russians. You don't know how everybody felt. They hugged them, they loved them. And, I mean it was really a sort of a pure understanding that now we are one. We are one. Part and parcel of one. Such a thing should happen. Then Americans go to Russia and just get one with them. They are all like us and you are like them. There is no difference. Before realization all these problems, then you realize we are just the same. Such a world we have to create.

10:00

And Americans have a very, very great responsibility because your country is a very important centre in the universe. Which is this centre here. Which stands for collectivity. This is the centre you represent for collectivity. You are in a way very collective, in a way, but not yet aware of it. You are responsible for all the collectivity of the world. That is the centre you are. And if you people realize then I tell you this world would be a different world all together. Absolutely. It is Americans because they are the trendsetter. But the kinds of trends you have set in before have been horrible. So now let us now start the real trend. And that is what has to work out. I think you all have been realized. You all got your realization the other day. You have all felt the cool breeze. And I have to just tell you that we have a nice centre here. You all can meet all these people here and master it. Absolutely you can master yourself, you become your own master. And you will be amazed at your own improvements. Healthwise I told you that you drop at least ten to twenty years of your age first of all. All your wrinkles, everything, disappear. When I am sixty-seven, I have no wrinkles at all. I mean I never worry. I mean I have a hole here from where all the worries go out. In the same way you also have got now the hole.

12:00

It is as simple as that and it has to work out. I am sure all of you will get it and will establish yourself. I think Florida is a very, very fertile land for that. I have been telling him, the people are much more relaxed and it is a God blessed place. I feel that way. And, I have told him that I will come next time for a..., at least for eight days and work it out in Florida. America, I think Florida and San Francisco are just the opposite of each other. So, I have stopped going to San Francisco. They are not family minded people.

They do not have this value system. They don't have that feeling for their children as you people have. You are very different. But San Diego is very different too. See it is ..., I don't know. But New York horrid, horrid, absolutely horrid. But we have places like here, there, there, where people are coming up, like the fertile land as you can say, Christ has said where the seeds fell down onto the stones then onto the fertile land so I think that Florida will work out and I am with you all the time. Whatever help you will need; I will be there. And, also these people are here. They will tell you all about it. It will all work out now. Any more questions are there? I mean...

Gregoire: Now we do the questions Shri Mataji?

Shri Mataji: What are the questions? Are ...? Such a long one, it is a lecture.

14:00

Now you have asked me a question, is good. But that if self-realization is so simple like reading, eating, etcetera, why is it that we cannot ... why is very common here, so we cannot simply be realized but we need someone to show us. Why has the process become so obscure? We all breathe, eat instinctively. Why isn't realization automatic? Now, for your information, that you have come from matter. From matter to living state there was an incarnation. And from the living state to human state there have been incarnations, one after another. Somebody had to lead you. That has been. They had to lead you. In the same way, in realization also, you have to be led. You will be amazed, there are some people who are born realized but they don't know anything about it. They don't understand themselves. They have vibrations, they cure people, they get sick, uh ..., they get into problems, and they have no idea as to how it works out. Somebody has to tell you what it is. It is like a child if he is born in a jungle, he is to be told. In the same way, you are to be told. Now in America if you come, you have to ask even how to enter into a house because maybe, you see, you don't know how to open the door.

16:00

In the same way there has to be someone who has to tell you. And if it would have been this way, it would have been very good for me, but it is not. I have to work hard and I have to tell you about these things. It is very simple but this last realization is not only physical, is not only mental, emotional and spiritual means that you have to have the powers to do it. We never had these powers before. Before this, supposing we want to eat, alright we could eat, but we could not make an ant eat like us. We have to make others like us. This is the problem and that is why you need someone to tell you all about it. It is not like just breathing. Breathing, we do breathe, agreed, and everybody can breathe. But supposing there is a stone. You cannot make the stone breathe, can you? This is a living process again, and for the first time you can do living process, first time. You can raise the kundalini like that. That means you see with your own eyes the movement many a times, of the kundalini, many a times, not always, because sometimes it rises like a jet. So, because you have to do the living work somebody has to tell you. So far you have not done any redemption of anyone. A stone is a stone, fish is a fish, animal is an animal.

18:00

But, now you have to make non-realized souls into higher people. That for that you have to know. And one should not feel hurt after all. I tell you I will be very happy if you can do it. I would like to retire myself. But it is not done, you see, that is what the problem is, somebody has to do it. Alright just a second part, so understand the importance of self-realization. It is not only self-realization. You have to give self-realizations to others. It is not only you get self-realization; you have to give it to others. This light has to go to others, for that you have to know how to do it. Local papers have given covers to TM, Ram Dass, and other teachers, how come you have not been covered? Because they must have given them money. Yah, of course. It is all money oriented. Apart from that there are people who are giving money to the newspaper that I should not be published. You will be surprised in the U.N., where my husband has worked for sixteen years now, he has been re-elected, re-elected as the Secretary General by a hundred and thirty-four nations. And they wouldn't leave him, he had to resign to get out of that place. He is the senior most Secretary General in the U.N. Despite that, to get into U.N., our organization is one of the organizations as they have sixty there, it was impossible because of all these people; TM, Ram Dass, Chin Moi, this that, all sorts of people. They oppose it,

but luckily, the good news is now they have to give in.

20:00

It is only in opposition these newspapers have done it to. Better write to them, is a good idea, to local papers. Why don't you write about Mother? She has done so much good. And why do you write about TM and this Ram Dass, who harm people. Better write to them. Anything is possible. You see they are very much against me. They try to harm their level best but so far, you see, they are harm not me. Because, you see if you try to harm someone you get back very nicely in your neck. So most of these gurus, Rajneesh tried to harm me, and next week he died. So, most of these gurus are finished like that. What is ... ?,

Yogi: What is the ultimate goal of Sahaja Yoga?

Shri Mataji: What is the ultimate goal of Sahaja Yoga? Sahaja Yoga has no goal. It's a technique. It is a method, a natural method that works it out. The ultimate goal is to become the Spirit; for you, not for Sahaja Yoga. But not ultimate, there is further on, but still first of all become the Self. As Buddha has said you first become the Self. Do people reincarnate? Of course, they do. If they reincarnate and if they do is the purpose to become closer to a more aware of... I can't read it.

Yogi: Do people reincarnate? And if they do is the purpose to become closer and more aware of God each time.

Shri Mataji: More aware?

Yogi: More aware of God each time. There is a second part to the question too.

Shri Mataji: Alright. Now he is asking do people reincarnate into.

22:00

They do reincarnate. And this is the trial, error and trial method. Then you want to do, say supposing somebody wants to marry a lady. Hanking after her, I must marry her. So next life he marries and then says oh God, please, never this. To learn the lessons, you see, you have to reincarnate. If and if [inaudible], yes, of course, they become better and better, naturally. Because they learn a lot of lessons, you see, so they become better and better. Do you always progress closer to God in each life or do some people get further out? Of course, some people do get further away and some people get nearer to God. It is up to them. It is easy. You have got the freedom. If you want to go to heaven, you can go to heaven. If you want to go to hell, you can. One hippy asked me how do you go to hell. I said take to running jumps and you are there. A group of people believe in bible or Gita very strictly and lives according to the scriptures. Those people facing man problems and sufferings in their lives than other people. What is the reason for that? Mataji believes in karmas and what is your opinion about that? Now, to say that we follow bible is wrong or to follow Gita is wrong. I already told you about bible, how we don't do what we are supposed to do.

24:00

But I will tell you about Gita. First and foremost thing, Krishna has said: "yoga-kshema vahaamy aham" first of all you should take to yoga and only then I will look after your kshema. So, he is not responsible then. That is why you suffer, first point. Second point, you seem to read between my lines of Gita you have to be a realized soul. Krishna was an incarnation of divine diplomacy. At that time, it was necessary to be diplomatic. He did not say things straight forward but in such a way that only a realized soul can understand. For example, he first said, first of course, he said that you should take to gyana yoga. That is of knowledge. Of course, that doesn't mean reading. Many people think reading means knowledge. No, he meant that you should feel it on your central nervous system, your buddha. Then your second, that is the best he said. And then you will; siddha praghya, means a realized soul. Then the second point he said that for bhakti yoga that you do your bhakti that is pushpa polum (?) phala (?); give me flowers or fruits or water anything I will accept. But when it comes to his bhakti he has used one word and all that all the Hindus are dancing. They don't know. He has said the word ananya. Do the bhakti which is ananya means when you are not the

other. That when you have become one with me, that is the bhakti. That is ananya bhakti. Now they know all these words; ananya. But Hindus have slipped that point completely. They think by going Ram, Ram, Ram, Ram, you see your throat will be spoiled. Krishna, Krishna, Krishna, this is Krishna's place. Those who sing Hari Rama, Hari Krishna have gone mad.

26:00

Not only that, not only that they go mad but they get cancer of the throat. Why? Because after all, to take the name of God, what is your right? See when you take the name of Mr. Bush, supposing you go and shout out eh, Bush, Bush, Bush, Bush, he will put you in the bush. You have to have some protocol. You just can't go on calling God's name like this. He is not in your pocket, just you take it out and say that; Rama and Krishna. They are incarnations. You can't take their names like that. So, what he said that when there is ananya, when you are not the other, when you are a realized soul, then only you should do bhakti, means devotion. Before that, no. And the third thing he has said is: first is the gyana; second is the bhakti; and third is the karma. That is also very interesting. He said you do all the karmas. You do all the action, everything. But put is at the lotus feet of Shri Krishna. That you cannot, because there is still ego. But many people will say yes, yes, I did this, and I put it at the lotus feet of God. You murder someone, put it at the lotus feet of God. You do not. Unless and until you get your realization, you do not. Because then your karmas become akarmas. Means nonaction. You will see when you will be working on people you will say Mother it is going it is coming, it doesn't work out. Mother, what to do? You will never say I am doing, I am raising, no. You will say it is going, it is working. It is not [? Kavika] You will say like that. That means that you are saying in the third person all the time. Like a little child, you see, if you ask him. I asked a child will now will you go home now?

28:00

No, this woman doesn't want to go. What to do? So, you get into akarma. Like the sun which shines which doesn't know it is shining. You do the thing without thinking that you are doing it. It is only possible after self-realization. So, he has hinted at that only what people have not realized. So, they are going Hari Rama, Hari Krishna like mad. I mean by saying that if you can reach God everybody in India says that morning 'til evening. They must be all nearly there. All absurd ideas. And substantiated by the priests, very nicely, alright, I will give you a mantra, come along, this is the mantra. At least they don't get, give horrible mantras like TM. But still, they give some sort of a say Rama, why do you need anyone to tell you that you can always say it. But, you should not. Here it is, I have seen people: Christ! They say Christ for everything. I mean they see anything horrible, Christ, and what Jesus also, you say, America?

Yogi: Yes. Jesus Christ, Jesus Christ.

Jesus. Everything. How can you say that? He is God. You can't call him like that. Just to say Jesus at everything. Even once you say that vibrations start flowing. Once, just once is sufficient once you are related to him. So, we have to understand the protocol part of it. So, this is what the Gita people read Gita, no use reading anything. Like sick people, they have a very good book.

30:00

Which Nanak sahib worked out very well that he got all the realized souls. He put all their poetry there and he said now this is the book for you. You learn from here. So, they sit down in two and a half days the book should be finished. So, one person reads something, puts his finger, then another one comes from that finger, he reads, puts his finger. They are all reading one after the other, just like Bible reading. For two and a half days they read and end up with nothing. Because what he has said is that why are you running here and there? It resides in your heart, seek it in your heart. Now supposing this is the medicine he has given, that seek it in your heart. Supposing you are having a headache and that is alright, you take headaches for it. You are going to, you take headaches, you take headaches, will your headache go away? You have to take the medicine that they have said it. That is why those who read books just read the prescription but not take the medicine. That is why. That is why these people suffer. Otherwise why should they suffer is Kubera. What is there to suffer? You know how he helps Sudama? But you have to be like Sudama. Alright. Practically the questions are over. I think I better meet you all. Will be a better idea. And see that you all have your Realization intact. I am sorry I am going away so early. Next time I am definitely going to be here for some time. You are

already looking younger, this lady. They can come.

Yogi: there is a line to come see Shri Mataji

Yes, I will just sit there. You can pull the chair up.

1990-0605, Talk to Sahaja Yogis

View [online](#).

5 June 1990

Talk to Sahaja Yogis

(United States)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: They can come in front, here.

[UNCLEAR]

Shri Mataji: There still people down?

Yogi: Yes, only.

Shri Mataji: [UNCLEAR] here? Ah, yes. What is it?

Yogi: I'm just gonna stick a microphone here, just in case you decided to talk.

Shri Mataji: All right. It's quite personal though, I'm going to talk, huh? So we can do it later.

Yogi: Okay.

Shri Mataji: So we are here for North America, we can call it, easier is North America and we have now ashrams in all these places. All these places.

If you move forward he can sit.

[Yogis shuffling forward]

You must have heard about the eastern block people and [UNCLEAR] states that in Lithuania there was eight thousand people and I was not there. What a [UNCLEAR]? So they were Sahaja yogis like you only. They went out and got a eight thousand people. So, I think it is, this a land is not spontan that's all. And one has to work very hard. But I'm a -feeling this year in a new... New Year because it is said that after 1990, Sahaja yoga will spread, very fast. But not in America, it isn't stable.

So now, however, if I should be spread Sahaja yoga, to smaller places near your, say, near Boston now? Maybe in the Boston city, the city it would not be so successful. We've tried quite a lot in Boston city, you know that. But the real radiance to Boston you can find, where you can go round a talk to people and find out. Maybe you might be able to get, near Boston city, certainly. And also they have got which is quite suspiring how it is prospered there also. So if it has just prospered there that means then can't [UNCLEAR], that's side. Also I felt that [UNCLEAR] and [UNCLEAR Florida] is also very far there. Oh course I mean, we aren't getting thousands but you get good Sahaja yogis. But Boston I felt is a educational thing, people come for education and more sort of intellectual type of people. But if you can go a little bit beyond, Boston, you'll find people who will be very good. Like they also tried in [UNCLEAR] and they found these very good in [UNCLEAR], they started working in [UNCLEAR]. So we have to get out of such places which we find not so good.

Like even New York, I mean so far, let's see tomorrow what happens. A great hope from Chinese because they are very wise people and maybe I'll be speaking to the other black community also here. Maybe it might work out with that. But is best is to think there we can go a little away from the city. Where we have not been so good because city people just want some sort of a

payment and they finished, that's all. They don't want to become something. So for them they will do all right that they can face many [UNCLEAR] they have to do, you see. As they have somebody, a psychiatrist attached to them, they have a guru so they don't want to have somebody who will really do something.

But we have to get as many people as possible in America, that's important and that will help us all. And we have to work it out that we get more people and spit it out, wherever it is possible, that should be the case. So I've also said Phoenix would be a good idea because I have felt the vibrations and [UNCLEAR] they are very nice]. In Canada we are working out very in Vancouver but not so much in Toronto because the Indians are quite troublesome. [UNCLEAR] satisfying them is difficult to work it out there. So that's why you are there, [UNCLEAR] you have to see that the Indians have some brains to try to talk to them and tell them that they have to behave yourself. Otherwise the Eastern block will take over the whole world I think. The way they are - imagine the 8000 people. These French people who are there and 8000 people came to the programs of the Sahaja Yogis.

So now Ivan says he has a problem, he thinks he's rather strict and he doesn't want to be very strict with you, he was telling me. But unless and until you have your own self-discipline, somebody has to discipline you. Once you have your own discipline, there's no need to discipline you at all. But certain disciplining has to be done otherwise, Sahaja Yoga will not grow. As it is, American life is such, I mean, every moment is frittered, I mean. Every moment is frittered, I mean, nobody thinks, what is the value of this time and what time we are born, how important. Even Sahaja Yogis sometimes. So it is important that we should have a little strictness about it, one shouldn't mind because it disciplines you. And then once the self-discipline is established, then you are all right. So I do not like to have complaints against people who are disciplining and complaining, shouldn't mind it. But gradually then you will find it can help you if you take to the discipline. And those who are disciplining if they go too further, they also know that it's not good. But they have to be cautious about it and that the growth within can only be possible through self-discipline otherwise it will not be possible. You may have thousands of people around you, you might have lot of people you are willing to talk to them about Sahaja Yoga, but inside you'll be all anything, so what's the use? So you have to develop yourself within, and there I find the people in the west are very sort of ego oriented. They think they are perfectly all right nothing wrong with them. Everything is wrong with others, nothing wrong with them, they don't need any correction. They don't have to be meditating or doing anything. Only they can give lectures to others and put them right, they can please kundalini. But Sahaja Yoga is very easy to know, also you get your realisation. You don't have to go to school or anything, you don't have to study, you know Sahaja Yoga. But once you have this kind of an attitude that we are spreading Sahaja Yoga, and we are great Sahaja Yogis and Nirmal lights. But the Nirmal lights have to have lights within. So he, what I always talk about, the horizontal and the vertical, if you have horizontal movement that you are spreading Sahaja Yoga, so must also [UNCLEAR], it should be balanced. Otherwise, you spread all Sahaja Yoga everywhere and you will be left with none. That should not be said. So everybody has to meditate morning til evening. During meditation only you go. Please remember that. When you are thoughtlessly aware, then only you will go. When there are thoughts you cannot. That state has to be improved, increased and maintained. Then in that thoughtless awareness only you will know, is a fact. So if we have to grow, we are not in Sahaja Yoga just because we are coming together or just because it is a fashion or just because you think you are seeking something and that's a nice collectivity, there's lots of people. It is what you are within, it's what you have got. And once you reach a certain state, you see. Then you don't need any self discipline because you get self disciplined, itself. Like we have [UNCLEAR] Shudy camps, who works very hard. She's always relaxed, [UNCLEAR]...who always stands, you see. So I asked her, "How are you relaxed? And he is not?". She said "Because Mother, he thinks too much about. I only know one thing that everything that I've put at the lotus feet of Mother. Whenever I start, anything. I am doing nothing, She is doing everything so why should I not witness".

But that is a state one has to achieve. That everything at the lotus feet of Mother that state if you can achieve, it's a state. Again I'll say it's a state! It's not something mental but just - maybe tomorrow and try, you'll feel very much light first of all. I think will be [UNCLEAR]. But it is all the time forgotten, even people forget there vibrations. They forget to give bandha's. Now some you are very senior Sahaja yogis, you have to all the time use your vibrations for everything. And then you will be quite gently with it and you will know, in the security of it.

Now we have here most of the leaders, except for Bhala is not here, I wish he was here so I could have gone to him. But in any case all places are doing well compared to that what we were, I should say. But we can do much more. By surrendering everything, if you can surrender well, you can do that.

Please keep your eyes open when I am talking, you should keep your eyes open.

So now if you have any practical explaining, you must tell be now. I would like to talk.

Nikki: I have a very hard time being thoughtless, and I can say I sit down in the morning and I've been trying to get up at 4 because it seems easier to be thoughtless than what, is there anything I can...

Shri Mataji: I can't hear a single word.

Nikki: I have a difficult time being thoughtless.

Yogi: Nikki, she has a difficult time being thoughtless and she tries to get up at 4 in the morning because that seems to be the best time to meditate, but she has a hard time being thoughtless in her meditation.

Nikki: Yes.

Shri Mataji: Why?

Nikki: I don't know why... perhaps I'm just so right -sided or...

Shri Mataji: Treat it and it will work out, that's one. They put your left to the right, all right, and then any thought that comes in you should say, I forgive, I forgive, you can visualise. All right? Then you can work. The right hand towards the photograph and left hand you have the ice, put it on your liver and both the feet in the water. And that could work out. All right?

Nikki: Thank you.

Shri Mataji: Any other problems?

Yogi: Mother, for spreading Sahaja Yoga, can we go to the church area?

Yogi: For spreading Sahaja Yoga, can we go to the church area?

Shri Mataji: [UNCLEAR want to give up?] If you want but they won't listen. But you can have [UNCLEAR]. What is this so-called Christianity done for us? Put it like that. It has just given us [UNCLEAR] paying money to them, that's all. It's a money oriented thing, they are not going down to the spirit. And you have to do what Christ has said "Is to be born again", like realisation and if you want that thing to be [UNCLEAR] of peace, come and see us. And such and such point. This is all talk, talk, talk, there's no actualisation of baptism. If you can give such boundaries to the people who go to the church, they might turn up. It doesn't give benevolence, it doesn't give you any calmness, it doesn't give you any compassion. Because the behaviour of Christians have been spreading Christianity is horrible. So there's something gone wrong and what is it? Like that you can write something and write parts about the little pamphlets or something or ready and hand to the people. You give your addresses, you can come and he will answer you all these questions if you are... or when you are going to hold a public program, you can put these things out and ask them to come and see it, in the program will tell you what is it.

Because these christians always try and come to disturb our programs. I think they are all paid for the ones who would sort of. This time is happened again and we were in a...? What is that place called?

[Inaudible - Yogis and Shri Mataji discussing]

...You see we have taken everything, the hall and all that and these people just came in and started some sort [UNCLEAR]. But in the church, when people are going to the church can do that. I mean coming out of the church can do that. But if you go to the church, out of question. To them everything is Hindu and Christianity is the last word of evolution according to them. What these horrible Christians have done, [UNCLEAR is just the fall or the steam]. What would they have given [UNCLEAR]. In England for example, there is only one religion, that is Church of England, even other Christians are not regarded as a religion, only Church of England. That is absolutely absurd.

They are also money oriented but people can be brought in, you see with churches are really money oriented but they can be brought in the pool of Sahaja Yoga. But they are not such fundamentalists those who go to church, they are just a social thing on Sunday, all right. Just go to church and come back, finished. You might find some people here. But in the university and all that you can try in Boston. Have you tried in [UNCLEAR]?

Yogi: We tried Shri Mataji but not very hard.

Shri Mataji: Not much.

Yogi: Shri Mataji, one hour outside of Boston near Worcester, where [UNCLEAR] lives. They have a lot of success there.

Shri Mataji: Really? That's outside Boston.

Yogi: Outside, one hour outside Boston.

Shri Mataji: Outside that's better. And the students also come tomorrow all over the world and spend so much money to study here and they are busy study, they have no time for all that. So it's better to try people outside. Sometimes I always think that we have not touched the people, the people to be Sahaja Yogis. So far in that in area we have not touched, we have a few people now here, who are Sahaja Yogis. We have not touched that big areas. I have a feeling they must be some areas which we can crack but I don't know when we are going to touch. But look at the East block, we're touching. Only one lecture, one lecture in that yoga seminar, about 35 minutes and 10 minutes for the realisation and they all realised. And here we have to talk, talk, talk years together, I mean to get in your heads. So of course I test your vertical thing you should work out, every day. Plus try to spread it out, I think it might work out. My blessings can.

I went to Russia and it was a tremendous success that I felt my Indian, Australia and Russia. After all you are human beings [UNCLEAR]... allow Russians to go to wherever.[UNCLEAR] Eastern block people I think, they way they have recognise us. They are born [UNCLEAR]. Even this Chinese from [UNCLEAR] mainland China, they have tremendous respect for Me. You see I went there, the minister told My husband, "Please bring your Wife also to the office". No, never a wife goes to the office. So I arrive there and they talked to Me, they were nice. They ask Me what, I think they know what I am doing. And also once they had an exhibition in London and they had invite both of us but I didn't go. So they specially extended that exhibition for one day, for Me. And they said She must come and see show. So I think there is something they know about. They are sensitive people [UNCLEAR]. Also we think the...students maybe too much like that you see. They should have got a proper way of saying how they want democracy and all that. You can say give us democracy just now! They'll see that, that's not the way. How can you have democracy which is like that. So that is the reason, [UNCLEAR] I mean we could have just [UNCLEAR] some people would be much better than to have subtler. And talk to them, the ones you mean by democracy. But you want to have, how can we have? There they fail, their intelligence fail and their wisdom fail, like that.

For two days back, you see, I've felt it was for one year. When this [UNCLEAR] took place. It's just an error on the first time. Otherwise, I think you have very wise people, because I've been to China three times, two times, and I think you have very, good wise people. In some feats, they beat even Indians, really. Very wise, sensible, very humble people. Also, every way, see the good they've done. No, no, no we are still learning, we have to learn such a lot more. Now, what about Taiwan? I'm planning for Taiwan, how long?

Yogi: Yes, September, we are going.

Shri Mataji: No. It's already, somebody there, has gone. You contact him.

Yogi: [UNCLEAR] is in Taiwan right now...

Shri Mataji: Yes, yes.

Yogi:...and he has been in contact with the [UNCLEAR].

Shri Mataji: But you can wish to write to him and find out what the situation like?

Yogi: He doesn't have a...

Shri Mataji: We have an address.

Yogi: Address, yes.

Yogini: Yes, we do. His written, you know [UNCLEAR].

Shri Mataji: He has his address, you write to him. But then I was so surprised, I get this time to see before, and at this airport, there were about 35 Chinese Sahaja Yogis from Malaysia. I was surprised to see them, I mean. In this year, they have done so much work in Malaysia, so I said I'm also said I will go to Malaysia from [UNCLEAR]. Otherwise, I was not going to Malaysia for the last few years. So there, I told them to try more and more, the Chinese and that area. Hong Kong, Malaysia, Taiwan. Because Indians are noble. Once they are out of their country, they are absolutely finished. So don't pay any attention to Indians. Just don't bother. Have nothing to do with them, it's very difficult to [UNCLEAR] with them. We like those about ten or twelve of them there, from British liner, these Indians. All, everybody got realisation except for these. And your colleagues have decided, baba, these, that, and horrible. None of them got the realisation, serious thing, yes. [UNCLEAR Got a glasses]. And also you must pray for spiritual people and give them bandha's, praying even helps a lot.

You must pray that America should be saved. Has been very difficult, has it not? I mean, we have about 120 people in Sahaja Yogis, in the whole of America. Which we can call as Sahaja's Yogis. Can you imagine? It's very sad. But we will test that area, I'm sure we will test that area. And all the funny false gurus are here, all of them. And those who are not there, are trying to come, even now. And they don't like Me at all because they think I am the one who is just taking out their [UNCLEAR leaders] or something like that. But your response will be doing in India also. India will get lots of people, but there will be about 12,000 people. Only about 13,000, 14,000. And also another place was Noida. They have about 15,000 people. It's quite nice, yes. Everywhere we have in thousands, wherever we go. Even in the two years, you have seen how many people there are in many places, so many people. Even in a small, little village, there are so many people. All the other countries, like Austria, we have much better response. Then Italy is, of course very good, Italy is very good. France, France, so many Sahaja Yogis, so... At least one thousand five hundred, six hundred Sahaja Yogis. It's so nice to see them. It's so beautiful. And also Germany is doing very, very well now. Germany, Switzerland, yeah.

Yogi: There was Swiss... A program in East Berlin.

Shri Mataji: Where?

Yogi: They made a program in East Berlin, first public program in East Berlin.

Shri Mataji: How many came?

Yogi: One hundred fifty people came...

Shri Mataji: You see.

Yogi: ...and thirty five signed for the follow up.

Shri Mataji: Stayed on.

Yogi: Yes.

Shri Mataji: See now. And it is America's slow because all those gurus are there and all kinds of things. But I am sure now it will work out. For the first time, a newspaper has [UNCLEAR]... one is Chinese and one is English and then again your program. First time! In New York. We tried everything. We spent a lot of money on it, a lot! We went to Los Angeles and then we paid a lot of money. We went to the one who was supposed to be our P.R.O and then so many programs with the television this, that. It's all waste.

San Diego was good, this time quite good. Let us see how many come. Because when I go there, then of course there will be lots of people. If I don't know what happens to them when I go away, then never bother. They are doing another guru shop, going to another guru to listen to him. From one guru to another guru. I gave a very nice lecture in San Diego and that thing must be taken and you must, you should take these people, listen to that, it's a very nice thing, which, compare them, compare them to [UNCLEAR]. He has got the tape and he must get that tape done as soon as possible, send it to all the centers and they can use it.

So now, I leave it to you, to work it out. I am again coming to Canada of course, going to go to Canada. And then I mean I have to go to San Diego for a reason. I mean I am just around here, then I have to go to South Americas. South America is great! Really, very clear.

[INAUDIBLE Yogi talking to Shri Mataji]

Shri Mataji: He says if you come and stay here for two, three months it will be all right. I think so, we can do that. But [UNCLEAR] so. First, try yourselves. Just now I don't think that I can do it all. Frivolous, very frivolous. Once they've touched their depth, then they're all right but if [UNCLEAR some experience] before they touch their depths. I mean, with that negativity they get lost. The point, that's a dangerous time. So how are you otherwise? [UNCLEAR] your all right?

Yogini: Yes.

Shri Mataji: It looks like nice... Belgium is another headache, I'll tell you. I'll wait if you come to Belgium, let's see. That trip from France has given up, it [UNCLEAR] them. They [UNCLEAR] my car. Now, Paul and... you see, he's doing well, Renee. Doesn't go on, but...

Yogi: Henno?

Shri Mataji: Henno.

Yogi: Henno.

Shri Mataji: Huh? Who's that?

Yogi: Henno.

Shri Mataji: Henno, Henno. Henno is a, he's doing well, but he has an Angya problem.

Let's see. He still has Angya. It feels better than the other one. So it's, it's working out. But how many times are you there? Only there are three countries have not been, Norway, Belgium... Norway, Denmark, Sweden, these three countries I have not been. Otherwise I've been to all the other countries in your finger.

All right, we're done, thank you very much. Now pray for this program that many people come, for this program that we are having, and for the follow on. You have to pray that's the only way because your desires are always fulfilled.

[End of recording]

1990-0606, Conference and workshop at UN

View [online](#).

6 June 1990

Conference And Workshop At Un

Public Program

United Nations Headquarters (United States)

Talk Language: English | Transcript (English) – Draft

I bow to you all, for you are the seekers of truth. When we talk of truth we must understand at the very outset that Truth is what it is. We cannot mould it with our human awareness, we cannot organize it and we cannot change it at all. So, what is the truth?

The truth is that we are not this body, this intellect, these emotions, this ego, the conditionings, but we are the Spirit. And the second truth is that there is a subtle All-pervading divine Power which is doing all the living work.

For example, we see the flowers and we take them for granted. Mohamed Saab [unsure] has said that, "If you just watch your eyes, you'd be surprised what a camera it is. All living things we take for granted and we do not inquire as to how these things are worked out and how all these living processes are going on around.

Now we have supposedly come from the amoeba stage to this stage. How have we come? We did not do anything and how is it we have become human beings and why have we become human beings? When I first saw the mandate of the United Nations, when my husband was elected, I was very happy that what it was saying was exactly what we have to do, is to become collective in a way, to have collective benevolence. But outwardly and superficially we cannot become collective. We have to become inwardly collective and for that something has to happen to us. If we were so easily collective, we would have absolute knowledge and there would not be any difference of opinion. Everybody would say the same thing because if it is Absolute truth it has to be absolute for everyone. On the contrary, everybody is saying they have the truth. It seems they are all absolutely [in opposition] with each other. So, what is the thing that we are missing? Whether it is religion, philosophy, thinking or all the philosophies of the world, I feel that in the United Nations one has to get self-realization. Unless and until you get Self-realization, this collectivity which is the nature of your Spirit will not manifest. The Spirit is the collective being within us. When it manifests you'll be amazed at yourself that you can feel the subtle centres of another person on your fingertips and you can feel the subtle centres of your being also on your fingertips.

In Koran, it is very nicely described that at the time of resurrection your hands will speak. So when you get your Realization you can feel on your fingertips all the subtle centres about which he was talking to you about. It is to be understood later on. But the first thing is that you must ask for your enlightenment. It's a myth when we say that you are enlightened, you are born again, or we are this or we are that. Unless and until you become Spirit in the real sense of the word, that it is an actualization of the experience, we are not to believe into it because that kind of belief is just blind and it's not for our benevolence or for the benevolence of the whole world.

So this breakthrough in the evolutionary process has to take place. But for that one has to remember that as we have not prayed for our evolution so far, we cannot pay for it. First of all, all people who talk of payment, you must know that there is some falsehood behind it because you cannot pay for it. If you have to sow a seed, you don't pay anything to the Mother Earth. You may pay for the hall, you may pay for the car, but you can't pay for your self-realization. This is the first thing to be understood very clearly. But I find in the Western countries it is difficult for people to understand this point. I was surprised that the BBC people, such a well-equipped and sensible people, told me very frankly that the Anglo-Saxon brain cannot understand anything without money. I said, "Who has made this Anglo-Saxon brain?" First of all. The second point is that you believe in Christ. How much money did you pay to Christ? How much money did you pay to Buddha? How much money did you pay to Mahavira? Or to Nanaka? They worked so hard for you. What did you do for them? Nothing but to torture. I never listened to them. The truth is so important today for us that all our problems are there only because we have not felt the truth. You are talking now about

imbalances. You are talking about the physical problems of drugs and also of AIDS and all other such things. All these can be cured and completely prevented if you become the Spirit.

When this Kundalini rises, she touches that All-pervading vital Power and you are blessed with all your physical, mental, and emotional upliftment, not only that but complete nourishment. Because this little point was left out: we are suffering. Ecological problems can be solved, very easily if you get into your balances. For example, we use machines. For anything, we go to extremes. We have no balance. Actually, the mental projection is a linear movement. But if it has no support with reality, it recoils back on you. Even science, we must say that science has done a lot of harm in a way because it has produced atomic bombs and all that. But the science also tells us, "This is wrong. We are going too far with it. We should stop". But we don't pay any heed to it. This is our own mistake. We have to understand that there is a kind of balance which is needed in our own lives, in our own temperament, in our own being. But supposing if you force yourself you cannot. If you tell yourself, "No, no, no, you must be balanced, you should have a balanced life". You cannot, because at the human awareness you cannot. But once you become the Spirit, it automatically works out.

Now in this diagram, you'll see there are three channels which are shown and also there are centres which are shown here which are seven in number. The centres are something like this and this is the left and right side of the two sympathetic nervous systems and in the centre is the parasympathetic nervous system. Doctors call it an autonomous nervous system. But who is the 'Auto'? And who controls the 'Auto'? And how to reach the 'Auto' is the problem. Supposing you have a tree, very much grown. You must know it has to have roots down there. If it has not got those roots developed, it's about to fall off. So this is the knowledge of the roots and as scientists, you must have an open mind about it. Take it as a hypothesis and if it works, as honest people you have to accept it.

For example, my husband always said, "You are a saint, I know. You are an awliya". He used to say that. "But I can't believe you can make anybody like you. It's a different thing, a different category". But these days these categories are born. So many are seeking the truth. Never in the history of spirituality, you had so many people who are seeking the Truth. They are misled, I know, and they are used and exploited, I agree, but they are seekers. So, I call it the blossom time. This is a special time when this has to happen. But people have to have a seriousness about it. When in the society that I move – as you know there's another society also that I have "- in which I find people talking like this, "This guru is very good. He's expensive but very good". And the one gave some bargains and another has lowered some price. If you are going to judge your guru by how much money he takes or how much you can save, then it's such money-oriented nonsense it cannot be anything divine. Divine doesn't understand money. Never. So, once you understand this simple point, you'll be able to reach the truth very easily that if you have to seek the truth, it's a living process within you which has to work it out. And when it works out, then only you can feel that beautiful, surrounding All-pervading Power about which all the religions have described.

If you go even to the religions which have only talked of the formless God, or some who have talked of the Form, there is one common point they have said: seek the eternal and use the temporary with all understanding in its own limitations. But you can't do it. That's the trouble. We just can't keep ourselves into those limitations. If we take to drinking, we become drunkards. If we take to work, we become work alcoholics. If we take to anything, we go to extremes. The only thing which gives us the complete balance is the Spirit. Now, how? Because Spirit is like the light.

Supposing you are holding a snake and if somebody tells you that you are holding a snake in your hand and it's all darkness. Then one may say, "No, it's not. It's a rope." How can you argue? Till the snake bites the person he is not going to leave the snake. The best thing is to put on the light. In that light, he can see and can throw away the snake. This is how today's Sahaja Yoga is working. 'Sahaja' means 'born with you is the right to be united with this divine Power'. Yoga doesn't mean standing on your heads. It doesn't mean breaking your knees. It doesn't mean that at all!

If you see Patanjali Yoga, in the Patanjali, then in the Patanjali he has written eight into eight ashtangas into eight folds, out of which 'Yama Niyama' is a wee bit, out of which the exercises are even much, much a smaller percentage. Also, it is said very clearly that when your Kundalini rises then you must do this centre; or this center is being augmented, constricted, then you have to use a particular type of an exercise. Patanjali Yoga is such a big book!

But those people who just make it a physical one, do not understand that we are not only physical being. If we were only physical being, I get many wrestlers coming to me to say that, "Mother, we have no peace. Will you give us peace?" We are much more than physical beings. We are physical beings, we are mental beings, we are emotional beings. Above all, we are spiritual beings and that spiritual being has to manifest. That manifestation has to take place in our awareness. Then so many things happen to us.

First of all, as I told you, that with this connection this vital energy starts flowing within you. This energy has got so many qualities. First is it comforts you. In the sense, it cures you, automatically. It's your own power that cures you. Of course, it is true. Through Sahaja Yoga people have been cured of blood cancer and many serious diseases and, if you would allow me, I would say that AIDS has also been cured with Sahaja Yoga in Australia, no doubt. But such complications that, in this country, you cannot cure anyone. I mean, I don't cure but even if your Kundalini cures I could be arrested for that. In all the Western countries this is a problem and in India, an AIDS patient cannot come. All such complications are there. But these things are so easily cured if you allow your Kundalini to rise and now doctors have accepted it. I must say that Russians, whatever you may say about their radiums and all that. Forget about it. I'm not interested in their politics. But the people are so wise and so sensible. Their doctors and Nobel Prize winners are so sensible and so serious-minded. They have taken to Sahaja Yoga so seriously. I'm amazed that - what's the use of our democracy that he had all over that we did not understand the importance of our ascent that we have to find something. We are so satisfied with ourselves. What do we have? We talk of ecological problems, this problem, that problem, but we don't think how we can get out of it. We never bothered to see what will help us. People talk of spirituality here and there. It's a serious thing one has to understand. If the United Nations has to express itself, in reality, then I would say the people of United Nations must get their Self-realization first. And then they can understand what they are, how great they are, how glorious they are. So many ways and so many powers they have which they can use and this is the power of Love which we have never used. When you read about the United Nations you think it was conceived as a thing which works on the power of Love. But where is that power of Love? That is this all-pervading power. You become extremely dynamic, extremely active, extremely sensible, wise, but above all, extremely compassionate. And this is what has to happen to us. It is not lip service. It's not sitting on the table and talk of peace. I've known people who've got Nobel Prize in peace. They are the hottest people you could ever think of. I don't know how they got this prize. Maybe for something that they did on a very superficial level. But the person who is not peaceful within himself, how can he spread peace? You have to have your own peace within yourself, you have to feel your peace within yourself, and then only you can do something about it. A person who has achieved that, even the presence of such a person can emit that peace that we are talking about.

So I have to request you all as members of the United Nations because my husband has been there for 16 years, as you know. He had to resign otherwise they would not allow him to get out. I told him that unless and until you resign I would not be able to talk like this to them. But it's a fact, I must tell you as members of United Nations, all of you have to ask for your Self-realization, to understand yourself fully well and then you will see how dynamic you become. All of your problems become immediately solved because you become detached from your problems and you can see them better and you can solve them better. This knowledge is such a lot that I cannot cover the whole subject in one lecture. I must have given thousands of lectures only in the English language.

But I would say that like these lights are here and if I have to tell you about electricity, how it has come, how it was discovered - it's a headache. It's better I tell you that you put on the light. It's better that we have our light and see for ourselves in our light what our problem is. People get mad, they don't know they are getting mad, people get cancer, they don't know they are getting cancer, they are all the time under the fear that this might happen to me, that might happen to me. But with Sahaja Yoga immediately you will know what's wrong with you and if you will know how to correct it. It hardly takes any time. But the transition between the awakening of the Kundalini and the mastering it is hardly one month's time. But even if that much patience people don't have, how are you going to work out? But it's very amazing, just think of it, that the eastern block people are so easily taking to it while we, who have the freedom to express ourselves, freedom to do what we like are not so good. I must confess that I really was astounded the way these people reacted. What's wrong with us? Why shouldn't it happen to us? I just cannot put my finger on to anything as such while all kinds of falsehood we accept. If somebody comes and says, "All right, you

dance." So we think we are spiritual? But nobody has been able to deliver the goods. I always say, "If you have a guru, what have you got from your guru?" I am your Mother, say. I would like to know what powers have you got? This gentleman who spoke to you today, do you know how many people he has given realization to? How many things he has done? There are many sitting here who have been doing all these things. They look just like you, simple people, leading a very simple life, a very sane life, good people. As my husband would say, "They are all angels." But they have become angels. Some of them were drug addicts, some of them were very immoral, some of them were absolutely lost cases and see where they are. Why can't we learn this art? It is simple, so easy. You don't have to pay. It's your own. This is what sometimes I can't understand and I would be very happy if you can ask me some questions about it. But I really request you, people, to take it up seriously and work it out. When people will see how you've changed, how you have transformed, how you have become dynamic. They will definitely follow you. You cannot force it on you. That's the only problem is that your freedom has to be respected. You cannot say that you have to take your Realization. You have to understand yourself mentally and to ask for it. Otherwise, it cannot be forced. But I would like to have some questions from you. Thank you very much.

Seeker: [Has a question about Transcendental Meditation]

Shri Mataji: It's a very controversial subject, but if you want me to tell you the truth, I can tell you the truth without any fear. I came to know about Transcendental Meditation when I was in London. A gentleman contacted me saying that he would like to see me. So I said, "Why?"

He said, I am suffering from epilepsy, my wife is suffering from epilepsy, my daughter is suffering from epilepsy.

I said, "All right, I would like to see you. Come." So I gave him a time and he came down. I was amazed when he told me that he was the head of the Flying Foundation of Transcendental Meditation. His deputy director had also come and when I asked him what is this Transcendental Meditation I was amazed that the whole thing... He told me that they had to do three mantras for which they had to pay 300 pounds each. I said, "What are those mantras?" First, he was hesitating. I said, "You have to tell me the mantras otherwise I will not be able to say what it is, why you have caught epilepsy."

He said, "The first mantra was Inga. The second was Pinga and third was Thinga." If there is any Indian gentleman here he will know what it means. Inga means the bite of a scorpion. It's not a Sanskrit word. Pinga means when a person gets possessed he goes round and round and Thinga means like when you show a thumb. For that, they paid 300 pounds and they were told not to talk about it to anyone. Now, this is coming from the head of that foundation who was suffering from epilepsy. This poor fellow he became ultimately bankrupt. His wife was a granddaughter of a duke in England. Of course, they were all cured but he had to go away to South Africa. He was a diamond merchant and he lost everything as a bankrupt. Then so many came from there and so many who had become just recluses. They could not see the garlic or they could not see a lemon. If you showed them the lemon they used to tremble. In the beginning, they said they felt very much elated. Of course, about this, I will tell you later on about how our souls are and how our souls can be possessed. You asked me directly so I have to tell you very directly, madame. The second thing that they did was to start a siddha course, they called it, for which they charged 6,000 pounds and people had to go to Switzerland to stay in hotels and they were given some mats to jump because they were supposed to fly in the air, so-called.

First of all, why do you want to fly in the air halfway like that? Imagine already there are such problems of traffic. Because of that, I was delayed. And so many people paid 6,000 pounds for that. The food that was given – it's authentic, absolutely – for six days, was the water that boiled potatoes. On the seventh day was [UNCLEAR] and the eighth day they were given the potatoes to eat. They were told that you have to do it if they were to fly in the air. So many of them broke their pelvic bones. It's a fact and I think the guru must have felt what stupid people these are so he used to giggle all the time. He was called as the giggling guru. If people are that stupid what can you do about it and they don't know. I said, "Why don't you ask them, 'Why this mantra? Why? What is this? For what?'" In Sahaja Yoga, you know each and everything. Of course, after Realization, you have to know all about the mechanics of it, you have to know about what is the... say, for example, the Kundalini stops at this centre of the optic chiasma, then you have to say the Lord's Prayer. You have to say, "Allah hu Akbar" at this point. So many there are. But it's so scientific that you can see the movement of the Kundalini.

All kinds of stupid things people do. Somebody says 'shakti path', somebody says that. People become really mad after that. First of all, what knowledge did you get? Put it that way. You must go and see the disciples, what knowledge there is. Nowadays, supposing somebody has started Ayurveda. We don't need any guru for that. You can go to Ayurveda any time. Like just your medicine, you don't need a guru to go to any doctor, will you? But we are so dumb and here I don't know how people accept these things. Still, I can't understand.

There's a lady who has laser beams and for one meeting like this, she takes 3,000 pounds, that to enrol. Can you believe it? Because you've asked me the question I have to tell you this is what is going on, Madam, and for Chinese especially you be very careful. You are very vulnerable because now you have become very rich and they only cling on to rich people very careful. First of all, you must find out what are the disciples like, what are they doing and how they are [UNCLEAR doing]. I talked about it in 1970. Openly I gave their names and what devils they are. But nobody would listen to me. Even this Rajneesh, I told about him so many things and they are the ones stopping us coming to you and everywhere. Do you know that? They are putting money to many newspapers that I should not be there in any way. Even my advertisement should not be there. But they are all very friendly because Satan doesn't speak against his own house. Christ said it clearly. They are all very friendly with each other. But we have to know the truth and the truth is that you have to become the Spirit and you must get the powers of the Spirit. If you do not have the powers of the Spirit, don't listen to these big claims. There is nothing to be claimed about. It is to be achieved, to be actualized.

I'm sorry I have to say all this, but one has to say because she asked me a question about it. Moreover, there is another problem. Another problem is that if you pay money for something... say, we go to a theatre and we pay money for a ticket and then we find that the play is not very good, but we say let's have it because we have paid for it and we go through it. So this commitment because of payment is even worse. So you come out from there hurt and see people, their Kundalini just like... I cannot tell you how it looks. It's as if it's been beaten up and trying to rise putting up Her head and again it falls down.

So weak she is and she is your Mother, your individual Mother. And she feels so helpless that she cannot give you your Self-realization, She cannot give you your second birth because you have stupidly followed something which is very wrong. Even though, I must tell you, that Sahaja Yoga works out even such difficulties. All kinds of things are going on. Let somebody bring some diamond or somebody shows some sort of ashes and things. For a diamond, you can go to a shop here. What does God or any divinity have to do with diamonds? What do you care for diamonds? So this is a very big problem today. because we have choices, choices of this and choices of that. But we have lost that discretion. Find out what we should have. So many people are hurt. I have been talking about it very openly. Nobody has ever come forward before me and said this and this about Sahaja Yoga. I have said all sorts of things about them. Nobody has come forward so far. Nobody has said a word about it, nor did they go to the courts or anywhere against me. They could have done it very easily but they could not. Because you have asked me today, I'd better warn you. It's true.

Seeker: What is the role of prayer in Sahaja Yoga and is the change permanent?

Shri Mataji: If you are not connected with the divine, your prayers are like telephoning without the connection. That's why prayers don't help. People do come and say that, "We've been praying to God and, see now, what is our condition". Which god are you praying to? First of all, you must have your connection. Then even once you remember the name of God, it works. But you have to have the connection. It has a very great role only if you are connected.

Seeker: Is the change permanent?

Shri Mataji: It is. Once you have to work it out also, that the Kundalini rises, pierces through your fontanelle bone area, gives your actualization of baptism nicely, you should feel the cool breeze coming out of your head, and you should feel on your hands from all over this cool breeze, but you have to establish this connection properly. Sometimes the Kundalini attends to places where you have sickness, where you have mental problems. So you must learn. That's what I said that one month is needed, at the

most, to fix it. Once you are fixed, you are fixed. It's permanent.

Seeker: Being a Christian, how can we practice Sahaja Yoga without feeling a conflict?

Shri Mataji: There is no conflict because this is real Christianity, what Christ has said. The Christianity that you practice is not Christ Christianity. It's the Christianity of Mr Paul and, later on, Mr Augustine who had nothing to do with Christ. It's all money-making propositions. I know because I was born in a Christian family and I asked my father, "Who is this Mr Paul in the Bible? I cannot understand."

He said, "Same here, he's a stranger." And if you read Kalil Gibran, he has given a big chapter on this gentleman, Mr Paul. There's no conflict at all. What's the use of... The other day you must have seen these fundamentalist Christians jeering at Gorbachev (who is a great man, no doubt about it) because they think they are very great Christians. What have they achieved? In India what I know about Christians, they take a gun in one hand and a Bible in the other hand. That's what they are. Let us face it. What good have they done, the so-called Christians? Where we are sitting today in this America, what have they done? Where have the people gone who lived here, who owned this country? Thank God Columbus came to this side. Otherwise, our India, if he had reached, we would be not there anymore, finished. Same about Hindus, same about Muslims and same about all the people. These are all man-made religions. Religion is within ourselves and when it is awakened you will really know how righteous you are. Anybody, whether you are Christian, Hindu, Muslim, Sikh, any religion you may follow, you can commit any sin. There is no bondage. You can tell lies, you can murder anyone. You don't stop because you are a Christian, you don't stop if you are a Hindu. But Christ was such a subtle person. What he said: "Thou shalt not have adulterous eyes." How many Christians have you met without adulterous eyes? Subtleties of Christ, you can achieve it. You can definitely achieve it through your self-realization. The first thing He said and the last thing He said is "Know Thy Self." You will enjoy your Christianity and Christ after Self-realization.

For example, you say that Christ was the Son of God. But many will say, "How do you prove that?" It's very simple in Sahaja Yoga. You put your hands like this. After self-realization you ask a question: "Mother, was Christ the Son of God?" You'll see the vibrations coming, cool breeze. But ask about somebody horrible, you might get a little burning, or you might get sometimes little blisters. Because you were born in a religion you follow it. But then you follow Him, not blindly but with an awakened mind.

I want to inform you that generally, Shri Mataji agrees to grant a session of guided collective meditation at the end but by most of the people can feel the raising of the Kundalini so, by all means, ask questions but of course [UNCLEAR] so the question now, Shri Mataji, was simply what is the role of vegetarianism. It is not so much emphasizing your teaching but it very much is

This is also an idea which has cropped up some time within the time of Shri Krishna. His cousin was an eminath who was a Jain gentleman. They used to all eat meat and everything – Krishna, Rama, everybody ate meat. But what happened that his marriage was to be celebrated in the marriage. He saw all these things, so many goats and birds and all and he felt a kind of a [UNCLEAR nausea] about it. So He didn't marry and also He said let's become vegetarians. That's how the vegetarianism started in India and that has spread all over now and later on the vegetarianism has gone to such a limit among Jains that you have no idea that you cannot kill bugs, you cannot kill [UNCLEAR], you cannot kill anything because they are living things. Apart from that they get a brahmin, pay him a lot of money, put him in a hut and put all the bugs inside the hut. The bugs have to suck in the blood and when they are all satisfied they pay money to the brahmin and go away. It's cruelty. So what is the balancing point is this that whatever is required for the body should be eaten but the animal which is bigger than you should not be eaten because that animal's muscle cells are bigger than your muscle cells and they might harm your teeth, they might harm your tongue. So if you save the chickens, am I going to give them realization? But those who have eaten too much non-veg food should take to vegetarianism, it's a good idea, but not that those who need non-veg food should not take it. It's not what you eat is so important. It's all the funny ideas that have come. It is what you get as the Spirit. Christ used to eat meat. Mohammed Saheb used to eat meat, Nanaka used to eat meat. Kabira used to eat meat. They were all bad people and those who are vegetarians, so-called, are the very nice people? In India, I must tell you, those who are strict vegetarians are one of the worst class, no doubt about it because they are extremely cruel people. You can ask anyone who are the vegetarians and you'll be surprised. They are very money oriented, always run after money and they are just like [UNCLEAR Shiloh] type. But if you don't like, you don't eat. There is no force about it. But somebody who eats because he needs it, it in no way comes in your spirituality. I may not eat but I don't

expect you not to eat. It's an individual question, an individual problem of a level that it's not so much concern. Also, like Rajneesh used to say, or Freud would say, that sex plays a part in your spirituality is absolutely wrong. It does not. Because here you can see the seventh centre – which we call as the Mooladhara, which is looking after the pelvic plexus, which is responsible for all the excretion inclusive of sex – it is below the Kundalini. So when the Kundalini rises, all your excretion processes stop. That's why Christ has said if you have to come to the kingdom of God, you have to become like small children, innocent. And you do because all these things stop when the ascent of the Kundalini takes place.

Gregoire: No. I think there is a little misunderstanding. Shri Mataji did not say to refrain sexuality. Shri Mataji said sexuality has nothing to do with Kundalini awakening.

Shri Mataji: Yes. I had better correct that.

Gregoire: Yes.

Shri Mataji: No, no, no, no. I said that it does not play part in the ascent of the Kundalini. But sex, in a sane way, is important. If somebody is not married or somebody calls himself a sanyasi, you tell him better change your ideas.

The Kundalini doesn't rise, it's a fact. The Kundalini tells you. She is the best judge. That's why while speaking to you I was a little hesitant. Just one gentleman who hasn't got realization as yet in London, only one who is not married. I don't know what to do with him. I must confess, it's true. What can I do about it. I don't mean it. I would love to do that but somehow he is not getting realization. A sane marriage gives you a balance, a good family and is your responsibility to produce a good family, to produce good children. Perhaps that is what is expected. But I think there's a misunderstanding because I said only that part. At the time of realization. If there is any such misunderstanding you must ask me because it's a very short lecture and maybe some points are left out. It's better to ask so there should no misunderstanding about things

Seeker: Christ was not married.

Yeah, He is different. You crucified Him so fast. He could only preach for four years. Christ was very different. You will understand His nature, what He was and then you will know why He did not need any marriage.

Christ said some are born eunuchs for the sake of the kingdom.

That's a little subtler. I think you'd better get your realization first and then you'll know what it is. Also to read the Bible, not the Paul part because it's only organization. You must get your self-realization. Even to read Gita you must get your self-realization otherwise you can become confused.

Maybe we can have the questioning part later on at the end of the program? But if people have other questions then can suggest that we can come down and [UNCLEAR]. Shri Mataji this is what I would suggest that we have the experience of collective meditation. [to the seekers:] Would you like it, to have the experience?

Seekers: Yes.

Shri Mataji: As I told you, it cannot be forced. A very simple thing it is. The thing is that you have to ask for it. It cannot be forced and it is vital that we should get it. All of the vital things we got spontaneously, without any trouble as human beings. But this is another stage. Say we have become human beings from amoeba and, say, monkeys. But now what we are going to become, we are going to be empowered, that we can transform people, that we can nourish nature. So because of this jump that we have to have in our awareness and in our strength, we have to understand what it is because God has given us brains to understand. Everything is absolutely logical. You can judge for yourself and see for yourself. That is the reason why somebody has to tell you, decode it and tell you everything. And then once you know it you can also tell others. It cannot be done in the way we have got this human awareness. It's a much higher awareness about which I am talking and for that, somebody has to tell you all the subtleties, all the decoding. But that doesn't mean that it is something obligatory for you. I personally think it's nothing for Me

because whatever I have I have. It's nothing great. I don't think it's something great to have something you are born with it. But it's definitely great for you to achieve it and that's the thing I respect. That you have achieved all these powers yourself. So there is no obligation at all, in no way.

At the very outset, I have to tell you that there are two conditions we have to have. The first condition is that we have to forget the past and forgive ourselves, that not to feel guilty at all. It's something like a myth that we start feeling guilty. As a result, we start catching on this centre here (points to left Visshudhi). This centre when you catch, you can get spondylitis, you can get paralysis, you can get angina. It is useless to feel guilty. After all, you are not God. If you have done mistakes what's the use of feeling guilty? Let the Kundalini find out. Why should we judge ourselves? That means you forget your past, forget your guilt and mistakes and everything and you have to be pleasantly placed toward yourself because now you are going to enter into the kingdom of God. You have to love yourself and know that you are a human being and have self-confidence that you are going to enter into the kingdom of God. This is the first condition. The second is that you have to forgive everyone. The other day somebody said that to forgive others is very difficult. Now whether you forgive or don't forgive you don't do anything. Again, logically, you don't do anything. It's just your idea that you don't forgive, and if you don't forgive you play into the hands which are trying to harm you. The people who are the ones who tortured you are very happy while you are the one who is suffering because you cannot forgive. So you have to forgive everyone. This is a very, very important, crucial point. As I told you, in this cross here of the optic chiasma resides Christ and what He has told us, He has given us the greatest weapon which is to forgive. If you don't forgive you cannot awaken Him, and if you cannot awaken Him, there are two functions: one is the Kundalini has to pass through and He sucks in all our karmas and conditionings from – you can see the two balloons there – to open up the limbic area for us, for the Kundalini to pass through. So if you do not forgive, it's going to be difficult for Me because I cannot forgive for you. So please these two conditions you have to fulfil. I hope it's not too much.

Now, we have to take the help of the Mother Earth so if you could take out the shoes it would be much better, just the shoes not the socks. Modern Yoga is very wonderful, I think. Sitting on the chair you can get your realization. You don't have to do all kinds of asanas. It has to be that way. Please remember, as I told you this left side and right side there are two powers. The left side power is the power of desire. Not of pure desire but desire. The right side is the power of action. We have to keep both our feet a little away from each other. We have to sit comfortably – not bending too much or putting yourself backwards too much – but just in a straight manner. Put your left hand towards me like this. This means that you want your self-realization, that you desire your self-realization. Just like this, very comfortable, please put your left hand towards me like this, and with the right hand, we'll be nourishing our centres. So right hand you have to put on your heart. We work on you on the left-hand side. I'll first show you and then we'll close our eyes and we'll work out the awakening of the Kundalini. In the heart resides the Spirit. So first we put the hand on the Spirit. Then we put our hand on the upper portion of the abdomen on the left-hand side. This is the centre of your mastery. That means by awakening this centre you get that power by which you can master the art of Kundalini awakening. Then you take down your hand to the low portion of the abdomen and press it hard. This is the centre of pure knowledge. The pure knowledge you get out of your evolutionary process which manifests on your central nervous system. And then on your heart again. Then raise your right hand in the corner of your neck here, neck and your shoulder and turn your head to the right. This is the centre, which I told you just now, is completely disturbed if you feel guilty. I think today with all of you who has this problem, again I say please, please forgive yourself. Then you have to take your right hand onto your forehead across like this and press it on both the sides. Put down your head and press it nicely. This is the centre for forgiving others. Take back your right hand on the back side of your head and push back your head on it. Let it rest. Here for your own satisfaction, without counting your mistakes, without feeling guilty, you have to ask forgiveness from the divine power which is all pervading. Now you have to stretch your hand fully and put the centre of your palm on top of the fontanelle bone area which was a soft bone in your childhood. Please put it there exactly. Put down your head nicely. Push back your fingers as much as you can. Put down your head. Push your hand on the scalp and now you have to move your scalp very slowly clockwise 7 times. This is all we have to do. You can take out your spectacles also. It might help your eyesight so please take out your spectacles. Again I repeat, you have to be pleasantly placed toward yourself. Don't feel guilty. You have done nothing wrong in the eyes of the divine.

Please place your left hand towards me and right hand on the heart, both the feet apart and now close your eyes. Here you have to ask a very fundamental question to me. You can call me Shri Mataji or Mother, whatever you like. "Mother, am I the Spirit? Please ask this question three times from your heart. Now if you are the Spirit, you are the master, you are your guide. Now take

down your right hand. the upper portion of the abdomen on the left-hand side, press it hard and here ask me another very fundamental question in your Heart, "Mother, am I my own master? Mother, am I my own guru?" Ask this question three times. As I've told you, I respect your freedom and I cannot force pure knowledge on you. You have to ask for it. Now take down your right hand the lower portion of your abdomen, press it hard on the left-hand side and here please say six times because this centre has got six petals. "Mother, please give me pure knowledge." This knowledge has to manifest on your central nervous system giving you a new dimension. Ask earnestly. As soon as you ask this question, the Kundalini starts rising. As I have told you from the very beginning that the Truth is you are not this body, and you are not this intellect, you are not these emotions and you are not these conditionings or this ego. You are the pure Spirit. So now please raise your right hand on your heart and say it again with full confidence, "Mother, I am the Spirit." Please say it twelve times. The divine power which is all-pervading is the ocean of knowledge and of Love. It is the ocean of benevolence and blessings. But above all, it is the ocean of forgiveness. So whatever mistakes you might have committed, this ocean of forgiveness has the power to dissolve everything. So please forgive yourself, be pleasantly placed toward yourself and put your right hand in the corner of your neck and shoulder and turn your head to the right. Here you have to say with full confidence, "Mother, I am not guilty at all." Please say it sixteen times because this centre has got sixteen petals. I've already told you that whether you forgive or don't forgive, you don't do anything. But if you don't forgive, then you play into wrong hands and suffer. So now raise your right hand on top of your forehead and put down your head on your hand properly. Press it on both the sides nicely and say it from your heart, "Mother, I forgive everyone." I'm saying say it from your heart, not how many times but say it from your heart. "Mother, I forgive everyone." Now take back your hand on the back side of your head and push back your head on that hand nicely, let it rest. Here, please again remember, do not count your mistakes, do not feel guilty at all, but just for your satisfaction, push back your head nicely, and say "Oh divine power, if I have done any mistakes knowingly or unknowingly, please forgive me." Now, please stretch your hand, your palm fully. Put the centre of your palm on the fontanel bone area which was the soft bone in your childhood. Push back your fingers and press your scalp nicely. Here, again, I cannot cross over your freedom. You have to ask for your self-realization. So now please put down your head, press it hard and move your scalp seven times very slowly with pressure. Push back your fingers and here you have to say, "Mother, please give me my self-realization." Put down your head nicely. (Mother blows many times into the microphone.) Please take down your hand and open your eyes. Put both your hands towards me. Now try to think... Now watch me without thought. You can do it. This is the first state you have achieved called as thoughtless awareness. Put your right hand like this and left hand on top of your head, not on your head but above your head, and put down your head and see for yourself if there is a cool breeze coming out of your head.

Now please put your left hand towards me, put down your head and see for yourself if there is a cool breeze coming out of your head. With the right hand, you can feel it. Don't put it on top. You have to put it above the head, a little away. Some people might get heat coming out, that's all right, and some people might get it far away – doesn't matter. If there's a heat coming out, it's all right. The heat has to come out.

Please put again the right hand. Bend your head again and see for yourself if there is a cool breeze coming out of your head.

Please raise both of your hands, push back your head and ask a question three times, any one of these, "Mother, is this the cool breeze of the Holy Ghost?" "Mother, is this the power of Love of God?" "Mother is this the all-pervading paramchaitanya." Ask any one of these questions three times. Now don't doubt. If there is air conditioning you may doubt, but there is nothing to doubt about it. Good.

Now take down your hands. All those who've felt the cool breeze or the heat or the cool in their hands, out of their heads or on the hands, please raise both your hands.

Very good. May God bless United Nations

Most of you have felt it. Some have not – doesn't matter. It doesn't mean there is something wrong with you. But we have a club here, thank God [UNCLEAR] and you are all welcome. And we have great experts of Sahaja Yoga in New York, that's one thing I must say, and they will tell you each and everything about it, the whole knowledge. You don't have to pay for it. Only little bit of time you have to give. These days we have watches to save time, but we save time to waste it. We have to save time to use it for

our ascent and you don't need much time for this. About five minutes in the morning and ten minutes in the evening is more than sufficient but you must first learn and you all must become great masters of Sahaja Yoga. Next time when I come I hope I'll be able to see lots of people who have got realization through you.

May God bless you all.

Seeker: May I ask one additional question regarding this self-realization? When people ask what do I do as a Sahaja yogi, I had it explained what do we do, but they ask me what is this based on to make it work?

Shri Mataji: Actually, it's a state of our being. One's first state is of thoughtless awareness. The second one is doubtless awareness. So you have to rise up to that and then you know everything yourself. It's not much to explain because it becomes part and parcel of... Like, clearly, you can see this carpet. I can clearly feel when I am a realized soul about everything. So we have to rise up to that level. But not blindly.

1990-0607, Collective Benevolence

View [online](#).

7 June 1990

Collective Benevolence

Public Program

Terrace on the Park, New York (United States)

Talk Language: English | Transcript (English) – Draft

(Q&A; transcript missing)

I bow to all the seekers of Truth. At the very outset, I have to say that Truth is what it is. And we cannot change it, we cannot purchase it, we cannot transform it; also, we cannot know it only at a human level. You have to be something more to know the Truth, and the Truth is that: we are not this body, we are not this intellect, we are not our conditionings, our emotions, we are not our ego, but we are Pure Spirit. Another Truth is that there is an All-Pervading Power of God all around us which does all the living work. For example, we see these flowers, we take them for granted but see, from a very simple seed how these flowers have come up, and how we, from amoeba stage, have come to this stage. We don't think about it. We just take it for granted.

So, it is very important, first, to understand that we do not know everything, that we do not know the Absolute Truth. If we all had known the Absolute Truth, there would not have been so many religions, so many problems, and so many opinions. So, something has to be done for us to be the Absolute. As it is, we have become human beings without putting any effort, effortlessly, because it is a living process of evolution. And the same living process of evolution is going to make us that Higher Being which we call as the Spirit. Every religion – whether it is Christian, Hindu, Buddhist – any religion, all of them have said the same thing that: seek the Eternal, and treat the transitory with the full understanding of its limitations. So, the first is to seek the Eternal. Unless and until you seek the Eternal, you cannot understand what the limitations of the transitory are. Same in the Gita also said: Yoga Kshema Vahaamyaham. First, you find your Yoga. You have to find your Yoga, your union with this Divine Power, and then I will look after your benevolence, that is Kshema, not before. You have to be connected. The other day, somebody asked me: "What is the role of prayer?" If you are not connected, then your prayer has no meaning. Like the telephone has to be connected. In the same way, you are to be connected, which is a living process, and which acts spontaneously. 'Sahaja' – Saha means 'with,' Ja means 'born' – born with you is the right to be united (that is the Yoga) with the Divine Power which has created us and which has brought us to this level that we are human beings. All other Yogas are part and parcel of the same (as I told before to many of you), that, when your car gets ignited, all the machinery in the car starts working, but if you artificially move the steering or wheels, the car is not going to move. So, all these Yogas which are today selling in the market are all artificial ones. You cannot sell it in the market, you cannot make money out of it, it is a simple thing that we must understand. Think of Christ, think of any one of them: Guan Yin, think of Buddha, think of any one of the Incarnations, Shri Rama, Shri Krishna, any one of them. How much money did they take for their work? But, we are bond so much by this idea that we have to pay for everything. You cannot pay for it. It is a living process. As I said, that, if you have to sow a seed, the seed as the power to sprout, and the Mother has the power to make it sprout. In the same way, Sahaja Yoga takes place. We don't pay anything to the Mother. It is your fundamental right to get Realization as human beings. This breakthrough has to take place.

Today, I think is a very great day for me, because we are having such a nice combination of people of different varieties. And I have to tell you one thing: that with Sahaja Yoga you will get your Self-Realization, and you will know that your Self, your Spirit, is the manifestation of collectivity. It is a collective Being within us. So, when the Power that is here in the triangular bone (they must have told you about) which we call as Kundalini rises, pierces through six centres, and, ultimately gives you Self-Realization; by which it nourishes all the centres, connects all the centres, integrates all the centres, and these are the centres responsible for our physical, mental, emotional, and spiritual Being. And thus, you become the Spirit, and the nourishing power, the comforting power, the counselling power, and the redeeming power which is surrounding us get connected with you. It starts flowing through you. And then, on your fingertips, you feel all these centres, they are just to be decoding, you feel your own centres, and centres of others. So, who is the other? You become part and parcel of the whole. It is not just saying, it is not

just the mental conception, but it really happens that you know that you are part and parcel of the whole. So, this God has created only one world. Only human beings think that we have this country, we have that country. Of course, every country that we have has certain varieties, and that was the necessity of creation because that creates beauty. That creates beauty. We all should not look like military people all of us looking the same, but that is just a beautiful thing that has happened that we all look different. But it is all skin-deep. What is Reality is that we are the Spirit, and that is why we have seen that we are making mistakes after mistakes, there is no balance in our life. Because there is no balance, there are problems like ecological problems. Then, we go to extremes in everything without understanding the limitations, we develop horrible diseases which are a curse, then, also we develop very bad habits like drug addictions and alcoholism; but once the Kundalini rises and you get fixed with that All-Pervading Power, you become so powerful that all these diseases disappear, not only that the diseases disappear only physical being, but also mentally you become so powerful that all bad habits disappear. I have seen people giving up drugs overnight, and that too, the very difficult people called 'English.' They have done it. Overnight they have been able to give up drugs. Now, we are powerful, but this power is of Love, so we are very dynamic as well as extremely compassionate and righteous. Nobody has to tell you 'don't do this' and 'don't do that,' you just know it, because there is light to see: the Light of the Spirit. Now, you see, people are claiming so many things, but the Truth is that you should find out: those who are claiming all these things – what are their disciples like? What have they achieved? What powers have they got? So, I have already told you that first, you become collectively conscious, then you can raise the Kundalini of thousands yourself. Like one candle which is enlightened can enlighten so many candles, you can enlighten so many people and that is how Sahaja Yoga is going to spread, and so many people are going to get enlightened. But, for that, we have to, first of all, accept that I cannot force Self-Realization on you. You have to ask for it in your freedom and in your glory, because this is Ultimate Freedom, for that, your freedom is to be respected.

In this short lecture, one cannot tell you in all details about these centres, and if I have to tell you about it it would be a very long lecture which may not be possible. I would say that there are so many lights here, but supposing I want to tell you all about how this light has come, and how the electricity has come, and what is the source of this electricity? You would be really bored stiff. But, the simple thing is to put on the light, switch on the light. And then, in that light, you can see much more clearly how you are related to each other. So, this is for the emancipation of the whole world, and this is the last breakthrough we have to achieve, and that is so simple. Many people ask me: 'how can it be that simple?' Anything that is vital has to be simple. Like, our breathing is so simple. Everything that we have achieved through our evolution is all very simple to us. Like, a dog can go through a dirty place, but human beings find it difficult, they can smell it and they feel horrible about it. In the same way, everything that is vital we achieve in a very simple manner, and it has to work out.

I don't know if they told you about the centres or not, but it's a long story I don't know (did you tell them? Yes.). So, she has talked to you about the centres, so I need not tell you about it, but when these centres are put into balance, integrated, and nourished, you really get rid of your troubles. For your information: already in Delhi (Delhi University), there are two doctors who have got their M.D. in curing some psycho-somatic diseases like asthma, epilepsy...also, we have some who have been cured of blood cancer and other kinds of cancer, and also, AIDS got cured. But, in that, only your power works, not Mine, it is your power. So, there is nothing obligatory, no obligations. Moreover, whatever I am, that I am, nothing so special; but, whatever you achieve is a great thing, and that is what: I think I have to bow to you when you receive your Self-Realization. But, in any case, I would like you to ask Me questions; but they should be relevant to the subject because I have not come here to take over anything or to ask for anything, but just give you the key of your Benevolence.

So, I'll be very thankful if you could ask me some questions which are relevant so that I will try to remove your doubts before we do the session of raising the Kundalini and giving you Self-Realization (which takes hardly ten minutes altogether). So, I'd like you to ask me some questions."

1990-0613, The Realization of Your True Self is Free

View [online](#).

13 June 1990

The Realization Of Your True Self Is Free

Public Program

Milan (Italy)

Talk Language: English | Transcript (English) – Draft

Baba Mama: Since music has no barriers, it has no nationality, it has no caste, Unclear(), religion. Neither can it be stopped by any nationality, neither can it be stopped by any boundaries or bullets or war heads. Music is universal and that's why we have a conviction that this is made by the Divine. Is it the product of the divinity. It has one barrier though and that is a closed heart. Music has a direct nexus with the heart. It has nothing to do with your perception or understanding but it has to only pour its richness, its gravity, its melody into your heart. Our purpose here is to see that our music pours into your heart. Therefore it is my Unclear(Ernst) desire that please sit with all your open hearts which I am sure you are here for. Indian music, like the western music has twelve notes. It has C and C sharp, G and A and B and all that. But the Indian music has certain disciplines put in the system of presentation. Therefore, the creativity in music is discipline and is extremely pleasing to the ear, to the listening ear and very very compatible where the rhythm of heart has concerned. It is after many years of research that has gone into developing this Indian music to find out to what will recreate the man's and what will give him the required mood for listening to this beautiful creative music. We are sure that we are going to entertain you today because we truly represent the true Indian classical music. Now it's the time to introduce to you to my very versatile artists. May I begin with Prabhakar rao ji Dhakade. He not only composes but he sings, he plays the Violin, he plays Harmonium, he is been a music director, and wat not? All. His list is endless. On his right, he is Ashok Thoke. He is a stocky little man very much quite a lot flesh in him, but more than the flesh there is a rhythm in it all throughout. Thank you. He plays the Dholak and the Naal which are two Indian percussions which are played horizontally. Next to him is Sandesh Pokharkar. He plays the popular percussion known as Tabla, which is divided into two parts and is played vertically. His brilliance on the Tabla can be experienced rather than explain. Therefore, I shall not dwell a very long on his exponency on Tabla. I am sorry, I missed out a very small and dainty figure Chaya Wankhede. This little lady weighs only about thirty-four kilos, but her vocal cords are as strong as Baba Mama. She is very melodious and is getting sweeter every day and I am sure that this tender age of twenty-one or twenty-two she is achieved so much and much more is to be achieved by her in Sahaj. Now I introduce to you a new artist known as Sandhya Pandey. She is the exponent of Kathak style of dance, Indian dance. She is joined Sahaj only about five months ago but she has taken leaps ahead of many and is doing an excellent job as an artist as well as a Sahaja yogini. Due to the efficiency of the airlines, we only lost one baggage while coming from London to Milan and it's her entire dancing attire is locked in that baggage, luckily that baggage has been found but we were not able to retrieve it in good time. Therefore, she would be dancing without her full attire. I now introduce to you Sanjay Talwar. I am sure the resonance of his voice is going to vibrate the strings of your heart and will leave a lingering memory for many many days to come. I introduce to you now another new artist, Anil Kumar. Four years ago, he sang a song in Ganapatipule where we have our annual seminar singing in praise of the Lord Hanumana and in one of the photographs, the Hanumana himself was present and bowing before Shree Mataji. Last but not the least the young and rising and excellent and brilliant artist is Nasir Khan on Sitara. Two years ago, when he came here, I used to introduce you as a baby of the team, but now that he is married, I think he has deprived himself of that privilege. We begin the evening Unclear() by a song sung by Sanja Talwar which is dealing with the rising of the Kundalini and a pleading on the mother Kundalini to raise. Your attention on to the artists would help us immediately to bring out our very best. Jai Shree Mataji. Thank you very much.

Song: Jago Kundalini maa...

Baba Mama: Thank you, that applause was very assuring and we now presenting another song by Sanjay Talwar. And we would like the involvement of the audience with the little clapping

Song: Jindagee pyar ki...

Baba Mama: Thank you very much, Thank you. The next artist is Chaya Wankhede, she is going to sing to you a philosophically devotional song. It is dealing with the man's thought process, it is dealing with the man's involvement in the present moment. How he is thinking of either the past or the future in the present moment without thinking that the present moment is meant to be spent for much more fruitful and Unclear() things. The moment which has gone by have we have no control over it because it is gone by and the moment which is going to come also we do not have any control over it. But we are constantly thinking of the past and repenting over it or we are always thinking of the future and inviting all sorts of tensions in advance of the moment to come. There by either underutilizing or mis utilizing the present moment which is so precious which is in your hand and which you can utilize to the best of your ability and to the most proper use. The theme of the sone is that we must live in the present. Not bother ourselves of the future or not regret of the past. Because both Unclear() one is past one is going by and one is yet to come. This song sounds philosophical but this is true. And this is what we must practice. Thank you.

Song:

Baba Mama: We are not combining Chaya's music with Sandhya Pandey's dance. Since she doesn't have affirm attire, she will not be presenting to you the Kathak style of dance, but she will be performing the dance on a devotional song. Dealing with the seeking of the seeker. And what the seeker is achieved in this Sahaja Yoga, that having tried everything, having gone from place to place, and having being denied from what is being sought. Eventually he has got what he deserved to get because of his righteousness. This is the theme of the song and I am sure the way Sandhya would be dancing and interpreting the way the we are Unclear() it will directly pour into your hearts. Thank you.

Song: Brahma Shodhile brahmada mirare...

Baba Mama: Thank you very much for the sustained applause, it is only indicate you of not only appreciation but also of the fact that your hearts are properly receiving whatever the artist is wanted to pour into it. We will carry now this creativity further and I am now asking Anil to sing a very traditional devotional song sung in our part of India, that is Maharashtra, it is known as Abhang and Anil will sing it and before that I will ask Ashok to play the traditional Unclear() as we play it in the villages.

Song: Nirmalaa iti varna...

Baba Mama: Thank you. This Unclear() language is known as the Gajal. Which means invoking of the deity and bringing out your feelings and clearing out yourself to be able to receive the deity within you. Thank you very much. I am sure that you are now ready to receive the Kundalini to raise, raising Kundalini within you and to receive the experiences of the realization. Thank you.

From Italian Sahaja Yogis who sing Joguva... a few, we want some in the audience also. I would like the microphones Unclear() because the clapping is loud, so the microphones would be louder.

Song: Joguva...

Shri Mataji: I bow to all the seekers of Truth. We have here a picture of the system that is within you which works out your self-realization. Now, there is a question that 'why one should have self-realization?' its unclear() question but still it is very simple to understand. See, unless and until you know yourself, you cannot know what is Divine, what is God. So, when we talk of God, there is no connection. And when we pray to God, there is no connection. Secondly, unless and until you get your self-realization, you cannot have an absolute knowledge of Truth. Like another question is that about the Unclear(God/Bible) which is quite absurd. Because he says that in the New Testament there is no reference to the Holy Spirt who will speak through our hands or if there is where is it. Now, it was not there in the Bible, alright. But it is in the Quran. Christ was allowed to talk only for four years by the wise people very arrogant. You will not believe; it took me four years to give realization to seven people in England. How difficult there. So, I must say Christ has said lots of things but he could not talk about chakras, he could not talk about Kundalini, he could not talk about many things. But he said that he will send Holy Ghost who will explain to you everything.

Now the second question is quite arrogant about the Sahaja Yogis that they are not saints. What is the criteria for saint? First you become the saint and talk like that. This shows you have no seeking for Truth, this gentleman. Reading Bible if you have to become saint then one must know that Christ did not read any Bible. What is written in the Bible that you must seek yourself. You have to get your second birth. You have to be born again. It is written there. Know thyself. Now this is the prescription given to you. Supposing you have headache and I say you take headaches, then you go on reading, you take headaches, you take headaches, you take headaches. But when are you going to take headaches? In the same way a simple thing Christ has said which is very subtle that 'thou shall not have adulterous eyes' Please tell me in the European countries or in America, how many you find without adulterous eyes Unclear(). I was myself born in a Christian family and I know what they do. Pretentious things cannot take you to God. You have to take to reality. I must say one thing that Russians, whatever it is, whatever may be, the regime, the people have no conditionings of non-sense. And they are the best Sahaja Yogis. They have achieved it in no time. So, those people have such conditionings, we cannot help.

Second question is what happens to the people who are hopeless unclear(heal) like Cancer or Aids this and that. Yes of course, it can be helped. They have to come to Sahaja Yoga with humble nature. But not the one who has ask this question because he say that why you are a Holy Mother? He wants me to help for his sickness and all that, he has no humility. If you want to have any help, you must at least have humility. Alright this is the second stupid question.

There's another question is about Mr. Chinmai and Sai Baba. He says what is the competition between them? See, they don't speak against each other because in the Bible is written that in the house of Satan, they don't speak about against each other. So, they are all quite friendly with each other. You do your job make your money; I do my job make my money. And surprisingly, surprisingly, in the European democratic countries, democratic countries and also in the America, such people are very popular. Who cheat them, who befooled them, make money. Because perhaps maybe they are very pretentious, they have good Shoba ships something like that. But are you seeking the reality or not? You talk of Christ how much money did you pay him? In India people know that, a saint could not behave like this. They know this is wisdom, even China people know, even Russians know. Why shouldn't the Europeans know that this kind of tomfoolery is not saintly? I am happy that you ask me questions that shows that you are free to ask, you have freedom. But when you follow these hopeless false people, you don't ask any questions, you just follow headlong as if you are mesmerized. You pay thousands and thousands of, millions and millions of Unclear() these people, you never asked any question. As if they have just grasp your awareness that you cannot ask any question. I mean in the north of Italy that is displays Rajneesh was such a popular man once upon a time and so much money has gone from Italy to Rajneesh. So, firstly we must have wisdom and maturity to understand what do we want? we want the Truth or not?

There was another question yesterday, I don't know who asked me about Sahaja Yogis criticizing them that they tried to say that your vibrations are not alright or whatever it is. I see, this kind of people who say these things, are mostly suffering from persecution mania. If you have some problem, you are to be told somehow, otherwise how are you going to get cured? Of course, it should be told in a proper way, in such a manner that another person doesn't feel hurt. But it has to be said. What can you do? Because unless and until you make the person aware of it, it cannot be corrected. We have to thank them that they are telling you about it and know that they are not telling you because they hate you or they want to trouble you but because they love you.

There is a good question, how to protect yourself from all the diseases. So, for that, first I will tell you today, how you get into troubles and then you can come to our centers and they will tell you very simple methods, how to protect you from diseases. It is better to protect yourself before you get the disease than to come to Sahaja Yoga when you have already got it.

Shri Mataji asking to the translator: How many years I have been coming here?

Translator: I would say seven years.

Shri Mataji: I have been coming here for the last seven, eight years. You all should have been the healthiest people if you had come from the very beginning. And also, you would have been helping people to get well and helping people to give them realization. Alright. So, now today I am going to tell you this mechanism which works the awakening of the Kundalini.

In the awakening of the Kundalini, is the last breakthrough of our evolution. She is the power which is lying dormant in the triangular bone. Now this is the knowledge of the roots. And this has to raise to give you your self-realization through six centers. Yeah. Now this is the power as I told you before which is of pure desire. Now the other desires that we have are not pure. Because today we want something, we get it then we want another thing, another thing, another thing, we are never happy. Never satisfied. So, whether you know it or not, whether you are aware of it or not, the pure desire is to ascend and become one with the Divine power. Alright. So, for that this desire should be there within you that you have to become one with the Divine power. She is your mother, and she knows everything about you. She is your individual mother. And she knows how to give you your self-realization without giving you any trouble what so ever. As your mother took all the trouble when she gave you the birth. In the same way this mother also does not give you any trouble. But it happens only for the wise, for the sensible, for the people who are clean in their heart. Is not meant for stupid people or foolish. So, one has to understand that getting self-realization is unclear(stow) your right as a human being. You have to be a sensible human being. Now we have above the Kundalini, the six centers and below the Kundalini the seventh center.

Shri Mataji to the translator: you have told them about it?

Translator: I think so..

Shri Mataji: Now, you have been already told about this. So, we unclear() say one center today. Not only on the physical, but also on the mental side. The second center nourishes the aortic plexus on the physical side. So, now when you think too much, it also sends energy, to the brain for nourishing the grey cells. But when you start using too much for your thinking or for your futuristic planning, then all other functions are neglected. So, when you are enlighten, you can feel it on this or this thumb burning if the center is something wrong with it. So, you have to be enlighten means your hands must feel it on their central nervous system what's wrong with the centers. Now, when these two sides of this one center are caught, on the left side, the problem is very serious. You get processed by something by these gurus, they mesmerize you or something like that then you go to the left side. On the left-side, on the left-side as you see there is a line, blue line, this is the channel of your., we can say the power of desire to begin with, ordinary desire. But it also deals with the past. So, beyond this is all the collective subconscious mind. All that is dead in the past is there. So, when you go to the left side too much, you can get processed. So, you get mental problems. You can get epilepsy, you can get what you call – madness, lunacies, schizophrenia all psychological problems. So, if it is on the right side to much a person is very futuristic. He thinks too much, then he might get a very bad liver because this center has to look after liver, pancreas, spleen, kidneys and the intestines, part of the intestines. So, with this heat, you get asthma and you might also get what you call, constipation. Also high blood pressure, also you can unclear() what you call, the diabetes and then you get also what we call as the blood cancer. So, to prevent these problems you have to get this center in a proper shape. If you go too much to the extreme of thinking using your brain too much, then may be there is another psychosomatic complexion is on this that you can get a disease which is called yuppies disease today about which I have told long time back. In this disease, your conscious mind is used too much. All the time you are alert, you have to think about it, this that, planning, planning, planning. Say, in modern times, in modern times it has increased a lot. This kind of thing, this kind of life especially in Milano also I feel its too much. Also, the parents are intimidating the children, you must come up, competition, competition in everything. Now, human beings are very delicately made. They are not machine. And there is a wear and tear of the machine also you see. So, one has to understand that if you go too much the extremes you develop this conscious mind a kind of a paralysis. You become paralyzed. And then a person wants to walk, he cannot walk. Wants to do something, he cannot do. But unconsciously can. All such diseases start actually in America somehow. When I told about this disease in America about eight years back. And now in the news papers it is so many have got this disease. In the year 1973 I have told them about Aids when they told me about homo sexuality. But they were so very angry with me. And now, they are telling me that now which has happened to us, so what to do? Also, it's a big problem with people who are so self-opinionated. They don't want to see the problem till they get into trouble. They would not even publish my advertisement. So, how can you explain to such people who are busy finding out ways to destroy themselves. Now the second part is that about the last center is very important. It is below the Kundalini. And this is the one which looks after all the excretion of the body. We should say it is the center of innocence. Alright, now when we are born, we are innocent and gradually we develop our personality we become aware that we can do whatever we like. Now this is the center that unclear(deals) with sex. So, when the Kundalini is raising, this center stops its activity completely. But you have to have children

and you have to have families, and you can have your sex but in a proper saint manner. Like we have in Germany three hundred Sahaja yogis and they were not particular about their sex activity were very sort of loose abundant people. So, they could not settle into Sahaja Yoga because they were very loose people. So, when they were told that they have to lead a very saint life, they left Sahaja Yoga. All of them. That you have to be monogamous and monandrous. One man and one woman. But when Aids came, they all came back with their luggage. So, this kind of Unclear() that we have taken up on ourselves is very bad for our health. Specially when our attention is moving like this, like that looking at every man or looking at every woman is very bad because that causes problems in the mind, in the brain. It is said that in America sixty five percent people will be suffering from schizophrenia only. So, if you want to protect yourself, you have to first get your realization by which the Kundalini raises and you develop wisdom in your head. So, this deity of innocence has taken birth as Christ, and he resides on the optic charisma in the brain where there are nerves going to your eyes. It is a cross and it is a very very constricted chakra through which the Kundalini has to pass. That is why we say that the Christ is the gate, that we have to go through Christ into the Kingdom of God. First of all, this center looks after your eyes. Now, if you start turning your eyes all the time your attention here and there then this center gets spoiled here. That is why Christ has said thou shalt not have adulterous eyes. Because if you have adulterous eyes, then you can get possessed and you can become a lunatic or could be schizophrenic. So, one has to understand that it is important to keep our attention in the center. After realization, you can do it automatically or they will tell you how to do it but you must tell them that this is your problem. So, when the Kundalini raises through this center, the Christ is awakened there. He is awakened in us. And he sucks in from one side our ego and from the other side our super ego. Means our conditionings. That's why, people who get realizations actually feel the cool breeze coming out of their heads. Because these two things open out like that and the Kundalini can pass through. So, the ego is our karmas – whatever bad things we have done and super ego is our conditioning is sucked by Christ and it's said that Christ died for our sins. Its proved.

Shree Mataji observes the people and said: Very disturbing people, they will always get up, get walked, you see, they don't understand, these Italian people. Now where it happens like this. No where. I have thousands everywhere. They have no sense of discipline. We had a program in a big stadium. They were five thousand people not one person would. So wrapped attention. And the ministers and the politicians sat with me for two hours with wrapped attention. They can feel the seriousness of the problem you see. We cannot live frivolously. If we live frivolously, you will have problems, your children will have problems, you will have all kinds of problems. You have to be little serious. We have to mature.

Now the happening of the Kundalini awakening. Once you become one with the Divine power, all the time it starts flowing through you and keeps you healthy, wealthy and wise. You start feeling the vibrations as cool breeze and this power can be used to increase the yields of your agriculture to ten times more. It's a vital energy. It's a vital energy. Which should be Unclear(harnessed) and should be used for our benevolence. It has helped ecological problems. In Austria, there is a very intelligent agriculture expert, who was an adviser to the UN has experimented with the vibrations. He tried Sahaja Yoga on trees and to his amazement, trees above sixty years which were dying out of a strain diet, all the Unclear() are wiped from Unclear(). All of them were dying. So, you develop a balance within yourself. Also, automatically because there is light in you. And you develop a new awareness which we call as collective consciousness. Say for example, these people from India, could not arrive yesterday, so all people came all the way from Switzerland to help them here in Milan. In Sahaja Yoga, we have very good marriages and very beautiful children. Of course, there is one percent divorce also. And it makes very good families, beautiful families. Its not like somebody is just staying with someone today and with somebody else. It is not like that. It is very beautiful family life of fidelity. And is a life of purity. For example, if you have a group of people where men, women are flirting, nobody feels happy about it. its very uncertain. If a woman, her husband is a flirt, she may develop what you call a breast cancer. I am here to tell you the truth and whatever is good for your benevolence. But I don't want to pamper you or to tell you, you are alright because most of the guru say is everything is alright as long as you give me money. Finished. So, you should understand that this is out of my love that I am telling you all these things because I love you and I want you to love also yourself. You have watches on to save time but mostly to save time to waste it. So, now we have to give a little time to our ascent. Little time that's all. No money but little time for ascent. So that your life is full of joy of peace. And it is very close to us. And it should workout in Milan. Milan in Sanskrit language or in our language means yoga-meeting. Means meeting. So, you have a special responsibility, I think. So today will not have any questions. But will have a session of realization and after that I was wanting to meet some of you people want to meet me. But I don't think its possible to day according to these people. So, next time when I come, I will definitely meet all of you. But you are welcome to write to me anything that you feel like. But don't write arrogant things.

Tomorrow early in the morning I have to go and I hope you did not mind.

So, like yesterday, you have to put your left hand towards me and take out your shoes, both the feet away from each other. And you have to put your right hand, use the right hand for the action. But as I told you yesterday there are two conditions. I repeat it for the new people. The first condition is that you have to forgive yourself. You have to forget the past. And know that you are not toadlet of anything. Those who are toadlet, who are guilty must be sinners themselves. Because you are human beings, and you are not Gods and if you have done any mistakes its alright. Because the Divine power is the ocean of forgiveness. Ocean. So, whatever mistakes you have committed makes no difference. Alright. now please remember that you have to put your left hand towards me symbolizing that you want your self-realization. Forgot the second condition. The second condition is that you have to forget everyone. Now, those who say, it is difficult must know, must know that if you don't forgive or don't forgive, you don't do anything. But if you don't forgive you play into wrong hands. And you torture yourself, but another fellow who is torturing you is quite happy. Alright. So, please forgive everyone in general don't think that whom you have to forgive who has troubled you. In general. Also, please do not feel guilty anything particular in general. You just don't feel guilty.

Now, with a left-hand towards me and the right hand you have to use for action. You have to put it on your heart. And put both the feet away, I hope you have taken-off your shoes. You will know all about Sahaja Yoga, you all should come to follow on and develop your spirit, light of your spirit and become your own masters. Please put your right-hand on your heart where resides the spirit. You have to know that I cannot force self-realization on you. You have to ask for it in your freedom. Now, you put your right-hand in the upper portion of your abdomen, and here is the center of your mastery. Now, you have to take down your right-hand to the lower portion of your abdomen. We are only one thing on the left-hand side. Here is the center of pure knowledge, which manifests on your central nervous system by which you can feel the cool breeze of the Holy Ghost which is the all-pervading power on your finger-tips. Now again you have to take back your hand on the upper portion of your abdomen. Then you have to take it on your heart again. Now, you have to take your right-hand in the corner of your neck and your shoulder and push it back and put your head to your right. This is the center you catch when you have guilt. So please tell yourself that you are not guilty at all for this center. Now, please put your right-hand on your forehead across and put down your head on that and press hard. Now, push back your hand on the back side of your head and put head on it and let it rest on it, take it upward. Now, this is the center for asking forgiveness from the Divine for whatever you have done knowingly or unknowingly wrong, but you don't have to feel guilty about it. stretch your hand fully so that you stretch your hand nicely and put the center of your palm on top of your fontanelle bone area, this is the center for your last break-through. Which was a soft bone in your childhood and so now press it properly in the center, push back your fingers and put down your head. And now, press it hard and move your scalp not the hand. Press it hard. And move your hand seven times very slowly. That's all. Now we have to close our eyes.

Please see that your feet are apart from each other, left-hand towards me. And now, sit comfortably, not too much bending or bending backwards. Now, please put your right-hand on your heart. Close your eyes and keep them closed till I tell you. You may remove your glasses if you like. Here you ask me a fundamental question. If you want you can call me Mother or you can call me Shri Mataji. Please ask me a question three time: "Mother am I the Spirit?". Now, if you are the spirit, you are the light and you are your master. So, now you have to take your right-hand on your left-hand side part of your abdomen of the upper part. Press it hard with your fingers and ask your second question: "Mother am I my own Master?". Again, I say that I respect your freedom and I cannot cross over it. So, if you want to have the pure knowledge, only it can be given. So, now take down your right-hand in the lower portion of your abdomen and press it hard. Now here you have to ask for pure knowledge six times by saying: "Mother, give me pure knowledge". Because this center has got six petals. As soon as you ask for pure knowledge, the Kundalini starts moving upwards. So, now we have to nourish the upper centers with our self-confidence. So, now raise your right-hand, on to the upper portion of your abdomen and press it hard on the left-hand side. Here now you have to say with full confidence ten times: "Mother, I am my own master". I have already told you that the fundamental truth about you is that you are not this body, you are not this mind, you are not this emotion and you are not these condition and ego but you are the pure spirit. So, now please raise your hand on to your heart and press it by saying with full confidence twelve times: "Mother, I am the Spirit". We have to know that, the Divine power is the ocean of knowledge, it is the ocean of love, benevolence, it is the ocean of blessings, ocean of joy. But above all it is the ocean of forgiveness. So, you cannot do any mistake that cannot be dissolved by this ocean of forgiveness. So, now raise your hand to the corner of your neck and your shoulder, take it backwards as far as possible and turn your head to your right. Here you have to say with full confidence sixteen time: "Mother I am not guilty at all". I have already told you, that if

you forgive or don't forgive anyone, you do not do anything. But if you don't forgive, then you play into wrong hands. So, now please remember it is very important that you have to forgive everyone as I told you that this center is the most constricted one of Christ. So, now raise your hand to your forehead across and put it down and press it hard on both the sides. Here you have to say, in general: "Mother, I forgive everyone". Not how many times, but from your heart. Its very badly catching. Now, take back your hand on the back side of your head, push back your head. Now here, for your own satisfaction, without feeling guilty, without counting your mistakes, you have to say for your own satisfaction: "O Divine power, if I have done any mistakes knowingly or unknowingly, please forgive me". Not how many times, but from your heart. Now, stretch hand fully, stretch your palm fully, keep your left-hand towards me nicely. Now, please bend your head and put your right-hand on the top of the fontanelle bone area. And now, press it hard by pushing out your fingers. This is very important. Now, bend your head properly and move your hand slowly seven times, seven times over head, the scalp. Before that, I have to again say, that I cannot force self-realization on you. So, while moving your hand please say seven times: "Mother, please give me my self-realization". You have to ask for it in your freedom. Now, please take down your hands.

Open your eyes, put your right hand towards me. Right hand towards me. Right, right, right. Now, put down your head, and see with the left-hand if there is a cool breeze coming out of your fontanelle bone area. Please bend your head properly. You shouldn't touch your head, which is above the head. Some people get it hot, some people get it cold, could be far away. Excellent. Now put your left-hand towards me. Now put your head down, see with your right-hand if there is a cool breeze coming out of your head. Now again with the right-hand once more. Put down your head and see with your left-hand, if there is cool breeze coming out of your head. Now, push out your both the hands towards the sky and look at the sky. And here, you have to ask me a question three times: "Mother, is this the cool breeze of the Holy Ghost? Mother, is this the all-pervading power of God's Love? Or Mother is this the Parama Chaitanya?". Now, take down your hands please. Now watch me without thinking.

All those who have felt cool breeze or hot breeze out of their fontanelle bone area or on their hands please raise both your hands. Both your hands please. The whole of Milan perhaps has got it, some portion hasn't. They should all come to Sahaja Yoga and get it in the follow on. All of you should do it seriously. You will all feel very nice and peaceful. But you must come to the follow on to establish it properly your connection. You must respect your realization and your personality because which is not only for your transformation but the transformation of the whole world. So, now message is, enjoy yourself. Some people who did not get should not argue with others. Because will spoils. Because it come to the mental level. It has to be accepted in silence. Alright. Thank you very much.

I love you very much and I will be coming again and again to Milan.

1990-0615, We have come from amoeba state not to be lost

View [online](#).

15 June 1990

We Have Come From Amoeba State Not To Be Lost

Public Program

Barcelona, Casal del Metge (Spain)

Talk Language: English | Transcript (English) – Draft

Public program, day 1, Barcelona, Spain 15-06-1990

[Introduction in Spanish and singing until min. 13:20]

I bow to all the seekers of truth.

At the very outset we have to know that absolute truth is what it is. We cannot change it, we cannot organize it and we cannot sell it. And also we cannot know it through the human awareness. You have to become a subtler being. If I talk about the flowers and you think about the flowers you cannot get to the honey. When I talk about the honey still you cannot get the honey. You have to become a bee to get the honey. So you have to become the Spirit to know the Divine.

We have come from amoeba state not to be lost, not to be destroyed. But what is happening today? I would like to tell you that we are sitting on a volcano of destruction. We have no idea as to how we are going to be destroyed from inside ourselves, not from outside.

If you go to America which is supposed to be a very developed and affluent country, you feel shocked the way diseases have spread into that country. First time I went to America in the year 1973 and I told them about the disease called AIDS that it will be coming but they laughed at me. Then I told them all about all the false gurus, "who are making money out of you, befooling you." They were very pretentious people and anybody with a little bit [brain] can see that these are false people. But still in their ego they felt that these gurus are good because they can pay for them, like they can purchase the gurus. And that's how many people got lost with these gurus; they developed funny diseases like epilepsy, like mental problems, they became recluses. It's a very big area which is shocking that these horrible people, even Americans, started using people in the name of God and divine.

Recently one of them was discovered again and he is now behind the bars. He made lots of money. Perhaps people are very simple and vulnerable; also I think that they are brainwashed or mesmerized. With these gurus diseases like cancer and all this were triggered. Now it is said that after some years 65% Americans, white skin people, will suffer from schizophrenia. And the black people are taking to drugs. So the black are also getting completely lost into drugs and their families are suffering. I do not know how these destructive forces are so much acceptable to people who have wisdom.

I'm telling you about it because I've recently been to America and I was shocked that another disease I told them about 8 years back, called "yuppie disease" has started. With this disease people who are very ambitious, who are just jumping into materialism and are anxious to collect lots of money get lost. They are very futuristic people; they use their mental activity so much that their conscious mind becomes paralyzed. If they want to walk, unconsciously they can walk, but if they become conscious they become paralyzed. So there is no balance in their life. They go to extremes, use their mental capacity to such an extent that at the very young age of 35-40 years they become paralyzed. This is not only the area but also the family life, also the children, also the society - everything is [video interruption] in America; and ultimately the economics also. So the country which I saw prospering very fast is now, I think, at least 30% have become very, very poor, full of tensions. And the situation is so bad that they don't know how to live, how to exist, how to face life. So they are all taking to drugs; very high class people, the Mayor of Washington was a drug addict.

So the way we are acting, the way we are running fast we do not know where we are we going to plunge into. So the time has come for us to just stop and see for ourselves what are we facing. On one side the ecological problems, on another side the political, the economical and the worst of all, the worst of all - the social problems.

Now it is been predicted that in America within maybe 20 years time only the brown coloured people - Asians and Arabs, will live. So this is a serious thing and we have to think about our lives seriously.

At the same time there is a seeking of the truth. Luckily we have people like Gorbachov who have finished the idea of war now, quite to a great extent. But still all these problems are there about to burst out in every over-developed country.

I came to Spain about 15 year back. At that time I think it was just out of the Franco [period]. And now I feel that suddenly it's going up very much materially, expanding very much materially. But if the spiritual is not found out the source of these things will be lost. We have grown too much outside but we must find now our source, from where we have to get our energy to substantiate this growth.

In these modern times the problems we have, we never had these problems before, in the ancient times. So we have to now understand that unless and until we find out the absolute truth and reality we cannot continue to live on this planet. Our children will have to suffer the [UNCLEAR] of our extreme behaviour. So what is the thing that is missing in us? Is that we have not yet reached the last state of our evolution; we are still at the point where we cannot know the truth. Somebody says, "This is the truth.", another one says, "This is the truth.", third one says, "This is the truth." And it's a big fight.

Even when we follow religion, different religions, there is no guarantee that you follow a religion you won't commit a sin. You maybe a Christian, Hindu, Muslim, anything, you all can commit sins because there is no inner limitation; there is no inner bondage within us to righteousness.

Somehow every democratic country that I've been people have, their attention will fritter away and they do not face reality: what is going to come to them, they must face it now.

And it is very simple to get your Self-realisation, to be the Spirit. It's very simple. Once you get your Self-realisation you can feel that All-pervading power which does all the living work and all the nourishment of humanity.

For example, I've been coming to Barcelona so many years and I must say people do not understand what is so important for them. Every time for my program I have 400 to 500 people, no doubt, to see me, to listen to me. But what do you gain? You do not know that you can become something yourself. You have faith in me but you have no faith in yourself that you can be the same and you can have so much worth, every one of you. You do not know that you are capable of doing that, and that with a very little effort can make you that great thing that we call as a saint. Your life is not so cheap to be wasted away. Actually you are born in those times when it's so difficult, you are the ones who have taken birth to transform people and to bring peace, and to bring all that is bountiful, all that is benevolent. Each one of you can do it.

This is the mechanism within you which has been explained to you already. Mechanism is called in Sanskrit as "yantra" and the technique is called as the "tantra" - how to work out this mechanism within yourself. And then third is the "mantra", means what prayers to be said for every centre. But all these [UNCLEAR] after Self-realisation, after you have made the connection. So the simple thing is to make the connection first of all, then establish it properly so you do not lose connection and then to know all the technique - that's all. You become your own guru. But I don't know why our wisdom doesn't tell us that these are precarious times, these are special times when you have to achieve it.

I went to Russia only two years back; I'll tell you, Russia. And you won't believe, you won't believe - thousands and thousands came and they all settled down. One day Russia will be the most powerful country in the whole world. Their ministers, their Supreme Council people, they all came - they have no ego. Eight hundred doctors came to listen to me, to ask me for realisation

because they've come to know that in India three doctors got MD in Sahaja Yoga. And this time their government has invited me. Our governments, democratic governments, they are busy fighting, that's all.

But you people, you should understand what is to be done for yourself. You must know what you can do with your right and what you can help to transform this world. They are running from lamp to post, from this guru to that guru, to that guru. For what I don't know. You have to become your own guru.

I'm sorry to say but Spain, among all 40 nations is the least number of Sahaja Yogis we have. What can they do for such a big country like yours?

It helps you for your health, it helps you for your balance, it helps you for your mental condition, it makes you feel very dynamic and very compassionate. It empowers you, you get the powers. These are not my powers, these are your own powers. You have all these powers within you which can be used and which can be manifested, that you can give realisation to people. And in that light you see everything so clearly and you know the absolute truth.

We have two-three thousand people in India in a conference from 40 nations and there is no quarrel, there is no fighting, such love.

No use listening to my lectures. Unless and until you become something, what is the use? With your vibrations, with your realisation you can help your agriculture - it can become ten times more, you can help your business, in everything you become such a super personality.

Only [issue] is that you cannot pay for it and that's what people don't like, I think. So many people told me, "Mother, make them pay some money so they will be involved." If you pay some money then [you] get involved. I think you are all seekers of truth and how can I say such a nonsensical thing.

Today I wanted to give you this introduction so that you deal with the things with full understanding. I've been coming here for so many years. I've not been to the Eastern bloc as yet, all the Czechoslovakia, Poland and Bulgaria, all these nations. But will you believe that in Romania there were 8000 people who came just to a program of one Sahaja Yogi?

You yourself can be Sahaja Yogis, you can be all that, no doubt about it. But one thing: you must know your value, you must know what you are, why you have become human beings and what you can achieve.

Only they ask questions, that's all. What is the use of asking questions and not getting into it properly and see for yourself how glorious you are, how great you are.

As a mother I love you very much and I'll go out of the way, whatever is possible, to work it out for you. But you must also cooperate. But you must understand yourself that it is very important, these are the most important times in the history of spirituality.

At the same time falsehood has come also and they don't talk against each other at all. As Christ has said, "The house of Satan won't speak against each other." Their only aim is to make money somehow.

So today I am before you and I request you today that when you are here to listen to my lecture all of you, you should all become great Sahaja Yogis when I come next year. When I heard there are 14 people only I was saying, "Oh, God. Every time I come here, I must have come here at least eight years and now [having] only 14 people." Even in Colombia there are thousands. They are also Spanish people. How have they learned so much wisdom in Colombia? So, I request you, again and again, please feel my concern, I'm concerned for you all. How much Sahaja Yoga is going to help you, your country and the world I cannot tell you in this lecture but tomorrow I'll let you that how this transformation is going to trigger the new age to come in.

But today you must make all determined efforts to decide that you are going to working it out and that you are going to become what you are. All the blessings, all the love of God is just waiting to shower on you. All that is promised in all the scriptures is going to be fulfilled. And this divine power is so expert, so loving, so caring, so intelligent and so nourishing that once you get in connection you'll be filled with complete joy and complete knowledge.

I of course would like you to ask me some questions. But questions should be relevant. Unnecessarily asking stupid questions is not going to give you any help. And if you people do not want Sahaja Yoga, if you don't want to become what you are, nobody can force you. It cannot be forced. It's a living process, like a seed if you put it in the Mother Earth it sprouts. But you cannot force the seed, you have to put it to the Mother Earth.

So I would request you now to decide that you are going to take your Self-realisation and you are going to develop yourself into that greatness about which I am talking. We have got people now from Switzerland, from France, from all over. Now we have to take Spanish people all over. They are all over; they are in America, everywhere but not as Sahaja Yogis. So if it works in Spain it will work in all the Spanish people all over the world. I am not being able to understand what is the matter with the Spanish. I would request you people to tell me what's the matter.

Alright. Let's have the questions.

Question: Why did you say there is no spirituality in Spain?

Shri Mataji: I didn't tell that there is no spirituality, that's wrong. I said that you should know that you can become very great spiritually while in other countries people are becoming. If they were so spiritual they would not have problems with them, again and again. I'm saying there is such a potential here, such a potential. You come to listen to me every time, you get your realisation and then you get lost, this is the point I'm saying.

Question: Can we lose the Self-realisation?

Shri Mataji: Yes. With this Sahaja Yoga what I have thought of, that if you tell the persons to clear, work it out and wait for that thing to work you can only give realisation to one or two persons. So what I thought of that a system must be found out by which to give en-mass realisation; in the sense that you raise the Kundalini and pierce it somehow. So in that light you can see a little bit of truth, and some people immediately see, so you start seeing yourself. And in that way, when you start seeing what's wrong with you then you start correcting it yourself, I don't have to tell you.

Like supposing, you are holding a snake in your hand and it is all darkness. And I tell you, "There is a snake, my child, there is a snake in your hand." but you won't listen to me because it's dark, you think it's a rope. But if there is a little light you see that and you throw it away. Overnight people have given up drugs, overnight alcoholism.

When the kundalini rises and pierces through you get the actualization of the baptism. You start feeling the cool breeze out of your head, the cool breeze of the Holy Ghost and you start feeling the cool breeze all around you. It's that power which you start feeling, you get connected with that power which is the All-pervading power of God's love. You start experimenting with your powers now. You'll be surprised that you can give realisation to others with your hands through your fingertips. [video interruption] granted first your problems are solved on your centres. So you become your own guru, you become your own master. But you must believe that you have got it.

Once I was travelling by a ship and our captain told me there was one man who got to the fresh room and he's got pneumonia. I said, "Alright, I'll go and see him." He said, "No, I won't allow you to go there." But I had given him realisation so I said, "You just go and put your hand on his back and ask him to stop his breathing three times." And it worked. He was surprised, "How could I do, how could I do this thing?" And I said, "Why not? You can become just the captain of this ship." And I said, "But you are a saint now, you are a saint, you can do it. Believe me, now you can do it. Or you let it go, he dies."

That's why I said you have faith in me but why not faith in you? You can become like me I'm saying, so why not? Why should be there diffidence? Russians don't have diffidence. You should not have any diffidence. That's why I'm saying the Spanish have diffidence. You can all become great saints, why not? Alright? So you have to correct yourself and put the put the kundalini connection nicely fixed; for which you don't have to pay at all.

Question: Do we have to leave our family to follow Sahaja Yoga?

Shri Mataji: No, not at all. Sahaja means "born with you", saha-ja, ja means "born", it's the right to become one with the Divine. This is Sahaja Yoga and all others yogas are inside it.

Question: There must be another way to raise the kundalini.

Shri Mataji: No, there is no other way out. As you can say that the seed has to be sprouted, the same way this has to be done. It's accepted by all: Hatha yoga, Patanjali has said the same, everybody has said the same thing: that's the Kundalini has to work it out. They've seen other ways also and there is no other way, only the kundalini which is like this one [the microphone]: it is kept here for the connection. If you want to use this one you have to connect it, isn't it? So this is the thing that is kept exactly for connection, means you connect it to something else. Like if there is a plug and the plug has to go into the socket. You may say, "Is there any other method of putting this into something else?" No, this is made like this.

Now, it is in the sacrum bone. Sacrum is a word coming from Greek and "sacrum" means "sacred" so they knew there is a sacred power in this triangular bone. Also with some people, when there is obstruction in the higher centres then you can see this sacrum bone peeling like the heart, pulsating like that. And you can also see the rising of the energy, you can see it on your back; not on everyone - if there is an obstruction in the stomach and you can see it moving slowly, slowly. This is the thing especially made for connection and kept here for your rebirth. She is the expression of the Holy Ghost. And Holy Ghost is the Primordial Mother. You have the Father God, the Son of God and what about the Mother? So this is the mother, your individual mother, all of you have got this individual mother within you. She has recorded everything about you, she knows you very well. And she is the one who is anxious to give you your Self-realisation.

Question: Many people don't feel the vibrations and they are anxious [UNCLEAR]

Shri Mataji: It is like one light which is enlightened, or a candle which is enlightened can enlighten another candle. Whosoever, may be very good, maybe very good for realisation, but if the candle is the best but if there is no enlightened light brought to that candle it won't get the light spread out.

Question: Can one enlighten himself?

Shri Mataji: No, he cannot, except for incarnations like Buddha, like Mahavira, like them, people who already know everything about it, they just get it; except for them. But there could be people who are born realised. There are but they don't know about the technique. So though they are very good they suffer, they cannot protect themselves. And they cannot help people much because they don't know the technique. And these days there are many people who are born realised but their parents don't know what about it, so there is no proper rapport.

So, in any case you have to have full knowledge. Even if you are a born realised person you have to have the full knowledge as to what you are. Otherwise one may suffer. The saints have all suffered for this.

Question: There are some people who got their realisation from Saint Paul.

Shri Mataji: Oh, that's wrong. Oh, my God! What was Saint Paul, that is just Imagine, Saint Paul was a man who was epileptic.

He is the one who killed Stephen. And he is the one who has ruined Christianity. How can he [UNCLEAR] with Christ? If you read Khalil Gibran, he's written a complete chapter on Saint Paul. He is the one who organized Christianity like this, he is the one. If he had followed Christ, what Christ has said that you have to be born again, you have to become the Spirit, he would have become Spirit oriented. But first we went - I am also born in a Christian family - first we went power orientated, Christians. Because I was born in the Christian religion I know about it. First he conquered the whole world. In India people came with a gun in one hand and a Bible in the other. Was that Christianity? All over the world.

But thank God, I should say that they didn't come to India and everything, otherwise I would have been here. If Columbus had come to India we would have not been there, none of us. And if you go to Chile and Argentina you won't find one single aboriginal, one single. And not in America either.

So this is first thing. Then they became money orientated. It's all money, business, business, business. We are not Spirit oriented. Christ was neither power-oriented nor money orientated, he was Spirit oriented. He took his birth, as you know, in a very poor family, in a carpenter's house. He was born in the manger. And now what has he got to do with money orientation? [UNCLEAR] he just had some sort of an idea that it is a good platform: alright let's have it - Christianity - and make some money. If he would had not come, thank God, we would have been better people and we would have all been spiritual, really spiritual, long time back. But now we have realised and now we are seeking the real ascend. The message of Christ was deviated. It is fact; it's sad but it is so.

Question: What is the real message of Jesus Christ?

Shri Mataji: It's very important. It's very symbolic, extremely symbolic. We have Christ here on the Agnya chakra. So now I tell you the whole thing very nicely, about the Christ, if you want to. And he was born on the optic chiasm, at the cross there. And when you awaken Christ then he sucks in the two institutions that we have: one is the ego and one is the conditioning. He does it. We have to pass through him, he is the Gate. These people asking questions how can be born? What's the use of asking question? Please calm down. Then he sucks in, this centre sucks in your conditioning and your ego. What actually is said about Christ - that he died for our sins and he suffered for our sins - is proved. Because when he is awakened our all sins are sucked in by him. But one thing is that he has suffered for us. Why should these people want us to suffer? Are we going to suffer more than Christ? He has suffered for us already. Like "you do all the suffering, give us the money". "Fast, don't eat food and give us the money." You should think. Christ is not illogical, he is logical. You go and see the Sistine Chapel. Michelangelo was a realized soul - saw Christ as a huge big thing. So Michelangelo could see [UNCLEAR] really. But there is a table below; on that they've put a skeleton of Christ - absolutely sickly, horrible - by the church. Can a person like that carry the cross? They want to show that he was so miserable. Why? A divine person can never be miserable. He is the healthiest of healthiest; he is the brightest of brightest. So they want to show Christ to be some sort of a tuberculosis patient and we have to tolerate it. Think about it.

Question: [UNCLEAR]

Shri Mataji: Now the time has come for you to get your realisation and know the aim in your life; it is in you, within you.

Question: Can you achieve realisation through Raja Yoga?

Shri Mataji: Now the Raja Yoga that people are talking outside is artificial and I'll tell you how. It is when the kundalini rises all the centres open to allow the kundalini to rise and then they close, it's a [UNCLEAR] they call it. And when it comes here also [Vishuddhi] it opens and then it closes down so the tongue is little bit pulled inside. It's a living process; like in a car: when you ignite the car automatically all the machinery works, automatically. So when the kundalini starts moving the Raja Yoga starts working the machinery. But the Raja Yoga they are selling nowadays is like without starting the car you move the wheels.

I went to America first time and I saw some Indians doctors with their threads cut and their tongues dangling like dolls. And they wrote - because they couldn't speak - they wrote on a paper to tell me that they were in Raja Yoga and to do the khechari, to push back the tongue they have cut it. And they made a case of these people so they have stopped that part.

So by doing artificial things you cannot start the kundalini.

Hatha Yoga also is "Ha-tha", "ha" means "the right side nadi" and [tha] - the left side nadi, both are to be used, not only the right side. And in the Patanjali book, it is so big - like that - it is Ashtanga, means there are eight parts. Only a very wee part is the Niyama Yama out of which a very, very little part is the exercise.

But we too will prescribe you some exercises if you need something and help you, but after the kundalini has started. Because when the kundalini reaches the point where you see that there is something obstructing we should know how to open that. Supposing I'm coming all the way and on the way I don't know what traffic is like to that place, when in a car I'm coming. When I reach that point I'll know there is a jam. Without going up to that point how will I know?

So, first the kundalini has to rise and you have to see what is the obstruction. Maybe you might have to do some exercises, maybe, but it's scientific. But Patanjali's Hatha Yoga mostly has dealt with Sahaja Yoga only throughout, nothing else. He has said we need to do three stages: one is Savikalpa samadhi, Avikalpa Samadhi and Nirvikalpa Samadhi, that's three stages, to go through these three stages of awareness, the same as we do.

First you become thoughtlessly aware No, first [UNCLEAR] for how to be aware, means now that I'm talking to you, with that you are getting aware. Second stage is thoughtlessly aware and the third stage is doubtlessly aware - then nobody ask questions and you become. You stand here [Shri Mataji points next to her] and he is there, when you have all the powers.

Question: I'm a Christian and Sahaja Yoghini. Can we read the Bible?

Shri Mataji: Of course, read the Bible, of course, but not Paul. You can read Koran, you can read Bible, you can read anything. All these scriptures are true, they all can be proved. Even in Koran Mohammad Sahib has said that, "At the time of Resurrection your hands will speak." He has talked of Resurrection, that means he didn't say that, "I'm the last." which Muslims are saying and killing left and right in the name of God. Fundamentalism is against God. Fanaticism is also against God.

All of them came like beautiful flowers on the Tree of Life, all of them. But we removed them, the flowers, and with the flowers that are dead we say, "This is mine", "this is mine", everybody thinks no end of themselves. If you see, Christians are the worst and they are the chosen ones. And the Christians think Jews are the worst. And Muslims think the same way about Hindus, the Hindus think about the Muslims; everybody thinks they are going to heaven. [UNCLEAR] one and the same. Because they were born in one religion they have become blind like that.

In Sahaja Yoga we respect all the religions, all the great prophets, all the great incarnations and we know their connections very well.

Christ has said that, "Those who are not against me are with me." Who are those? He didn't say that, "I am the only one." Of course, he was the Son of God but it is to be proved. In Sahaja Yoga it is proved that he was the Son of God. It is not just because he said so, because it is a fact. You really become a real Christian and you become baptized actually, not artificially. These are all man-made things, like man-made fabric.

Question: How do you get realisation?

Shri Mataji: Alright. That's the thing I wanted. Somebody should say that. You all want your Self-realisation? Excellent. And then you have to promise that you are all going to become great Sahaja Yogis and you are all going to save your country.

It will hardly take ten minutes, that's all. And as I've told you, you are all capable.

There are two conditions. The first one is that you must believe you are absolutely capable and that you are not at all guilty of

anything. This conditioning is too much: I'm a Christian, and I'm guilty of this and that – you are not guilty of anything. After all, you are human beings, you are not God. And only human beings can do mistakes. So first of all you have to believe that you are not at all guilty of anything. Please forgive yourself fully because if you feel guilty the centre here, left side here, catches very badly and the kundalini cannot go move up but you get diseases like angina, spondylitis, horrible diseases. So this is a myth, you have to respect yourself and not to feel guilty at all. This is going to help very much.

Second part is that you have to forgive everyone. You may say that to forgive everyone is very difficult but it is a myth. If you forgive or don't forgive you don't do anything, isn't it? What do you do? But when you don't forgive then you play into wrong hands; you torture yourself and the person who wants to torture is a happy person. So [UNCLEAR, out with him], just forgive so that he cannot have again hands on you, solved, that's the trick. But if you don't forgive, again this centre I've told you, the optic chiasm, won't open up. It is the most constricted centre of our resurrection. So to make it easy for Christ to be awakened you have to open this centre nicely, this is the gate. And if you do forgive then this centre doesn't open and it's very hard for me. These are the only two conditions.

Now please take out your shoes because the Mother Earth helps us a lot.

Now be very pleasantly placed towards yourself, don't be angry with yourself at all. And you have to respect yourself and love yourself because you are going to enter into the Kingdom of God.

So now, tomorrow I'll tell you about He's already told you about the nadis. So the left hand should be put towards me like this, it will symbolize that you want your Self-realisation. Now the right hand Be comfortable, keep it on your lap, must be comfortable. And now you sit in a way that you are comfortable, not too much bending or too much going backwards but comfortable.

So put the left hand towards me very comfortably on your lap and we have to use the right hand for giving vibrations, or you can say for giving nourishment, to our different centres. First I will show you and then you will close your eyes and we'll work out the ascent of the kundalini.

So now you please put your hand on your heart. Remember that we are only working on the left-hand side with the right hand. And the left hand is towards me and both the feet are apart from each other. In the heart resides the Spirit. Then you put your right hand in the upper portion of your abdomen, on the left-hand side. This is the centre of your mastery, as I've told you that you become your own master. Now take your hand down in the lower portion of your abdomen. This is the centre of manifesting pure knowledge on your central nervous system, means by which you develop a new dimension in your awareness of collective consciousness. Now raise again your hand in the upper portion of your abdomen and press it hard. Now raise your right hand in the heart. Now take your right hand in the corner of your neck and your shoulder as far as possible and turn your head to your right. This is the centre you catch when you feel guilty. Now please take your right hand up to your forehead across and put down your head on it as much as you can and press it on both the sides. This is the centre for forgiving everyone. Now take back your right hand on the backside of your head and push back your head as far as possible upwards. Here now without feeling guilty, without counting your mistakes, you have to ask for forgiveness from the Divine power. It's only for your own satisfaction. Now you have to stretch your hand upwards and put the centre of your palm on top of your head, on the fontanel bone area which was a soft bone in your childhood. Now you bend your head properly and push back your fingers as much as you can because it has to put pressure on your scalp. Now please move your scalp in clockwise manner, seven times, very slowly. That's how we have to do.

Now you have to keep your feet apart from each other and [left hand] on your lap and right hand on your heart. Now you can take out your spectacles if you like because you have to close your eyes and maybe your eyesight might improve. So now please put left hand towards me, right hand on your heart and close your eyes. Here you have to say, a question to be asked to me. You may call me "Mother" or "Shri Mataji", whatever you like. Now you can ask three times a very fundamental question, "Mother, am I the Spirit?" Ask this question three times.

Now if you are the Spirit you become your master in the light of the Spirit. So now please take down your right hand in the upper portion of your abdomen and press it hard. Here you ask another question three times, "Mother, am I my own master?"

I must say that I respect your freedom and I cannot force pure knowledge on you so you have to ask for it. Please now take your right hand to the lower portion of your abdomen and press it hard. Here you have to ask six times because this centre has got six petals, "Mother, please give me pure knowledge." Six times. As soon as you ask for pure knowledge the kundalini starts moving upwards. So now we have to nourish the upper centres with our self-confidence.

So please take your right hand in the upper portion of your abdomen and press it hard. Here you say with full self-confidence ten times, "Mother, I am my own master."

I've already told you that the greatest truth is that you are the Spirit. You are not this body, you are not this intelligence and you are not these emotions, your conditionings and ego but you are your Spirit. So now raise your right hand on your heart again and with full confidence you have to say, "Mother, I am the Spirit." Say it twelve times, "Mother, I am the Spirit."

The Divine power is the ocean of knowledge and love. It is the ocean of blessings and benevolence. But above all it is the ocean of forgiveness so whatever mistakes you have committed can be easily dissolved by the power of this ocean of forgiveness.

So now raise your right hand in the corner of your neck and your shoulder and you turn your head to the right. And here you have to say with full confidence sixteen times, "Mother, I am not guilty at all."

I've already told you that if you forgive or if you don't forgive you don't do anything. But if you don't forgive, if you don't forgive then you play into wrong hands and you suffer unnecessarily. Please now understand the discrimination. Take your right hand on your forehead across and press it on both the sides as much as you can by putting your head down. This is the centre for forgiving others in general. So do not think of any particular person but in general you say, "Mother, I forgive everyone." It is not how many times, but from your heart.

Now take your right hand on the backside of your head and push it back, let it rest there. And now without feeling guilty, without counting your mistakes, for your satisfaction, you have to say to the Divine power, "Oh, Divine power, please forgive me if I have done anything wrong without my knowledge or with my knowledge." not how many times but from your heart.

Now stretch your hand, stretch your palm and put the centre of your palm on the fontanel bone area which was a soft bone in your childhood. Put down your head and stretch back your fingers. Carefully, please do it carefully, last time you didn't do it. And now press it hard, the scalp, very hard. And now move your scalp seven times clockwise slowly. But again, I cannot cross over your freedom so you have to say seven times, "Mother, please give me my Self-realisation." because I cannot force it on you. Push back your fingers, push back. Put down your head.

Now please open your eyes and take down your hand. Put both the hands towards me like this. Now watch me without thinking. Now put down your head and see if - bend your head - and see if there is a cool breeze coming out of your fontanel bone area. It can be hot, heat coming out, doesn't matter in the beginning. A very [UNCLEAR] also can might get it further on but don't put your hand on your head.

Now put your right hand towards me, please and please bend your head.

1990-0615, Evening Program

View [online](#).

15 June 1990

Ashram of Pichini, Rome (Italy)

Evening was in Pichini's Rome ashram, just a few months before moving to the new ashram in Magliano Sabina in 1990

1990-0616, A divine computer

View [online](#).

16 June 1990

A Divine Computer

Public Program

Barcelona, Casal del Metge (Spain)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: I bow to all the seekers of truth. Yesterday so many of you have felt the cool breeze, on the fingertips around your yourself. So one has to know that your spirit has come with your attention & has enlightened your attention. They are placed in your central nervous system now, you can feel these cool breeze. This cool breeze is the all-pervading power. It is the subtle power and you can only feel it when you get your connection with it. That is your spirit has to be brought into your central nervous system. I mean ...your attention. Before realization, the spirit exists in the heart and watches every moment of your being. It allows you to do whatever you like. You want to do anything wrong also, you can do it and if you want to do anything good, you can do it. But once this light comes into you then you start seeing what is wrong and what is right. That is why the saints, they[10:53 unclear]were anything that was wrong. Now that, this light has come with your [unclear/attention] and you can feel the all-pervading power, but this power [not so sure about this word/ thinks]...It understands and it loves you! And When it starts going through you it becomes just like a divine computer. Now if you want to find out, What is the truth ...You have to just stretch your hand like this. Now we want to know about an [unclear /God]. For example - If you just judge your hands and ask the question: Is that God? You will feel immediately another blast of cool air flowing on your hands saying Yes! You want to Know if Christ was the son of God? In the same way, ask the question and again you will find cool breeze will start flowing more ...saying Yes It's the fact ...that's the truth ...Or supposing you want to find out about somebody who is a false guru or good guru. So you can put your hands and ask about him and if he is a bad man immediately you start feeling the terrible heat or maybe sometimes you might get a little blister for a while. So as it is said in Koran that your hands will speak. They start speaking. Now Christ will only actually stood ...We should say ...4 years then he cruised because of the rest of the man ...He had to run away and live in India ... And he preached only for 4 years. And 4 years is not any time to tell anything...Now I have been ...say ...coming to Spain for the last 15,16 years. But how many people have understood SahajaYoga...

So you can understand how difficult it was before he has to say everything about the truth. So Mohammad sahib said something and after that also many came like Guru Nanka and Shirdi Sainath ...They also explained lots of things. But despite all that there ...all their work still ...They could not put these ideas permanently into the heads of people because they were not realized, souls. They couldn't give them a realization. If they were realized souls, they were never [unclear/stood]. Moreover whatever they told human beings to deviate from one extreme to another extreme... And so that they find the mess in the name of God. When God is, We have to find out with our open mind first of all.

We can not outright say that he doesn't exist when we had not made any efforts...You find if he exists or not. So as I told you before, you should keep your minds open like the scientists and what I say comes true then you have to believe in it in an honest manner. The spirit is the source of knowledge...as pure knowledge. If you put 10 children who are realized souls and then analyse and ask them what's wrong with the person sitting before you? Then they will show you one single finger...all of them will show one single finger ...Everybody will say the same. There won't be any difference of opinion ...Because that's pure knowledge. In the same way yesterday they were trying to give realization to someone & they all told me he had a problem on Vishuddhi Chakra. Everybody said the same. And they ask him Have you got any problems here? Yes, they say And they have caught the Spondylosis. So this is what to see that not only physically, mentally, emotionally, you can immediately find out What's the matter with another person and what's the matter with him on your fingertips. But as your using a very little part of your brain, we are limited, very limited. But, with the awakening of the Kundalini, the power which is surrounding us also starts pouring into us and uses that space at which our awareness expands. Thus you become a dynamic person. Extremely dynamic and at the same time you are very compassionate... We have people in Sahaja yoga who came to us brought their children,[unclear /and children are not doing good in their schools, they can not do well, they are useless 19:54]. But when they came to Sahaja yoga after that they come to me and they got scholarships, and they are doing so well...Many businessmen also were doing very badly and suddenly become a very big businessman. But they are not aggressive ...Automatically it works for them. It was your understanding, your

perception, everything becomes very real. And you understand how to work out everything. Then We have some musicians and some worried artists who overnight have become very great, very well known artist...They are mostly from India. I have yesterday told you that people have given up drugs, and alcohol overnight. So what happens is that spirit becomes a very powerful thing. And it gives you great power to overcome all your bad habits. You become very self-confident. Yes at the same time you are very humble. On ...here I will tell you how these things happen ...(Mother shows the chart at the back). Already (some Sahaja yogi) has told you that we have all these centres within us [unclear 22:17] And then this triangular bone has got the power within us ...So this is got within you. It is all set very nicely in your evolutionary process. All these things were placed nicely in your being. Now you are just ready. You get your realization. But sometimes you are diffident or sometimes you are arrogant...So sometimes you go to your left side too much and sometimes you go to your right side too much. So I will show how this left and right are the 2 sides and how the centres are inside like that

Now the left side works out your emotions,& your desires and right side your actions. Now supposing you are working very hard and at the same time you are very unhappy so what happens that this starts getting exhausted ..This centre ...This energy gets exhausted ...And sometimes you will get shocked it just gets separated. So your connection with the centre is lost ...So this is left sympathetic, this is right sympathetic and in the centre is parasympathetic. In any emergencies, we use our sympathetic nervous system. And when ...Suppose you are running very fast your heart will start running very hard ...that means the action of this sympathetic. But it will be brought to a normal beat by parasympathetic. The heart is brought to normal. You can see ... But we can not control parasympathetic. You can not [unclear 25:42]. But after realization when the Kundalini rises that means ...It passes through the centres and nourishes them so first of all you get the nourishment of the centres. Also it [26:13 unclear/ enlightens your brain]. Then, It also integrates properly and pushes them right in proper places ...all the centres. And by nourishment, your health improves ...and also your attention is brought to the centre and you become mentally very balanced. So also we have seen schizophrenia and other mental troubles are all also can be cured...[26:59 unclear] If the Kundalini rises and settles down properly. But once it is awakened then you have to see that it is awakened and is also properly fixed ...So all the time there is the flow of that energy in you And then you feel absolutely all the time nourished and you feel very dynamic. As a result of the Kundalini awakening, is thoughtlessly aware in the beginning ...The thoughts arise, the one, the second and you are jumping on the cusp of these thoughts, Which come from the past or the future...We have to be in the present. Because the past is finished and the future is not there. So when the kundalini rises the thoughts become linear, they become smaller, and the space between ...which is the present opens out. So you are in the state which is called as the thoughtless awareness where you feel extremely peaceful. You start seeing like a witness...Everything ...Like a drama. And don't feel type or any type of disturbances within you. Like a lake, which is ripple-less (there is no ripple in the lake) All that is surrounding the lake is completely reflected in the lake. In the same way ...Anything you see for example I see a beautiful thing here, I just watch it ...there is no thought ...no reaction... Only the beauty of the creation, the joy of the artist starts pouring from my head, soothing me down. So, we become very sensitive to the joy that is created by nature, by beauty by everything ...

Now any realized soul who has created any piece of art emits vibrations. Now supposing you are realized souls and you will go to [unclear /chapel] then you want to feel the vibrations, the cool breeze [31:27 unclear]. You see Monalisa picture is so much respected and loved because she emits vibrations ...So We have to, first of all, understand ourselves so well that we are sensitive to our vibrations... After that, you can not get diseases. You have a very long, happy, joyous life. And then you become like an instrument of God! Yesterday a lady came and ask to me that she wants to heal others and she wants to help others...I was very happy to hear that ...So I told her that first of all you must master Sahaja yoga, you must become an expert. And then you should know how to protect yourself and then you should start giving help to others... /so that you are not affected. While you don't have to do much. You just have to raise the Kundalini, of another person and you will be amazed he will start improving gradually... After realization

, you have prayers work wonders you will be amazed how your prayers are answered because you are in connection...

When there is no [unclear 33:52/connection]what's the use of telephonic God that do this for me, do that for me. So many miracles have happened, yes ! after Sahaja Yoga that I wanted them to write so they have written so many from there to there file and I don't know what to do? How will I read them ...They are so many ...Then I told you 3 doctors in India got their M.D in Sahaja Yoga. They proved it that it cures cancer, it cures epilepsy, it cures asthma some diseases. Also in London, we have a doctor who is a psychiatrist who himself was in a way ...a drug addict...& now he becomes in charge of seven hospitals. And he is curing many people. There are 7 doctors in London who, are trying to [unclear/35:42 calculate] how many people have cured of Sahaja yoga...Bu Sahaja yoga is not for curing ...It is for making you spiritual, divine ...Because you have to transform the whole world. When people will get transformed, they will become beautiful people, collectively conscious and very aware. And all the

differences which are built in our selves by our conditioning's will disappear ...Even the U.N has also now registered us as an authentic organisation. And in America, they have accepted Sahaja yoga as the Universal pure religion. And it encompasses all other religions. And beautifully explains all the great incarnations, prophets and saints. And it integrates all of them. So If you have to have one word then we have first of all become collectively conscious through self-realization. As this is the last breakthrough of our evolution, everybody should try to get in and establish themselves in the kingdom of God...And for these [unclear38:23] people who are serious, Who are wise, who are thinking of the whole world...I have met people who have foundations, Who have got noble prizes, this and all that, and they have no peace within. Extremely hot-tempered people ...How can they be people who establish peace on this Earth? You can't even stand near them. They are so hot. Just can't bear them...And they treat that they will establish peace! Impossible! So we have to create this new awareness within us and a new race of human beings who will be within themselves will be peaceful and will be having the light of the universal being in their spirit.

Now you have seen these people singing Marathi song, which is such a difficult language. Nobody can learn it but Marathi [unclear 40:00]. It's very difficult ...It's next to Sanskrit ...English use to come to India they spent 20 years to learn one sentence in Marathi. [unclear /Help ! when they spoke nobody understood 40:32] what language they are saying. Not only this, but they also sing Sanskrit songs Which is difficult for the Indians ...You see ...Indian's can sing Spanish, English all kinds of the song but I think Spanish English is easier than these tongues- twisters. And they understand the meaning, they understand everything. They will surprise you...I myself surprised, first of all, to sing Indians song itself, Indian music itself, is so difficult. And they have composed, Swiss people have composed one song, in Hindi language and also have given a tune to it. Even with 15 years of the penance, no Swiss can be [unclear 42:04]. We are surprised that, really...because they do come to India to learn Indian Music and they are working hard. They don't know anything and its very difficult for them to do anything... Even the Indians start their music from the age of 3 years. So you can imagine how much It has helped people to understand each other ...to learn thing so far ...

Above all everything, it's the source of joy...Normally you find all the religious people...means they are ...They look like somebody has died in their family. They are very serious and they talk very much. And if you have to talk some priest ...you have to prepare yourself. While Sahaja Yoga brings you so normal, very normal ...You become like children In Sahaja yoga we have got very highly placed people, we have the general of the [unclear /high court 44:05]. And some best of the [unclear 44:10]news agencies[unclear 44:19] and also we have the doctors, the artists, all kinds of people and also villagers. But all of them mix up with each other so easily, there is no class consciousness nothing...Because who is the other? We become part and parcel of one great god! We become, It is not just as a mental understanding We really become from inside It's not just oh We are brothers, We are brothers...No, We are really brothers! Happens from within ...

There is no asceticism. We don't have to leave your family, We don't have to run away from your houses, We don't have to give money anything...

Whatever power you have you may use [45:52 unclear/some way]. This is your own ...Actually, I have nothing to do with it..No obligations. Like one candle can enlighten another candle ...In the same way, if you can enlighten me you can enlighten others. So today I think We should not have a question because yesterday there were many of them. Better have your realization first ...But again I have to tell you one thing, that does not waste your realization. As Christ has said that - some sweet felt on the grass and some felt on the [unclear47:04] and some in the fertile lands... So Let us be spread in the fertile land...And Let it grows into big trees of Sahaja Yoga. You have no [unclear 47:39 /obligations/organisation], you have no huge buildings or some people show off the ...We have very simple livelihood people. But you have to come yourself, and know everything yourself, It would be your own right ...When I come, you all come so many But then I think you do not think that you can become like me ...My husband uses to say that you are [unclear 48:45] but I don't think you can [unclear 48:47 /make] any one life like you. And now we see all of them so much changed and transformed ...He said in my honesty I must confess that really it has happened. So don't [unclear 49:13] your personality please ...and I hope next time when they are fallen all of you would be there and you really understand your own value and your own glory. I hope so, I also have very much desire that you all should be very nicely settled in your own powers ...Your life is very important especially at this time. The purpose of life now ...at this time is to become the spirit...Otherwise, you have no identity...Life will become completely wasted...I hope all these saints... you will understand how I am concerned and how I worried that once I have gone then you will not know about yourself ...You all have become great people and that's what I want you to be...

Because I love you very much I will be again and again coming here but I hope you will also love yourself ...and know that you are really valuable in those days.

May God bless you!

Let us now have the self light!

It will hardly take about 10 minutes.

You can take out your shoes...

And another thing as you know very well that I can not force self-realisation on you!

I respect your freedom to choose.

So those who do not want to have self-realization can leave the hall ...

Now Please ...This is very simple as we have done yesterday ...

Put your left hand towards me like this...

This is suggestive that ...

So be comfortable ...

And We are using the right hand to nourish our centres on the left-hand side ...

Now at today outset, I have to tell you the 2 conditions:

The first condition is: very important that you will not feel guilty at all...Just forget the past ...

Whatever mistakes you have committed after all you are a human being you are not Gods. And this power, it is the ocean of forgiveness...and you can not commit any mistakes which can not be resolved by this power ...

So please believe me that you are not guilty ! not guilty at all. Those who have told you that you are guilty are the people who themselves are the sinners...

The second condition is: that you have to forgive everyone ...Forgive every one ...Even the false Gurus...Forgive everyone ...Not in a particular way ...But in general...

forgive everyone. Because whether you forgive or don't forgive you don't do anything ...And if we don't forgive then you play in wrong hands and torture yourself ...Moreover, if the kundalini rises, through this Agnya of christ It is a cross. It's very constricted.

So you have to open it out. You have to forgive... otherwise, it won't open and Kundalini won't pass. Because I cannot forgive for you You have to forgive yourself... These are only 2 conditions :

At least you should be very pleasantly [unclear] place yourself.

Now the left hand towards me and the right hand towards your heart...

We will show you how you have to do and then we will close the eyes...

In the heart resides the spirit...

Then you have to put your (You are working on the left-hand side) hand in the lower portion of your abdomen. Press it hard.

this is the centre of your mastery. Now you put down your hand on the lower portion of the abdomen at the left hand This is the centre of the pure knowledge. Raise your right hand in the upper portion of your abdomen again...Now raise it on your heart

...Now put your right hand in the corner of your neck and your shoulder... And then turn your neck to the right.

Now this centre catches when you are guilty and gives you enzyme and also Spondylitis.

Please see

Everybody must do. All right

Now put your right hand on your forehead across ...And press it hard on both the sides putting down your head ...

And press it from both sides. This is the centre of which you have to forgive everyone... Take right hand to the backside of your head ...And now push back your head. Here now, without feeling guilty, without counting mistakes, you have to pray from the divine power for your own satisfaction.

Now stretch your hand ...and put the centre of your palm on the top of your head in the fontanel bone area It was the soft portion in your childhood. Now put down your head and press your scalp nicely ...Push back your fingers. So that you can press well ...Now move your scalp 7 times, slowly, move it 7 times, very slowly ...

Put the centre and stretch it nicely then press it hard ...

Now you can close your eyes ...You can take out your spectacles ...and ...

You have to put both feet apart from each other and sit comfortably ...

[Then Shri Mataji gave the realization to the seekers]

1990-0617, Shri Mahavira Puja: Touch Your Depth

View [online](#).

17 June 1990

Touch Your Depth

Mahavira Puja

Barcelona, Teatro del Ateneo de Arenys de Munt (Spain)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mahavira Puja, Barcelona (Spain), June 17th, 1990.

Today we have gathered here to do the puja of Shri Mahavira.

[Interruption for technical problems]

Today we are going to do the puja of Mahavira and we never had this puja before. The reason for this was that Mahavira's life was an ascetic's life, just like Buddha: even more than Buddha it would be. Because at the time when these two were born, the Brahminism of the Hinduism had taken a very funny form. People had become extremely ritualistic and they were worshipping all kinds of stones and all kinds of things instead of worshipping only the swayambhu.

Shri Mataji, [apart]: Who is that fellow eating food at the time [of puja]? There is a gentleman who is eating food at the time of this thing, please tell him.

The ascetic life of Mahavira was of a very, very extreme nature. He was the one who was born in a clan of warriors, kshatriyas, and then He was also married. Also, He had a daughter and then He decided — because He knew He had to do the work of the Divine — He decided to take a sanyasa. So, He took the permission of his brother, because his parents were dead. He was a king, so He gave up all his material wealth, everything, and He became a complete sanyasi. And He left his family, left his house, everything, behind and went alone with a little bowl for begging alms. And the people who joined Him were very few and He asked them that, "You have to also become ascetics, munis."

He was a reincarnation of Saint Michael and He resides on the Left Side, on the Ida Nadi, and He looks after the whole of it, right from Mooladhara onwards up to the Sahasrara. So, Saint Michael was born as Mahavira, meaning "The Greatest Warrior". But when He was born, the whole place got a lot of prosperity, that's why He was called as Vardhaman, to begin with.

But his asceticism was there because of the Brahminism that was so prevalent in those days, and people were absolutely drowned into it. After Shri Krishna, these two persons, Buddha and Mahavira, both of them incarnated in India. As you know, their history is very far out because they were the children of Rama and they were two twins, called as Luv and Kush. So, Rama led a life of a very great king, benevolent king, and of lots of limitations: Maryada Purushottama. Because of that, people became extremely serious and also very closed — because of Rama's following. Of course, after every incarnation, as they do not get their Realisation, they get deviated and start going to the extremes of everything. So, they went to the extremes and became very, very much, sort of, quiet people, wouldn't talk to anyone and would be very formal people, because that was the life Rama had to lead. And because Rama left His wife, many people at that time felt that wife is not to be paid so much attention to.

So, Shri Krishna came. Actually, Rama took birth as Shri Krishna to overcome these conditionings. And He said, "All this is lila. This is all a play." And that it is a play and you should have pure heart and you can play about. As long as you have pure character, nothing can go wrong if you mix up with people freely.

So, after Shri Krishna people started becoming very licentious and permissive and they created poems and things of Krishna's love stories, which was all false. Because He lived with Radha at the age of five or six years, and in the Gokul. So all these false

stories about Him were used for the licentiousness of the people.

So, now, the situation was such, that the whole place was getting completely drowned into immorality. The priests, the Brahmins themselves, had become extremely immoral and were indulging into all kinds of corrupt practices. Not only that, but they took to tantric manifestations of using spirits and things like that, and became very self-indulgent. At that time Buddha, Lord Buddha and Mahavira were born to decondition people from this kind of an extreme behaviour. Because whatever the incarnations tried people always went to the extremes.

So, they found out that people were very much indulgent in killing animals and eating flesh all the time and if you eat too much of flesh and all that you become a right sided personality and so then you become very aggressive and start killing others. Moreover the people who were very much attached to their family or to their children and all that, would not do the work of the Divine and it was a very intensive work which He had to do. So, He made very strict rules as Moses did. He said that nobody should kill any animal and eat it, first of all. Those who are becoming the munis or the bikshus should not even go on any bullock cart; should walk bare feet; should not even wear shoes. They should shave their head completely; should have only three changes, three dresses, with them, of a big tunic-like thing. Whether it is sun or rain they should not use any umbrellas. They should eat before six o'clock; before the sun sets. They should sleep only for five hours and all the time meditate and ascend and then try to do the work of the Divine. Then only they can do the work of the Divine. After they get their Realisation that, He called as Kevalagnyan (meaning) only the knowledge, only knowledge — means pure knowledge.

They will develop "Samyak darshan", means 'integrated personality' and all the collective consciousness. He talked of all, all these things. But as He belonged to the Left Side, He has described Hell very clearly. Fundamentally, basically there are fourteen Hells according to Him and it's horrible to read all that, what He has described, about Hell. Because He wanted to tell people that, "If you do all these wrong things you will go to hell". And He talked about, not about God with form, but formless God, because He didn't want people to again start ritualism but get right to the position where they could get their Self-realisation to cleanse themselves.

So, you can imagine how difficult, in those days of Mahavira, it was, even to be one of the candidates for Self-realisation. It's frightening for you! That's why I never had this puja. Because to do all these things first of all and to become absolutely pure, then only He would give Realisation. I wonder how many got Realisation!

But the way He made rules for people was so strict. Nobody would have followed Him, but He told them about the hell in which they will go if they don't follow. So, they were so frightened that they joined Him and started following Jainism. 'Jain' means 'the one who has known, who is enlightened — 'gyan'. It's the, the same word is 'gnya' means 'to know'. 'Ja' — it means 'to know.' Just like the Jews: is the same word is the 'Jew' — means also 'the one who knows'.

Moses also did the same. He didn't say that you should not eat meat, but He said that if anybody is found with another woman he should be killed. The Muslims, they follow Sharia [which] is made by Moses, for the Jews, because they had become so self-indulgent. The Sharia that is followed by Muslims is made by Moses for the Jews because when He brought those ten commandments He found the Jews were indulging into all kinds of nonsensical things. But Jews very nicely put it on the shelf and the Muslims took to it.

So now, this Mahavira style went to the extreme as usual. Even Lord Buddha's — same thing. Mahavira was the one who said that you should not kill any animal. So now, in India, we have people who are absolutely abstaining from even killing bugs, and killing even mosquitoes. How far human beings can go to stupidity can be seen from this.

Nowadays there's a custom, very common in India, that they get hold of a Brahmin, put him in a hut and put all the bugs inside, and when these bugs have got completely fed up with the drinking of the blood of this Brahmin they just drop out. Then this Brahmin is paid a big amount by the Jains who have lots of money. They are vegetarians to such an extent that they don't want to go to the bathroom, but they'll go on some sort of an open space so that no animal should die — such ridiculous things they do. And in doing all this abstinence and all that, they are extremely money-oriented. Jains are just like Jews, in India. Jains and

Jews are the same in their money-orientation. So, the Jains won't kill even a bug or a mosquito, but they don't mind harassing a man up to his death for their two rupees.

So, this extreme temperament is seen in every religion, and that comes because human beings start moving like a pendulum from one end to another. An incarnation comes in, tries to bring them in the centre, but again they start moving on the other side. They cannot remain in the centre, this is the problem of the human beings. And this is why all religions look so funny. When you see the way the Jains are, I mean, you are surprised and you can't believe how stupid they are — educated people, doctors. But they never know that, they never understand that they are stupid.

So, this is the story of Mahavira where He has tried to bring in a kind...

Linda will you please sit down. Who is that lady? Don't move out. You shouldn't get up and walk when I am talking. All right? Tell her. They are eating, they are walking about, will you please tell the Spanish to behave themselves.

When I started Sahaja Yoga, if I had started like Mahavira, how many would have joined Me? Even when we have raised the Kundalini, you have got your Realisation, there is not much of detachment. Sanyasi meant that he had nothing to do with his wife, nothing to do with his children, nothing to do with his family or house or anything, possessions — no possessions. And they were given such a little to eat without any...just boiled food, just boiled and such strict order.

But in Sahaja Yoga I have, first of all, raised your Kundalini without telling you any ritual, any what you can call strictness or anything about it: just, whatever you are, all right, get your Realisation. And I thought that by raising the Kundalini, by Self-realisation — I need not tell them about Hell — only by that, they will become quite detached and wise. But even now, what you find is that there are people who get married in Sahaja Yoga and just get lost. Either the wife dominates or the husband dominates or both of them get completely lost. Normally in the Western countries as soon as they get married first, second day they start quarrelling. And within one week they start talking about divorce. But in Sahaja Yoga, when they get married, they just get attached to each other like glues! Then there is no other interest left all the time thinking of wife, wife, wife or husband, husband, husband. Some want to go for honeymoon, someone to do it in a very big way with a reception and things.

The importance is given so much, that it is unbelievable that whatever things we have left to come to Sahaja Yoga have become multifold. And this marriage system that we have started in India is becoming a headache to me now. Either they fight as usual and divorce or they get glued together — there's nothing in between. They don't understand that they have married for Sahaj Yoga and they have to use marriage for Sahaja Yoga only.

But this attitude of Sahaja Yogis is very surprising because I always felt [that] after Self-realisation they will be automatically sanyasis from within; they will themselves be like Mahavira's disciples. But what I find is that, still, they are always falling back into the same ocean from which they have come onto the boat!

For example now, somebody was fond of seeing films or, say, football — of all the things football! So they are still busy with football, it's become a craze with football! Or a picnic or a holiday or a sea resort. After Realisation how can you enjoy these things so much? That means you have not touched that depth within you yet. Your depth of joy you have not yet touched, still you have to touch it. Once you have touched that you really don't care for anything, you just don't bother for anything. You are so self-contented [that] you just enjoy your Self.

But I do not know if I should tell you about hell and frighten you, or I should put restrictions on you. But this is the one, Mahavira's puja, I have been avoiding, so far.

Even the ladies had to take out all their hair, and wear only one white sari and one blouse, that's all — no shoes! And also had to walk, never get into a bullock cart, leave alone cars. They had to get up at four o'clock, have their food till six only and then sleep off. There is forty days purgation when you have to only live on water — only water!

Now in Sahaja Yoga it's the other way round — it's all enjoyment. You enjoy everything: you enjoy each other's company, you enjoy music. There's all enjoyment for you. But without touching your inner enjoyment you cannot ascend. You must touch your inner enjoyment and then enjoy everything else.

And any hard word said, even one word said hard, they had to repent and go on fast for days together for saying one harsh word.

But here people go, suddenly I find they are walking nicely and suddenly they get onto the horse of ego and start jumping on others. The whole scene is so jocular, I tell you, that I just watch: suddenly what was he? He was a nice fellow walking, just now. Suddenly, what has happened to him? Suddenly he's started behaving like this!

I never wanted to frighten you about the Hell but there is Hell, I must say. And so, one has to go deeper into your own enjoyment so that there is complete contentment.

So, the things that are said about Mahavira, taken to the extreme: that one day He was meditating and He had only one piece of cloth on Him wrapped with a dhoti and He had covered Himself up with one piece of cloth. So, when He was coming out of his meditation his cloth got entangled with some bush, so He had to take off half of it. Then Krishna came to tease Him as a beggar. And He said, "You are a king and You can always get some cloth but I am shivering, so why don't You give me this piece of cloth that You have?" So, He gave him his cloth and covered Himself with some leaves and went into his palace and changed Himself. Into his house and changed his clothes. So, these horrible Jains make His complete nude photographs so huge — a hundred and fifty feet height — nude absolutely nude. Into details they work it out, stupid things.

And there are followers of His, so-called, He never had such followers but they call themselves as 'Digambaras', means they do not have cloth, but their cloth is all the directions — Digambara. 'Directions' are their cloth! And they walk on the streets, walk everywhere in the villages, absolutely nude. I mean horrible things people do in the name of Mahavira.

Now as you have got Realisation, I am sure you won't go to that extreme! But still you must learn to have self-discipline. If you have no self-discipline you cannot jump into that depth where there's complete kevalgyan — means absolute knowledge, absolute love and absolute joy. So, this self-disciplining is very important. Of course, you need not go to the Mahavira's extent now, because luckily I have given you Realisation, but still — do not go back to things which you have left.

As men also do stupid things also women do it in Sahaja Yoga, which surprisingly people told me, that they carry so many make-ups with them to India! What is the use? I just don't understand. I mean for Indians it is useless and it is absolutely useless for you also. You are saints! There's no need to load yourselves with so many things unnecessarily.

So, if you again indulge into the same nonsense that you have been doing: going to the hairdresser or looking funny in the hair, all sorts of things if you do, then what's the use of coming to Sahaja Yoga? Or following any fashion and these things. If you are to do the same thing again and again it is better you don't come to Sahaja Yoga. That's all I can say. I cannot say like Mahavira that you shave your hair, or you wear just a white sari, but I can only say that — try to detach yourself.

I was sure with my experiment that people, when they get Realisation, gradually they'll get detached. And you all have to co-operate with me to see where is your attention. What are we doing the whole day? What have we done for Sahaj Yoga? How many people we have given Realisation? Everything seems to be important but Sahaj Yog. But Mahavira's people did not do any jobs, nothing: they had to live in jungles, they had to beg for their food, and that's how this Jainism has spread. But what sort of a Jainism it is I have told you already!

So, unless and until you touch your depth you'll become like any other religion, because you won't be actually Sahaj Yogis, just nominal.

So, we have to work in such a manner that we understand ourselves and we understand our attention and we try to ascend. I

don't have to tell you. You, yourself, have to work it out in such a manner that you touch your depth and you become an ascetic within yourself. Then only you will be really doing the Divine work properly with proper understanding.

Sahaja Yoga is the integration of all these great prophets and these incarnations. So, I have to tell you that, whatever were your conditionings and all that, to get rid of them you must get out of this ocean of illusion. So, this is the only thing I can just now say about Mahavira. But lots can be said because He deals with the past. All His past lives and everything are described. But that is not so important, what is important is what is today, the present.

I hope my lecture goes into your head and settles into your heart and you understand what you have to do about yourself, about your ascent. You have to be genuine people, then only it is going to show results in the whole world.

I hope you will pass this tape to all the people so they should know why I didn't have Mahavira's puja all these years!

May God bless you all.

1990-0618, A subtler consciousness

View [online](#).

18 June 1990

A Subtler Consciousness

Public Program

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth. At the outset we should know that truth is what it is and we cannot change it, we cannot organize it. And the truth cannot be known only at the human awareness. It requires a subtler consciousness to know the truth. So what is the truth? The truth is that you are not this body and you are not your mind, you are not these emotions. Nor you are your conditionings or your ego. You are pure Spirit. And the second truth is that all the living work is done by a subtle power which is called as Paramchaitanya in Sanskrit language. Or we can say by the All pervading power of Divine Love.

We take all living work for granted. We see these beautiful flowers that have come out of very small seeds, I mean, we never even think how this work has taken place. Then we see such a balance in the nature. A apple tree grows up to a height, a rosebush grows up to a height - who controls it? So when we try to think about it, we reach a point that we do not know everything. Also we do not know the absolute truth. Truth has to be one, but there are so many opinions, so many ideologies, so many religions, so many quarrels. Why should there be any quarrels if they are based on truth? So whatever I am telling you, you have to take a position of a scientist who has an open mind to know everything. And whatever I tell you, you have to take it as a hypothesis. And then if it is true then you have to accept it, as honest people.

When you are told about this instrument within us we have to first of all get our Self Realization, the light in which we can know all about it. If we are sitting in the darkness we do not know how we are related to each other. Also when we are in dark we are under illusions. Supposing somebody is holding on to a snake in the darkness, thinking it to be a rope and you tell him that, "This is a snake," he won't listen to you. Till the snake bites he's not going to listen. So the best thing is to put on the light for him to see that this is really the snake. So first the light of your Spirit must come in your attention so that you can see what is wrong with you, what is wrong with others and what is wrong with the whole world. Our civilization has grown like a tree but we have not looked after the roots. We have to know what are our roots. And because of that we are facing so many problems today. You see them much more in the country like America which is really over-developed. The first and foremost thing they have is that they are all full of diseases. I told them about the AIDS in the year 1973, but they didn't like it.

The same thing like the snake in the darkness. And also told them about 8 years back about a disease in which your conscious mind become paralyzed. Now they call it as a yuppie's disease. But when I went this time so many people have this disease and many people at a very young age are absolutely paralyzed. They are saying that very soon schizophrenia will spread in such a way that maybe you might have 60% Americans suffering from schizophrenia or mental disorders. There are so many other problems like the family system is completely broken down. And children under twelve years are taking to drugs in a very wider way. It is such a great scale of all these diseases that they don't know how to fight it. And the worst of all is the violence. In Miami there were children who were below 14 years and they had revolvers in their hands and they were selling drugs and killing people openly. There are so many problems now of ecological imbalances. Whom to blame? Not Divine. It's our mistake. It is a serious matter, we should see that we are now getting destroyed from within, not from without. Thanks to Gorbachev I don't think there will be any more war. But what about these destruction from within? Diseases like cancer, diseases like myelitis, so many diseases which have no cure.

What should we do to save this world is a very important point. There are many people who talk of peace. And they have got Nobel prizes in peace but all pretentious. There is no peace within themselves. So there is something missing, which we have to achieve. In the evolutionary process we have become from amoeba to human stage. But we have to go beyond. Because we see we are not yet at that point that we understand ourselves at all. So what is to be done is the problem of modern times. At the

same time there are so many seekers of truth. And those people who wanted to use them have used them for money, for power and have exploited them. So many false gurus never existed on this earth. And people are so vulnerable, so simple to accept all these nonsensical things. Recently there was a Christian fundamentalist in America and he said that he can send money to God. And people should send money to him and he is sending the money to God. Now God doesn't understand money, He doesn't know what this money is, is the headache of human beings. But people thought that, "It's a very good thing, we should better send some money to God, He might be needing money." Such stupidity! Such stupidity! And then now that man is caught up and he is in jail, but he made lot of money. They claim something and people just believe that person. I would say you should also not believe Me till you have really become the Spirit. Otherwise you cannot recognize anyone. It is important that we have to have those subtle eyes to see reality.

I was thinking that we should have some session of questioning but they are saying that it's better that you write them down and bring them tomorrow, so I'll answer all your questions. But we can give about ten minutes for proper questions. I am not here to take anything from you. As one enlightened light or a candle can enlighten another candle I am here just to enlighten your candle. And when your candle is enlightened you can also enlighten another's candle. There is no obligation for Me. So if you have some sensible questions I would like to answer. Then tomorrow if you send the questions or if you bring the questions I'll answer them first.

Wonderful people. (Shri Mataji smiling) So you want your Realization - that's what it is!

Today only I said that anywhere it is going to happen in a big way, it will be in Austria. That's very true. They are very balanced people.

All right, so now we can have the session which is a very simple thing. It takes hardly ten minutes for you to get your Realization. Now, first of all there are two conditions we have to fulfil. The first condition is that you are not to feel guilty at all, because it is a myth. Moreover this Divine power is the Ocean of Forgiveness. And if you have committed any mistakes it is quite capable of dissolving it. So the first thing you have to do is not to feel guilty at all. That catches the center here on the left hand side and doesn't allow your Kundalini to rise. Moreover it gives you horrible diseases like spondylitis and angina. So please forget the past. Forgive yourself. And be pleasantly placed towards yourself. After all you are made human beings not to feel guilty. Now you are about to enter, say into the kingdom of God and how can you be guilty?

The second condition is that you have to forgive everyone. Also here some people may say that, "It is difficult to forgive." But that is also a myth. Because whether you forgive or don't forgive you don't do anything. Are you just - think that such and such person has harmed me and playing to his hands and torture yourself much more. So please try to understand that it is just a myth. And there is nothing like not forgiving. You don't have to think of every individual, who has harmed you. In general you have to say, "I forgive everything." At this point is the center of Christ at the optic chiasma inside the brain. Where the two sympathetic cross each other like that. So at this crossing point it's a very constricted center. So if you forgive then it opens up like that, otherwise closes and it's difficult to raise the Kundalini. So it is very important that you should forgive because I can't forgive for you. So you have to forgive everyone, just forgive everyone. These are the two conditions.

Now you have to just take out your shoes if possible, because that helps us to touch the Mother Earth. Those who are sitting on the ground are even better off, but they should take out their shoes because it's rather awkward.

Now there's another thing that I respect your freedom. And Self Realization cannot be forced on you. Actually you have to ask for it. Ask for it in your glory, in your own freedom. So those who do not want I would request them to leave the hall, because I cannot force you to have it.

It's a very simple thing that takes place. You won't feel any pain, you won't feel any trouble at all. Only thing you will feel a Cool Breeze coming out of your head - Cool Breeze of the Holy Ghost coming out of your head. And also you'll feel the Cool Breeze of this subtle power. And you'll feel extremely peaceful, to begin with, and you'll be thoughtlessly aware. And some people get it in such a big way that on the first day only they achieve a very great heights of Realization.

So now first be pleasantly placed towards yourself, you have to respect yourself, you have to love yourself. Now please place your left hand towards Me and both the feet on the ground away from each other.

Those who are sitting are all right, those who are not sitting. No, need not, you can sit like that, it's all right. If you are sitting on the ground it's all right. You don't have to put both the feet on the ground. Sit comfortably.

It's all right. You sit also comfortably. Yes, be comfortable. There is a chair behind you if you can't sit proper. The days have come when you can get your Realization in your chairs. (Laughter) I had to make it very easy to suit the modern times.

So now, place your left hand towards Me and right hand on your heart. Both the feet should be away from each other. The left hand suggests - it is the power of desire, it suggests that you have a desire to get your Self Realization. You can keep your hand on your lap comfortably. In the heart resides the Spirit. We'll show you now everything and later on you'll have to close your eyes when we'll do the awakening of the Kundalini. We'll be working with right hand on the left side only.

So now we take down our right hand in the upper portion of our abdomen. This is the center of our mastery. Mastery of the Laws of the Divine. Then we have to put our hand in the lower portion of our abdomen on the left hand side. Now this is the center of pure knowledge. Pure knowledge is that which manifests on your central nervous system. Which is in our Sanskrit language called as bodha or would be vedha from Veda, means to feel it on the central nervous system. Now, then we raise our right hand to the upper portion of our abdomen. Then on our heart. Then in the corner of our neck and our shoulder we put our right hand and turn our head to our right. Now this center catches when you feel guilty. Is quite a lot today. So I request you not to feel guilty. All right. Now then you have to take your hand and put it on your forehead across. Now please put down your head as much as you can and press it on both the sides. This is the center for forgiving everyone. Now take back your hand on the back side of your head and put your head up as much as you can. This is the center where you have to ask forgiveness from the Divine without feeling guilty and without thinking of your mistakes. Just for your satisfaction.

Now you have to stretch your hand and put the center of your palm here on to the fontanel bone area, which was a soft bone in your childhood. You have to put down your head and press back your fingers. This is very important, press back your fingers so that you put a good pressure on the scalp. Now you have to press it hard your scalp and move it seven times when you put down your head properly. You press it nicely and move it seven times very slowly clockwise. Very slowly. Please put down your heads, put a good pressure, push back your fingers. That's all we have to do.

Now I would request you take out your spectacles if possible, and also to loosen your ties a little bit, or if there is a belt which is rather tight. If you are wearing any malas from any guru also please take it out. All right. Now please close your eyes. Put your left hand towards Me on your lap. And please put the right hand on your heart. Now here you have to ask Me a very fundamental question three times. You may call Me Shri Mataji or Mother, whatever you feel like. So please ask the question three times, "Mother, am I the Spirit?"

Now if you are the Spirit then you are your master, you are your guide in the light of the Spirit. So now you please take down your right hand in the upper portion of your abdomen. And here now you ask Me another fundamental question three times, "Mother, am I my own master?"

I have already told you that I respect your freedom and I have to request you that you have to ask for your pure knowledge, I cannot force it on you. So please now take your right hand in the lower portion of your abdomen and press it hard with your fingers. Here now you have to ask for pure knowledge. So please say, "Mother, please give me pure knowledge." Say this six times because this center has got six petals.

As soon as you ask for pure knowledge, there's a movement in your Kundalini, it starts rising. So we have to nourish the higher centers with our self confidence. So now raise your right hand in the upper portion of your abdomen on the left hand side and

press it hard. Here now you have to say with full self confidence, "Mother, I am my own master!" Please say it with full confidence. You must be self confident that you are all going to get Self Realization.

At the very outset I told you that you are not this body, you are not this mind, and you are not this ego and conditionings, but you are the pure Spirit. So now raise your right hand onto your heart and with full confidence say twelve times, "Mother, I am the Spirit!"

The Divine power is the Ocean of Knowledge. It is the Ocean of Compassion and Love. It is the Ocean of Blessings, but above all it is the Ocean of Forgiveness. And whatever are human mistakes, this powerful Ocean of Forgiveness can dissolve them. So now raise your right hand in the corner of your neck and your shoulder and move your head to your right. And here you have to say with full confidence again 16 times, "Mother, I am not guilty at all!"

I have already told you that whether you forgive someone or don't forgive, you don't do anything, it is a myth. But if you don't forgive then you play into the wrong hands and torture yourself. And do exactly what those people who want to trouble you, want you to suffer. So now please raise your hand on your forehead across and put down your head fully and press it on both the sides. Here you have to say with full confidence, not how many times but with full confidence from your heart, you have to say, "Mother, I forgive everyone!" You have to forgive in general not in particular, don't think of individual people. Please put down your head.

Now take back this right hand to the back side of your head and please put up your head as far as possible resting on this hand. Here for your satisfaction without counting your mistakes, without feeling guilty you have to say, "Oh Divine power, if I've done anything wrong knowingly or unknowingly, please forgive me." Say it from your heart, not how many times.

Now you have to stretch your palm fully and put the center of your palm on top of your fontanel bone area, which was a soft bone in your childhood. Now please put down your head as much as you can and now stretch your fingers as far as you could. Put a good pressure on your scalp. Here again I cannot cross over your freedom, I respect it. And I cannot force Self Realization on you. So you have to move your scalp in a clockwise manner slowly saying, "Mother, please give me my Self Realization," seven times. Say it - moving it for seven times also, scalp should be moved seven times.

(Shri Mataji blowing into the microphone)

Now please open your eyes slowly. Please put both the hands towards Me, like this. Now put the right hand towards Me like this - right hand, bend your head and see if with the left hand if there is a Cool Breeze coming out of your head.

Now, you can raise your both the hands towards the sky and put your head up like that and ask a question three times to Me. You can ask anyone of these three questions three times, "Mother, is this the Cool Breeze of the Holy Ghost?" Or, "Mother, is this the All pervading power of Divine Love?" Or, "Mother, is this the Paramachaitanya?"

Now bring down your hands. You watch Me without thinking, just watch Me without thinking.

Now those who have felt the Cool Breeze in the hand and also hot or out of their fontanel bone area, please raise both your hands. Both your hands please. He didn't do anything, this gentleman, but just sitting here, how can you feel? If you don't do, you don't get it and also others are disturbed.

See how many of you. May God bless you!

You all have now touched that Divine power. This is the Real Yoga.

So now you have to understand the seriousness and that you have to develop it. This connection has to be established. You have to respect yourself and respect your Self Realization, because this is for the transformation of the whole world. You will be

empowered yourself to raise the Kundalini of others. Tomorrow I'll tell you what is the nature of Spirit and how if you become the Spirit, how you also manifest the nature of the Spirit. Also I hope you'll tell your friends to come in tomorrow and work it out. This is the greatest thing to be given to your friends. So tomorrow you will know what is the achievement of being Self Realized. But now I bow to all of you because you have become saints now.

May God bless you!

Thank you very much!

1990-0619, Adi Kundalini Puja: The Advent Of Primordial Kundalini

View [online](#).

19 June 1990

The Advent Of Primordial Kundalini

Kundalini Puja

Moedling (Austria)

Talk Language: English | Transcript (English) – Draft

Shri Adi Kundalini puja. Mödling (Austria), 19 June 1990.

Today we have assembled here to do the Kundalini Puja. Once we had done it in India long, long time back and this is the first time we are doing this puja here in Austria.

This is the puja of the Adi Kundalini, is the Primordial Kundalini. [speaks aside] You must have seen in the hand of Athena, who is the Primordial Mother, there is a power which is a snake in the left hand. [speaks aside] And the Primordial Mother has one of Her powers, which we can say, as the Primordial Kundalini, is a part of Her. Of course, She's beyond that, but She is reflected in human being as the Kundalini.

Now one has to know that to create an incarnation, lot of work has gone into. So many things had to be envisaged. One had to have the vision that, when a human being is created, how an incarnation can help him. At different levels, we had incarnations on this Earth and they were sent with a particular idea that they should achieve a particular type of ascent in that particular time. They were all part and parcel of the Primordial Mother and they all had a very powerful Kundalini built within them. But the incarnation of this Kali Yuga is very complicated. First it had to be worked out what will be the situation in which this incarnation would be born and what sort of encounters this incarnation would have.

So the major propelling force, you can say, the major work had to be done in the incarnation to create a very strong spinal cord, so that it could bear the Primordial Kundalini, which is responsible for doing this great work of transformation.

Now this Kundalini, She's the primordial one, has all the powers built in of redemption, of ascent, but apart from that, to be born in this Kali Yuga, one had to know what sort of people one has to face and then how to bring them round to the understanding of Sahaja Yoga and to the understanding that they have to have their ascent.

So there are many sources of energies and knowledge, which are to be used because it's a very complicated world in which the Primordial Kundalini had to work. It was not a simple thing like people coming to Himalayas. They were already clean people, very desirous of getting Realization. They didn't have all kind of inhibitions and conditions and ego. They were completely surrendered and after a great amount of penance, they would arrive. So to raise their Kundalini was not such a complete thing.

So not only that, the Primordial Kundalini had to give ascent to people, but She had to also understand what sort of people are there -

Why don't you take out the child? What's the matter? I think open the windows. Perhaps children are feeling hot. Normally children don't cry unless and until there is some problem. You have to be careful.

So all the aspects of human beings on the random movement of human beings, all their adventures and enterprises, they are to be understood by the incarnation, to communicate with the Primordial Kundalini. And also such a person had to be a Mahamaya so that she or he, whatever it is, has to behave in such a manner that nobody should feel frightened or should feel something distant. So this Mahamaya swarupa had to be taken.

So the Adi Shakti's work is doublefold. First is to know about the present, the way the people are, their cultures, their styles, their conditionings, their egos, everything, how they behave. Though the Adi Shakti is unaware of all these things because She doesn't know this is human adventure. She doesn't know how far they have gone and what do they see, what do they dream, what are their ideas. And the another work is of the Kundalini. So She's divided in two - two parts. One is the Kundalini and another is the Sahasrara.

So the Sahasrara has to supply all the material, all the information to the Kundalini and then the Kundalini has to work out. Of course, as you know very well, there are deities who are built in everywhere in the Sahasrara, also the whole body and they are the ones who communicate whatever has to be communicated properly, but it's a very complicated work, extremely complicated.

So this Primordial Kundalini acts for the collective, [???], as well as for the individual. Now supposing you go to a place like, say, an airport. So you start absorbing the heat of the people. Then the perspiration starts and you have to see all this work is done through your body. Or, at the same time, if there's somebody, individual who has some problem also can be absorbed and can be corrected.

So it acts on both the levels - one on the individual and one on the collective, that is to say samashti and rashti. And simultaneously this can act. Now the attention, which is the power of the brain, we can say the power of Sahasrara, also has to be extremely deep, alert and intelligible.

All this work had to be done to create this incarnation of Primordial Kundalini and the Sahasrara. So many mechanisms were used. So many types of wiring were done, as you do it, like as you try to fix your computer to make it the most efficient one, in the same way, a lot of work was to be put in. And first you had to watch human beings for two thousand years, how they have been behaving, what they have been doing and now what sort of human beings are there. Every nation had different conditionings. Every individual had different conditioning. It's very difficult work and one had to have really the ocean of patience, inexhaustible ocean of patience. And that's how this work of Sahaja Yoga, the whole stage was set in. As you have put the stage here, you have done a marvellous work and it looks very nice, beautiful, everything is there, but the stage for Sahaja Yoga was very complicated one, extremely complicated because the work was so dynamic, so subtle, at the same time so loving, so affectionate.

All the intelligence of the Divine was used to manufacture this incarnation and to get a human Realization was also very difficult. You had to be born like an ordinary human being, to live in your family like an ordinary person. You had to find out through entering into everybody's Kundalini what was wrong with them, what was the mistake, how you could use the permutations and combinations of their chakras to give them en masse Realization. It was a tremendous task and that had to be done with the Sahasrara. But it has been achieved. All these great plans of the Divine and everybody's detailed working are and bringing everything to a par excellence level was really tremendous. I Myself surprised at Myself and amazed how I could really get so many people in Sahaja Yoga. I didn't expect it, but it has worked tremendously because of the cooperation of human beings also, otherwise it would not have been possible.

Now when you do these pujas and all those things, you please those deities, make them happy because they have done so much work. Is your gratitude for them that they have worked so hard with such diligence, with such precisions that today we have been able to achieve this great drama of Sahaja Yoga. Those who are Sahaja Yogis perhaps do not realize what is the great work done in the background and how much time it took to build up the whole thing, to bring it to this level of perfection.

So the Primordial Kundalini, which is reflected in you as your Kundalini, also is of the same nature and it works in the same way. It rises, gives you Self Realization, gives you the powers, but after all one has to know it is a reflection and a reflection to make it truthful, real. You have to look at reality first, how the real one, the real Kundalini, the real Primordial One, how it acts, how it works. If you start thinking about My Kundalini only, immediately you will become silent, no question. You cannot think, just you become silent. Just think of any one of My chakras and your chakras will be all right. But you have to have that depth. You have to have that much protocol. You have to have that much right. Just it will act. Don't have to do anything. Just you have to think of

My chakras. Just think about My Kundalini. That's sufficient. But you have to develop that surrendering situation. Even now there are Sahaja Yogis who doubt. They have seen the word. They have seen everything, still they doubt and they [??] to people who are on the periphery. And there are Sahaja Yogis who are still sticking on to many things. They cannot change. They haven't got yet that courage to change themselves. I don't say that you have to change anything outside, but a time comes you might have to change also, so you should be prepared. How much we are courageous, that is to be weighed and to be found out. Unless and until you have full courage, you cannot establish Sahaja Yoga in a quick way. When you are using your own Kundalini, you have to know that the Kundalini that is your own has problems. She Herself has gone through various ages and stages and She Herself is sometimes very much hurt, very unhappy and very weak and then She cannot rise.

So if you want that this Kundalini that is your own, that is your own mother has to give you all the nourishment and everything, you must learn, first of all, foremost thing, how to surrender to reality.

So if you learn how to surrender to the Primordial Kundalini, then your Kundalini's immediately strengthened. It's like this, supposing you have a stone and you try to put anything on it, it won't reflect. Then you improve the wood, still nothing will be reflected. Then you paint it, some reflection will come. Then you have the glass. The glass won't reflect. But if you use some mercury and make it a mirror, it will reflect, but still it may not be the perfect mirror. So this is how the kind of reflector you are, on that depends the kind of reflection you get and the kind of personality you develop.

So there should be no aim as such to be dissolved into the reality, should be the desire within you. Start dissolving into it. Then one does not have to talk about detachment. One does not have to talk about anything, about any virtues. They automatically come because now you have become the Divine. Once you become the Divine, even your Kundalini becomes absolutely, beautifully, completely reflecting the primordial one.

So today I had decided to have this puja and to tell you about this Primordial Kundalini and how it has been worked out, it has been built in and it has been given so many powers. Formerly, before this kind of Sahaja Yoga, people had to cleanse their chakras, cleanse their body, cleanse their mind, do all kinds of things, tapas and then they would think of having Realization. Even Mahavira did twelve years of tapas, while in Sahaja Yoga none of you have done any tapas, nothing. From the very first day you have been blessed and you have had blessings and you have been enjoying your blessings throughout. So that is a temptation. Remember it's a temptation. Don't get lost with the blessings that you are having. You have to go further and further and further.

So it's not a difficult life in Sahaja Yoga at all. On the contrary, it's very much easier, but then people start using Sahaja Yoga for certain purposes which secretly they know that they are using Sahaj Yoga for that purpose and that purpose. If you start using Sahaj Yoga for any such purpose, then again you have a fall, then again you have to understand that this was a wrong thing and then again you rise. So people go like this, up and down, up and down, up and down. But still, I must say, this Realization that is given to you has been given without cleansing you, without telling you anything, without asking for anything, without any kind of bondage on you, bandhan on you and you got this Realization, but now, immediately after Realization, you are in the bondage of your Kundalini and you have to look after Her and you have to look after yourself. Now you have to identify yourself fully with your Kundalini and then everything works out all right.

So today is the day when we have to decide that our greatest weapon as Austria is Astra, is Kundalini and we should know how to use it, what mantra's to be used, what is the problem we have and we should not be shy of our problem. If we have a problem, we should know this is our problem. It must be corrected. Also we should know the technique fully. I find that some people know lots of techniques and also they know how to give big speeches, but they are not good in their hearts. The hearts are not clean. They want to use their power of speech just to show off their knowledge. Then there are some people who are - who are such that they are good in vibrations and they want to give vibrations, but they are afraid and they don't know much about the technique.

So you have to know all these three things properly if you really want to achieve full results of your ascent and if you really want to transform the world, then you have to know you have to be ideal people. You cannot be problematic people. Now see,

yesterday I was surprised how many people they were sick, how many people were suffering from this or that. While you should thank your stars that none of you have any sickness, you are perfectly all right, you don't have bad habits, you don't have anything. You've just come out of it. But to go further, you have to have full determination and understanding that this is a tremendous work and a tremendous task and all your powers to be awakened within yourself. You have to be first of all fully equipped with readiness, readiness to serve the Divine. Unless and until you have that readiness, that "I don't want anything. I don't want. I just want to serve the Divine." As long as you are striving for it and asking for it with full heart, with full sincerity, then I'm sure this Kundalini will be strengthened and She'll cleanse you completely and you'll one day be Mahayogis.

May God bless you all.

1990-0619, The giver of the absolute truth is the Spirit

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19 June 1990

The Giver Of The Absolute Truth Is The Spirit

Public Program

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2. Vienna (Austria), 19 June 1990.

I bow to all the seekers of truth.

Yesterday I told you that we have to know the absolute truth. Absolute truth is the truth which cannot be challenged and cannot have a second opinion. But the giver of this absolute truth is the Spirit. The Spirit resides in your heart. Before Realization your Spirit is a witness of what you are doing. But after Realization the energy of Kundalini ignites the flame of Spirit in such a manner that your attention gets enlightened.

So the Spirit is the source of light. Not this light that burns, but the light that soothes. The Spirit is the collective being within us. It is like a reflection of the Sun in different places, specially in the lakes where you can see it clearly, the God Almighty is reflected in all of us. He is reflected in everything that is being created. But the reflectors are very poor, some of them are just like stones. Only in a saint reflection of God is clear, because it is the reflection of one God Almighty, it is in everybody and so it is the collective being.

So after Realization you can feel another person on your fingertips and you can feel yourself also on your fingertips. You can ask any question, like a computer the answer comes, yes or no, by means of vibrations. Once you are realized, once you are connected with the Divine power it starts acting through your nervous system. Spirit is the source of peace. So such a person becomes peaceful and he becomes thoughtlessly aware. Whenever he wants he can think and if he does not want he need not think. So there is no tension on such a person. So we see that the Spirit is the source of all the knowledge. When the Spirit enlightens your brain you become exceptionally intelligent and absorbent, because it does not react, it absorbs.

Also Spirit is the source of enlightened attention. In the sense that the attention is enlightened and when you pay attention to someone the Spirit - which is the light in the attention - acts. For example you pay attention to a sick person then the sick person gets cured. We could say like this that the, we see a television and in the television we see lots of pictures, but they do not act. But the attention which is enlightened, when is extended or put on anyone, the vibrations from that attention act. That is why after Sahaja Yoga we have to purify our attention. With this light you start definitely improving your attention. In the West the attention is very superficial because there are so many choices created. All the time we are choosing with our eyes. Even when we are married, we are looking at every woman, every man with our eyes, which is of no use, it's a joyless pursuit. Many people think it's freedom. But it is abandonment. With this abandonment we develop an eye which Christ has described as adulterous. He has very clearly said, "Thou shalt not have adulterous eyes." So there is no purity in the eye. And it's so unnatural because it creates jealousy, hatred and very unnatural behaviour. And also the cunning comes out of it. I think it is quite a modern disease. Because we don't see much of this in India and places, primitive places. It's only in the westernized, advanced places you find this kind of attention, going like that all the time. And that is why I think the schizophrenia is very common in the West. In America they are saying that very soon there will be 60 percent people schizophrenic. There is no rest to our attention. But after Realization the eyes start becoming pure and concentrated. They become steady. And such pure eyes are the ones - even a glance of such an eye can be so much redeeming. It just automatically sometimes works. When the Kundalini passes through your Agnya and the Christ is awakened in your Agnya chakra, the eyes become steady and peaceful.

Above all the Spirit is the source of joy. It is not happiness and unhappiness. Joy is not duality, joy is singular. If you see so many

people who preach religion are unnecessarily so serious, there is no need to be that serious. Sometimes they grow big beard, big moustache, big hair to show that they are very serious people. (Laughter) And they never smile, even smile, you know laughing is different. That's an absurd idea. A spiritual person has to be bubbling with joy. This is all the play of the Divine, you see. You just see how things are working out and you just laugh at it. Mostly the seriousness is because of people who are either cruel or tortured by cruel people, but spiritual people never suffer. It may appear that they suffer but Spirit cannot suffer. It is beyond suffering. It enjoys everything in its proper perspective. This joy fulfils our lives and the lives of all other people. So then - who is the other? You can feel everybody on your being, and you can feel yourself - so, who is the other?

But a Realized Soul is a detached personality. He doesn't say 'my children, my house'. But he says 'our children, our house'. He shares all the time. I would say like this, now supposing I have all the powers then I am a capitalist. But I cannot live without distributing it and sharing with you, so I'm a communist. So a person who is a Realized Soul is the one who lives collectively and only enjoys collectivity. But at the same time he is detached. Like a sap in the tree rises, goes to the various parts of the tree, gives sap to the leaves, flowers, fruits, everything and comes back. But if it gets attached to some flower then that flower will die in any case, because the tree will die. So, attachment is the death of love. The love you feel for somebody should be just giving love, not to expect anything out of that. You just enjoy giving.

Like yesterday you saw so many people were sick. I'm surprised in a western country where you are so advanced there are so many sick people. I was quite shocked. While in India we don't have proper sanitation, proper food and when I go to villages we have thousands of people, ten times more than you are here, but we seldom find anybody sick there. Because they live in natural surroundings, in a natural way and enjoy their natural life. But that doesn't mean that we should become primitive like hippies. Only by growing hippie-like hair your brain, which is modern cannot be changed. So what you need is the transformation within. And that transformation is only possible when there is the light of the Spirit. Without that transformation you cannot achieve that state of peace and joy. So this is the last breakthrough of our awareness, where we have to jump into a new Awareness of a Realized Soul.

Now the modern Sahaja Yoga is so simple that people cannot believe it that you can get it - sitting on your chair in Austria without going to Himalayas - your Realization. But this is a Blossomtime and there are so many seekers - it has to work this way. This transformation is the most important thing in these modern times. Only the wise can understand that this is the most crucial time we are facing. And once you find your Soul, you find your Spirit - then you want that everybody should find it. Like a drunkard always wants to share his drinking with others. (Shri Mataji laughing & laughter) But this drinking doesn't give you hangover. But you are elevated and relaxed. All the time full of energy and creativity. And living in the beautiful atmosphere of such beauty and such purity that we cannot imagine.

Now Sahaja Yoga is working in 40 nations. People of different religion, culture, races, all kinds of people are there. But such purity in the hearts of Sahaja Yogis that there is no complication of any woman running with another man or anything like that, nothing of the kind. It's remarkable that there's no fight, no argument, nothing. And they know each other so well. Only if they have to find out if another one is a Sahaja Yogi - just have to feel the vibrations, that's all. And there are so many beautiful stories how some unknown Sahaja Yogis from some place met another one from some other place and how their meeting took place so beautifully. For example, the role of life and the identity of personality changes completely. Even the priorities change. For example today you are sitting before Me asking for Self Realization but tomorrow you come here and give Self Realization to others. Today you are coming to ask Me that you want, you are sick and you want to be cured, tomorrow you cure others. So a person who is a Realized Soul himself becomes a source of peace and joy.

This is the right time for us to take the decision. If we miss this time we are lost. So I am so very happy in Austria there are so many people who are aware. As a result of Realization your health will be perfect. Gradually it improves. All the Sahaja Yogis say, "We never take any medicines, we don't go to any doctors, nothing of the kind." Then mentally you are at peace, you don't quarrel, you don't fight. And you become just a witness of the whole play. You become extremely patient. And enjoy the enjoyment of others. I have seen in the West specially that if there is a music program going on the neighbours will complain to the police. But let's say in India there is a music program, the neighbours will bring tea and snacks and come and enjoy the music. (Laughter) And they think it is a free entertainment, just imagine, why not have it?

So this sharing of joy and sharing of love, sharing of children, sharing of flowers, sharing of all that is beautiful, it's so natural, which comes to us after our Realization. Thus we enter into the Kingdom of God. And the Kingdom of God is the most efficient kingdom you could think of. It looks after every details of yours. Every small needs are looked after, you call them miracles, but you don't know the miracle is that you are now in the Kingdom of God. Not only on physical level but also on material level it looks after you every moment. All the time you feel you are hitting a jackpot every moment. (Shri Mataji laughing & laughter) And you are so filled, you're so filled with the blessings that you don't know what to do. It's such a beautiful life. I wish all of you will have it and enjoy it, it is just at your doorsteps.

So I think we should have the session of Self Realization, because yesterday nobody asked any questions and today there are no questions either.

Some of you are still sick and if you can come to Sahaja Yoga I am sure gradually you'll all improve in health. You must have little patience with yourself. That's all is needed. And everything will work out. Allow this Divine power to do everything. You surrender your ego to this Divine power and it takes over. And you'll be amazed how your problems are solved. Yesterday only one lady came and told Me she had cancer and now she is cured. I'm not surprised. But it's difficult for people to believe that they are born in an era, which is just on the borderline of the Golden Age. Also they think that, "What have we done to achieve this?" Have faith in yourself. Have faith in yourself. You have come here because you are something. So I just want you to have faith in yourself and everything will work out.

May God bless you all!

So now, if you agree we'll have the session of Realization. I have to say at the very outset that I cannot force on you Self Realization. And so those who do not want Self Realization should leave the hall. That would be very kind. And also you should not look at other people but work it out for yourself. Because now the time is there for you to look at yourself. And you will know how beautiful you are, how glorified. It's like this, if you take a television set in a remote village of India and tell them that you can see all kinds of pictures, they will never believe. But when you put the connection to the mains, they will see the films and they'll think, "Look at this, it was just a little box and how wonderful is this world." In the same way you do not know about yourself. But once you get your Realization and you start using your powers you'll be amazed how great you are. And how much you have within yourself of which you were never aware.

I have to make a humble request that we'll have to take out our shoes because this Mother Earth also helps us.

You should have no fears at all. Kundalini is your individual Mother. She is the power of pure desire. And the pure desire is to become one with the Divine. She is not going to trouble you at all. As your mother took all the pains upon herself when she created you or she gave you birth, in the same way this Kundalini looks after you.

So you have to understand that there is a left side and a right side, there are two powers. So, we have to put our both the feet apart from each other. Those who are sitting on the ground are all right, they shouldn't worry. Now, we have to use both our hands in such a manner that we use left hand like this - symbolizing our desire to have Self Realization. And we use the right hand in such a manner that it's an action to nourish our centers on the left hand side. But before anything else I must tell you that there are two conditions you have to fulfil, which are very important. The first condition is that you are not to think of your past at this moment, but of the present. That means you forgive yourself for whatever mistakes you might have committed and don't feel guilty at all. So, not to feel guilty for the past that is very important. It's a very important thing because it catches - if you feel guilty - at this center here on the left side, left Vishuddhi and it's difficult for Kundalini to rise. But otherwise also you can develop diseases like angina and also spondylitis with feeling guilty. Second condition is that you have to forgive everyone. To forgive everyone because it is a myth whether you forgive or don't forgive. Whether you forgive or don't forgive you do not do anything. But if you don't forgive then you play into wrong hands. The most constricted center in your central path is the Agnya on the optic chiasma. And it is completely constricted like this in a cross. Unless and until you forgive it won't open out like that for the

Kundalini to pass. Yesterday so many people did not feel because they did not forgive, and I had to work on them, "Forgive, forgive, forgive," then they felt it. Are we going to miss our Self Realization because we want to play into the wrong hands? So today I request you again and again, please forgive everyone in general, not to think in particular.

All right, so now you have to be placed towards yourself very pleasantly. And must have faith and self confidence in yourself that you are going to get your Self Realization and that you are going to get it in a big way. So now, please put your left hand towards Me like this - symbolizing your desire to get Self Realization. Open it out fully. And now we have to use the right hand to give nourishment to our centers, but we work it only on the left hand side. So, first we'll show you how to do it and then you'll have to close your eyes and then the Kundalini awakening will take place. So now, first of all we have to put left hand towards Me like this and right hand on our heart. Here resides the Spirit. Then we bring our right hand on the left hand side in the upper part of our abdomen and press it hard. Now, this is the center of our mastery.

Now we take down our hand in the lower portion of our abdomen and press it hard. This is the center of pure knowledge. This pure knowledge manifests on your central nervous system. Now we take back our right hand in the upper portion of our abdomen. Then we take our right hand on our heart. Now we take our right hand in the corner of our neck and our shoulder and put it as back as possible. And turn your head to your right. This is the center catches when you feel guilty. Now please take your right hand on top of your forehead across and put down your head and press it on both the sides. Now please remember that this is the center to forgive everyone in general. Now take back your right hand on the back side of your head and slowly push back your head as far as possible. And here for your own satisfaction, without counting your mistakes and your so-called sins you have to ask for forgiveness from the Divine Power.

Now stretch your hand fully and put the center of your palm on top of the fontanel bone area which was a soft bone in your childhood. Now this is very important. So put down your head and stretch your fingers as far as possible backwards so there's a very good pressure on your scalp. Put down your head properly and press it hard and push back your fingers. Now here you have to move your scalp, slowly - scalp, not your hands, scalp slowly seven times clockwise.

Now that's all we have to do.

Now, please close your eyes. Those who are sitting on a chair please keep both your feet apart from each other. Now please put the left hand towards Me on your lap. And right hand on the heart. Now please close your eyes and don't open them till I tell you.

Now here you have to ask Me a very fundamental question, you may call Me Shri Mataji or Mother. You can ask the question three times, "Mother, am I the Spirit?"

Now if you are the Spirit you are your master, you are your guru, you are your guide. So now take down your hand in the upper portion of your abdomen on the left hand side and press it hard. Here now you have to ask another question, "Mother, am I my own master?" Three times.

I've already told you that I cannot force anything on you and I respect your freedom. So I cannot force Self Realization on you. So now please take your hand down into the lower portion of your abdomen and press it hard. Here I cannot force pure knowledge on you. So please ask seven times, "Mother, please give me pure knowledge." Say it six times because this center has got six petals.

As soon as you ask for pure knowledge the Kundalini starts moving upward. So we have to nourish the higher centers with our self confidence. So now raise your right hand and put it in the upper portion of your abdomen on the left hand side and press it hard. Now here with full confidence please say ten times, "Mother, I am my own master."

I've already told you that the greatest truth about you is that you are not this body, you are not this mind. You are not these emotions and you are not these conditionings and you are not this ego. But you are pure Spirit. So now raise your right hand on your heart. And here you have to say with full confidence twelve times, "Mother, I am the Spirit."

The Divine Power is the source of knowledge. It is the source of joy and Ocean of Blessings. It is the Ocean of Love and Compassion. But above all it is the Ocean of Forgiveness. And whatever mistakes you commit can be dissolved completely by this great power of forgiveness. So now raise your right hand in the corner of your neck and your shoulder, take it as far back as you could. Now turn your head to your right. And here you have to say with full confidence 16 times, please believe what I say, 16 times, "Mother, I'm not guilty at all."

I've already told you that whether you forgive or don't forgive you don't do anything. But if you don't forgive then you play into wrong hands. So it is a myth that you cannot forgive. So now raise your right hand on your forehead across and put down your head and press it on both the sides. Now here say it with full confidence, "Mother, I forgive everyone." From your heart - not how many times.

Now take back your right hand on the back side of your head and push your head on it as far as possible upward. Here for your satisfaction, without feeling guilty, without counting your mistakes, you have to say, "Oh Divine Power, if I have done any mistakes please forgive me." Also say it from your heart - not how many times.

Now stretch your palm fully and put the center of your palm on top of the fontanel bone area, which was a soft bone in your childhood. Now press your scalp well by pushing out your fingers. And please bend your head as much as possible. Now, here again I cannot cross over your freedom and cannot force Self Realization on you. So now move your right hand with a great pressure on your scalp. So in such a manner that you move the scalp slowly clockwise seven times saying, "Mother, please give me my Self Realization." Push back your fingers, push back your fingers, put a proper pressure first.

(Shri Mataji is blowing into the microphone)

Now please take down your hands and open your eyes. Now put the right hand towards Me like this, and bend your head and put the left hand on top to see if there's a Cool Breeze coming out. Don't keep it on top of your head, but away - sometimes you get it very much away. And sometimes you get heat coming - doesn't matter.

Now, please put your left hand towards Me and the right hand, you bend your head again and see if with your right hand if there is a Cool Breeze coming out of your head, even if there's a hot Breeze - doesn't matter. See if there is Cool Breeze coming out of your fontanel bone area.

Now again put your right hand towards Me, bend your head and see for yourself if there's a Cool Breeze coming out of your head. See it with your left hand.

Now raise both your hands, put your hands up towards the sky and put your head towards the sky. And ask anyone of these questions three times, "Mother, is this the Cool Breeze of the Holy Ghost? Mother, is this the All pervading power of Divine Love? Mother, is this the Paramchaitanya?" Ask anyone of these questions three times. Don't doubt that, if there's a Cool Breeze coming, don't doubt that it is air-conditioning and all that, suddenly how can it be?

Now take down your hands please. Put your hands towards Me like this. Take down your hands. Put both your hands towards Me like this. And don't think - you can do it. You have reached the state of thoughtless awareness. All those who have felt the Cool Breeze or hot Breeze out of their fontanel bone area or on their fingertips or on their hands please raise your both the hands. Those who have felt please raise them higher, I would like to see. Practically I think everybody has felt. (Shri Mataji laughing) So I bow to all the saints of Austria.

Now you have felt it, but you must know how to use it. you must know all about it, don't waste it. Whenever I come there are lots of people, but once I go they do not go to the follow on and develop themselves. You have faith in Me but I say, "Have faith in yourself." You all can become like Me. Work it out, we have to transform this world. It is the most important thing today. And you

all also have to help Me.

We cannot discuss about it, it is beyond our mental activity. You'll enjoy it I know, you'll feel very nice, but you must establish it fully. I hope all of you will make it a point to develop yourselves into great trees. I will come next year again. Till that you have to really grow into great Sahaja Yogis. So respect your Self Realization and you can achieve everything within one months' time. For which you don't have to pay anything - only some time to be given. We save the time, we have watches to save the time - to waste it. So, little time is to be given. So much Cool Breeze that I'm getting Breeze from you. (Shri Mataji laughing)

So, thank you very much! Thank you!

1990-0620, It is very important to understand what problems we are facing

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20 June 1990

It Is Very Important To Understand What Problems We Are Facing

Public Program

Athens (Greece)

Talk Language: English | Transcript (English) – Draft

Public Program Day 1, Greece, 1990-06-20

[introduction in Greek]

[Shri Mataji speaks from minute 3:53]

I bow to all the seekers of truth.

At the very outset we have to know that truth is what it is and we cannot treat nor can we understand it through this human awareness.

But what is the truth? The truth is we are not this body, we are not these emotions, we are not this intellect, we are not our conditioning or our ego but we are pure Spirit.

And the second thing is that there is a very subtle power which is called as the All-Pervading Power of Divine Love which looks after all the living work. We see these beautiful flowers but we take them for granted, we don't think how they are created so beautifully. All the religions have said one thing: is to seek the eternal and the [UNCLEAR] is to be treated with its own understanding and limitations but all the religions have deviated from this path of seeking the eternal.

You are already told about this mechanism that exists within you for which you have to keep your minds open like scientists and if it works then you have to accept it as the truth.

Today I think it is very important to understand what problems we are facing. We are not aware as to what problems are propping us. Now the problem of war is particularly [UNCLEAR] but the problem that is going to destroy us is going to work out from within. And we can see in America which is a very advanced country, the country is full of problems of modern civilization and all these problems are falling up everywhere in Europe, also in Greece.

The first problem is of AIDS. In 1974 when I first visited America I told them about it, that such a disease is going to come but nobody wanted to listen to me about it. About eight years back I told them there's another disease which is coming, it's called as "yuppie's disease" where your conscious mind becomes paralyzed, also the schizophrenia that is so common that they're saying 60 per cent people in America will have schizophrenia. That has come through different kinds of experimental parapsychology, mesmerism and false gurus. And the violence that you face in that country is absolutely unimaginable. I was going to Los Angeles on the street and somebody told me that we should keep our car doors completely shut because people are just killing on the street, last week there were 11 people killed.

Also, there are so many psychosomatic diseases which never existed. When I've had medicine we have never heard of cancer or anything like myelitis, means the loosing of the muscle power but so many diseases now have come which were never heard of and still people are not so aware in the democratic countries, they do not know what they're going to face now, very soon. While I was surprised that in Russia people are extremely aware and they want to know the truth, even in the Eastern bloc, they want to know the Absolute Truth. It is very remarkable that with all our freedom that we have we have wasted our attention onto something that we do not know what we have to achieve in that.

This is the evolutionary process and we have to jump into a new awareness called as "collective consciousness". Unless and until we become the Spirit we cannot know the Absolute Truth. And all this is within you, your powers because this is within you, all these things are within you and it can work out in no time. I can really give you that status of the Spirit by which you get rid of all your physical, mental, emotional problems. But our attention is, has become so frivolous that till we see ourselves into the greatest problem we do not even bother about it because of ignorance which is darkness we cannot see the greatness we have to see. Supposing you are holding onto a snake and there is darkness and somebody tells you there's a snake in your hand, you are not going to believe it and you're going to say: "No, it is not a snake but this is a rope". Till the snake bites you are not going to believe it. So the best thing is to put on the light so in that light you see where are you going.

I've seen in Greece there are many young people who are seekers, seekers of Truth genuinely seeking but they've been to all kind of funny false people and have been harmed by these lepers and they are so tired now that they find it difficult to come up to Sahaja yoga to get the reality.

You have to know that you cannot pay for it, it is a living process like the seed sprouting and you don't pay anything to the mother earth and the Divine doesn't understand money, it's a human idea. But somehow they have managed to befool so many seekers and destroy them.

Another problem that is coming here is drugs and alcoholism and once they get into it they find it impossible to get out because they have no power to get out.

So it is important first of all to understand and to accept that we have to have our self-realization. It cannot be forced on you. If you care for your life and if you care for the life of your children then you must understand that there is a life which is much higher full of joy for you. This is for the emancipation of your being, of your country, of the whole world. This is going to happen during these times only and it is working out wonders. We have been working now in 40 nations. I'm sorry we came to Greece a little late because there was no one here who was a Sahaja yogi but doesn't matter. You have to understand that it's the easiest way to get your ascend.

Sahaja - "sa" means "with", "ja" means "born with you". Born with you is the right to be in "yoga" means "union with the Divine power" and that is what it is and you should take full advantage of it.

Today because of [UNCLEAR] we started the program late and any amount of topic is not going to happen but it's the actualization of the experience which is important, which all of you should get. Of course, you have questions, I know that. But if it is possible you can write the questions today and tomorrow I'll answer them properly.

Now these, there are so many lights you see here which can be put on with one switch. But if I start telling you all about the electricity and how it came and how this ball is coming, it's [UNCLEAR]. The best thing to get your realization, to have your light. So everything is within you, there is no danger at all as some people have said it. It's all a modern idea to stop people from achieving reality. We have seen so many people now, thousands of thousands of thousands, we cannot tell how many were, on the contrary it has given so much benedictions because Kundalini is your individual mother and she knows everything about you and she is very anxious to give you your second birth and this actualization of the baptism has to take place otherwise we are lost. And she is anxiously waiting.

So I think it should work out in Greece in a very fast way because you are very traditional people and the Greeks knew about it because they called this bone which contains the Kundalini as "sacrum" means "sacred". Also Athena means the "Primordial Mother" in the Sanskrit language and they showed in Her hand a snake as the energy of Kundalini and also on Her back you see the Kundalini coming up and blessing Her.

So in the Christian theology as they say that there is God the Father and God the Son but they don't want to know about the

Mother, about the Holy Ghost. I don't know why they try to avoid this point because if there is a father and a son there has to be a mother and this is Athena or we call it in our country as Adi, Adi Shakti - is the Primordial Mother and the Kundalini is the reflection of that Primordial Mother within us while the Spirit is the reflection of God Almighty in your heart and the seat of the Spirit is at the fontanel bone area which was a soft bone in our childhood.

So when the Kundalini pierces through the seventh chakra, this fontanel bone area, which is the actualization of your baptism, then the seeking of [UNCLEAR] and the Spirit, the light of the Spirit comes into our attention. It is not just talking, it has to work out, it has to happen, that's the main thing. I think we should have this now, the session of Kundalini awakening and if you write your questions tomorrow definitely I will give you all the answers. Is it all right, you want to have?

There is one thing that I respect your freedom and it cannot be forced on you so those who want to have should only stay in the hall otherwise you are welcome to leave. It's meant only for people who have desire to know the truth, who are honest and genuine one.

So there are two conditions before we start the session. The first condition is that you have to be in the present and forget the past. So you have to be absolutely free from guilt, forget all the guilt. After all we are human beings and if human beings commit mistakes what's wrong with it, after all, we are not Gods. But it is also fashion to feel guilty, especially it's in Greece people [UNCLEAR] in a Greek tragedy. Reality is not tragedy, it's a comedy and Reality, when you enter you'll be surprised that you just feel joy, nothing else. So first condition is that you are not guilty at all.

The second condition is that you have to forgive everyone, in general. Some people say that it is difficult to forgive but logically whether you forgive or don't forgive you don't do anything, it's only our mental idea. But when you don't forgive then you play into wrong hands and you torture yourself for nothing at all. On the contrary, the one who wants to torture you is quite happy. So please forgive everyone, in general, don't think of anybody, in general. That means you should be very pleasantly placed towards yourself as you are to enter into the kingdom of God we should be really happy about it.

So forget all the tragedies, all the guilt and all those who have tried to make you unhappy. That's very important too because when you feel guilty the centre here on the left-hand side catches very badly and this gives you diseases like spondylitis, like angina, serious diseases. And when you don't forgive then the centre in the brain, on the optic chiasm is closed like this but when you forgive it opens up and helps the Kundalini to rise. Tomorrow I'll explain to you about how it works out and what is the nature of Spirit. Alright.

So I have to request you to take off our shoes because the Mother Earth helps [UNCLEAR] a lot. You have to put your left hand towards Me on your lap, sit very comfortably, that means don't flex yourself backwards or forward. Please put your left hand like this towards Me on your lap comfortably and we have to use our right hand for nourishing our centres with our self-confidence.

Now the left hand represents the desire power, the desire to get your self-realization and the right hand is the action that you take to help the Kundalini to rise. It is very simple, Mr. Stamathis will tell you, show you how to do it. So left hand towards Me and the right hand first we put it on the heart and in the heart resides the Spirit.

Then we put our right hand in the upper portion of our abdomen, this is the center of our mastery, all the great masters have created this centre and when it is fully enlightened we become also masters of ourselves and master this knowledge, this knowledge of the roots.

Now we take down our right hand in the lower portion of our abdomen on the left hand side and press it hard. This is the centre of pure knowledge, pure knowledge is in Sanskrit called as "bodhi" or as "vidya", means that you have to know the knowledge on your central nervous system. Like a dog now goes and pass to dirty lanes and dirt roads but human beings cannot because in the evolutionary process they have achieved a pure awareness, pure awareness of cleanliness and beauty on their central nervous system. In the same way the knowledge about the Divine power start manifesting on your central nervous system and you become the power to raise the Kundalini of others and to give them self-realization. Also we become collectively conscious

to know what others are suffering, what problems they have and what problems you have.

Now we take back our right hand in the upper portion of our abdomen, then again on the heart. Now we put our right hand in the corner of our neck and our head and we put our head on the right side, looking at the shoulder. This centre catches when you feel guilty. Now we have to take our right hand on our forehead across and we have to put down our head and press it hard on both the sides. This is the center to ask forgiveness, no, we use this centre to forgive everyone, in general. And then you have to put your right hand on the backside of your head and push your head backwards on it as far as possible. Now this is the centre to ask for forgiveness from the Divine power but without feeling guilty, without counting your mistakes, just for your satisfaction.

Now you have to stretch your hand fully and stretch your palm and put the center of your palm on top of your fontanel bone area which was a soft bone in your childhood. Now you have to push back your fingers right and bend your head as much as possible and now you have to move your scalp by stretching the fingers backwards, you put a nice pressure on it. You move your scalp now with that pressure seven times, very slowly, clockwise, push back your fingers and bend your head, this is very important.

Alright, that's all we have to do. But now we have to close our eyes.

Close our eyes. You can take out your spectacles and not to open your eyes till I tell you. Now put your feet apart from each other, those who are sitting on the ground are all right. Now while we're doing meditation please don't get up and walk about to disturb, it's a serious thing.

Now please put your left hand towards Me like this and right hand on the heart. Here you have to ask Me a very fundamental question, you can call Me Mother or Shri Mataji, whatever you like, it works like a computer. You ask Me a question three times: "Mother, am I the Spirit?" Ask this question three times.

Now if you are the Spirit, if you are the Spirit, you are your master, your guide because the light of your Spirit guides you. So now please take down your right hand in the upper portion of your abdomen on the left-hand side and press it. Here again you have to ask another question to Me three times: "Mother, am I my own master?"

I've already told you that I respect your freedom and I cannot force pure knowledge on you. So now please put your right hand in the lower portion of your abdomen on the left hand side. Here you have to ask for pure knowledge, so please say: "Mother, give me pure knowledge." This has to be said six times because this centre has got six petals. As soon as you ask for pure knowledge the Kundalini starts rising. So now you have to help other centres, the higher centres, by, with your self-confidence. Please have faith in yourself.

Now raise your right hand on the upper portion of your abdomen on the left-hand side and with full confidence ask Me ten times, or say ten times with full confidence: "Mother, I am my own master."

I want to recall you that one of the greatest truth about you is that you are pure Spirit and you are not this body, nor your emotions, nor your intelligence, you are not your conditionings or your ego but you are your Spirit. So now raise your right hand on your heart and with full confidence please say 12 times: "Mother, I am the Spirit."

So now as I have told you before that you have to know that you are not guilty at all. Divine power is the ocean of knowledge and love, it is the ocean of benevolence and blessings, it is the ocean of joy but above all it is the ocean of forgiveness and whatever mistakes you might have committed they'll be easily dissolved by the power of this ocean of forgiveness.

So now please raise your right hand in the corner of your neck and and turn your head to the right. At this centre you have to say with full confidence 16 times: "Mother, I am not guilty at all."

I've already told you that you have to forgive everyone and whether you forgive or don't forgive you really don't do anything. But if you don't forgive then, of course, you play into very wrong hands. So now raise your right hand on your forehead across and bend

your head until [UNCLEAR] and here you have to say with full confidence: "Mother, I forgive everyone", not how many times, but from your heart. This is the worst center we have so please forgive, if you don't forgive your Kundalini won't rise. Please bend your head and say it from your heart: "I forgive everyone."

Now take back your right hand on the back side of your head and put your head upward as far as possible on that hand. Here again without counting, from your heart you have to say: "Oh, Divine power, if I've done any mistakes, please forgive me." You're not to count your mistakes, nor you have to think about anything but you have to just say for your satisfaction that: "Oh, Divine power, please forgive me if I have done any mistakes."

Now, stretch your hand fully and stretch your palm and put it on top of your fontanel bone area which was a soft bone in your childhood. Now stretch back your fingers and now put down your head properly, properly and now put a nice pressure on your sculp. Here again, I cannot cross over your freedom, you have to ask for self-realization. So now move your scalp slowly seven times clockwise and ask at the same time seven times: "Mother, please give me my self-realization."

Now please take down your hands, open your eyes. Now watch Me without thinking, raise your both the hands like this and watch me without thinking.

Please if you don't want to do it, you shouldn't do it but you shouldn't watch other people also. You have to be kind and you have to be civil.

Please put both your hands.

You didn't do anything but you were just watching everybody. All the time you're just watching outward when I mean it to watch ourselves.

Now please put your right hand like this and your head down and see for yourself if there is a cool breeze coming out of your head. Don't touch your head but it is somewhere. Sometimes you get quite further on the cool breeze or sometimes heat's coming out, doesn't matter. After some time the heat will subside and you'll get the cool breeze coming out. Now bend your head and see, bend your head, it's better.

Now please put your left hand like this and bend your head again and see for yourself if there is a cool breeze coming. Again we try and again. You bend your head and see with the left hand if there is cool breeze coming out of your head.

Now please raise both the hands, like this and your head upward, and ask a question, ask any one of these questions, any one of them, three times: "Mother, is this the cool breeze of the Holy Ghost?", "Mother, is this the cool breeze of the Divine Power, the Divine power of love?", "Mother, is this the Paramchaitanya?" Ask any one of these questions three times.

Now bring down your hands. Those who have felt cool breeze out of their head or heat out of their head and or on their hands, please raise both your hands, both the hands. [UNCLEAR] Please raise higher, I can't see. Thank you very much. So many of you have get. I bow to you all.

Some of you did not feel. Maybe, maybe there is something wrong physically or maybe that you are not confident, or maybe you are feeling guilty or maybe you've been to some false guru. Doesn't matter, in any case it will work out. You'll feel very peaceful but tomorrow it will be nicely settled down and you'll really feel it a big way and I feel all of you will get it. So also you should call your friends. And this is the best thing that you can do for your friends. May God bless you! Thank you very much.

1990-0621, See the quality of the disciples of the gurus first

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21 June 1990

See The Quality Of The Disciples Of The Gurus First

Public Program

Athens (Greece)

Talk Language: English | Transcript (English) – Draft

H.H. Shri Mataji Nirmala Devi, 1990-0621 Public Program Day 2, Athens, Greece.

I bow to all the Seekers of Truth. Yesterday I told you what is the truth is. Truth is that you are the spirit and that there is an All Pervading Power, which does all the living work and looks after you also. Now the questions are some of the them are sensible, I'm happy that they are asking Me questions, which means that you have all the freedom to ask questions, there's no mesmerism going on.

The first question is about how to make out a false guru. First thing, I must say that that is a false guru will not give you all the freedom to ask questions, so you can't object anymore. A guru who does not give you any freedom to ask questions, is not good. But you have to know that you cannot pay for the truth. For example, I can see with My eye that there is a carpet lying here. You know that. I don't have to pay. I have got My eyes. In the same way, to know the truth, you cannot pay any money.

The second point is that you must see what is the quality of the disciples of the gurus first. When you go to a shop, you want to buy something, first you find out from those who have bought, what do they have to say about it. You'll be surprised, that none of these so called gurus have any disciples who have any idea as to what is the truth nor do they know about Kundalini or they have any knowledge about their spirit. Nor do they lead a life, which is righteous, which is saintly. On the contrary they lead a very evil life sometimes, if they do not live an evil life they are always sick people, they get into trouble.

As a Mother I would say, what has your guru given you? Maybe you might be saying that he has given you peace or something like that. It could be just some mesmerism for the time being like that you go into a pub and drink something, you feel a little nice for a while. Then these gurus never talk against each other they never tell somebody's faults never because Christ has said that Satan will never speak against his own house. There's a mutual understanding between all of them to loot you and to exploit you. I know some of them, as people they have to come to see me, from those who are suffering because of their heart.

So I have told you that you are not even to believe Me, what I'm saying, blindly, till you get your Realisation. But you have keep your minds open, very open like a scientist, listen to what I'm saying and, very soon and if you are real seekers, you'll get it. But a kind of a, I call it a superior intelligence, you can call it a superior divining elements some people have that they immediately can make out who is real and who is not. A person who cares too much about his body, too much about his appearance, all kinds of pretensions, and a person who a, is so much worried about his food and his sleep and his comfort, and is living in a very luxurious manner at the cost of other's money, all these things should tell you that this man cannot be a saint.

I've know of a guru who have mantras to people, in TM, he gave mantras to people, which if you tell any Indian, he'll laugh and he'll say what stupid mantras these are! And it was kept a secret, absolutely a secret. There should be no secrecy. Everyone should know everything about the guru, where he gets his money, where he spends it, everything should be known.

Now this TM I came to know because there a gentleman who was in a, Scotland, who was running a, who was running a very big foundation for 'flying in the air'! He, his wife, his child and his director, all suffering from epilepsy, came to me to get cured. His name was Mr. Peter Pearce. I, of course, cured them but they told me horrible things about TM. He told that there are three mantras given, for 300-pounds each, for different age groups. One is Ingah, another is Pinga and another is Thinga. All these three words are not Sanskrit. This guru, their guru does not know a word of Sanskrit. Nothing! Now Ingah means the bite of a scorpion and Pinga means when you get possessed where you go round and round, wrapping round, that's Pinga, and Thinga

means showing like this (Shri Mataji holds up her right thumb) to someone. For that you'll pay 300, 300 pounds!

So now, there they have this program of flying in the air, no self-realisation, no spirit, nothing. First, you must thin down, absolutely. So, first, they had to pay 6000 pounds. Now, first they gave, first they gave water to drink for 6 days, with the water that has boiled potatoes and the 7th day, they gave them the ring (skin) of the potato and, the 8th day, the potatoes because people must thin down and then fly in the air you see. What is the need to fly in the air I don't know because we are already having jams on the way, like this, if you start flying in the air, what's the use? But such stupid ideas, if they give, and people want to go there with their stupidity then who can help them? And they broke their bottoms (coccyx) and now so many have (unintelligible).

They try all kinds of mesmerism, brain washing, and just want to make money, that's all, as simple as that. And, if something happens to you, they say, no, no, you must go higher. You must do more. You must say the mantra more. All nonsense! They know that there is a market for seekers are there, so they just come. Sometimes some of them have just come out of jail! Such crooks they have no credibility, nothing, no position in the society, suddenly they elevate themselves.

This is to be understood, that what we have gained out of the particular guru whom we have been to, this we must find out! Then there are all nonsensical questions, you see, also which shows that people also some of them do not understand that you have to seek the truth and you have to find it; you have to be serious about it. There's no stupidity about Sahaja Yoga. And, it is also not for the stupid, is not for the stupid. Those who are honest and those who are really seeking, the Sahaja Yoga will work out!

You yourself will become knowledgeable you yourself get all the knowledge. I told you yesterday that there were three doctors in Delhi who have got their MDs. But look at Russia, how sensible they are, they saw what these doctors have done in their work and immediately they have invited them, the government has invited them there. They don't allow any false gurus to enter in there. Gorbachev is himself a Realized soul so he knows.

But where are the Realized souls? You see normally it is something, people go after the show, after the advertising, the show, it's superficial things. I don't mind even if you have to go for superficial people, go then but they harm you, they harm your Kundalini. And, you are seekers of truth since ages, not just today and you have to get it. The most surprising, from some of the questions I am surprised, they never doubted this false guru, but they doubt Me!

All right, there's another nice question about Ha-Tha Yoga and other yogas and the relationship to Sahaja Yoga. Ha-Tha Yoga: "Ha" and "Tha" means both the nadis, the Surya and the Chandra Nadis, Sun and Moon channels. And the Patanjali has written such a big book, you see, and said that there are eightfold or you can say "ashtangas", meaning there are eight aspects of this yoga, Ha-Tha Yogas.

Out of this, one is Yaman Yama is the one discipline and exercises and all those things and a very wee bit of it is exercises. So, you see, unless and until your Kundalini rises you do not know what you are suffering from! And, then you start exercising then you are just doing something, supposing there's a problem in your throat and you do the exercise for the stomach, what's the use? So, first you must know, when the Kundalini rises, where is the problem and that when there is some physical problem then you can do a particular exercise. But these days, there's a craze for exercise because everybody wants to thin out. They want to become thin like mosquitoes. And, when they get ill what happens to them? Such people who are all the time running after their body, worrying about the body, really have the worst body. They suffer from liver trouble, they suffer from diabetes they suffer from tensions, all kinds of things.

But if you become the spirit, the spirit looks after your body and you have to accept your body as it is. They want to look attractive, for what I don't know, are we going to become prostitutes? If you become the spirit, you look so glorious, so beautiful so peaceful. Now you won't believe, I'm 67 years of age and I travel practically every third day. I've no time for exercises or anything also sometimes I do not get any food to eat. Sometimes I sleep only for 2 hours, he (indicating the Greek Yogi translating) knows that, in the night and I feel very fresh and I always feel full of energy. There's no tension, there's no high blood pressure, there's no problem, I have no problem, physical problem at all of any kind. No cholesterol, nothing of the kind that these

people are worried. If you lead a pure life, you don't create any problems but we pay undue importance to our body and really undue importance to nonsensical things.

For example, I know that I have to have a lot of water in my body because there are centres (chakras) and they have to be protected. I don't mind. So one has to understand what is the purpose of this body but we should not be slave of this body or of our mind or of our fats. We have to use this body for our purpose. So this Ha-Tha has gone too far and I have seen people, most of them who are so serious about Ha-Tha yoga, have become so dry and mostly they have divorces. They always get heart attacks and they have all kinds of problems and they are so hot tempered you can't go near them. You can't even talk to them, you better use a barge pole if you want to (unintelligible).

So one has to understand that the greatest thing is to become the Spirit. There are so many yogas, there's Raja Yoga, this, that and all those ashtangas, they are again artificial. When the Kundalini rises then all the centres open and close, and the Kundalini passes and again the centre close down so that it is kept up. But it works automatically. Like in the car, when you ignite the car all the machinery starts working automatically. Like when we eat the food, you see, the digestion starts working automatically. There is one, Raja Yoga, practiced by Yogananda and all those people in America, and I met some doctors from my place who were there in San Diego, they had cut the threads of the tongues and had a loose tongue like this, like dogs. So, I asked them what's the matter why what have you done? They wrote it down that they had to cut the tongue because they must put back their tongue just to raise the Kundalini.

With this method (i.e. Sahaja Yoga) Kundalini rises, then your tongue will be a little bit pulled inside but you will not know. Because the Kundalini rises the chakra closes down you will not know but the tongue will be pulled inside. But this (i.e. Raja Yoga) is an artificial thing like without starting the car if you start moving the wheels will the car move? So these people have brought charges against them so they have now stopped this nonsense but the other nonsense is on!

I've told you it is a living process, which works. You can see with your naked eyes in some people the pulsation of the Kundalini of the Sacrum Bone, you can see the rising of the Kundalini and ultimately you feel the cool breeze coming out of your head and you can also feel the cool breeze around you. Then you must know what is to be done about it and you grow into it and then you become so powerful.

Now when I talk many people will come, I know that. You have faith in Me but you must have faith in yourself. You all can become like gurus, so why not? You do not have to pay anything for it. I think that covers most of the questions.

But now I will tell you what is the Nature of the Spirit. All this knowledge nobody knew because they haven't got it. Now the first thing one should know that Spirit is the reflection of God Almighty and Kundalini is the reflection of the Primordial Mother whom we call as Adi Shakti but you call as Athena or in the Bible is called as the Holy Ghost, in the Koran it is called as Udrah and the Ruh is the Spirit. Now so what happens is that the Spirit is the cause because it is the reflection of one God Almighty, which is reflected in everyone but the reflection depends on the reflector. For example, if the reflector is just like a stone it doesn't reflect. Then, gradually the reflector improves through evolutionary process and ultimately it starts showing better in a person who is a realised soul.

Then in a Sahaja Yogi, when he becomes an expert, then what happens the reflection becomes a complete thing. So the Nature of the Spirit is that it is the Collective Being within us. So when the Kundalini rises and when you get your Realisation what happens that you get a New Dimension of Awareness, which is Collective Consciousness. That means on your Central Nervous System you can feel the Centres that are yours and also the Centres of others. Jung has written about it clearly. So what happens is that the microcosm becomes the macrocosm. So we become part and parcel of the whole, you become aware. Now, this Spiritual Awareness when it is felt on your Central Nervous System is called as Bodha in Sanskrit language. And also Wither, Wither means Vedas come from the same, Wither means to Know on your Central Nervous System as a product of the evolutionary process.

So, in the Vedas also it is written, even Christ has written, everybody has written that you are to be born again. If you take an

artificial certificate, I'm born again, nobody can help you but if you are born again then there are certain powers that you have.

In Sanskrit language, a person who is a born realised soul is called as Dwijaha and also a person who is a Realised Soul is a Dwijaha and, also a bird is a Dwijaha. So what comes first is an egg and then it becomes a bird and the bird has the power to fly. In the same way, in the same way, a human being is born and then he becomes a Realised Soul. That is the actualisation of Baptism. Because you become the Spirit, you become Collectively Conscious because Spirit is a Witness it is the premise of the witness state. So you can become Thoughtlessly Aware, there's no reaction you just watch. Because Spirit is the source of all the knowledge you get all the absolute knowledge.

Now if you have ten children who are realised souls and you ask them what's the matter with this gentlemen, close their eyes, you can put, tie their eyes up they will tell you this man is suffering from this finger, this finger whatever, everybody will pick out the same finger. Now, if you know the decoding as you have been shown here, decoding of the fingers, what is the centre catching, that's the one.

So, also supposing there's a false guru coming down, you put your hands towards him, immediately your hands will start burning. You can find out about everything, the absolute truth once you start feeling those Vibrations of Truth. So this is the quality of a saint, of the twice born.

Now the quality of the Attention, of the Attention of a Saint is that the Attention becomes powerful. Now for example, if you are not a realised soul, your Attention goes to joyless pursuits but your Attention, after realisation becomes enlightened and anywhere your Attention goes it works. Such a person has such pure innocent eyes that even a glance of such a person brings forth peace, joy and benevolence.

Christ has said that: "Thou shall not have adulterous eyes". I'm Myself born in a Christian family and I'm trying to know how many Christians have eyes, which are not adulterous. He said "Thou shall not have adulterous eyes" because He resides in the Centre of Agnya, which is on the crossing of the Optic Chiasma, which is the crossing of the two optic nerves. But after Realisation it actually happens to you automatically that your eyes become non adulterous, become pure.

So, your attention becomes active. You pay attention to anybody and you can even cure that person just sitting down here. But the greatest thing of the Spirit is that it is the source of joy. Source of joy in a sense is that it is not like happiness and unhappiness, no duality, it is watching and in a joyous state. It's a state, it cannot be described but just to be enjoyed but I've seen some of these people who are supposed to be gurus are so hot tempered, ba ba, you can't say they are saints! They are only kind to very rich and evil people and, their disciples have no goodness about them.

So many things happen after Realisation but the most important thing is that you get connected to this All Pervading Power, which is a vital power. Before Realisation your prayers, mantras, japas has no meaning because there's no connection at all. After this connection only we realise how much closer we are, how great we are. If you take say a television set in a village in India they'll say what is this box? How can you see any pictures in this? But if you put it to the mains they can see the glory of the whole thing. In the same way we are very beautifully made they way this big mechanism is within us. And, when it starts working you are amazed at your own glory. Not only that but you become so dynamic, so compassionate, so wise and the transformation starts taking place within you. Physically you are cured, mentally you are evolved and emotionally you become a balanced personality. You really become powerful and you become absolutely filled. All habits drop out and you get rid of all kinds of addictions.

In the beginning in London, the people I got were all hippies and they were drug addicts, all of them were drug addicts and overnight they gave up drugs, overnight. I must say English are difficult people because they are hard nuts but once they get it they are the best Sahaja Yogis, I must say, in a way. Firstly, they are very scholarly and they know a lot and they just sort it out completely. Now there are seven doctors in England who are researching into Sahaja Yoga in a sense that they are trying to tabulate how many people are cured by Sahaja Yoga.

This state has to come to us, to human beings, otherwise how do you expect this world to be saved? Have you any other way around? If this is the thing, why shouldn't you try to become what you have to be? And these are all your own powers. I don't want Myself as your guru or anything but I'm your Mother and I'm just saying that this is your own power, for which you are not in anyway obliged to Me in anyway. I'm doing this work because I have to do it. I'm doing it for My own satisfaction. So you owe Me nothing!

If you owe anything to anyone, it is to yourself that you have to evaluate, you have to value your own life and that you have to understand that you have not been made from amoeba to human state for nothing at all. There is a great purpose behind it and you have to understand what is the purpose of your life. But in Sahaja Yoga you don't have to sacrifice anything, you don't have to give up anything, nothing of the kind. On the contrary, all the time you are blessed! But it is reality, it is not artificial, you have to become somebody. It is not just a certificate. You cannot purchase Me either. So, you have to become something, that's the point. And, for that you don't have to go into any (unintelligible). It is a collective happening that's all. You have to just attend our centres, whatever they have, they'll tell you all about it, they'll give you all the knowledge and then they'll make you the Spirit.

There's a gentleman who met our boys, our small children, on the seashore who are Realized souls ten small children were there who are Realized. And, they caught hold of him because they knew he was a seeker. And, this gentleman was so much amazed at the wisdom of these children, the wisdom of these children. He told me the whole, he said I'm surprised to see such children, I've never seen such children, such peaceful, such sensible, such wise - and, he came to Sahaja Yoga. Also the idea that you must suffer, it's all nonsense, there's nothing to suffer. Christ has already suffered for us.

So, also to be very serious, you cannot laugh, you cannot jump, is all nonsense. A person who is a Realized soul is always bubbling with joy. So such joy in this serious work, it is like a fire, which is so gentle and so cooling. Now I must say about Samatis (name of translator) that I met him in Strasburg, he is a very deep person. And I told him, Samatis, are there people in Greece who are deep as you are because you are very ancient people like us and I expect a lot from you. Alexander the Great came to India and he saw these Indians and he said, I can't rule these people.

And you will not believe that this Greece is described in our Puranas as the Manipur, the Manipur means the Nabhi Chakra already described in ancient times. It's the navel of the Universe and there resides Athena it's all described. How many things are described which I told when I came before. Everything is there still just the same. And it is the Devaloka means this is the area of the Gods and the mistake was I think that all the Gods were brought to human level. Instead of ascending to their level they were brought to human level. In India, we don't do that way. It's inauspicious. We have to rise up to their level. But you had Socrates, I mean, He was the Primordial Master. (Translator uses Greek pronunciation for Socrates) We too call him Sucaras - as you call him Sucaras.

There're so many things in common and you'll be surprised that thousands of years back even before Alexander so many Greeks lived in India. So it should not be difficult for us to understand deeper meaning of our lives because you have such a traditional history.

I think, they told me that these people, it is very late, it doesn't matter even if you have programs they don't go out in the night. But I think now we better have our Self Realisation. I've answered the questions that are sensible and I think any amount of answering is not going to give you Self Realisation. There's no guarantee. It just has to work out. It takes some intelligence to establish but to fix it up it will take some time.

It is said that in the Vedas that after Self Realisation you must know Yantra, Mantra, Tantra. These (Mantras) are prayers or chanting that is to be used for different centres. And, Yantra means this mechanism, how it's made and all those things. And, Tantra means technique.

But we have something called tantrikas in India who are doing black magic in the name of Kundalini and God. So many are arrested, and so many are harmed and they have been exposed but still you see these evil forces come up sometime. So it is for,

very important for us to become the Spirit so that we know everything. All right, so shall we have the session for our Realisation now?

As I've told you that firstly, I respect your free will and it cannot be forced on anyone. So, those who do not want can go away from this hall, will be much better. But secondly, I have to tell you that, after Realisation, don't waste your energies you must respect it. Otherwise, it will be like the parable of Christ, that some seeds fell on the rock and some seeds fell on the marshy land. So the half sprouted seeds are much worse than the not sprouted.

So please, we have a very good follow-on, we have a very good hall, these people are here, you don't have to pay anything, you have to just become yourself. As your light will expand you will have all the knowledge and everything will be told you. There's no secret in Sahaja Yoga.

I think we can take 5 minutes if they want to go out, let them go out (unintelligible) and then we'll start the session. 5 minutes.

(Session resumes)

First condition is that you have to forget the past and don't think of the future. The past has finished and your future doesn't exist. So, forget the past, the best thing is not to feel guilty at all for anything, for any mistakes, for anything. What we remember of the past is only nonsensical things. So we are not to feel guilty at all! We are human beings and as human beings, after all we are not Gods so we make mistakes, doesn't matter. So please forgive yourself completely. I'm requesting you again and again because when you feel guilty, the centre here on the left hand side catches so badly, on the left hand side. Especially in Greece I don't know why do people feel so guilty, what wrong have you done? I don't think they have done anything wrong, seriously, for the last 50 years I don't know what wrong you have done?

The second condition is that you have to forgive everyone! Everybody you forgive, in general, not to think of any particular person or anything but just forgive everyone in general. Yesterday I explained to you that logically whether you forgive or you don't forgive you don't do anything. So what's the use of playing into wrong hands? If you don't forgive this centre, which I told you about, the Agnya, which is on the Optic Chiasma, gets constricted like that (Shri Mataji uses Her hands to illustrate the opening of Agnya) and the Kundalini cannot pass through. So please forgive. Forgive everyone! We are not going to lose our Self-realisation for somebody who is trying to torture us.

Now we have to understand that we have two powers, left and right, about which you will know more when you come to our centres, to our programs.

So you have to put your left hand towards Me, which is the power of your desire to get Self Realisation and you have to put your right hand for nourishing your centres, only on the left hand side (Shri Mataji indicates the left side of the body). Also, both the feet should be kept apart from each other. Now it is for us now to look at ourselves not at others. We have been looking at others so far now we have to look within ourselves. So later on we'll close our eyes.

Please put your left hand towards Me like this, both the feet away from each other, take out your shoes because this Mother Earth helps us a lot.

So now please, put your right hand on your heart. In the heart resides the Spirit. Now you put your right hand in the upper portion of your abdomen ...

1990-0623, Talk to Sahaja Yogis

View [online](#).

23 June 1990

Talk to Sahaja Yogis

(Greece)

Talk Language: English | Transcript (English) - Reviewed

Shri Mataji: May God bless you. Tomorrow again my tour starts. A very nice rest here. So I am here again, going on my tour. [UNCLEAR] was such a nice relief to come here and rest and enjoy your company. May God bless you all.

But you all have to now move out to other countries and try to see that you establish Sahaja Yoga properly. Be kind to them, be nice to them and also there are a positions from other people, no doubt. You have to be very patient with them and try to tell them that you haven't found anything so far, why don't you find out what is the truth. Why don't you find it out? If you are kind to them they might accept your invitation so I hope all of you will take it, responsibly as such to go down and help people. And especially women I think because they are much more free than men are. Men are working. Those who are free can go down and really spread Sahaja Yoga. In any case I'm going back from Ganesha Puja which I hope this time you will have all your acquired reading, all your music readiness, everything in a big way. And you are very good puja at Ganesha Puja this time.

I feel one thing about Sahaja Yogis that there are some Sahaja Yogis who are very active and I find some Sahaja Yogis only come to see Me at the airport, that's all. They are like tourist you see. Just come for receiving at the airport or for something, this is not the way, you must know you have to work for, Sahaja Yoga. If you don't work Sahaja Yoga you cannot progress. It's like one door is open, one window is open but if you don't open other window there cannot be recirculation, there cannot be freshness and you cannot grow. Now I have seen those people who have really learnt any work for Sahaja Yoga have gone all out. Attended all the programs, everything with dedication, have grown very fast. All such people who are just loitering will be very late or very completely discarded or could be that they now have any say in the matter.

So as it is I think it is very important that we should value our self respect, our self knowledge, our Self realisation. I need not tell you this because you know that who got your Self realisation and I feel it you are a bit embarrassed to say this but I've seen this tendency in many people and I am amazed that after getting all these blessings after knowing this is the truth. After knowing that we are born in these important times. After knowing that we are chosen people. After knowing that we have got realisation even then they take it lightly as something like a past-time, it's very wrong.

So what I'm about is that they are about, few people who are really doing work for Sahaja Yoga, running about organising everything. The rest of them are just like visitors and that is a very wrong attitude, very wrong attitude. See there is not by sacrifice in Sahaja Yoga, nobody has to sacrifice anything. On the contrary you are all blessed, thousand times blessed, you've got everything. But what have you done for that? What have you given for that? What have you given for Sahaja Yoga? What have you given for God? His work? What have you done for Him? It has only been one sided thing that we are to receive all the blessings, yeah. I've received [UNCLEAR] ...Somebodies not do this do that. That's all. It's all one sided but why should we not think in our Self respect that what have we done for Sahaja Yoga! What work have we put in? Where are we compared to others? And this I noticed Myself and I wanted to tell you this that I see many people there but there not and therefore I see them but they are not of the same level that so many others are. It is very sad. This is a very great chance of many lives that you endured, you must know yourself first, own your glory. You must know that you are receive the greatest thing in life or other things everybody else has been doing. Collecting money, working, doing this, doing that. Only thing is you to give some time, that's all. Some time has to be given. You don't have to pay, you don't have to go anything extraordinary, you don't have to give up your families or anything. But if your depth is not there then better developed it by telling yourself by developing. Those who have no depth I cannot create, it is inside you but you must touch it. You have not touched your depth. When you touch your depth, you'll just start getting completely dedicated. Why would some people want? Because they have touched their depths. I can see on their chakras, on their faces, I can see very clearly. That some people are extremely deep and some are very shallow, very superficial.

So this - I didn't want to say but [UNCLEAR] noticing these things happening and I felt like I'd better tell you that you have to dedicate yourself, not that you meditate at home and we do. What have we done for Sahaja Yoga? Everyday write it down, what have I done for Sahaja Yoga. Mother has given me Self Realisation. Now, see I'm an old woman, I'm travelling, every night I sleep about two o'clock, get up by four o'clock or five o'clock. Everyday. Travelling everyday. Why should I do that? I don't need Sahaja Yoga, I don't need anything. Do I need anything? Nothing. I have everything. Why am I doing it? Because I feel the love that you need but you should also feel that Mother has given us so much love. So we should give love to others. And our Mother is working so hard, why shouldn't we work? Why shouldn't we do something for Sahaja Yoga? And this is something and this is such a break here. And I think of you people from Austria show the way of over the world. Wherever they are centres it could happen. I hear it from every centre is kind of a complaint that there are very few people who are deep and the rest [UNCLEAR super gross] absolutely useless. Or even if they are something they just come to enjoy Sahaja Yoga, that's all. Nothing else. You give enjoyment to others. How can you enjoy Sahaja Yoga unless and until you enjoy making the company of others who are not yet Sahaja Yogis, you have to give them. They are there waiting for it. So all of you must work it out this way. And there should be no superficial character left in you. Go deep into you. Promise yourself that now Mother has given us these powers, let us use them and work it out. So that's a promise I have come here to take a promise from you. And I hope it is a promise from you, that you will definitely go all out to see and write it, write it everyday. Examine yourself, introspect. What have I done for Sahaja Yoga? That will really help Sahaja Yoga very well. I've seen [UNCLEAR] do so many things and but for some very serious Sahaja Yogis, I could have never have achieved doing it. But people put it much more and the responsibility will be on you people. You could achieve much more if all of you dedicate yourself to this is what. All right. It's a promise.

Sahaja Yogis: Yes, Shri Mataji.

Shri Mataji: So Goodnight, tomorrow I will be going to India, many are coming with Me I was told. I am very happy for you all.

Yogi: [UNCLEAR]...Show you the video, it's only three minutes.

Shri Mataji: What?

Yogi: The video.

Shri Mataji: [UNCLEAR] sit somewhere here, put my chair...

1990-0624, Shopping, Arrival and Talk to Sahaja Yoginis

View [online](#).

24 June 1990

Talk to Sahaja Yogis

Hydra (Greece)

Talk Language: English | Transcript (English) – Draft

1990-0624 Arrival and Talk to Sahaja Yoginis, Hydra, Greece

Bala Shakti (Girl): Shri Mataji coming now, Shri Mataji coming now, Shri Mataji coming now, Shri Mataji is coming now

Bala Shakti (Boy): [saying with excitement] Shri Mataji is coming

Bala Shakti (Girl): Shri Mataji

[Children saying with happiness] Shri Mataji is coming, Mataji is coming, Shri Mataji is coming

Shri Mataji: Hello

Bala Shakti: Mataji

[Bhajan]

Shri Mataji: Thanks, Wonderful, alright. Vibrations are enough unclear() working unclear() (Michel is coming now for ...)

[Voice overlapping]

Shri Mataji: Nice, very nice, all of them very beautiful. [Shri Mataji talking to Bala Shakti] For the puja ya, beautiful beautiful, who made your hair? Good, it's alright, looks nice, you see, it should be variety looks nice.

Now let's go, let's go. Now where are you going? He is already fallen. Typical you see, if somebody falls children would go there. Like human beings, when they see people falling out of the unclear(bus/pub), they go to the pub. Same style. Same style. Starts from very childhood. Adventure you see why has he only fallen? I will also go in the pub and fall. Competition, unclear(). Let's go.

Hello how are you? Alright? Is it better now your hand? [voice overlapping]

Alright I am getting up. I have two unclear() for you. Alright, now let me get the mic. Come along let's go. Niranand, Niranand don't go that side. Alright. [voice overlapping]

[Bhajan]

Yogi: Children come back.

Shri Mataji: Hello sit down all of you. Yes good.

The first thing is to find out about the., beautiful.

This is the style we used to have in India also. Same style.

Hello Akira, how are you? I was asking what's the meaning of Reekha? is it some meaning?

Yogini: No Mother, my name is Evridiki

Shri Mataji: means what?

Yogi: Evridiki is her name

Yogini: its mythology of Greek

Shri Mataji: All those who have already got let's give for them for who haven't got. May God bless you. No no not for you, You girls you both unclear() who have? May God bless you. That is not for her, it's not for her. That's for the boys alright? Let them go That's for the boys and that's all. She has got hers. Alright now come along one by one.

You feel it here? Unclear(Stacia) better you be collective, what's the matter? why don't you be in some collective? In sahaja yoga you must focus fast see otherwise going to be harmful, and then its outside asking for help, so some of you saw clearly, you must outgrow like me and listen to me all of you. Alright? Now who hasn't got it come along.

And the men were deceiving the women in the Greece are becoming very strong and dominating and they don't want to listen to anyone they are in very difficult phase, and they have lost the capacity to bear anything and have become like men now. Can't bare it. The difference between a woman and a man is like a Sun and the Mother Earth. You are the mother. You cannot be like this. You should not. Because your function is different unclear() But it is a well-known fact that all over the world that the Greek women have the most tolerability and worst come are the only Americans. But Americans are more sort of money oriented, but Greece women are power oriented. They just want to dominate their husbands just for power sake, to enjoy it. There's no enjoyment. No enjoyment. Enjoyment is enjoying the companion. And you, I don't know why, there has been not much of literature on this - how to enjoy your husband's company perhaps. Or maybe the wars or all those things have made these women like that. I was surprised to when I came to the court at., [Shri Mataji addressing to the yogi – tell the children to be quite please]

Yogi: Be quite children.

Shri Mataji: As the lady came in a taxi quite elderly looking. And she got down from the taxi, she took out her own suitcase from the back. And the taxi fellow just sitting tight there see. No respect for her. So, I thought women now want to be like men. It's alright, you have it. No respect. They want to be like men alright and you be like men and do all the work like men. So, this as put an imbalance and as a result I think the society suffers but the responsibility of looking after a society is on women and politics and economics is men. But if woman's(women) are dominating, they will have lots of problem. First is the children can never respect fathers and secondly is mooladhara. If the women lose their mooladhara nothing can work. They will make mad moves. So, I feel that the women have lost their understanding of their powers that we are like this Mother Earth and what would I do to nourish the whole world, beautify, soothes unclear() everything comes to us from Mother Earth but that powers that you have if you don't exploit and if you waste your powers in competing with men, then you are doing something you should not do. if you start using your eyes for breathing instead of nose, you will never breathe. and there should be no sort of a competition about it. Because women think that if they put us down then we will put them down there is a way of handling men. In sahaj culture, you have to learn all this, how to handle men and how to be wise, how to be mothers or how to be good women. Now as far as sahaja yoga is concerned, I would say men are more knowledgeable I would say. Knowledgeable in the sense they know what are chakras, what is catching what is wrong, they are naturally they take more to the extrovert you can say, more to the spreading out more. Women have to be more spiritual unclear(). For that they have to become women. Otherwise they can't, If you are a different person than what you are, then you cannot be unclear(survive). Unclear() I have to behave like women, and it creates problems.

Lots of problems in the society. And today the society is absolutely crumbling down, the children are running away, and they are taking to drugs and husbands also running after women, for that also you should say, women are responsible they want to attract every other man. Why why do they attract to other man what is the use, you are not prostitutes. So once the women starts doing all this nonsense, you see they lose the unclear() themselves, and it becomes a complete imbalance within themselves and without. Because everything is responsible. For this I must be the credit to unclear() women very much. And that's how our society is the best in the whole world I mean societies. we don't have drug problems, we don't have aids, we don't have to unclear(disrespect) everyone, so very systematic in India. Of course, in politics and economics – India is the worst. But as far as the society is concern very healthy, very beautiful society. And you could have proper understanding how to be with each other. This has to be instead of women not that in India unclear() but still the women have to be women first. If a women becomes a politician and if she is not a mother, she will become like unclear(Mrs.Hutchinson). You have to have motherhood. If you have the motherhood then, if you become a politician then you become a benevolent politician. There is a big difference between a woman becoming a politician and a manly woman becoming a politician. She will become more man. So, what is the use of having a woman then? Unclear()

So, this idea about Greek women you have to tell, we sahaja yogis have., and it looks nice to be women. I think to be self-respectable then men and self-contentable and also bearing. You can bare a lot. A woman can bare a lot. Supposing in my case I was unclear(), in my case supposing Rama had come so he would have gone to exile like 14 years he was ..yeah really because he didn't even take it too much. Then if it was Krishna, he would have taken his Sudarshana Chakra and cut everybody's heads. If it would have Christ he would have hanged himself finished. Once for all they have to. But only the mother can do this job with patience. and I am the only incarnation who lasted for so many years all of them finished within 40 years of age, 40-45 not more than that. Nobody lived so long because they don't have patience. But women have patience. A ocean of patience. But you should know how to tap it. Then you can do many things. It can do many more then men do. I have seen that when I come so many come to see me, so many comes-thousands, what is so great because they see a mother in my face, they see my picture treat me as mother so they come. But then when their follower comes, they don't want to because they think women are worse naturally, they are not bothered so it is for you to make it or unclear(). Make something to eat, be kind to them, be nice to them, so they will feel home. This is the point that-a great role must be played by women of sahaja yoga who have to look after the people when they come in, you have to make them feel at home unclear() if men are the less patient, no no no don't say that she will be alright like that unclear() on the contrary you act unclear() and then also women should not talk too much if they are very talkative then they get bored. You should not talk too much. More gentle, more miser, miser type of a thing and - whatever you have to say, you should say supporting them so that person feels less unclear() That's mother's job you see. Father may be hard but the mother can say alright. It's alright, now it's a protection. So the mother is the protection for the child as it is in yourself unclear() so they should feel the sense of security unclear(). On the contrary if you start criticizing them, in the same way as men are criticizing unclear() so wisdom is in they were soothing them and protecting them and give them the sense of sensibility and then they unclear(). I think that is lacking among all western yogis unclear() the women are very weak they say. Why should we be weak unclear(). Why should we be strong sahaja yogis. So more love has to be developed in yourself. Not strictness, protect unclear(), not disciplining unclear(), not telling what to do but to give them a kind of security which gives them peace as if you have. And then you should not be like this also another point if women try to be like unclear() then the men don't like it. They don't like that unclear() You must able to work hard and give them, Shri Rama unclear() how much she can work, she works very hard compared to all these women unclear() all English and western women are in big trouble. They don't know how to work, they don't know how to cook, nothing of that kind, just they come pick up the bottle from the fridge put it there go back says what kind of training they have got? Unclear() in India old women are strict absolutely. She knows how to cook, she knows how to be unclear() because she know about it, she is a preserver, she is a preserver of the society. She works that way, anywhere, you take any Indian girl unclear() she will manage. They train them. They are nowhere less than you, they are quite intelligent, they are educated, everyway. And my servant was himself surprised that how these women are. I said how can they be women? They don't know anything. I told them you see, recently. So, we are not to be men. We are to be women; we are the preserver of the society. We are the preserver. Alright? This is one thing that you must know that we are the preservers. And as the preservers we have to preserve all the value systems, all the love, kindness and understanding. It's not difficult, it's not difficult. Just you have to little bit change yourself-our attitude, your style and then you will feel very sweet, nice and happy about it within yourself. Otherwise, women hate themselves. Those women who do these things they hate themselves. Later on, you wander I did this

mistake again I did it. The other day I was in Spain. Spanish women said unclear() no one wants to Spanish unclear(). So, I told them why is it so why is this thing? Then there is one Austrian cook, excellent cook who is one of the best books I have seen. Excellent cook, he was married to Spanish woman and he told me Mother I unclear() I can't bear very unclear() I want to run away unclear(). He never even told her anything just ran away. I called her, what's the matter? Why unclear() She said again I have done it. Mother I unclear(), I said why do you want to argue? Why don't you enjoy his company? Why don't you kind to him its nice you see, in the novel they want to do romantic things. But in practical life in their own life they are not unclear() and then for husband you become liabilities also you didn't do this for me, talk to me, on the contrary the women has to look after. She is the one way. Of course, supposing you have to do some hard tasks then the men have to do. But mostly that is how that you can control them. Specially to make absolutely indispensable. A woman is indispensable. [Shri Mataji asks a question to a yogi- What do you say is in your language-indispensable?]

Yogi: unclear()

Shri Mataji: haa, absolutely. So you see the men can't do anything unclear(). Now I am married for some more forty four years unclear() and my husband unclear() can't do without me. Just can't do unclear() because doesn't like the food cooked by western people unclear(). Firstly food, secondly I will look after he-he won't choose a suit for himself unless I select for him. Never. Because if he chooses a suit, whenever he wear it unclear(), what sort of a suit you are wearing? Because unclear() he depends on. If he has to invite people, then I have to look after them many times because he doesn't know anything. So, you see in everywhere he is so dependent me. But he can't help it. Now he got his knighthood recently. So immediately he found me out somehow. He telephoned to me. He said, 'I am missing you very much'. I said 'you want a knighthood why do you missing me unclear()' no no I must know that I have knighthood now you all become a unclear(). I said 'alright but what? You know you have to come here unclear() but I can't I am in half way unclear()' But this is what should happen to your men. Otherwise, what's the use of marriage? If you cannot achieve it then you don't know the trick. It's not the beauty, it's not all the we paint our nails nothing unclear(). They don't see all these once you are married. Then they start seeing your inner beauty unclear(). And gradually you can win them. It's very simple. But you just turned round and do this. And I unclear() I know war has done this. I know everywhere. Because of war men were on war part I mean on the unclear() and women were left behind. So, they have to do everything manly work and also women's work alright. But now there is no war and nothing in these times still why are we with sword in our hands? No need. Now throw this sword out. When the husband comes only we are on war, poor men comes back from the war, they are in the war again unclear(). So, it is a trick one has to learn. Of course, you have every right to correct him if he has done something which is not social or which is unsocial, which is not good you can tell him. But first he must know that you are so important. And even an uneducated women in India is sensible unclear() because we have brought up unclear() how to be a good wife, how to manage the husbands, unclear() don't look at the women they don't go round with anyone. Just they don't see whether you have a good figure or not, whether the complexion is good or not, nothing like that. Wife is like-as you have a child, you have your wife. The same way about husbands. After marriage what is there to choose? But it is important you know; we have had very bad experiences of this kind of things that are happening now. But the husbands just run away, they just don't want to talk with their wives. This boy he just came after me, he didn't even tell her I mean I was so shocked, he said He said 'Mother tell her' and he wants to send her Rome now. He wants me to correct her. I said she is not a child to unclear() no no in Rome, let her be in Rome I am going again to Boston, The company should tell this that they should want it. That's the point. So if you do not have that art, unclear(). So, we have lost our art. We should get it back unclear(). And not by anything but by looking at ourselves and what is to be done. You just think yourself in the mirror and ask 'will I like my own company?' unclear() Alright I would just taught unclear() as in Spain that we have to enjoy married life also. But that doesn't mean you have to become romantic unclear() either you are Romantic or fighting nothing in between. You must keep your balance that gives you the personality and you should not just get sort of absolutely nude to your husband and unclear() also but it should be a balance and understanding that you are the left wheel of the chariot and he is the right wheel of the chariot and both are needed, to be separated a bit, if you are glued together how can the chariot go or if the left wheel if you try to put on the right it won't go unclear() so you are equal but you are not similar. This is the point one should know. And then you really enjoy to be a women. And you should try to do as much as possible for the life. As much as possible. If you just say I can't do it, I don't know, this that then you go on shifting, no I can do, why not? I can't do this, I can't do that. Also, energy comes to you when you start working. if you don't work energy will not come. Supposing you tie up this side unclear() you find this will be thinner than this and it won't be able to work for some time. So, while working all by, putting your attention and being aware you will have more energy. But don't

think about it. I asked Uncle() She said Mother they think too much and they think they are losers. I don't think that Mother you do everything. I surrender that. Uncle() Simple answer. And she cooks for all of them. She washes the utensils she does everything, no English woman would do that, no one can do like she does. So, what's the use of your hair, what's the use of uncle() when you cannot even work. So, what's the use? They are uncle() they are not organized, what's the use? So put yourself to-I must learn this; I must not do this. She has been here so many days. Nobody came to learn anything from her. She would have taught the Indian food. My servant was there. Nobody learned. They just want everything on the table. I can understand Indians. Because I can understand Indians because uncle(women are servants). But the western women are really uncle() they don't work at all compared to us. They really don't was their utensil, they clean everything, they do everything, even he was telling me that even in ashram if these women go there, they do the same thing. They just want uncle() How can it be? He just told me. I was so surprised. I told him that you better uncle() in their childhood if you don't work, then you don't get your food. That's samanyaya – for settlement. If you cannot do or she, or you cannot do this, I came from a very rich family, but we have to wash everything. We learnt how to wash the clothes with hands. How to wash utensils with hands. I remember with small small little hands cleaning the pots with my hands. I remember that uncle(). We have to. Just like as, you know that royal family in India has to work uncle() and has to learn everything uncle(). I think you have brought up in a hard way that why uncle() now we have servants and servants and servants. But still all even my grandchildren they got uncle() all the time. You are only everybody supposed to be very-I don't know what uncle(), if you work then you will put on weight, feel better you have energy otherwise you will be uncle() thin and tired of uncle() one has to be active and uncle() get some energy and work. This is like this is the same when there are no trees why should be the rain? If there are trees, then there is the rain. In the same way when there is no work why should there be any energy for such a person? That person is a sick person so finished. Those who work only would get energy because I am working that's why I get energy. Everybody said how do you have so much energy at this age? I have this because I am working. I want to work; I want to do this and do that everything has to be done.

1990-0624, Shri Lakshmi Puja and Talk before puja

View [online](#).

24 June 1990

Lakshmi Puja

Hydra, Stamatis Boudouris summer house (Greece)

Talk Language: English | Transcript (English) – VERIFIED

Today we are going to celebrate the Puja of Lakshmi And I've already told you that Lakshmi came out of the sea.

And Greece is the Nabhi of the universe. And whatever Lakshmi they have got, wealth, they have got it out of the sea faring activities there. So it is very apt that we should worship Lakshmi in Greece and understand what is the significance of Lakshmi is. Can you hear me there, all of you? Now I've described many a time, but, again I will describe it to you. Lakshmi is the one who is a Mother by nature. So a person who has Lakshmi, a person who has got wealth must have a motherly benevolent temperament; that's one thing. Then another thing is that She stands on the lotus in the water. So a person who has got Lakshmi must have a balance. If he moves this side or that side, left or right side he immediately goes inside the bhavasagar.

Secondly, Her one hand is giving and another hand there is protection like this. So, at least a person who has got Lakshmi money should be generous, he should be giving and right hand should protect all the people who are working under him or who are related to him, his relations or other things or any other organizations or anything that he is connected with he should try to patronize and protect it from all kinds of dangers. The second part is that one hand of the Lakshmi has got a book in Her hand, and another has, no, second part is the two hands of the Lakshmi which are on top of head have got two lotuses in Her hand. That shows a person who is rich should have a heart like a lotus. A lotus heart is like this that even a very thorny type of an insect comes to the lotus in the night to sleep, the lotus opens its own petals and allows that thorny type of an insect to sleep in the very cozy way on the corona of the lotus so that he sleeps well there, comfort him. In the same way, a person who is very rich should have a capacity to allow guests to come in his house and to see to the comfort of the guests; whatever may be the status of that guest, whatever may be the situation of that guest, but that is immaterial. What is important is that he's your guest and you have to look after that guest and whatever he asked for you must provide him. Of course in the modern times it's all vanished into thin air. But we have so many examples in India where once a guest came like that and asked that he would like to eat the flesh of the child of the king. So the king said all right you can have the flesh, and he cooked the flesh and gave it to the guest.

And guest was nobody else but it was Shri Krishna. You can say Shri Vishnu. And after five minutes he called the name of the boy and the boy came running to the parents. There are so many stories. Another one is Harishchandra who had a guest who came as Vamana. It's again Shri Vishnu to take his test. And he asked for all his kingdom. So Harishchandra gave him all his kingdom and went into the forest with his wife and suffered a lot. But in that sufferings he got his moksha and he got again complete reward of his kingdom and everything. He is very much purified.

And also there is a king of this coming to a king Shri Vishnu as Vamana. and he asked that you have to give me land which is measured by my three steps. Bali was the king. He said: "All right, whatever you say". So with one foot he touched the sky; with another foot he touched the Mother Earth. The third foot he put on Bali's head and put him in the pathala, in the lower world. And that's how Vamana Avathara came. And like that we have various such examples in India. that when the guests are there how we are to treat them and how we have to be absolutely subservient and absolutely looking after. And it should be an honor for us to see our Sahaj Culture.

This is our Sahaj Culture is. But what I find, that in the modern times, people just don't like this because people have become very selfish. But it is always reciprocal. If you have guests in your house and you look after them then it is always rewarded back, always in so many ways. In My own lifetime I have seen that even slightest help you give to someone how it comes back to you in a very big way. For example, there were.. Lenin can't you sit properly? Is it Lenin? Whose child? Are you not Sahaja Yogis?

Whose child is this one?

She's a new Sahaja Yogini? Now if the children misbehave, we'll ask them to go out of Puja, all right? Children must behave themselves and sit quietly, all of you. So once I was sitting outside my house and I was knitting something in Delhi and three people came and they said that, "We have no place to go to, we are refugees, and you have such a big house, you can give us a room, we would be very thankful". And I had house which had a room which was just outside, it was in no way connected to the house. So I said: "All right, doesn't matter. You can stay with us. The vibrations you are giving - nice people you are not telling lies. In the evening My brother came and My husband came and both of them said, now what sort of people these are, God knows, and what will they do to us, this and that, very angry. I said, now I've given them the house, all right.

It is my responsibility. One month they were very much worried. They cannot come inside the house. They are outside. "What is the harm, they are refugees, let them stay." They stayed on. Actually they were very talented people. And then there was one Muslim man. And there were riots. After this whole trouble there was a riot, really of a very bad nature.

And all these Sikh people came to my house, and they said we have heard there's Muslims stay here. I told them there is none. They said: "How can you say that?" I said: "You see I am wearing such big bindhi; I am myself a Hindu. Why will I keep a Muslim in my house? You get away from here. If you have to misbehave then I'll call the police." So this man was saved you see and after that what happened that I just lost them; they went away, they got some jobs. Then the lady who came, became a very great actress. And the man, the Muslim gentleman who was a poet [Shahid Udyami?]

He was a great poet and after many years, see, we wanted to make a film and they wanted this lady to become mother in that film. I said I will not ask her. She doesn't know Me that I am here, and otherwise she will have to agree because she'll feel obliged to Me. I just don't want to say anything. If you want you can approach her and don't tell her my name. So, when they went to her she said "No, no I can't do it", and this and that, you know. So, they said all right you come to the opening ceremony then we'll see you if like it or not. She was saying: "I need a sari, you have to give me a sari", this, that and all those things she was demanding and so much money. So she came for the opening of that film. She saw me sitting, she just came to me hugged me and started crying.

"How are you here? What are you doing here? After such a long time I am meeting you here. ", this and that. They told that, "She's the one who wants to make this film." "Oh My God! ", she said, " You didn't tell me. What a sin I've committed. I would give my life for this lady.", and all, and they were so surprised, and that's how the film was made. So small things you do good to somebody you see it comes out in many ways. Even if you are kind to people who are supposed to be not so good people say I think it works Like Me I was... one boy was very badly hurt: here, bandage here, bandage here and bandage there, standing there and he told Me that, "I have no work, can I come and work with You?" I said: "all right, come along".

So I put him in the car and brought him home. So as usual My brother and My husband got very angry with Me. "Who is this one you brought in? Who is he? After all...", this and that. I said: "It's all right, I'll treat him, I will put him right, then it's all right. I was treating him, they said: "You must go to the police, you must send him to the police. Might be, he might have run away from police. ", whatever. It happened about 8 days that he got cured.

I said: "Let him get cured and then leave". He was much better; and that day at night he ran away from the house. Because they were forcing him to go. And he took away all My husband's money, his coats, and suits and My brother's everything that he had and My ornaments were lying there he didn't touch anything. In the morning these two got up, this your nephew has run away? I said "Yes, but what?" "He's run away with all our things; our shoes, our coats and pants and your things he has not touched." Even My ornaments, gold ornaments were lying on the table, he didn't touch anything. I said: "This is the thing you must learn. Why were you after his life?

After all he was doing well, you were after his life." So he has to prove that he has, you go to the police. But, this is the way you are going to do it. So many things like this happen in life. It's so interesting to see how and you suddenly come across somebody and they tell you, "Oh you don't remember? I have been this and I have been that, You have helped me so much." So always if you

are generous, you are always fed back by someone. Like if you open one door breeze won't come. If you open the second door the breeze starts coming in. So this is one of the qualities of the person who is a Lakshmi pathi, the one who has money to give and to protect.

Now most of the people who are rich people are extremely harsh with their servants, the people who depend on them, very aggressive and start trying to torture. But in the long run it doesn't pay. I have seen it. See if you try to be very careful, like in My house, my servants will never leave me. I mean, I don't know, everybody used to say: "Our servant has run away", somebody would say, doesn't want to stay and we have had three servants, five servants. If I had one servant he would last me till I actually died like that. I used to wonder what is the problem with these people. Actually, in the beginning they would come, they would be very hungry, I would leave everything open to them. Eat as much as you like. They used to eat everything and they would feel very much satisfied.

Then Oh! It's too much. And whatever you may leave in the fridge, anybody would not eat it. So everything used to be open in my house. Never closed. They wanted to eat rice they can eat. Whatever they wanted to do they can do. And then they became part and parcel of the household and they started looking after everything very well. They would never steal anything, never eat anything like that, and no problems. While others lock everything, even the salt they would lock.

And count everything and very strict with the servant and their servants would run away after 3 days or 4 days. And they would have servants problems. I never had, anywhere. So this is it that one has to understand that how you, those people who are your near and dear, how you treat them, your neighbors, your friends, those people who are dependent on you. Now somebody dependent on you then people try to show down that person. All the time show in a way that the person feels very much humiliated. Then when he gets out of that house, he takes a revenge. And he ill-treats them. So this protection has to be there. Now She's standing on a lotus, means on something that is very beautifully made but very delicate.

So She handles people very delicately. And on a balance She is. Now when people have money, they go into imbalances very easily. You give somebody some money, immediately he will go to a pub, get drunk, will have five, six women around him or if she's a woman, she'll run after men and do all kinds of things. So money is very very, I should say, a very dangerous thing, because, it gives you imbalance. It gives you terrible imbalance. If you have money, too much money, then you work through to such imbalances that you cannot get over it. And one has to be very careful. You must have seen people who have money, how their children get spoiled, how husband get spoiled, wife get spoiled. All kinds of things are there.

So money has a very big spoiling effect. And so she stands on the lotus and anybody who goes into imbalances, falls into the bhavasagar. Because the Lakshmi is as you know the consort of Vishnu. And She's resides with the, on the sea. So now the word 'Marine'. 'Marine' has come also from the same, because we call Her 'Maria'. Maria is Mahalakshmi. She, the word comes from the marine, because She was born out of the sea, and that's why we call Her Maria. Now this she's born, this Mahalakshmi is a higher principle. When a person gets into balance and behaves like a Lakshmi pathi and has all the affluence, he is dharmic and sensible, then what happens that he develops another principle within himself starts manifesting, is the Mahalakshmi.

The Mahalakshmi is the thing that you start seeking the spirit. This Mahalakshmi principle is very important and it's also the parasympathetic nervous system is looked after by Mahalakshmi principle and the whole of Sushumna is nothing but Mahalakshmi. So when this principle is awakened within us then you start seeking. They are satisfied people who do not go hankering after others' things do not become greedy, and we do not try to acquire the things that belong to others and all other kinds of illegal things we do for money or these people now, this I saw the boat searching out those who are smuggling drugs so that it's all mad things because this is no use; what will they do with so much money? But, the greed goes on and on and on there's no end to it That's why people do all kinds of bad things to get money. But money never gives you joy, if it had given joy then people would have been happy, but they're not. So the Mahalakshmi principle rises where you try to find beyond. Of course the Mahalakshmi principle you do get all kinds of comforts and all kinds of blessings. But you get blessings also anyway but you do not hanker after it. And you do not deprive people of their things or sort of they do not tax them with money.

You are not bothered and the money runs after you. When you are in the Mahalakshmi condition then said that Lakshmi comes

and fills the water in your house, like that. So then there's no problem. The Mahalakshmi principle is the one which gives you all kinds of things which you get all as of fame then also the victory also success, also satisfaction, dignity and Aiswarya is a wealth which is dignified. All this you can have if your Mahalakshmi principle is awakened. And then through Mahalakshmi principle only you get your realization. So now in India, for example, there are three temples of Mahakali, Mahalakshmi, Mahasaraswathi. The Mahalakshmi temple is in Kolapur, which is a swayambu means just come out of the mother earth. And is there, the principle is there. And this Mahalakshmi temple there people go and sing the song of this Namadeva's, which you sing 'Jogwa' yoga pray, because only in the Mahalakshmi channel, which is the Sushumna, 'Ambe' is the Kundalini has to rise.

That's why they sing the song that you be this... in the Mahalakshmi channel let the Kundalini rise, that is Ude Ude Ambe, means "Oh Kundalini you rise". But they sing it in Mahalakshmi temple. Not in the temple of any other, Mahakali or any other but in the temple of Mahalakshmi and people didn't understand why in the temple of Mahalakshmi these people go and sing. Because only in the Mahalakshmi temple is, in the Mahalakshmi channel, this Kundalini has to rise and get awakened. Now this Mahalakshmi principle first was manifested at the time of Shri Rama as Sita. Then it was manifested later on Mahalakshmi principle as Radha, Ra dha. Ra means energy, dha means the one who sustains the energy. So it manifested as Radha. And then it manifested as 'Maria', Christ's Mother. She's Radha herself, but She created her own child.

As Radha created, she, you see it's all described in the 'Devi Mahatmyam' that Radha, how she created the form and she also created her own child which is our Lord Jesus Christ. So this is how Mahalakshmi principle manifested best in the life of Maria. And then this Maria kept quiet. She never said She was anything. But Christ did say about Her, and on the cross He said, "Behold the Mother". Means the Mahalakshmi. Mahalakshmi... should see to Mahalakshmi. The Mahalakshmi. It has many meanings. It also means, "Behold the Adi Shakti".

It also means, "Behold the Mahalakshmi", means the channel. It also means that your principle of Mahalakshmi. So that's what He said. Because on the cross He was very much in pain, but He said, "Behold The Mother". And that is the significance that these people have to look after their Mahalakshmi principle and also they have to look after the ascent and the Adi Shakti. But this Mahalakshmi principle is there within us now awakened because they are all Sahaja Yogis and Kundalini has come up. But still we sometimes lose our balance. We go to the left or to the right There are some people in Sahaja Yoga, came to Sahaja Yoga and were making money and all that and they fell off. Even after coming to Sahaja Yoga we continue with all our nonsensical things. So if you have to ascend you must know that our Mahalakshmi principle has to be absolutely pure.

And that purity we must achieve and we should put all our attention to our Sahasrara. Because in the Sahasrara they say Mahalakshmi becomes the Viratangana. Is the power of the Virata. Virata means that, you can say the Macrocosm. Macrocosm. So in the brain She becomes the Viratangana. And there She is to look after the brain. So this Mahalakshmi principle that enters into the brain and gives you new dimensions to your awareness. And also lot of knowledge, lot of knowledge that you know and you become really very dynamic. So the first thing that happens to you with Mahalakshmi principle that you become very intelligent and you start absorbing, absorbing many things which you would normally not do.

For example, to sing Hindi song and Marathi song is not easy. But you have seen how Sahaja Yogis sing it so easily. Only Sahaja Yogis can sing nobody else can sing. So that shows that it gives you a new dimension. Also you know about so many musicians who have played before me and suddenly have become very great musicians and have become very well-known people in India. So all the musicians in India respect Me very much and they always want that I should listen to them. Also it happens in every area of our adventures. Like even it helps in your business. We have some business people who came to Sahaja Yoga, now they have become tycoons. So the Mahalakshmi principle acts not only on our financial side, material side, also on our creative side.

Become very creative in our art, in our expressions of our literature and all those things. So this principle is the main principle we have to stick on to is the Mahalakshmi principle and I'm very happy that in this day we are celebrating this Lakshmi puja, which ultimately has to become the Mahalakshmi puja. But problem is that still the people will... are still lost into these things which are very dangerous and are harmful. First of them is alcohol; alcohol is against Lakshmi. If alcohol comes from one side they say, the bottle comes from one door, the Lakshmi runs away from another much faster than. So you have seen that people who drink how their families are ruined and absolutely they don't have any money left. Another is this what you call is gambling. Gambling

is absolutely against, because it's a disrespect of the, it is a disrespect of the Lakshmi Tattwa. Because Lakshmi should not be achieved by dwindling or by cheating or also by some sort of a trick or a play. That should not be done and when it is done, it is not respected, so she goes away.

That's why a person who goes to races you'll find he can never be rich. Today he'll be rich, tomorrow he'll be a beggar. So all these things are in Sahaja Yoga even people who play these what you call share markets and stock markets and all that. Is against the Lakshmi principle. It doesn't work out. So the Lakshmi principle if it works out well, you can get out of the problem of money. But for that it is important that you have to meditate and cleanse your Nabhis. And the Nabhis are on the right side, I tell you, is of course is the Raja Lakshmi which is the dignity is the queen, I should say. But on the left hand side is the wife, the Gruha Lakshmi. And when the Gruha Lakshmi, the wives, are not sensible, if they don't understand their responsibility, said in Sanskrit "[SANSKRIT WORDS]": where the women are respectable and respected there only the Gods will reside.

So what happens is that that when the house wives lose their dignity, lose their purpose, lose their aim in life, also become very wayward and stupid when they try to compete with men. Then the society starts getting disoriented. Gradually you find there is a great decline and a decadence of the society as such. Today we find in the west we can call it a decadent society, very decadent and for that I think the women of the west are responsible. If women had kept their feet on the grounds, it would never have become so decadent. But it has happened now, it's the responsibility of all the Sahaja Yoginis to be good housewives, to live with dharmic [UNAUDIBLE], to be kind to others, look after other Sahaja Yogis, I've already told them today, how they treat others and they are there to preserve. They are not there to dominate but to preserve the society of Sahaja Yogis. Now in this place we have here maybe the 'purvajas' the 'forefathers', the [Stamatis] might have been doing some very dharmic things or might have been very religious people or might have been very God-fearing, that I could come here and we could do this Puja here. So it is according to their punyas, their good things which has brought this Puja here, and I'm sure they all will be blessed here and their souls will be happy; and that they will take their birth again to get their realization. So it's a very good thing to come here and achieve this puja here.

I'm very much thankful to you all for coming down here because it's little far away from Athens, but such a peaceful and a beautiful place for a puja and as you see today is the first moon day, is a very auspicious day today and it's the Lakshmi which came out on the first night of the 'Manthana' they say so. So she was brought out of the sea, Lakshmi was brought out of the sea. And one of the fourteen things that came out of the sea, one of them was the Lakshmi. And Greeks understood this and they worked very hard to have fleet of ships and they made their money only out of shipping activities, and so that shows that they had the idea about Lakshmi Tattwa very well. Athena was here and once I went and saw the museum man here and he told me that we are used to believe in Athena, in one Goddess. But when some Indians came and told us this one Goddess takes three forms. These are the three forms of Mahakali, Mahalakshmi and Mahasaraswathi. These are the three powers [...], Also, they must have heard about Kundalini, the way they put snake form. So it is important for us to start new traditions and new behavior and a and a new type of a society, a new race that people will see and know that these are the people who are really working on their Mahalakshmi principle. May God bless you all.

Children have to come up to wash My Feet. All the children, all right. Come! This is just the beginning of it, still not there. Be careful; there's a light behind you. My photograph is there, but photograph is missing. Vibrations here This is how what happens to people. This little light passes on to them. They are all Sahaja Yogis sitting. The lines are tying up everything.

Mother says that the lines are tying everyone. They form Omkara. Omkar looking like heart later on. Here the Omkara has taken the form of a heart. This is Ganesha. Here the light takes the form of Mother's name. You are all become one with Me. Mother says we all have become one with the Mother. All other lights don't show also. See how many lights from Mother and other lights don't show on the photo.

Omkara..... [UNAUDIBLE] I hope you have seen My last Sahasrara's where the whole [UNAUDIBLE]. All of you should see them I think. I should carry them with Me. I know.. deities, once there are so many photographs. Temple of Athena and Surya; too much of Surya heat. Zeus. So it is very good today because after all Lakshmi is a..... Zeus is the Parashurama Avatar and the Mahalakshmi. These are the vases from Italy. Hello! What is this?

Such a funny present it is. Quite interesting. There is a door It has a center Nabhi and full of honey like you. which You have been giving all the time. What is this inside... is honey? Oh a bottle of honey. There is Nabhi there. It is beautiful. It is not funny. Very interesting.

The Finnish Yoginis baked some bread for you themselves. But because the puja was delayed, so it got dried little bit [UNAUDIBLE] Can I have? It is just a symbolic gift for You, Mother. I can have. Very good. Thank you very much. It's beautiful. What is this for water? Sharbath [SYRUPY COOL DRINK] This is coral. That she didn't know how to paint and suddenly she asked Me.

She didn't know how to paint she just asked My [UNAUDIBLE] Spontaneously she painted this. She didn't know how to paint and what to paint, and suddenly she has the Dolphins symbolize Shri Vishnu. Shri Mataji! The dolphin symbolize friendship and this is from Greek, from Knossos. Not only.... evolution Dolphin was the first fish which came out of Mother Earth. See Vishnu took the form of dolphin also. No let her also hold, come along, all the children have to hold it. Every child has to hold it, all right. It's beautiful. This is from children?

Thank you very much. Who is Shailaja? What is your name? Janaki. Janaki come! Shri Mataji is calling. Who is Radhika? Beautiful Radhika! You have done so well! Isn't it?

Who is Radhika 5 years? Who is Kamala? Where is Kamala? She's not here? She's sleeping. Who is Ganesha? From Spain. What was the fight going on? Where is Niranand? That's Radhika?

Ah! Beautifully you have done it. Where is little Shakti? She is sleeping Where is Jain? They're all sleeping? Who is Vidya? What's your name? Thank you very much for the nice puja.

1990-0625, What is the Reality?

View [online](#).

25 June 1990

What Is The Reality?

Public Program

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I bow to you all who are seekers of Truth! (Shri Mataji bow to the audience with folded hands)

But first of all, we have to know what is the truth. What is the Absolute? In our evolutionary process, we have got human awareness. We have also got the freedom to form our own ideas, mental ideas as to what the Truth is. But Truth cannot be known through human awareness. One has to become a subtler personality. All this knowledge that we have outside, has created a civilization which is like a big tree. But we have to find out about the roots which are going to nourish this civilization. If you do not know the absolute Truth you commit mistakes and any kind of ideas, any kind of mental projections, any kind of mental ideologies ultimately (unclear) because it has to be substantiated by reality.

And what is the Reality? The reality is that you are not only this body, this mind, this intellect, this ego, or this conditioning but you are the pure Spirit. The another thing is that we take all living work for granted. For example, we take all these flowers for granted without finding out how a seed has become a flower. And also of different types. There are so many things in our body, physical body medically cannot be explained. One of them is that a human body always throws whatever is faulty. But when a child is conceived the fetus there, it is nourished, retained, and looked after and thrown out at a proper time.

Everything, for example, the mango tree grows up to a certain level a rose plant grows up to a certain level they do not cross the limits. Every animal has its limits too. So, what is that energy which does all this work? The energy that nourishes us, looks after us, gives us a balance, what is that energy? This energy resides in the Mother Earth, resides in the Sun, resides everywhere, and how it works through those elements. It definitely exists but we have never felt it before.

When I am talking to you, you have to keep your mind open as a scientist and see for yourself whatever I am saying, is truth or not. If it is true then you have to accept it. As true and honest people you have to develop it also.

Now, if I say that every human being even these sweet children are extremely potential and they are capable of taking great dynamic lives, but there is a little problem. Like this instrument I am using (Shri Mataji is showing the mike she is holding) if it is not connected to the mains, it is useless. In the same way, unless and until we are connected to this divine love, the energy of divine love we are not full of ourselves, our manifestation is not complete. All our glory, all our beauty, all our dynamism, all our compassion is limited. We get easily frustrated, we get easily disappointed and we feel this life is really a misery.

I have come here to give you a message that human life once enlightened is the highest life in the whole universe. It is no use describing this mechanical thing that you see here (it seems as if Shri Mataji is pointing towards the subtle system chart which is not visible) Best thing is that you take your realization, You feel this divine power and then you know yourself what this mechanism is and what's the technique.

As the kundalini rises, she passes through subtle centres which cater to your physical, emotional, and mental side. and ultimately it makes your spirit shine into your attention. And then this spirit which is in your attention, makes your attention so powerful that wherever you put your attention it acts, acts for benevolence for your being, for your fellow being, and for the whole world.

It acts in such a way that it understands everything, it knows everything, and it also has the trick, how to work it out. And the Spirit is a collective being within us. Like the sun can reflect on everything but if the reflector is like a stone, it doesn't show its reflection. But once if you are realized, then you start reflecting the Spirit and all the qualities of the Spirit start manifesting by itself through you.

The first quality of the Spirit is that you become collectively conscious. That means your awareness widens, you see other dimensions by which you can feel on your fingertips your centres and centres of others. If only you know how to correct these centres then you can help yourself and you can help everyone.

Spirit is the source of peace. Even if we talk of peace, people have foundations of peace but there is no peace within themselves. So, a person who is guided by the spirit emits, emits peace.

And Spirit is the source of power. You become so powerful that no habit can overpower you. I have seen people giving up drugs and alcoholism overnight.

Spirit is the source of wisdom. Even small children who sometimes you find are very difficult and troublesome and misguided by schools, once they get you enlightened they become extremely wise children. The sense of respect comes to them because they respect themselves.

The Spirit is the source of knowledge. Whatever knowledge we have about anything is very superficial.

Once I was travelling in Kashmir and I felt tremendous vibrations of this divine power. And I knew there was somebody who must have lived here who must be a great man. So, I asked the driver to take me to the way from where the vibrations were coming. And guess what? There was complete wilderness throughout. and very poor people living there. I asked them is there any saint who lived here? They said no, but there is a little thing kept here! One hair of Hazrat Mohammed Saheb!! Now I got it five miles away!

But whatever knowledge we have through self-realization is the absolute, real knowledge. Otherwise, the way people follow Mohammad saheb, we are surprised how can they be. The way they follow Christianity you can't believe. The way they follow Hinduism you can't believe that they have any faith in something good. They are all capable of doing any kind of bad thing or committing any kind of sins, all of them. So, they have no knowledge. They are blind. Unless and until your eyes are opened out and you see the knowledge, if you believe in anything it's

blind faith. And blind faith leads you to destruction. It becomes like an addiction and the person goes on destroying himself till the whole community is destroyed.

So, whatever may be the human philosophies, ideologies, or anything, unless and until you have the sense of reality within you, you are following it blindly. But you all should be very knowledgeable. You all should know each and everything about yourself and others. You all can learn and understand the problems of our society and how to solve them. And you can judge yourself very well also because you can feel yourself. You can feel your centres.

Today when I came, somebody told me, Mother! My agnya is catching very much! That means actually that I have become very egoistical, but he confesses and he says, Mother! Just clear this agnya and I'll be alright because I have got a headache with this!

But without realization, if you tell somebody you have an ego he will hit you. So, when we say this is my hand, these are my feeling or this is my intelligence, we always say the relationship 'my' but what is I? That we don't know! That I is the Spirit! This starts manifesting, it has so many benevolent qualities that in one lecture I think I cannot describe them, but that's all potential within you. And if the divine power of love awakens it, you get what you want.

So, we have to just say that we want to be the Spirit because this Kundalini is the power of pure desire because all other desires are impure. You want today to buy a car then you want to have a house. You go on like that. They are never satisfied. So, the pure desire is to be one with that Divine power and is only possible when you become the Spirit.

Today I request you all to bring your questions tomorrow. I will try to answer because there are so many people, properly written down. But even if I answer your questions, it doesn't mean you'll get your realization, there is no guarantee. There is no lecturing necessary for raising the Kundalini because it's a living process. Like we don't lecture to the Mother Earth and seed when it has to sprout. So, this living process has to take place and happens spontaneously. So, Sahaj yoga means with you is 'sah', 'ja' means born, with you is born, is the right to have yoga, means union with this divine power.

So, this is how it has to work out and this is the only thing that is going to transform the whole world.

Now, we are working in forty nations and you'll be surprised what beautiful life Sahaj yogi have. They treat each other with such love, with such understanding and there is never a quarrel. If there is a person who is trying to exploit, he just gets out of Sahaj yoga, he is exposed. But then again he can work it out and come back. But when you ascend you have to be careful because the more you ascend the worst is to fall.

So, let us have our self-realization and enjoy ourselves. Is it alright? (Audience applause while Shri Mataji smiles and bow to them)

(Unclear) and some Germans have come here. Also, there are some English, some Indians, and Muslims. You can take out your (the video is cut)

And now put your right hand on your heart and close your eyes. Here you have to ask a very fundamental question to me. You can call me Shri Mataji or mother. Now, with full confidence, you ask a question three times to me. Mother! Am I the spirit? In your heart. Now, if you are the spirit then you are your master you are your guide.

So, now please take down your right hand in the upper portion of your abdomen on the left-hand side. We are working only on the left-hand side. Here, now you have to ask another question to me. Mother, am I my own master? three times.

Again I am saying, I cannot force pure knowledge on you. You have to ask for it in your own freedom. So, now please take down your right hand in the lower portion of your abdomen on the left-hand side. Now here ask me six times, Mother! please give me pure knowledge! Six times because this centre has got six petals. When you ask for pure knowledge the Kundalini starts rising upward. So, we have to nourish the upper chakras, centres with our self-confidence.

So, now please put your right hand on the upper portion of your abdomen on the left-hand side and say with full confidence over the centre, Mother! I am my own master!

I am already told you that you are not this body, you are not this mind, you are not these emotions, you are not this ego or conditionings. You are pure Spirit. So, now raise your right hand on your heart and here you have to say with full confidence twelve times, Mother! I am the Spirit!

So, now raise your right hand on the corner of your neck and shoulder. All the divine power is the power of love, is the ocean of compassion. It is the ocean of knowledge and ocean of joy. It is the ocean of benedictions. So, you should not feel guilty at all because whatever mistakes you have committed can be easily dissolved completely, completely by this power of compassion and bliss. So, turn your head to your right and say sixteen times, Mother! I am not guilty at all! This is the one centre you have so please do not feel guilty.

I told you that whether you forgive or you don't forgive you do not do anything. But if you don't forgive you play into the wrong hands and you torture yourself. Those who want to torture you are happy people while you go on suffering.

So, please take your right hand on your forehead and put it across. Please press it on both the sides of your forehead and put down your head. Here you have to say from your heart, from your heart not how many times. Mother, I forgive everyone! In general, you have to forgive not to each and every person.

Now please take your right hand at the back of your head and push back your head as far as possible on it. Now here you have to say for your own satisfaction, without feeling guilty, without counting your mistakes say, Oh! all-pervading power if I have done anything wrong knowingly or unknowingly please forgive me.

Now you have to stretch your palm fully and put the centre of your palm on your fontanelle bone area. Now, please bend down your head, now press your scalp by pushing out your fingers outwards. Please put down your head. Here again, I cannot cross over your freedom. You have to ask for self-realization. I cannot force it on you. So, now you put your right hand on top of your fontanelle bone area properly and push back your fingers nicely and put down your head and now move your scalp slowly seven times clockwise by saying Mother, please give me my self-realization! Put down your head! Push back your fingers! Push back your fingers! Shri Mataji blows in the microphone seven times.

Now, please take down your hands and put them towards me. Now watch me without thinking.

Open your eyes and watch me without thinking.

Now, please put your right hand towards me. And put down your head and see if there is a cool breeze coming out of your head. Some people will get it hot some people will get it cool. First, the heat has to go out. Now, also don't touch your head. Keep it away. Some people get it very far away from the head. Put down your head properly. Now, please put your left hand towards me and put down your head and see if there is a cool breeze coming out of your head.

Now, please put your right hand towards me again and see with your left hand if you are feeling the cool breeze. Bend your head! Please don't touch your head. Take it away from the head. Now, again with the left hand, you see if there is a cool breeze.

Now, please raise both your hands towards the sky and push back your head like this. Now, ask me a question, one of the questions. Mother, is this the cool breeze of the Holy Ghost? Mother, is this the all-pervading power? Mother, is this the paramchaitnya? Ask any question three times. Put your head up like that.

May God bless you! Thank you very much! (Unclear, a very huge crowd of the audience is seen with both their hands up in the air)

Please come here tomorrow and I'll tell you how to protect yourself, how to know yourself, and how to know others. (Unclear)

1990-0626, Interview

View [online](#).

26 June 1990

Interview

Moscow (Russia)

Talk Language: English | Transcript (English) - Reviewed Interview, Moscow Russia 1990-06-26

Shri Mataji: ...All right. And the brain you see, was damaged I think by seeing this film of this man.

Shri Mataji: They told me so.

Interviewer: This [there] anyway the people can find themselves, they will not be turned by storm of light from one side to another side of the river called life? And can we give to person the truth?

Shri Mataji: Of course, why not. They are the best Russians, are the best people for this. And she thinks but the problems are not so much as they are otherwise but they are very aware.

Interviewer: I would like to ask you, we live in a very difficult time in Soviet Union and what do you think our society is very thick or it has any chance to become cured?

Shri Mataji: It is the best society I have ever seen. Because perhaps of the difficulties they think they are more anxious to get to truth. And if they, when they are blessed by spiritual power they will be the strongest nation in the whole world. You are, you cannot be strong by what war weapons you have but you are strong by what powerful human beings you are.

Because money can create problems, power can create problems and also these attractions for physical pleasures all are punishable and create problems.

Interviewer: ...From the point of view of [UNCLEAR] development we are at the lowest point and the point of being beggars.

Shri Mataji: Is he forgetting the spiritual point, the ability that you need? That's what you have and that's how you are going to get it. It's not begging, it is humility which is very important.

Interviewer: Can you tell us please, you help a lot of people from where do you take this power, so much suffering exists in this world. How do you, from where do you get this power to help those people?

Shri Mataji: As you have that power and when it is awakened it is all-pervading, all the time you can take it, it is eternal it goes on flowing in Me.

Shri Mataji: And it knows that I'm doing good work so it helps Me all the time, no doubt!

Interviewer: ...Bad things are very powerful and they always exist in this world. How can we fight this power?

Shri Mataji: Because we have never used the power of love. We have always used the power of hatred and now is the time for you to take to love. Once it starts working you will believe in it.

Interviewer: ...Part of the spiritual game that is going on in the world. They are so-called gurus and extra senses in all kinds of false monsters in all. What do you think about them?

Shri Mataji: You should be very careful, you are intelligent people, you should know that, if they take money, if they are money oriented and what affects the [UNCLEAR]. You see there are lots of them will be coming to Russia but be very careful. You have to understand that they should only give you self realisation and nothing else.

Interviewer:...Sahaja yoga in Soviet Union?

Shri Mataji: First of all, you have to get some experts from other countries here and you must make arrangements for their stay and living so that they can go to different cities and help you and make you experts and then you should try to spread Sahaja Yoga, it's the best way.

Shri Mataji: Come to India to learn about Sahaja Yoga.

Shri Mataji: Find out people who are genuine. Who are interested in Sahaja Yoga because, you see, sometimes they can be money oriented, they can be power oriented these people. Also I would like to come and stay in Russia for some time. But if you see my schedule it is so busy. I'm travelling everyday like that but maybe if I get some time I could be here for ten, fifteen days together and I can teach.

Shri Mataji talking to Gregoire.

Shri Mataji: No main thing is, whatever it is. You see by [UNCLEAR] very humble. You see, I've never seen such an interview in the whole of my entire life. They are so humble. You see the thing they see before is a great spiritual master, they are so humble. You can see that maturity. They are like beggars of spirituality [UNCLEAR]. All right, let's see what are these? Lets take out your shoes my child and also your socks.

1990-0626, Public Program - Self-Realization Part

View [online](#).

26 June 1990

Public Program

Moscow (Russia)

Talk Language: English | Transcript (English) – NEEDED

Public Program Day 2

1990-0627, Feel the Cosmic Consciousness on your central nervous system

View [online](#).

27 June 1990

Feel The Cosmic Consciousness On Your Central Nervous System

Public Program

Saint Petersburg (Russia)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth. At the very outset, we have to know that unless and until we know the absolute truth we cannot say what is good and what is bad for our benevolence. The truth is that you are at the human awareness. And at this level we cannot know the absolute truth. So we have to become the Spirit. To become the Spirit, is to become one with the absolute. Also, the knowledge of truth comes to us from the all-pervading power of love. This energy of love is a very subtle energy which looks after all the living work. For example, we see all these flowers here and we do not even think that these beautiful flowers have come out of a small little seed. We take all living work for granted. Because we cannot explain how it has worked out. Also at human level we cannot do any living work. Something that is dead like a tree, you can make a table and we think no end of our selves. Now from dead to dead we just transform the shapes [unclear]. Because we are not directly connected with the living power we cannot do any living work. All the problems of the world are because we are in ignorance and we have no light of the Spirit and between this all-pervading power.

Now you are all sitting here supposing all the lights go off in darkness, you will not know how you will [unclear] to each other. You are all sitting here supposing all lights go off in darkness, you will not know what to each other. So to know about yourself, you have to enter inside. Your attention has to go inside. But it cannot, because your attention is all out. Now whatever I am telling you today you have to take it as scientist would take to some knowledge. First it is the hypothesis and then when you experience it then you have to accept it that really you are the Spirit as honest people. When this power within you which is called as Kundalini rises, she passes through six centres and pierces through your fontanelle bone area and you get actualization again I say its actualization of your Baptism. On her way, on her way, she nourishes the centres, she integrates them and then she pierces through. She is the reflection of the Primordial Mother. This Primordial Mother is your own reflection, your own Mother in yourself. She is reflected in you and she knows all about your past and all about your mistakes and weakness. She is the power of pure desire. All the other desires are impure. We want something, like say, we want a car, when we get the car but we are not satisfied we want to get the house. But the pure desire, whether you know or not is to become one with this all-pervading power. This power is the power of love and it understands everything and which knows everything and which organises cooperates everything. They call that as Cosmic consciousness. Some call earth as a 'Rooh' in Kuran. In the bible it is called as the cool breeze of the Holy Ghost. And in Sanskrit it is called as Param Chaitanya. So now what we have the around us is this all-pervading power, which is so powerful and which loves us. And once you get connected with that power then all the time that energy starts flowing through you. By that you get completely physically cured of any diseases you have, because physical problems come when our centres are in imbalance. Either we go to the extremes of left or the right. As a result, our centres get exhausted. And thus we have problems of physical nature and of mental nature. Because of ignorance we have social problems, political problems and economic problems. Tomorrow I hope to tell you about each and every centre about how it affects us and how through Sahaja yoga we can achieve complete balance within ourselves. And how [unclear] and also when connected with this all-pervading power, we become completely protected, completely nourished, completely looked after.

We are working out in forty nations, and the people who belong to all these countries come together as one collective unit. Because your Spirit is a collective being within you. That means once your Spirit comes in your attention, then you can feel your own centres within and you can feel centres of people outside. And also when you get your spiritual awakening then you feel the peace within yourself. Because Spirit is the source of peace. When the Spirit comes into your attention, your attention becomes very powerful. Wherever you place your attention it acts. It acts in such a miraculous manner that you are surprised how, just I have thought of it and it has worked, as if your desires are conveyed through your kundalini to this all pervading power, which is so efficient, just works it out. Now this Spirit is also the source of knowledge. Because it is a very penetrating source which gives

you ideas and new knowledge about everything. For example, if there is somebody who is a cheat, and comes in a dress of somebody as if is a saint. Then you put your hands towards that person and if he is a cheat, immediately you will start feeling terrible heat, sometimes little blisters might come out for the time being and you will know that he is a cheat. Sitting down here you can find out about anyone who is dead also whether he was a realized soul or not. As if you become a Divine computer absolutely correct information comes in form. If you want to find out what a person suffering from, you can tie the eyes [unclear] and can ask a question what's wrong with this gentleman, they will say the same thing. So there is no difference of opinion, because it is absolute knowledge. Even sitting down here you can think of some relation of yours and you can find out what's the matter with that person on your fingertips. And if you know how to cure that person or how to help that person sitting here you can do it. Like the ether we don't see, but through the ether the waves pass and we can see on the television anything that is manifested or broadcasted from somewhere.

We can say this is subtle of the ether which thinks, which understands, which loves. But this love is unlimited coming all the time. Like the sap in the tree rises, goes to various parts of the tree, goes to the flower, goes to the fruit, goes to the leaves and comes back, gets detached. And if it gets attached to one flower because it likes it then the tree will be completely dead and also flower will be dead. So limited love is the death of love. So we become very enlarged in our temperament. An Indian poet says, when a drop becomes the sea, what can we say about it. So you become part and parcel of the whole. As this hand is the part and parcel of the whole body if something happens to this hand, this hand immediately helps, in the same way if something happens to some person, the whole force of Sahaja yogis turns to that person to help. So one has to realize that still that happening has to take place, only by saying that we are brothers and sisters it's not going to happen. You should be happy to know that first time when I came to Russia, twenty-five Generals came on the way to give realization. Such love, and such kindness and such sweetness there is just waiting for us. So the last and the most beautiful thing about Spirit is that it is the source of joy. It is beyond the duality of happiness and unhappiness. It is pure joy. Normally those people who talk of spirituality are extremely serious people. How can they be, because Spirit is the source of joy. So one has to sing, one has to dance to express the joy. So now I think we can have a session of Kundalini awakening with all of you sitting here and I am sure most of you will get your self-realization.

Tomorrow again I am going to come back. And I will explain to you many more things. But it is not the mental understanding that helps. The state is achieved beyond thought. That is the first state called as Thoughtless awareness. I must tell you that you cannot pay for it because it is a living process. Like a seed, you plant in the mother earth. You don't pay anything to the mother earth. The quality of sprouting is built-in, in the seed, as well as the living process quality is in the mother earth. And there is no obligation for you because it is your own power. This is your own power which you receive, your own blessings and you become the Spirit. So I must say that I cannot force on you your self-realization. If those who do not want to have their self-realization should leave this [unclear]. It will hardly take about ten to fifteen minutes. It will have no bad effects she is your mother and as your mother took up all the challenges to give you birth, in the same way Kundalini takes all the trouble and she doesn't trouble you at all. So first you achieve a state of thoughtless awareness and then you achieve a state called as doubtless awareness. And you get as a result of these powers, you are empowered to raise the kundalini of others, and to enlighten others, to cure others, to give peace to others. You become so dynamic, so compassionate and so knowledgeable. You get rid of all your fears and you become extremely active and creative at the same time very peaceful. You can get your realization at any age, age makes no difference. I am myself will be about 68 years of age but I am travelling and I do not feel tired or exhausted, I enjoy being with you all. I must say that Russia I found to be the most fertile land for sowing the seed of spirituality. While other countries are very conditioned because they were let loose, they were abandoned and they are so diseased. Like there is a country like America there are so many diseases now in such a high percentage that I shudder to see the destruction which is working from within. So many people have aids, they have a new disease called [unclear] disease, they have also drug problems, then violence, also schizophrenia, which is at least there are saying will be 60% in America will be soon. They are so busy and entangled in their own problems that they have no time to even think of their Spirit. It is like a tree, which is over developed and does not know the roots. And the roots are within yourself, within yourself which you have to find.

Only I have to say one thing to you that you must have full faith in yourself and complete self-confidence, that it is going to work out for all you. So now we can have the Kundalini awakening programme. For that we two conditions to be fulfilled. The first condition is that you have to forgive the past, because the past does not exist anymore, its finished. And your future is not

occurent it's not existing anywhere. So we have to be in the present and the best way is to forgive yourself and know that you are not guilty at all of anything. You are not guilty because this is an idea in your head that you are guilty for this and you are guilty for that. This you must know that you are human beings and if you make mistakes, it's all right, after all only human beings can make mistakes. In the sankrit language, animals are called as pashu, means they are under the bondage of this force, and so they never never never think they are making mistakes. Because human beings have got freedom to think, they start thinking that they have done this mistake and have done this mistake. But this freedom is very limited and in ignorance in doubts. Only when you have your full freedom you are completely in charge of yourself. You become your own master and nothing can dominate you, no habits, no addictions, no disease, nothing can dominate you. So, please do not feel guilty, because if you feel guilty, then centre of this side catches very badly. And this centre when caught up, the kundalini cannot pass through, plus you have a danger that you might get angina or another disease like spondylitis and many other diseases with this feeling of guilt. So please do not feel guilty.

Second condition is that you have to forgive everyone. Because when you don't forgive or you forgive you don't do anything. But if you don't forgive then you play into wrong hands. And you torture yourself. If you do not forgive then centre which is on the Optic Chiasma like this is completely closed. To open it you have to forgive. Otherwise the kundalini cannot rise. Russia is the centre of Agnya, the centre, in the universe. I know you all have suffered a lot, but now the time has come for you to achieve the blessings and so you better forgive everyone, everyone in general, not to think of one individual or two individuals. So two conditions, not to feel guilty and another is to forgive everyone in general. Now the third request, especially for Russians, that have full faith in yourself. Know that you are the greatest people for this work. And also you are the ones who are going to be the most powerful country very soon in every way. It is not the weapons that makes a country powerful, it's the powerful human beings that makes a country great. So please have full faith in yourself.

Now, at the very outset I have to request you to take out your shoes because it helps a lot to release the tension and also the Mother earth helps us. Now, raise your right hand to your heart, here you start [unclear] Now you have to ask me a very fundamental question, you can call me 'Shri Mataji' or you can call me 'Mother', "Mother am I the Spirit?" ask this question three times please. If you are the Spirit, you are your guide, you are your master. Now take out your right hand on the upper portion of your abdomen and press it hard. Here, again you ask me a question three times, "Mother, am I my own master?" I have already told you that I respect your freedom and I cannot force pure knowledge on you. So please now, put your right hand in the lower portion of your abdomen in your left hand side. And ask six times, because this centre has got 12 petals. "Mother, please give me pure knowledge." Six times please. As soon as you ask for your knowledge, your kundalini starts moving upwards. So now, we have to nourish our higher centres with our self-confidence. So raise your right in the upper portion of your abdomen on the left hand side. And here you say ten times, "Mother, I am my own master, say it with full confidence. I have already told you that you are the pure Spirit. You are not this body, you are not this mind, you are not this intellect. You are not these emotions and you are not these conditionings or this ego. But you are pure Spirit. So please raise your right hand on to your heart. And say it with full confidence. Twelve times, "Mother, I am the Spirit" Now this Divine power of love is the ocean of knowledge and compassion. It is the ocean of joy and blessings. But above all it is the ocean of forgiveness. And whatever mistakes you might commit as human beings, can be easily dissolved by the power of this forgiveness. So now please put your right hand on the corner of your neck and turn your head to your right. Take back your hand as far as possible, now here, with very great self-confidence you have to say sixteen times, "Mother, I am not guilty at all" Now, I have already told you that you have to forgive everyone in general. Not to think whom to forgive. In general you have to say, "Mother, I forgive everyone." Because you forgive or you don't forgive, you do not do anything. But if you don't forgive you play into wrong hands. So it's very important. And if you do not forgive then the centre won't open and your kundalini won't rise. So now please raise your hand on your forehead across and put it, put your head down and press it hard on to both the sides of your head. Here you have to say, "Mother, I forgive everyone" not how many times but from your heart. Now, please take your hand on the back side of your head and push back your head on it looking upward. Here you have to say, without feeling guilty, without counting your mistakes, just for your satisfaction. "Oh! All pervading power, if I have done any mistakes, knowingly or unknowingly, please forgive me. It's not how many times, but from your heart you have to say that. Now stretch your hand, your palm outwardly and put the centre of your palm on your fontanelle bone area, which was a soft bone in your childhood. Now please put down your head very important and press it hard with your fingers pushed outwards, press it hard. And now please move your scalp. Here again I cannot cross over your freedom, I respect it, so you have to say seven times, while moving your scalp slowly clockwise, "

Mother, please give me my self-realization". And put down your head, see for yourself, put down your head. And see for yourself if there is a cool breeze coming out of your head. It may not be very cool, it may be hot, but it will become cooler. Now remember that don't put your hand on top closer to it or far away from it [unclear]. Now please put the left hand towards me and bend your head and see for yourself if there is a cool or a hot breeze coming out of your head. Now, again put your right hand towards me. And now see for yourself, how the cool breeze is coming out of your head with your left hand, please put down your head. Now please [unclear] energy of love. "Mother, is this the cool breeze of the living energy of love", "Mother, is this the living energy is this this the cool breeze which loves". [Unclear]

And tomorrow again I will be here and we have a very good centre where you can learn about how to grow and how to use this power. Also you will know how to look after yourself, how to get cured. And how to give realizations to other people and to your children, to your family. Thus you work out your benevolence and the benevolence of this city and the benevolence of this country and the benevolence of the whole world. Tomorrow I hope I will be able to give you some photographs which have not yet arrived from England. And also tell you how to use them.

May God Bless You!

1990-0628, Talk to Scientists

View [online](#).

28 June 1990

Talk To Scientists

Public Program

Saint Petersburg (Russia)

Talk Language: English | Transcript (English) – VERIFIED

“Talk To Scientists,” Leningrad (now St. Petersburg), (Russia)

...one electromagnetic energy that you have, what we call as a ‘prana’ - means all the energy from five elements. It has the energy by which we are today human beings from amoeba. And it has the energy which creates desires within us. It has the energy that can cure us and redeems us. And it has the energy that can give us powers so we can do living work. Sahaj Yoga is with that energy, which is in totality, complete consciousness.

And it is a special time today, or you can say in modern times, that there are so many people who are trying to think beyond. We can say it is meta-modernism. And that is something which shows the wisdom of people who understand that we have to go beyond. And they are not satisfied with what they are but they have to go beyond. And there are so many who feel that their awareness is to be expanded.

In this short time whatever was possible I have tried to give you a general picture about Sahaj Yoga. ‘Saha’ means ‘with’, and ‘ja’ is ‘born’. So it is born with you to have this union with that All-pervading Power, this right you have.

It works on all living things, and also on energies. For example, you can improve your agriculture with Sahaj Yoga ten times more. You can improve your ecological problem through Sahaj Yog. You can make your animals much more healthier through Sahaj Yoga. And you yourself become so dynamic and so compassionate that a scientist becomes a person who works only with all the understanding of [the] limitations of science, and helps to create a new world.

I must say, all the scientific discoveries have helped Sahaj Yoga greatly. Supposing there were no aeroplanes I would not have come to see you. If there were no microphones I could not have talked to you. And these microphones also carry vibrations. Even on television one can give Realisation to people. So all the discoveries you have made, have been of such a great help to Sahaj Yoga. We have developed the watches to save time. We save our time to waste it mostly. And after Self-realisation, we use it for our spiritual ascent and our spiritual growth through meditation. So I am very much thankful to you all scientists for creating these devices which have made it possible to spread Sahaj Yoga all over the world.

The knowledge of Sahaj Yoga is very deep. Our civilisation has grown as a big tree, but knowledge of Sahaj Yoga is the knowledge of the roots. And if you do not have the knowledge of the roots, this great development will be one day under a shock. So it is important for us to know the knowledge of the roots if we have to survive and to enjoy the blessings of science.

I am sorry, in this short time I cannot say much but I will be very happy to answer your questions if you have any.

(Applause)

As a scientist you have to understand everything, whatever you do. If somebody cures you and cannot explain how, then you should not accept it, as a scientist. But I know that, what happens.

This is something which is not dealt with by scientists, so far. Only in the scriptures they have talked about the soul. Now [about the] soul, whatever I am telling you, again, you should accept it as a hypothesis.

Now soul is a composition of the causal of five elements. It's in an energy form and it's placed on the backside of our spinal cord in seven loops.

After Self-realisation you can even see the All-pervading Power like small commas shining like light. Also you see a kind of looped, circular things, looped ones and the Sahaj Yogis asked me, "What is this?" I told them these are dead souls. Now for example we talk of psychosomatic diseases. Also doctors have reached a certain point of understanding that most of the psychosomatic diseases are caused by something that comes from our collective subconscious. For example, cancer, they say, is triggered by a protein 53 and 58 - it's a name [they've] given. And they say that it comes from the area which is built within us since our creation. Now, this area which is built within us is the area which we call as collective subconscious. So all the plants which have gone out of the circulation of evolution, or dead people who have gone out of the circulation are all existing in that area of collective subconscious. So a person who practices what we call as black magic, or mesmerism also, uses the dead souls which are around to captivate you. And people do mesmerise without knowing what effects it will have on human beings. Now, what happens [is] that if you put any such spirit - it can be without the knowledge of the person who is doing it, automatically - he becomes like a medium. And then this spirit lets out your system. Now recently they have found out in the science, scientific research, that we have all got receptors and in the receptors these seven loops that I am telling you about, are reflected exactly in the same way. I have seen pictures. If you see the picture, it's the same that you see.

And when, on these loops, if there is any effect then, what you call as the dopamine is created. Dopamine is a kind of a chemical which gives you epilepsy, can give you madness can give you all mental problems, also other virus and cancers - psychosomatic [diseases].

So I didn't know that I would be talking to scientists, otherwise I would have brought these papers which I have got from America. So we had about ten people yesterday, who came from the same gentleman and were suffering from many diseases. Some had their hands stuck like that, they couldn't walk; some children suddenly stopped talking, some got their eyes completely squinted, some got the brain paralysis.

So what happens [is] that you can put one of them, or many of these, dead spirits on your back, on the soul, and they take over. And when they take over then they try to assert their personality. So for the time being one may feel elated because there are so many personalities acting. For a while. But after sometime that person becomes exhausted and a recluse. This is followed by many false gurus in India. We know about it very well because this black magic is too much in India. But mainly what one has to know, I would say [is] that as a Mother I would say what did you get out of it? Only temporary curing is not the aim of life. But you are to be empowered and you have to have full knowledge as to what you are going to be. In Sahaj Yoga you know all about the centres and it can be proved.

You can even see with your naked eyes the pulsation of the Kundalini, this power which connects you to the mains. You can see also, sometimes, the rising of the Kundalini. You can feel the cool breeze coming out of your head, the actualisation of it. And you can feel the All-pervading Power. You may be a doctor may not be a doctor, but you can give diagnosis of yourself, what centres are in trouble.

There are three channels which look after the sympathetic nervous system and parasympathetic nervous system, and you can control them. You can control your parasympathetic nervous system. You can raise the Kundalini of others. You can cure others. Yourself, you feel extremely peaceful, joyous and happy, because you develop a new dimension of collective consciousness, which Jung has written [about]. So you become completely knowledgeable like a laboratory. You know everything. It is not just, "It is happening. I don't know how happening." Nothing of the kind. Everything can be explained. Everything becomes logical. So anything that just cures you is not sufficient.

In India this art is very well developed but we know about it so much that we now don't go to any false people. So now they are exported all to America. They are very gullible. Americans are very gullible people. And these people have only interest in money,

they are money makers. Now it's a living process. How can you pay for a living process? How much do we pay to Mother Earth for sprouting a seed? These people have all their interest in money and not in giving you the powers and the knowledge, because they haven't got it. So first of all you must see what are the disciples like, what do they do, what age they are, what sort of a body they have. How do they talk? What is their health? Do they know about all this? Can they explain it? How is their own life? You can find out. They have to be honest and they have to be compassionate. So be careful! So many will come once you have lots of money, there will be a market here. So before anything happens, be careful. I am a Mother and you have asked me the question I have to tell you the truth.

Eighteen years back I have told this but they would not listen to me. In America I told them about AIDS, I told them about yuppies disease is going to come, I told them about so many diseases they would not listen, and now they are down with it. So what can you do? If they don't want to listen to you, you can't help it. If they are bent upon their destruction then what can you do? You have all the freedom. Or somebody asked me, "How do you go to hell?" All types of questions they ask, I said, "Take two running jumps and you are there!"

So it is like this: for getting your Realisation you have to first ask for it, I have to respect your freedom and it's not a guarantee that you will get it at first shot. But if you are earnest it will work out and then once you are fully connected [you'll have] no problems of any kind.

I found Russians to be very wise people. And I feel that a day will come when Russians will be the most powerful people spiritually. The country is not powerful by weapons but by the powerful people it has.

Thank you very much.

(Applause)

Just a minute. This question is still not answered.

After Realisation, we become very sensible and satisfied people and we develop a balance. Then we realise that the machines are for us and we are not for machines. So we produce as much as we want and whatever is necessary we produce through machines or we produce through our hands. So a balance is created. As a result of that the pollution goes down.

Now in Spain there are five motor factories. Now, on the road, you will find in a car only one person sitting, in every vehicle. Because so many cars are produced every day, cars are cheap so they buy a car and an ego there, "I have got a car!" The father must have one car, mother must have one car, the child must have one car, the grandmother must have one car. And they never meet each other: no rapport, no relationship. They live with their cars with their pretty girls and with their suitcases. So, after Realisation we become collective. There may be three cars but everybody would like to go together in one car. They want to live collectively because they enjoy each other.

Now Sahaj Yoga is working in forty nations. And they want to live in Indian villages, and life is very spartan, I mean you cannot do anything there, but they enjoy having their baths in the flowing river, and living in the nature - absolutely very happy and comfortable. They wear few clothes of cotton or pure silk or cotton, whatever they can afford. Not too many things they have in their house like plastics, mountains and mountains, and they don't know how to destroy it. And Sahaj Yogis don't drink so only one glass is sufficient for one man. For drinking you have to have one separate [glass], another one, another one, another one.

And too many choices because of ego. In the morning the mother will ask, "What will you have?" One child will say this, another this, another that. And if that is not in the fridge the child will start shouting. Formerly the mother used to cook for everyone the same thing, and everybody had to eat that and enjoy it. Because we have lost our collective enjoyment we have become like this.

Now these entrepreneurs are also making [a] fool of us. First they will start that you should wear very tight pants: so you develop varicose veins. So they will say alright make pants with holes in it. So everybody starts wearing them! They go on changing

fashions because their machines have to run. And we have no personality, we all want to be fashionable. What is the need? So we have piles of clothes. If you go to an English home and as soon as you enter in, all the piles will fall on you, first of all.

So, this matter is only for one purpose: is for expressing your love.

Like today we had a birthday, so we gave him a tea set. And I got some necklaces for all of you; and I enjoyed it very much, giving them.

That's the only advantage of matter, otherwise possessions are headaches. So, how ecological problem has come by [is] because of our greed and lust. After Sahaj Yoga you get everything beautiful and enjoy everything, because you feel that this has become a holy water now (pointing to Her glass of water). Everything becomes holy, auspicious. Only thing which are auspicious, which emit vibrations, Sahaj Yogis will have. All auspicious things are benevolent. So the ecological problem is solved! (Applause)

(A lady asks a question in Russian. She then seems to ask another question)

Which diseases can be cured by Sahaj Yoga?

Shri Mataji: The [answer to the] first question is that some diseases can be cured through Sahaj Yoga - as you have seen, [by] raising of the Kundalini. Yesterday there was a lady with multiple sclerosis, and she couldn't even stand up or even sit properly. And we raised her Kundalini, she had problems on her centres, we corrected the centres raised her Kundalini, gave her Realisation and she got alright. And then she still was remembering that she was sick so she was holding onto the chair. I said, "Now you get up and walk!" And she then started walking so fast, everybody saw. But most of them get cured. But some of them do not also.

Now, first of all, you have to get your Self-realisation, then you have to come to our collective programme and then you have to master Sahaj Yog, then you can cure others. But Sahaj Yoga is not for curing, it is for Self-realisation. And when you get your Self-realisation, as a bi-product, then you get alright. Because when the Kundalini rises, She passes through these centres and nourishes them.

Question: Shri Mataji, if there were some psychological research done relating to influence Sahaj Yoga on people? Is it possible to see the findings of this research? And may I get Your blessing to conduct such research in centre of Sahaj Yoga in Moscow?

(break in recording)

Shri Mataji: ...here accepted for research. But if you want to do it otherwise you can do it by using Sahaj Yoga methods to cure people who are suffering from psychosomatic diseases or depressions or anything, by treating them and then noting down their improvements. We have here a psychiatrist from England, who is here, and he can tell you about it. And we are all experimenting with many things. Is he here Dr. [Brian] Wells? Alright, you come and see him. He is now running seven hospitals in London.

Now we have many doctors here and I think you should meet them, who have come from abroad; we should call them. Aap aaye (Hindi: come). We have Dr. Talwar from Delhi. (applause) Now we have Dr Amjad Ali. He is from the UK (now Australia). And he's a great student of medicine actually. He's done a lot of studies in England. Then we have Dr Nigam from India. Then we have Dr. Sarah [Setchell]. Then we have got a diplomat from UN, Gregoire. Then in Russia we have got Dr. Bogdan [Shehovych]. Today is his Birthday.

He has sacrificed his job in England and he is now here working it out for Russia. We hope to see some sense of scientists also for you from America. They'll explain many more things to you. Also we'll send you some papers that they have written.

(Another two questions are asked by a man)

First question translated as: How did you come to Sahaj Yoga, was it instantly?

Is Sahaj Yoga is universal science, which includes Hatha, Raja and other yogas or it is some new principle?

Shri Mataji: I should say I was born with this knowledge.

The second question is about all other yogas. Now Hatha yoga is meaning 'ha' and 'tha' meaning the sun and the moon, both lines, both energies. But in modern times the Hatha Yoga they are practising is only of one side. Moreover the one who started Hatha Yoga was known as Patanjali. So thousands of years back he's written a book so big as that, so thick. (Mother stretches out her hand to show the thickness). In that he has written that there are ashtangas, there are eight folds of yoga, eight aspects, spiritual paths. Out of that yama, niyama is the one which is just a wee bit, yama niyama, is the control and the laws. And out of that very wee bit are the exercises. Now we also use those exercises. But later on, throughout, he has talked about Sahaj Yoga. First you get thoughtless awareness and then doubtless awareness.

In those days they used to only have one or two disciples who cleansed all their centres and then raised their Kundalini; and it could take years together. But now in the Sahaj Yoga, today, I have evolved a method by which first you raise the Kundalini somehow, and in that little light - give them little light - they see what's the problem with them. And just tell them how to correct, so they can correct their own problems.

In those days people have no time, and people are very obstinate also. So, now supposing there's darkness and you are holding a snake in your hand and I say, "Now there's a snake in your hand." You won't listen to me, you won't throw it away till it bites you. You will say, "It's a rope!" So best thing is to put a little light, so you see the snake, and throw it away yourself. This is today's Sahaj Yoga. But it's the same. What he (Patanjali) achieved after so many years you can achieve it yourself in a very short time.

And also, as we have developed speed, I think Kundalini has also developed speed. We call this as 'jet' times and the Kundalini is also a jet Kundalini. I am myself surprised. It works en masse. Yesterday there were ten thousand people and I think 95% of people got Realisation.

But we do tell you exercises. When the Kundalini rises, then we tell you, if there is any physical problem, what exercises to be done. It's all scientific. But these days, the way people do Hatha Yoga, they just take all the medicines from the medicine box without knowing what is to be taken, without any discretion.

Now another is Raja Yoga: I went down to California and I saw some doctors whom I knew who had cut their thread under the tongue; and they told me that they had to cut it to do a thing called khechari, to take back the tongue, to raise the Kundalini. So now when the Kundalini rises it is like the ignition of a car. And when the car is ignited all the machinery works by itself, you don't have to do anything. So what they do is to put back the tongue thinking [that] by doing that the Kundalini will rise. And poor things now can't speak, can't eat; very difficult. So it is like moving the wheels without starting the car, will it move? It's all artificial. Nobody gets Realisation in that, because it's a living process. Now there's "Integral Yoga" - that is all mental. Talking about yoga how can you get your Realisation? Supposing if you talk to the Mother Earth will she give us flowers?

Talk, talk, talk, talk, talk - that's all! People get fed up with their talks: books after books like this, so many (Mother stretches out her arms to measure). So far I have not written any book for the same reason.

Then we have another one is Transcendental Meditation. That is the worst of all. We had four people from Transcendental: the man was the director of a 'Flying Foundation' in Scotland (break in recording)...[three hundred pounds] to get a mantra. And the mantras were told in secret and the mantras were rare, funny ones: 'inga', 'pinga', 'tinga'! It has no meaning, it is not Sanskrit, it has no meaning. But it has [a] funny meaning also. 'Inga' means the scorpion's bite. And 'pinga' means, when you get possessed you go round and round like that, that is pinga. And 'tinga' means when you show [your thumb] like this to someone. Three

hundred pounds (£300) for that! And six thousand pounds for flying halfway. What a stupidity! What is the need to fly halfway? You already have traffic jams!

Then they were given, to drink, the water which boiled potatoes, for six days. Then the rind (skin) of potato. And the last day was given the potatoes to eat. But this director, his wife, his daughter and a deputy director all got epilepsy. So they came to meet me. Luckily my husband had gone on a tour, so they stayed in my house. And with my treatment they got cured. They had lost all their money. This man was a diamond merchant, he had lost all his money. His wife was a granddaughter of a duke, she had lost everything.

What is this lady doing all the time? Please tell her to sit down!

And the granddaughter, who was the granddaughter of a duke, and this man, became bankrupt. So then the director and the deputy director became bankrupt. And he's now gone to South Africa; he's writing a book. The name of the book is, "How we were befooled". This is TM. And now they are bringing Ayurveda - TM is bringing Ayurveda. They are marketing it now, marketing it. There is no need for them to market it: anybody can take to Ayurveda. But for Ayurveda, you cannot do it here. You have to go to India because the herbs that are used for curing you, cannot grow here.

So, just they are just trying to...I don't know what are they up to. I just don't know. They can't bring Ayurveda here. I mean it is common sense: everybody knows in India that you can't do Ayurveda anywhere else but in India. I think they will now give some sort of distilled water in the name of Ayurveda and take money, or maybe some water which has boiled the potatoes! One should know all these things.

There's another one who gives diamonds - supposed to do it - only to people who are very big cheats, in India. They are horrible people to whom he gives. They are cheats. If he is so good why doesn't he solve our financial problem in India? All these people who go to him get heart trouble.

I am telling you everything frankly. They will never talk against each other. Christ has said that the house of Satan will never speak against itself.

They'll never speak against each other. But they may speak against me. Ah, they do! They may speak against me and tell you that I must be a dark force or something, they might do. Because it is their business: they'll be losing money when I am here!

Alright? So, thank you very much.

1990-0628, Do not follow false gurus

View [online](#).

28 June 1990

You Don't Have To Do Artificial Things

Public Program

Saint Petersburg (Russia)

Talk Language: English | Transcript (English) – Draft

[...] about all of them.

First of all, is about Hatha Yoga, where 'ha' and 'tha' mean both the channels of left and right side that we use. But those people who practice use only part of the right side. Actually, the book of Hatha Yoga is so big, written by Patanjali thousands of years back. And it was written, very clearly, that there are three aspects into which one has to go. Out of which one bit of it, one of the things is 'Yama niyama' means the discipline and the control. Out of which the exercise is a very, very wee part. The rest of the book is about your awakening of Kundalini, by saying what states one receives when the Kundalini rises.

But the way people do this Hatha Yoga is like taking all the medicines indiscriminately. On the contrary, when the Kundalini rises, then we know where is the problem exactly and scientifically, we should know what exercise has to be done. Some people require, very few people require these exercises. And we tell them to do it. But first, the Kundalini has to start rising.

In those ancient times, there were very few seekers, like very few flowers of the tree of life. So, at that time, they had to work out on every center gradually, cleansing it for days together, years together, on very, very few people. Shri Rama's father-in-law was Janaka who gave Realization only to one person in that Yuga, in that period. But today, it is Blossom Time. See, there are so many flowers about to become the fruits.

Moreover Sahaja Yoga, in modern times, the way I have reached it, is this way that first, somehow raise the Kundalini and open this Sahasrara, it's the last center, so that there is some enlightenment.

Firstly, we have no time, we are busy people in modern times. And also we are rather obstinate, [to the translator] obstinate. That we want to discuss everything mentally. But in this darkness, if you tell something, nobody is listening to Me. Supposing somebody is holding on to a snake, and it is all darkness, and he believes that this snake is a rope. And if you tell that person that, "It's a snake", he won't listen till the snake bites him. So, with the Kundalini awakening, there is some light which comes, to begin with, and you can feel the All-pervading Power around you for the first time. In that light, you see what are your problems are, and you solve your own problems, if you know how to solve it. This is the way it will be. This is the way it will working out and once you have solved your problems, you can solve the problems of others.

So, Hatha Yoga, as it is practiced today, is only a money-oriented thing which has nothing to do with reality. Also, it creates lots of physical problems, especially emotional. If you start doing too much of this so-called yoga, you go to the right, and you become very, I should say, extremely dry personality. Such a person can develop a terrible temper. There is no kindness, there is no love. And if you have to meet anyone of such a Hatha Yogi, it's better with a birch spoon.

[To the translator]: Birch spoon is a spoon that is used for the bulls.

So, then there is another yoga, is like Raja Yoga. I went to California where I saw people, long time back, I saw people with their tongues wagging because their threads were cut. I asked them, "What is happening?" They could not speak. They wrote it down that they started doing Raja Yoga.

Now when the Kundalini has started, it is like the ignition of a car. And as in the car, all mechanical, mechanics or the machine starts working automatically, all your machine inside also starts working. And when the Kundalini rises, first the chakras open

and then they close, to keep it out there. But when it reaches here [base of the neck], then your tongue, little bit is pulled inside to close this chakra, to keep the Kundalini higher up. But you don't feel anything when it happens, it's so smooth.

Now they had cut the threads of their tongues to put the tongue back for this thing, it's called as 'Khechari'. But when Kundalini rises, automatically this 'Khechari' takes place. You don't have to do artificial things. It would be like, before starting the car, you start moving the wheels. Will the car move?

Then another one is called as the 'Integral Yoga of Aurobindo'. It is just talk, talk, talk, talk, talk. Books after books, of all kinds of nonsense, giving no knowledge of reality. That is the reason I have not yet written any book. Because reading cannot take you to reality. Like, in the scripture, it is written that you take your second birth. So now you go on, just that's a prescription, you go on reading, you take your second birth, you take your second birth. So if you have a headache and I tell you that, "Please take this medicine", write it down the medicine, you go on reading the name of the medicine. Will your headache go or increase?

Then we have so many other yogas like 'Mantra Yoga', then 'Hare Rama' and all kinds of things going on. And we have Tantrikas also. Now it is written in the Vedas that, "First you get your Realization ". The 'vida'. 'Vida' means to know on your central nervous system. And also 'bodha' which Buddha talked about also means the same. [To the translator]: 'Bodha', 'bodha'.

So in the Vedas, it is written that after you have got your Realization and you have fixed your attention properly, then you should know mantra, yantra and tantra. Now those who are so-called Tantrikas do not know anything about the mechanism [tantra]. Nor they are Realized souls. Some of them are extremely cruel and money-oriented people. And what they do is nothing but what we call as black magic or mesmerism. Or they do brain washing. Everything is to make money. They cannot explain how they mesmerize, because it is not under their control.

But in Sahaja Yoga, everything can be explained scientifically. And you yourself become empowered. There are many false people these days and they say that they can cure. But curing could be a very dangerous thing. They will cure you for the time being, by putting some sort of a dead spirit in you, and again it will revert back and you might fall into a greater trouble.

The other day, I was in Moscow, and so many children came who watched some sort of a television of someone like that, and they paralysis of the brain, they had, their eyes had lost their power, some had become stiff like this, and some children could not even walk.

Every doctor can explain what is Sahaja Yoga. Today, I met so many of eminent scientists and they were also convinced, and all of them got their Realization in the morning. There should be no secrecy, as the "Glasnost", like that, it should be transparent. [To the translator]: Yes, the "Glasnost" is the word.

Translator: Yes, yes Mother, I said like that.

Shri Mataji: So, now forget about other yogas. Our Sahaja Yoga is today for 'en masse' evolution. I just wanted to warn you against these dark forces. As soon as you will start having money, all of them will try to crawl. And worst is the TM (Transcendental Meditation), and which is marketing now 'ayurveda', Indian Medical System. I met many people from that system who came from that so called TM, who charged lots of money for nonsensical mantras. They were suffering from epilepsy. Even a director of their flying academy, his wife, his child and his deputy director, all suffering from epilepsy. And they all lost all their money, they became bankrupts.

So, they will also tell you that I am the one who is the worst. All of them might say that I am the one who is doing something like black work, they will tell you. Because they never criticize among themselves. As Christ has said that, "The house of Satan will not do against itself ". Because they all reach out doing the same thing.

Now I've told you that there is this All-Pervading Power. And if you can get connected with that All-Pervading Power, then you get your physical, mental, emotional benevolence. Actually, I don't do anything. The light is within you like a candle, and one enlightened candle can enlighten another one. So, it is your own power which connects you to this All-Pervading Power and you get all these benefits spontaneously. Yesterday, there was a lady suffering from multiple sclerosis and she was - she could not even walk or sit properly. So, we raised her Kundalini and corrected her chakras. She got all right. I asked her to get up. So she

still remembered that she was sick. I said, "You get up and walk". And she was walking so fast! We all saw her walking so fast, even on the road. So, it's her own power which has cured her.

Because it is a living process, you cannot pay for it. What do we pay to Mother Earth for sprouting the seed and giving us beautiful flowers? But first, the Kundalini has to rise and it has to get fully connected. Some people take time. But because it is all free, they do not take it seriously. But anybody who wants to get cured has to know that it is spontaneous and you cannot pay for it. And you have to little bit have patience with yourself.

This country, I feel, has the greatest potential. If spiritually you evolve, you'll get all the blessings of this All-Pervading Power. So you become the Spirit and this Power starts flowing through you. You have to experiment it. You will be amazed that if these vibrations are given through agriculture, it can multiply ten times.

There is an agricultural scientist who was an advisor to the UN. He has done experiments and has proved and trees which were dried, due to ecological problems, he saved most of them who were below 60 years, through vibrations. Because all this work is done, everything is done by that divine Power. And once it starts flowing, you bring the whole vitality at your command.

Yesterday, all of you felt the cool breeze, most of you. But you have to be serious about it. You have faith in Me, but you must have faith in yourself. Most of the people only come when I come. But all of you can become great people, if you just have faith in yourself that you can become. You become extremely creative, and very satisfied with yourself, very peaceful. And you become a personality which can do so much for others.

And I said yesterday, that I've great hopes from Russia. But be serious in the sense that you have to have faith in yourself, that you all can become great people. You can cure your children. You can cure the children of other people. You can enjoy your life and you can have the best of health, and best of mind. So please have faith in yourself and you come to our programs here which we have for collective workshop. This has to work out. And once you become connected then you start enjoying time. You become extremely, penetratingly sensitive to beauty and to joy. You immediately know who is auspicious, who is not auspicious. You know who is benevolent for you and who is not. And such a balance is established within you that you never go to the extremes to get to diseases and to get to problems.

Today is the last day of this year, when I'm in Leningrad. I'll be back again next year, definitely. But I would request you to develop yourself into great masters of Sahaja Yoga. Today we have got photographs for you to be distributed in the hall, outside, after the program. But you must know how to use it. Unless and until you know about it, how will you manage it? So please, try to have some time for your spiritual growth, which is the most important. You have to save the whole world, and that is why we have to be well equipped. I can only go to few cities in Russia. I can't go to small villages and to other cities in Russia. So, you have to look after your fellow men here. And you will then have to go all over the world to help the people. So, please, respect your Self-realization. I'm sure the blessings of this All-pervading Power will convince you that you are very glorious, great people. Thank you very much.

[Applause]

Now we will have a session of Self-realization. [Inaudible]

Now those who don't want to have it, please, they can leave this meeting, because it cannot be forced. In your freedom you have to ask for it.

I've tried to cover up most of the questions, and I'm quite good at answering them. But whether you receive the answers or not, is not a guarantee for Kundalini awakening within you. It's a happening which is spontaneous.

So, for the time being, the first condition you forget all your problems and all your past. That means you must not feel guilty. You have to understand that this feeling guilty is just a fashion. After all, you are a human-being and if you make mistakes, what is there to feel guilty about them? Your Kundalini knows everything about you. Let her judge you. Why do you want to judge yourself? I would say, as I love you, please love yourself. And respect yourself because you are a human-being. You are the

epitome of all the evolution.

So now, second condition is that you have to forgive everyone without thinking individually but in general. Because you forgive or you don't forgive, you don't do anything. It is a myth. It's falsehood, it is myth. But if you don't forgive, then you unnecessarily go on torturing yourself for another person. Now this center, here it is of Agnya Chakra, as I told you yesterday, gets completely closed like this and you cannot pass through this gate. The Kundalini has to pass through and if you do not forgive, this door will remain like this, closed. So, please, allow it to be opened out by forgiving. If you don't forgive, you'll get very hot breeze coming out of you. Just to say in general that, "I forgive everything ", what does it take? Are you going to miss the chance of Self-realization just because you want to play into the hands of somebody else, by not forgiving? So this is very, very important that you should forgive everyone in general. You'll feel much lighter.

So, there are only two conditions: one is not to feel guilty at all, and another one is to forgive everyone.

Now we have to take the help of the Mother Earth as well as your feet should be little loose. So, you please, take out your shoes, it will help a lot.

Now, there are two energies within us, the left and the right as these people have told you already. One is the power of desire on the left side, and the power of action on the right side, while Kundalini is the power of pure desire.

So now you have to also put your both the feet apart from each other. If you are sitting on the ground, it's alright, there's nothing to be done like that. Now, you have to put your left hand on your lap like this, symbolizing your desire to get Self-realization. Now, you have to put your right hand on your lap like this. And the right hand is to be used for giving nourishment to the various centres only on the left-hand side.

[Aside]: Now, somebody should come up to show. Doctor, can you stand in front?

Dr. Wells will show you how to put your hand on different centres. And afterwards, we'll have to close our eyes and the Kundalini awakening process will start.

So first put your left hand towards Me, on your lap. Sit comfortably, not to bend too much or to go back too much. Now, please put your hand first on your heart. In the heart resides the Spirit and the seat of the Spirit is in the fontanel bone area, where it was a soft bone in your childhood.

Now, please take your hand down to the upper portion of your abdomen on the left-hand side. This is the center of your mastery. You become your own master and you become the master of Sahaja Yoga.

Like yesterday, somebody asked if, "I can get cured of drug addiction?" and we definitely cured. Because you become so powerful that nothing can dominate you. Alcoholism, all these habits also drop off. All right.

Now you put your hand in the lower portion of your abdomen on the left-hand side. This is the center of pure knowledge, which manifests on your central nervous system as you enter into the new awareness through this breakthrough.

For example, if there's a dog or a horse, and you want to take the dog or a horse through a very dirty, narrow road, they will not feel any smell, nothing. But in our evolution, we have achieved a sense by which we can feel it. So, when you become a Self-realised person, you start manifesting the knowledge or the cells or sensitivity to something that is wrong and destructive for you. You get a complete, total understanding of reality and also you can feel the absolute truth. This subject is very subtle and is very penetrating and may be difficult for some people to understand. But after Self-realization, it becomes very easy to understand all this. Because this knowledge manifests on your central nervous system.

Now raise your right hand now again back to your center of your mastery, which is on the upper portion of your abdomen on the left-hand side. So now you have to again raise your hand to your heart. Now take your right hand in the corner of your neck and

your shoulder and turn your head to your right. This center you catch, when you feel guilty and you develop horrible diseases of the spine like spondylitis and also angina out of a lethargic heart.

So, please, do not feel guilty. I tell you, "You are not guilty at all" and have faith in what I am saying. I know you very well and you are not guilty at all. All right.

Now you take your right hand on top of your forehead across and bend your head. And press it on both the sides as far as possible, you have to stretch your hand. This is the center for asking forgiveness. Now take back your hand on the back side of your head and push back your head as far as possible. This is the center for asking forgiveness from this All-pervading Power of love. This is for your satisfaction. You don't have to feel guilty. You don't have to count your mistakes. Now stretch your hand and stretch your palm fully, and put the center of your palm on top of the fontanel bone area, which was a soft bone in your childhood.

Now please, bent your head as much as you can. Now press it, this scalp, by pushing out your fingers. This is very important. And now move your scalp seven times slowly clockwise, please. Done. That's all we have to do.

[Self-realisation session starts]

Now remember you have to put both the feet apart from each other and your left hand towards Me. You have to sit comfortably, not going too much backwards or forwards. If there is something tight on your waist or on your neck, you can loosen it a little bit. You have to take out your shoes fully. Now put both the feet on the ground.

[Aside]: They have taken out. All right.

Now we close our eyes. But nobody should open the eyes. Keep the eyes closed completely.

Please close your eyes and put your right hand on your heart. Here you have to ask Me a very fundamental question. You may call Me Mother or Shri Mataji.

So please ask the question, three times, "Mother, am I the Spirit?" Now, if you are the Spirit you are your master because you have the light.

So now you put your right hand in the upper portion of your abdomen on the left-hand side. Here you have to ask another question, "Mother, am I my own master?" Ask three times. I respect your freedom and I cannot force pure knowledge on you. So you have to ask for it.

Now please take down your hand in the lower portion of your abdomen. And here you have to say six times, because this sentence has got six petals, "Mother, please, give me pure knowledge".

Now as soon as you ask for pure knowledge, the Kundalini starts moving.

So, we have to open the higher center with our self-confidence. Again I say to you, you have faith in yourself. So now raise your hand in the upper portion of your abdomen on the left-hand side and press it hard.

[Shri Mataji is now working on the translator. To the translator]: Clearly, again say it clearly.

Here now you have to say with full confidence, ten times, "Mother, I am my own master".

I have already told you that the truth is that you are not this body, you are not this mind, you are not these emotions, you are not these conditionings and not your ego, but you are a pure Spirit. 1:08:09

So now please raise your hand on to your heart, and say with full confidence twelve times, "Mother, I am the Spirit".

This All-pervading Power is the power of knowledge and of love. It is the ocean of compassion, intelligence and blessings. But above all it is the power of forgiveness. So whatever mistakes you make or you commit, so-called sins, they all can be dissolved by this great power of forgiveness.

So now raise your hand on the corner of your neck and your shoulder and turn your head to your right. Here you have to say with full confidence, sixteen times, "Mother, I am not guilty".

I've already told you that you must forgive everyone in general. This has to be done, otherwise, the Kundalini cannot enter into the limbic area. So please, believe Me, that whether you forgive or don't forgive you don't do anything. But if you don't forgive, then you play into wrong hands.

So now raise your right hand on top of your forehead across, on both the temples, you must press. And put down your head as far as possible. And here you have to say from your heart, not how many times, "Mother, I forgive everyone".

Now for your own satisfaction, you have to ask forgiveness from this All-pervading Power. So now please take back your hand on the back side of your head and push it back as far as possible. Here now, without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from this All-pervading Power. So please say, "O All-pervading power, please forgive me if I have done any mistakes knowingly or unknowingly". Say it from your heart, not how many times.

Now the last center which is the most important. You stretch your hand fully and put the center of your palm on top of the fontanel bone area.

[To the translator]: Tell them.

Now please put down your head.

Please put down your head and push back your fingers.

Now again, I cannot cross over your freedom, I respect it. I cannot force Self-realization on you. You have to ask for it. So now please start moving your scalp carefully with the pressure, with your head down. Move it seven times clockwise saying, "Mother, please give me my Self-realization". Seven times.

[Shri Mataji blows in the mike]

Now please take down your hands. Open your eyes. Put your hands like this towards Me.

Like this. Now you put the right hand towards Me like this, and bend your head and see for yourself if there's a cool breeze coming out of your head.

Maybe not. It will become cool. You forgive, if you do not forgive it will be hot. Don't keep the hand on your head, a little away. Some people get it much far away.

Now put the left hand towards Me, please. And now put your head down. Again keep the hand away from the head and see for yourself if there's a cool breeze coming out of your head.

Now put your right hand again towards Me, once again and see now, if there's a cool breeze coming out of your head, at the fontanel bone area.

Now please raise both your hands towards the sky and raise your head towards the sky.

Now ask a question three times, "Mother, is this the cool breeze of the All-pervading living Power of love?"

[To the translator]: Living Power.

Now, please to take down your hands. Now watch Me without thinking.

Those who have felt, cool breeze out of their head or in their hands or even a hot breeze, please raise both your hands.

Please raise both your hands.

I bless you from My heart.

You all have got your Self-realisation. Now you have entered into a new life of saintliness.

Now you have to enjoy yourself, sing and dance, be happy. You have achieved what you were seeking. And now only you have to develop yourself.

So, please, remember that you have to develop yourself, and you have to go all out to help others.

I'm sorry I have to go, to leave today, and I could be here for a very short time. And these questions, I won't be able to answer. But

if you go to the center, the people will tell you what is to be done.
[End of recording]

1990-0629, Two Interviews

View [online](#).

29 June 1990

Interview

Kyiv (Ukraine)

Talk Language: English | Transcript (English) – Draft

FIRST INTERVIEW

Shri Mataji: ... higher. Because at your stage, people do not know the absolute truth. So, that higher state has been achieved, which I call as the state of the Spirit. And when you become the Spirit, then you get to know or to feel, on your nervous system, the All-pervading Power which is doing all the living work. As these flowers have come out of the seeds, you see. Like we have become human beings from amoeba. All this living work is done by this pervading Power which is the power of love, you can say, because it is absolute, it is the truth.

So, we have to achieve that state. Once you achieve that state, what happens? That you get empowered that you can give this thing to others also, because in every human being, there is this residual power which we call as Kundalini in the triangular bone. And like as you have this connection, you get connected with that Power by the ascent or awakening of this power from your triangular bone.

When it passes through your fontanel bone area, then you get connected to that subtle energy which you normally do not feel, because the human awareness still gross, you have to accept it. So this is the knowledge of the roots. You have the knowledge of the tree, you see. And we have this whole civilization and the tree has grown too much. So we have to find out our roots, otherwise it's a shock.

Interviewer: I understand it because I have a small experience before this. A second question [unclear] extra-sense.

Shri Mataji: I'll tell you.

Interviewer: [Unclear] Many, many intellectuals who are in our country, pathways that such events or for a great audience, it's rather interesting people [unclear] what you can say for this?

Shri Mataji: It's a very dangerous thing to play with these things, because they cannot explain how they work it out, they have no idea.

Recently, I talked to the scientists and told them that, "You have no idea of the areas which we call as collective subconscious. From where all the viruses come, from where all these proteins that cause cancer and all that come. That area, you are not aware of".

And these people have [unclear] that area and put some dead things on us, and we become mesmerized and our brain is washed. Little bit, you might feel better because some other personality has come on you. But it has such a bad effect.

Recently, in Moscow, I met all the children who had come, who have been watching a film of someone like that. And all the time every morning they sit and watch. One boy had his eyes completely constricted and had gone towards the nose, n you see. Another one had a brain paralysis. Another one was feeling ill all the time, his brain was out. Another one had his hand stuck to his body. Another one could not even walk. So, all these things happened after seeing them.

So in the beginning, they thought it might improve them or something. All the children who were watching, were innocent. They didn't know what was happening. So this is a very well-known thing, in India, we call it [unclear], means the knowledge of the dead. And they use the dead to mesmerize people and utilize them. And they cannot explain how they do it.

But Sahaja Yoga can be explained very easily. Scientists can understand, doctors can understand, because it is the control of the

parasympathetic nervous system. It is the science of all the sciences, and it can explain everything clearly. It's not that just a blind sort of a thing, it is not. And secondly, that these people are very money oriented. They want money out of it.

This is a living process which I am doing. Sahaja Yoga means, 'saha' means with, 'ja' is born, is this yoga means the union with this All-pervading Power. It's your right as a living person, as a seed can become a flower and the flower has a right to become a fruit. You have a right to become a super human being. But that is to be explained, first of all and you cannot pay. You don't pay anything to the Mother Earth for giving you flowers. So, you can't pay for it. It's not a money-oriented nonsense.

Interviewer: I understand. Then the last question. Can you say that, as far as I know, in India, and in certain areas, it has the most largest audience.

Shri Mataji: Hum?

Interviewer: I said, in India, in your country, it has the most largest audience than in other countries. Why is it so? It's actually means that most of people who came for your program, came to take from you a health, first of all, and not the experience.

Shri Mataji: The experience. They came from the experience. It's very easy. I must say, in India, they have a background and they know what is true and what is false. They say, "Thank God, we don't have much money. So, all these horrible false people have gone to America and to all the places, to befool them". Now in your country, they could have come. Thank God you don't have that much money. Thank God for that, this time.

But also another thing is there, that you see, you people have no conditionings of any religion. No conditionings. The other countries have conditionings, you see. Like they have Christianity, Islam, things like that. These are all man-made religions. The real religion is within yourself. And they do not follow, they do not follow Christ, they do not follow Mohammed sahib, they do not follow. They have their own style of following and they are not looking for what is said in all the religions. It's said that you must seek the eternal and whatever is transitory is to be treated in its own understanding and its own limitations.

But these people are not finding out the eternal but just money. They are money-oriented or power-oriented. You see, they'll meet the kings, the prime ministers, this that. They are more interested in power, or they are more interested in money. But they are not interested in saintliness. Their lives are not saintly. They have to be pure people. They are not.

But as a result of that, you become so pure. But I think, basically, Russians are very wise people, I think. I don't understand why, how, how it has clicked. I mean everybody, we have some Americans here, they said, "We just find [unclear]". And they came only for experience. Very few came for sickness, very few with their children or something, very few. Most of them were very well-educated people, professionals, very nice people.

Then you are so good, and we have everything here, everything.

Interviewer: I want to be as [unclear] as you, thank you.

Shri Mataji: You must have faith in yourself. That's the point I'm saying to all the Russians. You must have faith in yourself. That's very important. Have faith in yourself. That is somehow or other lacking.

Interviewer: I'll try to do this.

Shri Mataji: May God bless you.

Interviewer: Thank you.

Shri Mataji: Thank you.

Shri Mataji: I hope, I hope you will help your young people here, because this can take you out of drugs, out of alcohol, out of so many things and you make a powerful people.

Interviewer: [Unclear] very interesting.

Shri Mataji: Yes?

And the young get it very much faster and they settle into it very much faster also.

Interviewer: Thank you.

Shri Mataji: May God bless you.

Interviewer: That's our [unclear].

Shri Mataji: Thank you. Thank you.

[Cut in the video]

SECOND INTERVIEW

Shri Mataji: ... And I want to work it out. And once you get your Self-realisation, you definitely know what I am. But I must be something, isn't it?

Lady: Yes, another question about the meditation. It's in such a way you don't have your person to be.

Shri Mataji: Yes, it works out. Many people have been cured only by photograph. I was not there. So they used My photograph for the patients and they were cured. So, it has something to do with it. And after this, I've shown some photographs which you'll be surprised how things happen. You know, the cameras are catching up with the vibrations.

Lady: Yeah, and another question is that, for example, in our country, in Kiev, we have some group of people that meditate in the star, on the star. And because they believe that in the star there are the best, the best representation of the God, and the space energy too.

Shri Mataji: And what stars?

Lady: A little blue star, they see that he is in the sky. And meditate with it.

Shri Mataji: It's all mental. It's artificial.

Lady: But how can you feel when those people that exactly meditate on you?

Shri Mataji: They need not be a meditate on Me, they have to meditate on themselves. First they should find out themselves. They have to raise their own Kundalini. And they should feel this All-pervading Power. Then they have to know that they have now become the Spirit. You see, when they are established, they will see, through them, this power will be flowing. And they get empowered and they can cure people. And this can be explained even scientifically. The whole thing is absolutely like a 'glasnost', you see, absolutely transparent. You can see for yourself. So this is not something imaginary.

Lady: OK.

[Someone else is speaking in Russian]

Lady: My friend said in Russian to me, his stomach was ill. But when he came and see you, his illness was lost.

Shri Mataji: It was lost. The other day, we had a lady suffering from what was she suffering from what was the decease?

Sahaja Yogi: Multiple sclerosis.

Shri Mataji: Multiple sclerosis. And she could not walk, she could not sit down, very difficult for her. And we raised her Kundalini. It's your own power. We raised her Kundalini and by raising the Kundalini she was all right. But still she was remembering as if she was still ill. So I told her, "Now get up and walk". And she started walking so fast, and you think you know what had happened to her. It's a vital power which works it out and your own power corrects everything.

Lady: Thank you.

Other person: Spasibo.

Shri Mataji: Maybe you should ask about this. You have to ask.

Lady: Well, now I have the extra sensorial have a meeting this day [unclear] meeting with that force only in this day, the 29 of June. And it is very interesting. Why this day is so good? How do you think?

Shri Mataji: [Laughing] No, that's nothing. Always, you see, negative forces- positive forces could destroy that. But what I was chocked was that, I saw some children, quite a lot in Moscow, who had seen a Hindu, somebody who is ESP [extra sensorial perception] sort of things. And he- the children are suffering terribly. Their eyes have become brown and their hands have become shortened like this. Some children can't walk. Some have paralysed brain and somebody's brain is off, like that. And they are very, very small children, they are about say, up to ten years of age. And they have been watching the film and they got these

problems, you see. So, I had to correct them. Then I discovered that these people are putting some sort of a spirit, dead spirit on them, mesmerizing them and brain washing people also.

So, you should be very careful, very, very careful with them. We know all these things in India. We call it as a plague of India. They use the knowledge of the dead. They use this knowledge of the death and mesmerize people and brainwash them. They never [unclear]. For the time being, it might appear to be little bit exciting, because another personality comes sit on you. But later on, it is very harmful. And this is what all the false gurus are doing in many grand places. And here these people have come. They are very money-oriented. They want to have money.

But Sahaja Yoga is a living process, is a developed study, a living process which you cannot pay for that. Like, we don't pay to Mother Earth for giving us flowers. So it's a living process. So, this is one thing one must understand, that this living force is also explainable, is to be understood. You can get to it, you yourself can master it. And you all can cure. And not only cure, but you can enjoy life much better.

Lady: I have another question about the teachers, about the real sahaj teachers and not -because I think there are like teachers [unclear] after it they became more ill than before. How do you think about this problem? It's really dangerous and really big problem in our time.

Shri Mataji: Yes, it is because you know it's a market, they think there's a market of people who are seeking the truth. So they have come out. Some of them have come out from Indian jails, you see. And some of them from a very ordinary type of life. They have very ordinary people and very limited.

One better than the other, some teaching this yoga, another teaching that yoga, somebody teaching transcendental meditation, all this is falsehood. Falsehood just to make money and it is the same as I told you with ESP to mesmerize people. The thing is, you must see the disciples, what have they achieve, you see. Like you see these, my children are here, they are so knowledgeable all over the world. They are so nice. They are so righteous. They are so friendly. They are so much above normal people. So, you should see these people and then understand. But if you go to their disciples, you find they are just the same. Not only that, but they are worse because they are sick. So, be very careful.

There is one fellow who is giving diamonds, Sathya Sai Baba, another is this TM. Another is this Integral Yoga, then Raja Yoga, all this. I talked to them yesterday, at length. I told them, I explained to them, how they are false people. You can get the tape and see for yourself.

But one thing one must do, if you don't give them any money, then they will all go away.

[Shri Mataji is laughing]

That's the main thing, just because they are beggars, that's all. You can purchase them very easily.

Lady: And another question. Can you explain, in few words, your socials on 70th years, because we hear a lot of them, but not from you, and it's very hard to find some information about it because we know that we have some resources in 70th years [unclear question].

Shri Mataji: Seventeen?

Lady: In 70th year, 1970.

Shri Mataji: What about?

Lady: The medicine resources of the Kundalini.

Lady: I've discovered it, in a way, you see. I - of course I was born with the knowledge - but what I felt that, it should be made 'en masse', people should get it. So with my subtle ideas and subtle attention, I tried to study human beings: what are their problems, why can't we have 'en masse'. Any discovery has to be ultimately going to public, to the collective. Otherwise, what's the use? So, I worked it out. And in 1970, I discovered a method by which it can be done [unsure]. Then I started it, one week. Now so many years have passed, and it's working out very well.

Thank you.

I bless you. [Shri Mataji does namaste]

Lady: Thank you, Mother.

Lady: [Unclear].

Shri Mataji: Please do, please do help them, they will be. I think Russians are somehow or other, the greatest country. All right?

Lady: Thank you.

Shri Mataji: [Hindi] A little present for you from Mother. [Unclear].

Lady: [Unclear] I haven't a present for you, here. But I think, we have a present in the articles that we will publish at Santeria.

Shri Mataji: Yes, thank you very much. Thank you. And we have a center here, we have a very good center and people are quite equipped. And they can - you can go to the center, and can get full advantage and you'll have to learn everything, you master it. Young people are the best to learn it and they are very enthusiastic. It works out. You can help them. You can save this country completely. It's very easy.

Because one thing good about Russians, is that they are not conditioned. They don't have this religious nonsense and things. Because, you see, all these religions are man-made. They are not following Christ, they are not following Mohammed Sahib, they are not following Rama, they are not following Krishna. What they are following is their own ideas, just to make money. They are either power-oriented or they are money-oriented, not spiritual-oriented.

Lady: And for example, as I know that all money that you can have for this meeting will be sent to the center of the Sahaja Yoga.

Shri Mataji: Yes, and you see this money that we get, is just the tickets. And tickets we sell, because we have to sell the tickets. And then we have to give it to the Sahaja Yoga center, because we have to establish here our Sahaja Yoga center. But also all the countries have sent money here for them. They have all sent it for them to use, and they want to help here. There are forty nations who are trying their level best, to do something for Russians here. But still, this money now has started, we never had any money before. And whatever money we gave also goes to some way or another, because we have no independent organization. So, somebody miss having [unsure] the money. But now I think we'll have some money just for our work here. And we'll be publishing books about Sahaja Yoga. We'll be also having other things from Sahaja Yoga like my tapes and audio tapes and video tapes and something like that. So we'll do something and that you can always have. Thank you.

Lady: Thank you.

Shri Mataji: Yes, please wear. It goes with your blouse.

[Unclear conversation]

Oh, your men are very good. Ours are not. Ours are good for nothing.

[Shri Mataji is laughing]

Oh, good, good.

Lady: Thank you. It's very beautiful.

Thank you.

Shri Mataji: May God bless you.

[Cut in the video]

SECOND INTERVIEW

[The interviewer translates a lady's questions]

Interviewer: For us, the response is very great. A lot of questions: how to protect oneself from radiation.

Shri Mataji: From radiation? Yes, yes. They should take their Realization and then they'll be protected, automatically. Because when you get your Realisation, then the vibrations are flowing on your body and the radiations are thrown out. Your aura gets vibrations and that changes the protective cases.

Interviewer: She was told that in Moscow you were giving a special method of raising Kundalini using three candles.

Shri Mataji: Yes, that is for sick people. Or people who are already suffering from psychosomatic troubles. Like blood cancer also. Because people get blood cancer with this. They get blood cancer with this radiation.

So, with that method they can be cured.

Interviewer: In Ukraine, we have many people who have the same disease, leukaemia, how can they be helped?

Shri Mataji: So that can be helped with this three candles treatment. Very much. We have cured many in India. And they can be cured very easily. But they have to come to our center with candles.

We will be training people here, to tell them how to cure them.

Interviewer: Shri Mataji, you have been here six months ago, before. What do you think about quality of your students?

Shri Mataji: Oh, wonderful! They are really wonderful.

Interviewer: How do they?

Shri Mataji: Very nice. They are not conditioned people. They have no ego and they love Me. Interviewer: She asked about the quality of your students, Mother also. All students of Sahaja Yogis who are in this country.

Shri Mataji: That's what I told.

Interviewer: Yes.

Shri Mataji: They love Me very much and I love them very much too.

Interviewer: Would you like to travel around cities of the republic of Ukraine? Because our readers from our newspapers wanted this very much.

Shri Mataji: May I travel around?

Interviewer: In different cities of this republic called Ukraine.

Shri Mataji: Yes, if I have time. But today, this time, I don't have. But I would love to go for that myself.

Now I am going to the Eastern Bloc countries, and my schedule is such that I can only stay in a place for about, at the most, two days or three days.

Interviewer: Is Sahaja Yoga as popular in the Soviet Union and other Eastern European countries?

Shri Mataji: Very much. Thousands. I didn't go, only my students went, I didn't go Myself. There are thousands.

Interviewer: We receive many letters, you know, and people ask us since they are, most of them are Christians you know if your teaching doesn't contradict Christianity.

Shri Mataji: No, not at all. It's real Christianity. The one they follow is unreal. Because all that Christianity is just money-oriented. It's all money-oriented.

I went to see with My husband the head of the - what you call - this Greek Orthodox Church. The head of Greek Orthodox Church. And he said they are fasting. And he got so drunk that he could not even see us off. As a reality. I am doing the work of Christ. As Christ has said that, "You have to be born again". And also my students believe that I am the incarnation of the Holy Ghost, as told in the Bible.

Because I give comfort to people. I am a comforter. I am a counsellor. I am redeemer because I give them Realization.

Comforter. And a counsellor. I counsel people. I tell them all about it. And a redeemer. I redeem. I give you Realization. I am a redeemer. Redeemer, because in your evolutionary process, I raise you higher to the Spirit state.

From the human to the Spirit state, which Christ has said. In India, everybody thinks Me to be that. Things need to be the same, because Mahakali, Mahalakshmi, Mahasaraswati. They have different names, that's all. These are three powers. Three powers of the Primordial Mother, of the Holy Ghost. The Mahakali is the Comforter. Mahalakshmi is the Redeemer. And Mahasaraswati is the Counsellor. And all these combine together to form the Holy Ghost which we call as the Adi Shakti. Adi Shakti is the Primordial Mother.

Now, you see, Christians believe in the Father the God and the Child the God. What about the Mother? They don't call it Holy Ghost. They call it Holy Ghost, but it's the Mother. It's the Primordial Mother. Because this Paul didn't want women to be given

importance. And he was a Roman, Paul. He was not with Christ. He was not with Christ. And he was an epileptic. And he just wanted to use the platform of Christianity. And he organized Christianity. And you cannot organize Divine, you cannot organize. Because he wanted power and misled everyone.

Even the churches are very money-oriented. I could only meet this gentleman because I was a VIP. Otherwise, as a saint, he would not have met Me. He only meets the kings or queens or something.

Now, it is said, also, in the Bible, that, "You will not covet". You will covet. It's a curse on the city on seven hills, you see.

Interviewer: Yes

Shri Mataji: And that you will covet. Covet means you will have relationships, not good relationships. Relationships with the kings and the queens. It's already said. It's true, about the city of Rome, on seven hills. It is on seven hills. It's already being said.

But this is the time of Last Judgment.

And your Kundalini is going to judge you. Your Kundalini, the power within you, is going to judge you. Even in Quran it is said that, "At the time of your resurrection, your hands will speak". He meant Sahaja Yoga. Of course, in the Indian scriptures, Bhrigumuni, the originator of our science of astrology, has predicted everything in details, about modern times. The book is called as Nadi Granth.

Interviewer: It's very famous book, Nadi Granth.

Shri Mataji: The exact date of my birth. And also 1970, Sahaja Yoga is going to start. And people will get their Realization. Because we knew about Kundalini for thousands of years. In great masses, 'en masse'. It's already predicted. That's why, in India, I have no problem.

Interviewer: I should say that in other countries, they are not too many people who get Realization. So you have to do a lot of work and time is needed for this work.

Shri Mataji: I know. But Russia is not like that. Russia is very good. You see, you can say one thing, that those who follow religions, any religion, they can commit any sin. They can do anything wrong. They can murder even. So this religion is not real. But when you become the Spirit, then you don't do all these things. You become a righteous person automatically.

So real Christianity, we should ask. Real Christianity. Christ has also said that, "You'll be calling Me 'Christ, Christ'. I won't recognize you". He said it very clearly.

Interviewer: Our astrologers predict very great problems.

Shri Mataji: Of course. Because they are money-oriented.

Interviewer: What do you think about it? Do you agree with it or not?

Shri Mataji: No, they don't know much. They have not much knowledge. And one should not worry about it. After Realization, all your fortune and future changes fast.

Interviewer: Thank you very much. I am very happy to see you here, that you came to our country.

Shri Mataji: Oh, thank you very much. This country is going to be very great. It's going to be very great, because people are going to be very powerful. But you all must have faith in yourself, it's the point. You are a great people.

There's a little present for you. If you say, 'padarat' [unsure]. If you say, in my language.

Interviewer: You are not Sanskrit or Hindu. You are talking about...

Shri Mataji: No, no, Marathi. In Sanskrit: 'padaarat'.

No, no, padaarat. But in Marathi it is 'padarat'. In Hindi also.

Padarat in Sanskrit. But in Hindi it is 'padaarate'. So many words, we have. So many Sanskrit words. They have also this 'tse' in your language?

Interviewer: Yes, yes.

Shri Mataji: 'Tse', only Chinese have, you have and Marathi.

Interviewer: Yes, no other language.

Shri Mataji: Only three.

We have an ancient relationship.

Interviewer: Mother, in language Marathi, I found many words similar to words in Russian language. Is Marathi much different than language Hindi?

Shri Mataji: Yes.

Interviewer: It's much different.

Shri Mataji: You see, it is because they were Rama's children, named Lav and Kush. They are Rama's children. And one came to Caucasus, so you are Slavs. And another went to China, so they are Kushans. And this one, Chinese, were called as Kushans.

So, and they lived in Maharashtra. They grew in Maharashtra. So, the language has common. Interviewer: Whose Mother?

Shri Mataji: Sita, the mother.

Interviewer: Yes. OK. And Maharashtra has connections somehow with

Shri Mataji: With these two countries. They are not from the north. Nobody can say it, 'tse'. It's not easy. Even north Indians cannot say 'tse'.

Interviewer: Yes. English people they cannot.

Shri Mataji: No, no, no. Even our north Indians. No one can say 'tse', except for Maharashtrians and Russians and Chinese. So, we have. And Maharashtra is a country of saints. Saints, lots of saints, all the time.

Interviewer: [Unclear] of the Kundalini, Mother?

Shri Mataji: Yes, it's the country of the Kundalini. Adi Kundalini.

In the universe, you see. Like Russia is the Agnya Chakra in the universe.

And China is the Back Agnya in the universe.

Interviewer: She asks about Ukraine.

Shri Mataji: I mean, for us, Ukraine, Russia is one, like the whole world is one, in any case, like one body.

Interviewer: Thank you very much.

Shri Mataji: Very nice to meet you.

[End of conversation]

[Cut in the video; scenes of Kyiv]

1990-0629, The roots are within ourselves

View [online](#).

29 June 1990

The Roots Are Within Ourselves

Public Program

Ukraina Palace, Kyiv (Ukraine)

Talk Language: English | Transcript (English) – Draft

Public Program, Kiev, Ukraine, 1990-0629

I bow to all the seekers of truth. At the very outset, we have to understand that at human awareness we cannot feel the truth. We have to become a subtler being to understand the absolute truth. Without that everything is just the mental projection and which takes us to extremes. Hence we get lost. But somehow if we come to know about the absolute truth, there will be no argument, there will be no quarrel, there will be no war. Now, the truth is that we are not this body, not his mind, not this intellect, nor these emotions or our conditionings or ego. But we pure spirit. And there is another truth that there exists a very subtle dynamic power which does all the living work. Every living work is done by that power. We cannot do any living work. Supposing a tree is dead then we make a ?? and we think that we have done a great work. But, this is a just a transformation from one dead to another dead. But it is not any real transformation. Leave alone, even we cannot create a grain of dust by ourselves. So whatever we are today is also very limited. We have so many physical, emotional, mental problems. We have no balance in our own behaviour. We started with science created atom bombs to destroy ourselves. We started with psychology created persons like Freud to get AIDS and all this horrible diseases. Even in mental attachment we have crossed all the limits of decency, decorum and honesty. And all the developing countries are suffering today because the people at the realm of affairs are making money from relations or their attachments. So the greed of people who are supposed to be democratic has reached such a stage that they have created piles and piles of nylon, piles and piles of used cars, piles and piles of waste material. These imbalances created problems within ourselves. We have the knowledge of this grown-up tree. We haven't got the knowledge of the roots which is going to nourish the civilisation. This roots are within ourselves, within human beings. Now here we have shown what is the system that works it out our good health and our good mental conditions. But when these centres go out of balance then we develop all kinds of diseases, all mental problems, social problems, economic problems, spiritual problems. So it is very very important first of all to open your minds and to open your hearts to understand what I am going to tell you. You have to be open like scientist, because what I am telling can be treated as a hypothesis and if it is proved you have to accept. When you understand what is the matter with you, you can get it corrected also. But to understand it you must have light, you must see it for yourself.

And if you can tell, know, how to correct it, you can correct your problems very easily. Now, there is a power waiting in the triangular bone or as sacrum, which we call as kundalini, kundal means coils. This is a force, or we can say energy within us who is a reflection of the primordial mother. We talk of a God as a father and as son, but what about the mother. It was deliberately avoided to talk about mother in Christian faith. But in the eastern religions, they all believe that there is a mother, Shakti, who does all the work and God Almighty is just a spectator. So this is the reflection of that primordial force, female force within us which we call as kundalini. And the spirit is the reflection of that male force which people call as God Almighty. But the religions as such that exists are now man-made. Like people do not follow Christ who said that you are to be born again, you have to know yourself, know thyself. They are just collecting money. Even in Islam is said that the resurrection time will come, your hands will speak. They are not looking for the resurrection at all, or Qiyamah is it called in the Torah.

In every religion there's the essence of this that you seek the eternal. Seek the eternal and treat it transitory with full understanding and its limitations. But none of them, whether it is Buddhism, Jainism, Hinduism, anything, they are just isms. They are ??. They are not seeking the eternal. Anybody can follow any religion. They can commit any sins. Nobody stops them because they Christians or Hindus. They are all just the same. No ??. Specially Christians, where Christ has said that thou shall not have adulterous eyes. If you go to western countries you find hardly anyone without adulterous eyes. May in India you will

find but not in the western countries the eyes are full of adultery. I was also born in a Christian family. And I was surprised they were only busy collecting money, nothing else. Now, to say that you pray, what's the use? You are not connected. Whom you are praying to? You are not connected! You have to get a connection of a telephone if you want to telephone to God. So we are praying in vain. And then we start ?? all these three incarnations that we have been praying, still we are sick, we have this problem, we have that problem. Well, I can tell you about India that the missionaries came with gun in a hand and bible in another hand and converted people under threats ?? under threats. The whole of North America and most of South America like Argentina, Chile all these places you cannot find on Red-Indian. All killed and finished! And the so-called Christians. Christ was the embodiment of love and compassion. Thank God Columbus went to America, otherwise we would have been finished in India because he was really coming to India. All these things are done in the name of God, and all of them are fighting with each other in the name of God. Divine is the ocean of truth and the ocean of love. So first we have to have connection with that all-pervading power. Unless and until that connection is established we cannot achieve any benevolence from that all-pervading power. When this power, kundalini rises she passes through six centres and pierces through the last one called, what you call the fontanelle bone area which was the soft bone in your childhood. Then you get a cool breeze coming out your head; the cool breeze of the holy ghost. This is the actualisation of baptism, actualisation. Not just talk talk talk. This is what Christ has said that you should be born again. You believe it or not makes no difference. Blind faith doesn't help. You have to have connection. And that is the most important thing. You are born as we say like an egg, close, and when resurrection takes place then you become a bird. That is our second birth. And a realised soul also is called as twice-born. So the time has come for all of us to get our self-realisation. As a result, we become a spirit.

The spirit is the source of light and our attention gets enlightened. Such a person, whenever you put attention, the attention works for the benevolence. The person who is the spirit is the source of peace and joy. Because the nature of spirit is peace and joy. And such a person becomes empowered with the power of love by which he can do living work. He can raise kundalini of others. He can give realisation to others. And when the kundalini rises she nourishes all these centres giving us physical, mental, emotional cures. I was sorry to hear that in this area there are many patients suffering from leukaemia, the blood cancer. This can be cured very easily if kundalini can rise and can be fixed ?[up]? . Day before yesterday ?? there was a lady suffering from multiple sclerosis and she came to see me. I.. I didn't do anything, just raised her kundalini. And she could not even sit, not walk, she was in very great pain. I raised her kundalini and fixed it up and I asked her "you are alright now, get up ! ". She could not believe. I said "Get up and walk. You have no disease". She got up and started walking so fast that everybody started laughing. :) So, the one who has created this world is not doing ?? to destroy. I want to say that the time has come for us to be completely resurrected. This is the last judgement. And you will be judged by your own kundalini. And then once you get your self-realisation and you are absolutely settled down in Sahaja yoga, there is no question of any disease coming to you, no question of any problem coming to you. You are, first of all you have waters, so you are afraid of whales. Then you get on to the boat then you can watch the whales. But in the beginning the faith is not there, you still believe that you are in the water. Then you go to the shores and learn how to swim. Then you can save many people from drowning. So please have faith in yourself that you all could be resurrected and could be out of danger of everykind for ever. This is most important. All these countries Russia, Ukraine any place, these are special places of spiritual awakening I feel. Once you are spiritually strong you become rid of all of your ??, all of your diseases, everything and you become a strong personality. And it is not the weapons that makes the country strong, but, it is, it is only the powerful compassionate human beings that makes the country strong. You will see within very short time, that your country will become a very strong country. You must take to the Sahaja yoga first. And don't run after false gurus and false people. You experience yourself, have faith in yourself and then grow. You have faith in me and so you are here. But have faith in yourself. I feel you all can grow into great personalities. And don't just come for getting cured. Today I will cure you of one disease, tomorrow you will get hold of another one. But if you get your self-realisation and if you get fixed today then you will be cured automatically. And you will be cured for ever because these are special times; and blossom time I call it. So many flowers have become fruit. I am sure it will work out in Kieve and all of you will become great trees of the small seed that I mean sown. I am sorry I am here only for one day, I am ?? on a world tour and I cannot, could not give much time to Kiev. But, next time I hope to be here for much longer period. I bless you all from my heart.

?? is here to answer any question. But even if you get answer, it does not mean you will get your realisation. This is all a mental activity. You have to have your realisation. So it is really useless to ask questions. Your aim should be to have your self-realisation.

Now this is a thing he has written that on one side we have to open our chakras and this and that and is saying it is very dangerous.

Both things are correct. First if you are not a self-realised person, first your kundalini is not awakened, if you try to do all these things, is dangerous. Because ?? we don't know what you are doing. As they do it in rajyog, so called rajyog, ?? and this hatha yog and all these things. ?? First get your kundalini rise, you get your light and in that light you can do it. Its written in the Vedas, vida means to know on your central nervous system; its like bodha. Now, it is ?? that first you get your self-realisation and after getting your self-realisation then you should know mantra, yantra and tantra. Mantra is the sounds that have to be used after getting realisation, again after getting realisation. Mantras are the sounds of the chantings we use for opening the centres and yantra means this mechanism (pointing towards chart). You must know this mechanism. And tantra, tantra means the technique. So, these things are to be known after you have got realisation. And to be practiced after that, not before that.

Who say mother get rid of all kinds of diseases, we have, after my program, we call them here and there are doctors who encounter them.

So we will now discuss the questions about the diseases.

Q: ???

Shri Mataji: You see if you go round and round with your heads, you wouldn't get your kundalini out there I am telling you. Now, don't unnecessarily go into all this mental ?? Too much confusions they are.

Q ??

Shri Mataji: You read all kinds of books and come and ask the questions, what's the use?

I am write in to ask questions because that shows you are free people, you are not mesmerised. That doesn't mean go on asking stupid questions wasting your??.

Q: ??

Shri Mataji: Hare Krishna has no power. But if you get connected then it has.

Q. ??

Shri Mataji: Alright, is a good thing that somebody has asked that his should be clean ?? to kundalini.

??? . Sahaja yoga is the real Christianity, the real Islam, real Hinduism. Its not artificial. So Christ resides in the agnya chakra, optic chasma, and he is door. Without him we cannot work out kundalini. You have to awaken Christ. Once you awaken Christ then he sucks in our two institutions which we call as our conditioning and our ego. Because he died for our sins. So you are the one who would be connected with Christ; not vby the ?? on your head who just puts water on your head and say you are baptised. Its not actualisation. So you become real Christians and not like others who can commit any sins, who can do any cruelty.

Q ??

Shri Mataji: There is somebody who is doing foot soaking. Foot soaking definitely helps. Its like bathing. Soonce you start doing it will not be ?? Its very nice. As you brush your teeth, you soak your feet also before sleeping. Its good for you and you start enjoying it. After realisation the water element gets enlightened and sucks in all your problems. Even the mother earth suck in

Q. Request give realisation. (from Zimbabwe)

Shri Mataji: That's good.

So you all want the selfrealisation. For one or two persons we should not prolong.

The first condition is that you have to forget the past. That means, that means you have to know that when you are sitting here you are not at all guilty of anything. You are not guilty of anything whatsoever. Not to feel guilty because it is a myth. You are human beings and if you make mistakes doesn't matter. Because you are not false. It is ?? alright than you have made some mistakes, alright. You are ?? human. So feeling guilty is not at all a very healthy sign. Because this allpervading power is an ocean of forgiveness. And whatever mistakes you have committed it is quiet capable of dissolving it. So it is important, we call it, if you feel guilty this centre here between the shoulder and your neck gets spoilt or gets imbalanced. As a result of that you get diseases like spondylitis, angina and sometimes cancer also. So please forgive yourselves and be pleasantly placed towards yourself. I would say as I love you, you have to love yourself.

The second condition is that you have to forgive everyone in general. Not have to think about any individual but just to forgive everyone in general. Because whether you forgive or don't forgive you are not doing anything. But it is again another myth and you are carrying on with it. Thus you play into the hands of very wrong people and torture yourself unnecessary. But it has much deeper significance. The centre of agnya as I showed you, is all completely blocked if you do not forgive, and the kundalini wouldnt rise through this constricted centre. But if you forgive it will open out. So now we have to understand that there are two powers within us, one is the power of desire and another one is the power of action. So we have to put our left hand towards me and put both the feet apart from each other, touching the mother earth. Those who are sitting on the ground are alright. There is room they can sit if they like there is room. Alright. Now, we have to use the right hand for the action on left hand side to nourish our centres. First we will show you how to do it. Dr. ?? will show you. Alright. So, put your left hand towards me symbolising your desire to have your selfrealisation. 57.24 And the right on the heart. In the heart resides the spirit. The seat of the spirit is on the fontanelle bone area, on top. Then we will move our hand in the upper portion of our abdomen on the left hand side. And this is the centre of our mastery. Now take our hand in the lower portion of the abdomen on the left hand side. This is the centre of pure knowledge that manifests on our central nervous system and gives us a dimension of collective consciousness. By which we can know our centres as well as centres of others on our finger tips. Now raise your hand in the upper portion of your abdomen on the left hand side. Now on to your heart. Now we have to raise your hand in the corner of our neck and our sholder; like this from the front as back as possible. And turn your head to the right. Now we have to take our hand on the forehead accross. And press it on both the temples. And please bend your head fully. Now, this is the centre where we have to forgive everyone in general. Now please take your hand on the back side of your head and put your head up (look up). This is the centre for asking forgiveness from this all pervading power. Please stretch your palm fully. And your palm. Put down your head please and put the centre of you

. Now please bend your head properly and push back your fingers. This is very important to have a full pressure on the scalp of your head. Now press it hard and move it slowly seven times. Very slowly seven times. Clock wise. Move the scalp. That's all we have to do.

Now we have to close our eyes. Put your left hand towards me and the right hand on your heart. Please put both your feet apart from each other. Now please close don't open your eyes till I tell you. Now you have to say or you have to ask me a very fundamental question to me, you can call me Shri Mataji or you can call me mother. Ask this questio three times, "Mother Am I the Spirit ?" If you are the spirit you are the master, you are guide, you are light. So now please put your right hand in upper portion of the abdomen. Here ask another fundamental question, three times; "Mother am I my own master?" I respect your freedom and I cannot force pure knowledge on you. So now take your right hand in the lower portion of the abdomen and here you say "Mother please give me pure knowledge" say 6 times, as this centre has got 6 petals. As soon as you start saying and ask for pure knowledge, the kundalini starts moving upwards. So now we will nourish the higher centres.

So now ?? . So now, raise your right hand in the upper portion of the abdomen on the left hand side. And here please say 10 times "Mother I am my own master". Say it with full confidence. I have already told you at the very outset that the truth is that you are the pure spirit. So now raise your right hand on your heart, and say 12 times with full confidence "Mother I am the spirit". This all-pervading divine power is the ocean of knowledge and truth. It is the ocean of compassion and bliss. But above all it is the ocean of forgiveness. So you cannot do any mistakes which cannot be forgiven by this powerful ocean of forgiveness. Now put your right hand in the corner of your neck and your shoulder and turn your head to your right. Here with full confidence you have to say 16 times "Mother I am not guilty at all". I have already told you that whether you forgive or don't forgive, you don't do anything. It is a myth. But if you forgive then you play into wrong hands. And you torture yourselves while the person who is troubling you is quiet happy. But don't think of any individual, don't think of any particular incidence. Now you raise your right hand on your forehead across and press it on both the temples. Now, put down your head. And here you have to say, from your heart, not how many times "Mother I forgive everyone". Do it in general. Now take back your hand on the back side of your head and press back your head as far as back as possible. Here only for your satisfaction without feeling guilty, without counting mistakes, you have to ask forgiveness from the all-pervading power "Oh All Pervading power please forgive me, if I have done anything wrong knowingly or unknowingly." Say it from your heart again, not ?? . Now the last centre which is very important. As you have to do everything ?? . Now please stretch your palm fully and put the centre of the palm on the top of your head, on the fontanelle bone area. The soft bone in your childhood. Now put down your head nicely. Stretch back your fingers as far as possible. Put a pressure on your fontanelle bone area on your scalp. Here say, I cannot cross your freedom. I respect you. So you have to ask for your self-realisation. So now move your scalp clockwise with a pressure saying seven times "Mother please give me my self-realisation" moving clockwise seven times. Now please take down your hands. Please open your eyes. And put both the hands towards me, like this. Now put the right hand towards me and put down your head and see for yourself if there is a cool breeze coming out of your head. It might be hot. You should forgive so it becomes cool. Now, please put left hand towards me, and see with the right hand if there is a cool breeze coming out. Now again the right hand. again the right hand towards, put down the head and see if there is a cool breeze coming or hot breeze coming out of your head. Now please put your hands towards the sky and look upwards. Ask this question three times

. The whole of Kiev. So please attend all the programs we have for follow on. Now, people who are seeking should come slowly this side and there will be music. You can clap with it and enjoy. Plus be seated in your seats. We are going to give you photographs when you are sitting down.

After getting the photograph please come here. After getting the photograph. Please be quiet. Please give photographs everywhere. Please be seated. Please be seated.

1990-0630, Interview about Sickness

View [online](#).

30 June 1990

Interview

Meli Ashram, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

[Interview]

Interviewer: And one question still please, is sickness. For me, it is very difficult to understand, what is the sense of sickness for one who.. I don't know, what's the reason, that... and how it can be healed with Kundalini.

Shri Mataji: You see, sickness comes to you as I told you, through our centers getting exhausted. As this is one center, all right, on the left side, left sympathetic, and right sympathetic, and they join together, this is the center. So, we are using the energy of this center, that is limited, for our purpose, anything. Supposing, I'll give you an example of - a very good example - of one's Swadishthan chakra. It's the second center, which looks after the aortic plexus - in the medical terminology. But it's not complete, I mean it's one of the parts.

Now the work of the Swadishthan chakra, according to Sahaja Yoga, which has worked of course wonders with this theory, that it gives energy for the replacement of the brain cells. Because we never think about it. We are using the brain all the time we don't think, how it is replaced, even within the medical science, they don't think about it. So one of the work it has got, it moves here. And also it has to look after your liver, it has to look after your pancreas, it has to look after spleen, it has to look after your kidneys, it has to also look after the lower part of your large intestines. All right? Now.

But all the time a person is thinking. These days every body thinks too much and very futuristic. As a result, it cannot pay attention to all other things. So, what happens, the first thing is affected, is the liver. Now, liver gets all the heat from the whole body, and eliminates it – it's poison for the body you can say - eliminates it into the blood circulation, it goes into the blood. Now when, you see, liver is not attended to, or doesn't get sufficient energy, starts working very hard, so it becomes overactive liver, and this heat cannot be removed, so the heat starts rising upward and downwards. As a result, your - these, what you call – the lungs are made as you know, they are made like a sponge. So it becomes coagulated and you develop asthma. We cure asthma through liver. Incurable. Then it descends down. When it descends down, it affects your kidneys. By that you get high blood pressure. Also, the another thing you get is constipation.

Then your pancreas is neglected. When pancreas is neglected, you get diabetes. Only the people who are thinking, sitting, planning for future get diabetes, never a villager. In India, if you go to a village, they'll say, "You have to put sugar as much, that the spoon must stand at right angles." They take so much sugar. Nobody gets diabetes, because they earn in the morning, nicely go home and sleep off. When we think and think and think of the future. So, the neglect of the pancreas gives you diabetes. Now we have many people who have cured of diabetes also.

Then the third one is the worst, is the spleen, that the spleen is like a - you say rhythm, gives the rhythm. It's a speedometer in us. And supposing you are eating the food and suddenly you have to run, then you get a pain, because it has to produce red blood corpuscles. But if you are always in an emergency in modern times, as you are, first of all you read the newspaper, you are under shock. Because newspaper must shock you, you see. So, then another shock, then another shock. Then in the traffic, you get a shock. So, this poor spleen doesn't know, how to behave in this crazy world. And it becomes very crazy and vulnerable. And with the slightest shock, it can get blood cancer. I must tell you, that we have cured really blood cancer patients. Absolutely cured, completely cured, without any medicine or anything, absolutely cured. We have certificates and everything about them, and surprisingly, all of them were architects. This is one.

Then, another thing as I told you, it affects the kidneys and it affects also the lower intestines. So, only one center, if you use it too much for one purpose, can give you all these troubles. And ultimately the heat might rise to your heart and you may have a massive heart attack. Specially, if young people, if they are drinking too much, if they are playing tennis or of a very - I mean, any game which is like football or tennis, drinking too much and thinking too much, they might get a massive heart attack. And die very young, at a very young age. And it's absolutely fatal. If you get this attack at a young age, it's fatal. You cannot save them. The other way round, if you are - if you have inactive organs also, you can have inactive, also due to that, also you get troubles. So, when you treat somebody on its roots, it's very easy to solve the problem. See, supposing you have to treat a tree and you start treating all the leaves, it's very difficult. But if you can go to the roots, it's so easy, it's simple.

[Workshop]

Seeker: My friend [...] since half a year

Shri Mataji: Come here, I'll just cure it, just now.

Sahaja Yogi: No, it's a friend of him Shri Mataji.

Shri Mataji: Yes, come along. What's the problem.

Wolfgang: The doctor said he has polyarthritis, but they are not sure.

Shri Mataji: You see, doctors are all right, but what I'm saying, what happens to your hand? Let Me see.

Seeker: It pains. My English is not so good, so I-

Shri Mataji: All the time?

Seeker: Some days better, some days not so good. I can't close the finger but I could, I remember.

Shri Mataji: Both the hands? What work you do?

Wolfgang: He is creating plants and flowers out of silk.

Sahaja Yogi: He's the best pianist teacher.

[Laughter.]

Shri Mataji: Of real silk or artificial silk? Real silk or artificial silk, it's the point.

Seeker: Artificial.

Shri Mataji: That's it. That's it. Artificial silk acts against us, you see.

Seeker: Mother, I am not really working with that, so I don't have it in the hand all the times.

Shri Mataji: But how do you make them?

Wolfgang: He is selling them.

Shri Mataji: He must be touching them also quite a lot. You don't make them, you don't make them? All right, let Me see.

How long you had this trouble?

Seeker: Since half a year or a year. Even on the feet.

Shri Mataji: Hum? Even on the feet.

It's a kind of an allergy, you have, you see? All these artificial things give allergy also. You must know that. They give allergy, they are very- some people are allergic to everything. They are allergic to nylons, to anything. Why don't you sell the real flowers?

Seeker: I also sell real flowers.

Shri Mataji: That will solve the problem.

Seeker: But I know another guy, he also has the same, and he is working in a factory for reactors.

Shri Mataji: No, but he may not be sensitive, you see. You might be more sensitive. Some people have some allergies, some people don't have. Depends on the virus in your being, you see. So, it's all right. Somebody is allergic to something, somebody is allergic to something. He may not be. But if you are allergic to something, better not do it. That's the point.

How is his Vishuddhi? He's all right? Put your hand on his Vishuddhi and see.

Sit comfortably, be comfortable.

You are better now, you will see. Are you not better? You improved now.

Can you put it under my feet cause they are stronger than my hands. Vishuddhi.

No, but he'll have to give up this kind of a thing, you see. He should take to something natural, would be better. Is it Vishuddhi?

It's just Vishuddhi.

Wolfgang: It's Vishuddhi.

Some people are allergic to something, some are allergic to something, it's a fact. And one should just find out, what are you allergic to. But with Sahaja Yoga your allergies also disappear. Completely. Takes little time, but disappears. Now? Still there.

Wolfgang: [Nods to say yes.]

Shri Mataji: Vishuddhi is not [inaudible] Ah, quite a lot. His face is also red with Vishuddhi. It's good.

Did he smoke also?

Seeker: No.

Shri Mataji: Nothing, never? Look at now his face also.

Now what is it?

Heart.

Wolfgang: Right heart.

Shri Mataji: Right heart. Right heart? Sure? Hum, better? Vishuddhi is now better?

Wolfgang: Vishuddhi is better.

Shri Mataji: Right heart. Are you all feeling right heart?

Another Sahaja Yogi: No, back-Agnya Shri Mataji.

Shri Mataji: Hum?

Another Sahaja Yogi: Strong back-Agnya.

Shri Mataji: Left Agnya. Just put your hand on the Left Agnya.

Wolfgang: Back-Agnya?

[Shri Mataji nods to say yes.]

Shri Mataji: He's been to some Guru or somebody? He has been?

[Nods to say yes.]

Wolfgang: No.

Shri Mataji: Never? The Left Agnya, how has he got this?

Better. Now, see your hands.

Are you feeling better now, see?

Seeker: That's the same.

Shri Mataji: Same? Not changed? Sure?

Seeker: Yes.

Shri Mataji: Yes, it's Vishuddhi, you see. Heart, just put in your hand on his heart.

The doctors are saying it is arthritis. No, it's just allergy. It's just allergy. It's others. It's allergic condition, that's all.

Seeker: Coat. [Unsure]

Shri Mataji: Hum? No, no, no, no. Not coat [unsure]. In the coat, these things fell off, you see. The joints are paining? Vishuddhi.

Another Sahaja Yogi: Left Vishuddhi also.

Shri Mataji: Left Vishuddhi also. Turn right to the left he will be all tight.

You didn't go to any Guru or anyone like that?

Seeker: No, never.

Shri Mataji: Never. Because with them also you develop allergies. But you never had them in childhood these allergies, never had?

Seeker: Never. I did a lot of sports since two or three years ago.

Shri Mataji: Sports?

Seeker: Yes.

Shri Mataji: What sports?

Seeker: Even tennis [inaudible].

Shri Mataji: Over, too much. He did too much of it.

Even the tennis, you see, if you see the racket, its grip, there is a - sometimes it's not leather.

Seeker: It seems that as long as I played, I had no problems. When I stopped, yes.

Shri Mataji: Then it started growing.

Seeker: Yes.

Shri Mataji: Hum. How is he?

Sahaja Yogi: All left side.

Shri Mataji: Then, put him right to the left. He says he has not been to any Guru, to anyone like that. We have to find out the reason for this problem.

Whole left side is [inaudible]

You're sure, you've not been to anyone like that?

Seeker: No.

Shri Mataji: One minute. It should work out.

Wolfgang: Left side comes out.

Shri Mataji: All right. [Shri Mataji is giving vibrations to his left palm.] Are you feeling the cool breeze now?

You see, the Kundalini has to rise, to get you all right. If it doesn't rise, it won't work out, so we have to rise the Kundalini, that's important.

Wolfgang: He's feeling the cool now.

Feeling the cool now? Are you feeling the cool? You are. Then it's all right. Now see on his head.

Sahaja Yogi: It's done.

Shri Mataji: Good.

Right to the left you put it, he'll be all right.

It's better now? You see, touching now.

Seeker: But it pains.

Shri Mataji: Hum? It pains, bit it's there.

Wolfgang: I feel Left Swadishthan is cooling down.

Shri Mataji: Left Swadishthan. That's the thing, you see, he is saying "no " while he went, so what to do?

Was there any emotional shock to you sometimes?

Seeker: No.

Wolfgang: Not consciously.

Shri Mataji: The left side is quite a lot, I must say.

Wolfgang: He had a divorce which was quite a shock.

Shri Mataji: When?

Wolfgang: Six years ago.

Shri Mataji: Vishuddhi is such a lot here, you see? You can see, it's pulsating here.

You can see it pulsating there. Let him come and have a look.

[To the seeker] Just stay calm like that.

You see the pulsation? That's the Kundalini pulsating there. She's trying to show the problem is there. It's so clear-cut. Anybody can, you can come and have a look.

She shows, you see, that this is the problem.

It has to rise, you just put it on his neck, you see. Can you put his neck right? That's the point. Let him let see. He's straight, all right let's just have a look. I'll see now his Kundalini.

It's better now, it's better. Just feel.

Wolfgang: It's much better.

Shri Mataji: You just go on putting the right to the left and he'll be all right.

Hum, all right. Still, pulsation is there still. It has to go.

Some sort of a virus it is, a kind of a virus.

Put your hand on the Agnya, then it might rise this pulsation. On the Agnya, on the back-Agnya. You should sit comfortably, you sit like that [crossed legs], it's better for us. If you put your hand there [on the ground] it's better.

[Shri Mataji has a candle in front of the seeker's hand side] Are you feeling the heat of the thing?

Seeker: No.

Shri Mataji: No, that's it.

Another Sahaja Yogi: Completely different, the left side is almost cool.

Shri Mataji: Left Swadishthan? You put something there, a candle or something, small candle.

Keep it comfortable, you should be comfortable. Keep it like that. Still there. Vishuddhi, if you can clear out, this will clear but he has Swadishthana, it can't go.

You've not been to anyone like that? You been to catholic church?

Seeker: I don't know, no.

Shri Mataji: Just try to remember.

This is Vishuddhi.

Wolfgang: Mooladhara, I feel very strong.

Shri Mataji: Hum, that's a minimum.

Left Nabhi?

Wolfgang: Left Nabhi.

Shri Mataji: Left Swadishthana, you're seeing that yourself.

You can raise his Kundalini by Mahakali 's mantra, it will all work out. It's, badha it is. Now, it's paining still? It pains? Equally the same or less?

Now less.

Better now? Sorry.

Wolfgang: It's lighter.

Shri Mataji: His Agnya is releasing very much, I think. Yes, now. Left Nabhi.

Wolfgang: Yes.

Shri Mataji: Now, better? Yes, it's better. You see, this is the one, which is also bad in you. It's because of your wife, you see.

Seeker: I always when I feel warm, it becomes better. In the morning, if I put it under hot water-

Shri Mataji: It's better. And that's what you have to do, is to use the candle. Use the candle and they will tell you how to do it, how to use the candle. You see, you have to use the candle and it will be all right. Because whatever it is, you see, it's a left side virus you have got, virus, infection. And for the virus you have to use the light. Light. Light is more than the heat. It's not the heat, it's the light that will help you a lot. They'll tell you how to use it, it will go away.

Improving now very much. That's why it helps you. In the medical science they never use light as such, you see. For all these troubles, left-sided problems, we even cured cancer with candle, and – but takes time, but we cured cancer, plus all these psychosomatic diseases. We have to use only candles. The light has to be used.

His left Nabhi is too much.

Wolfgang: He is married again now, Shri Mataji.

Shri Mataji: You see, now the candle also reacts. It reacts. You see how the candles is reacting. Better, yes.

Better than before, much better, much better. Much better now.

You see the thing is, that you have to work it out with the candle, they'll tell you, it's very simple. But you have to give little time to yourself, that's all. Usual it's the left-side, as we call it, is the virus, a kind of a virus in you, that has to go again away. Once the virus is cured, you are all right. But see, you are much better now. You see now. You see his hand has opened out.

Seeker: It's very good.

Shri Mataji: Yes, it's very good, there is no pain also. But what you have to do now, is to really work it out. It will hardly take two, three times and you can be cleared of it. Just two, three times. Two, three times will be all right. It's just a virus infection of what you call the allergic. Allergic conditions are nothing but viruses, allergic. And these viruses are the plants and things, that have gone out of the circulation of evolution. So, they live on the left-side, in the collective subconscious, you see, the area which was built in. And they attack you. Once they attack you, then medical cannot cure it, you see. It's a psychosomatic trouble. And now in his case also same thing. Only the candle can cure it. With candle, they will tell you how to use. You have to use my photograph. All right? You'll be all right. It's nothing special, great. This hand, is it better? See, the other hand also. You see, other hand.

Seeker: Here, I have only this one. [Right Agnya]

Shri Mataji: This one is yes, Agnya, this one is. That is better. So, your left-side is problematic. Now better.

But don't sell these artificial things, because, you see, allergy could be from nylons, from anything, I mean people get with nylon – they get rushes [unsure], you know, so many allergies are there due to these artificial things. You ask any doctor, they'll tell you, so many types of allergies are there. Endless, absolutely endless.

Now, this is all right.

Seeker: Yes. Thank you very much.

Shri Mataji: May God bless you.

It's all right now. And his Vishuddhi has improved. That's good. So, you please see them and they'll cure you completely, your feet, everything will be cured completely. Completely cured, there's no problem. And doctors also know, that they cannot cure virus trouble, they know that, isn't it? Virus is incurable, they know it very well.

Do you know that cancer and all the psychosomatic troubles come from viruses. They are all viruses, different types, that's all. And if you can just get your attention away from them, you are all right. Sahaja Yoga is that. If you move towards the left, you go to the collective subconscious and there are all those things, which have gone out of the circulation of evolution, out there. But if you can, some or other, pull out your attention, you get cured. Same on the right side also you can have problems. But for psychosomatic troubles only this candle treatment helps a lot. It's a wonderful thing. Better now?

Give him a lemon in his hand. Yes Sir, hold it tight.

Sahaja Yogi: Like a tennis ball.

[Laughter]

I tell you it's a very strenuous game, isn't it?

Tennis is horrible- it's a very strenuous game, isn't it? It's a very strenuous game. You must give up at a point like Borgen has done. Borgen is a very sensible fellow, he gave it up at the right time, you see. Otherwise, it goes on and on like mad. But now only sixteen years old people are playing tennis, so nobody can stand that.

Shri Mataji: All right.

Sahaja Yogi: Jai Shri Mataji. The thing is-

Shri Mataji: Any more question? Only thing, I hope you'll give a good exposition to the whole thing so that people will be helped. We have to help them, you see. This is needed, that reality must be brought to them. That is the greatest work today, that they should know the reality, they should know that they all can be saved and things can work out, you can enjoy everything. And should be given a proper publicity. I think, the newspapers are the ones, who have the responsibility, very great responsibility. If they fail now, they'll be blamed for it. Because that's the communication, you see, that's the only communication we have. Another is television. That's another thing.

In Russia they made a film out of Me, they made this, that, everything is so much, the communication is so much that even the villagers know Me, everybody knows Me. I'll tell you a miracle. I had their visa and the visa is just a paper, you see? And it was lost, because I was travelling from places to places. When I went there, I had no visa with Me. The gentleman - I have a diplomatic passport. So, I started looking at it and there's no visa, what to do? So, I gave it to the gentleman. I said, "Please, I have lost my visa somewhere, I don't know when". Just smiled at Me. He opened it, he saw my photograph and all, and I don't know what he did. He, some he telephoned somewhere. He smiled and he wrote a visa there only and gave it to Me. Can you believe it, such a thing?

Sahaja Yogi: In Russia, Shri Mataji.

Shri Mataji: Russia!

[Laughter]

He himself wrote it, smiled at Me, he wrote it down my visa and gave it to Me. And Guido was so worried, because Guido there went first. He said, "I am her secretary ", he went inside, he was all right because it was a diplomatic passport. He said, "All right, secretary can go in". But he asked Me to stop. I said, "I've lost my visa and gave him the passport". And he wrote it down himself.

Sahaja Yogi: It's incredible for Russia.

Shri Mataji: That's why, there is a lot of freedom there. If you don't do with the politics, it's a lot of freedom. Lot of freedom, that way. Oh, but they are so kind, you have no idea.

And they sent- the government sent Me a limousine.

Sahaja Yogi: The government?

Shri Mataji: Ah! And arranged my stay in a hotel, then in a boat. And they got 800 doctors, this you don't know? There was a conference of 800 doctors from all over Russia. And I addressed to them for one and a half hour, then they said, "Now, give us Realization." They all got Realization. They wanted the photographs. I said, I have no photograph of mine. So, they made Me stand, got a photographer, got my photograph.

[Laughter]

Really, I mean you won't believe, it's another world. They are all already Sahaja Yogis like that, the way they understand. It's remarkable, I tell you.

No doubting people, I said, "Who will translate Me?" There were ten people who got up. It's like that. It's tremendous, it is tremendous. Any number of you people can come, they'll give you visas, they'll look after you, you can stay, it's absolutely in the best places. Whatever, any number of Sahaja Yogis. As long as you have the badge. [Laughter]

Badge you have to have.

Can you imagine such a country, the whole country? With what understanding! Tremendous.

Newspapers, televisions, every village, everywhere they know Me. Some people had gone to purchase something, and they were wearing my badge. So, some villagers said – they got after them, "Give us the badges" you see. "We want Mother's badge". So, they said, "We haven't got it". They said, "No, you have to give it". So, they came back, took some badges and gave it to them, otherwise they would not spare them. Such love, I tell you. Such love.

Sahaja Yogi: Shri Mataji, we can just pray, that this happens once also in Austria.

[Laughter]

Shri Mataji: If it will happen anywhere in Europe, it will be in Austria. That I know.

Sahaja Yogi: Thank you Shri Mataji.

Shri Mataji: Very much because Austrians are, you see, something quite in a balance, between Germany and other European countries, they are quite in balance. If it ever happens in that big way, it will be in Austria, I know that. All right, thank you very much.

Please have something to drink or eat or something, please.

You give him the treatment, before he goes, all right?

1990-0701, Public Program (incomplete)

View [online](#).

1 July 1990

Public Program

Moscow (Russia)

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

I bow to all the seekers of truth.

I have been telling you that the truth is that you are the Spirit and there is an all-pervading power which looks after you, looks after every living being, does all living work. All the problems, human problems come from ignorance that they do not know that they have to become the Spirit. We try to seek joy in various things like material wants or money. Or we try to seek joy in pursuit of powers, worldly powers. Or we try to form our own attachments in different places like our children, our family, our house, our home. These are all our, but what is I? That's what we have to find out. And that I is the one which is lost because of our ignorance.

Now, as I have told you before also that you must listen to Me with an open heart and open mind and if it is true then you have to accept it as honestly. You have been already told about the centers we have within ourselves and the three channels which make the center. Fourth is the power of Kundalini. This Kundalini is your Mother, your individual Mother and she has to rise through these six centers, nourishing them, integrating them and come out of your fontanelle bone area. This is the only thing which is yoga, means union with the all-pervading power. After getting realisation only, you are blessed because the connection is established. If you want to be healthy, wealthy and wise, then we have to see what we have missed in life. We always go to extremes and we cannot keep to the center. So like this if you see My hands are the centers and this is the left side and this is the right side. So when you go to the left side means you become very emotional and attached, very emotional, then the left side starts moving too much on one side and when you become too futuristic and planning and active, then it starts moving on the right side. Thus we exhaust the energy of our centers and we feel exhausted and get diseases, physical, mental and emotional. I have seen a very common diseases in Moscow. One of them is what we call as diabetes, another is liver. Third is high blood pressure and blood cancer. All these are caused by the imbalance of one center within us. That is the second center that we have here, the yellow coloured one. The main work of this center is to give energy to the brain, which thinks too much, to replace the grey cells. So those who think too much all the time, worry too much about future, plan too much about future or physically work very hard, use this center more...

1990-0702, Medical Conference

View [online](#).

2 July 1990

Conference

Moscow (Russia)

Talk Language: English | Transcript (English) – VERIFIED

Doctor's Conference, 2 July 1990 – Moscow (Russia)

I bow to all the seekers of truth.

In the medical studies whatever we have discovered so far is there already available. And whatever we can discover with human awareness has its own limitations.

Supposing it is said that the human body does not accept any foreign thing into its being, but when the foetus is implanted, then it is looked after, it's not thrown out, it's looked after and thrown out at the right time.

Also the role of acetylcholine and adrenaline in our body, its mode of action cannot be explained because sometimes they augment, sometimes they relax. We cannot even explain the action of our spleen; there are so many things that cannot be explained through medical achievements. So we have to know there is much to be known and much to be found out.

So I would like you all to know something of the beyond which is not known so far. And for you I would request to have an open mind of a scientist to see for yourself if it is true or not. Till then it's like a hypothesis.

So Sahaja Yoga gives you the complete picture, total picture, of the totality of consciousness. And as you grow higher and higher in Sahaja Yoga you yourself understand and can work out this great system.

First we have to accept that we are not only this human body, nor our emotions, and neither our ego and conditionings, but we are the Spirit, the pure Spirit. The another thing one has to understand, that there is an all-pervading Power of Love which does all this living work of creating flowers, creating fruits, making us human beings.

Of course in the science there is no place for love as such, it doesn't talk of love. But even the doctors have to love the patients otherwise they cannot dedicate.

So first the doctor has to become the Spirit and has to feel the cool vibrations around him, which are the proof of this all-pervading Power of Love. Now this is the instrument which you have to use, first of all for cleansing yourself and for cleansing others.

In the medical terminology we can say that the parasympathetic nervous system is looked after by the central channel and the left and right is looked after by two more channels.

According to Sahaja Yoga left and right sympathetic are two separate energies. The left one is the one which comforts us, the right one is the one which counsels us and the centre one is the one which redeems us. So all this is after Realization, because you have to have the connection.

Now in human beings these centres are in the spinal cord and also in the brain. And they are formed like this, from the left and from the right, both put together is the central system.

The triangular bone in which this Kundalini resides is called as Sacrum as you know. 'Sacrum' means 'sacred' so the Greeks knew about it and they put that word in the medical terminology also, 'sacred'.

So according to Sahaja Yoga we are actually basically three types of people. Firstly, either we go to the left or to the right.

Left side is our desires that have worked out and also whatever doesn't work out goes into our subconscious on the left side, and then into collective subconscious. We can say that it looks after our psyche. It starts from down below there, from the last centre, goes upward, crosses over at the optic chiasma and creates what you call as the superego in the psychological terms, means the conditioning. The lowest centre also nourishes the pelvic plexus, which is responsible for our excretion. Also it looks after sex.

So one has to have sane ideas about sex because this channel originates from the last centre.

But when Freud talked of psyche, he perverted the whole thing. Instead of telling people how to safeguard this centre, how to safeguard the centre of innocence by looking after the sex habits, he just told the other way round. He related everything to sex as if human beings are just sex points. And he formed a very funny self-opiniated ideology that every man has sex feelings for his mother. Horrible! On this mental projection he based all his theories and people thought it was so-called 'freedom' to have sex the way they like. They didn't even challenge him. He became more than Christ to them in the West.

As a result we have now the invasion of AIDS, we have got all kinds of these diseases like gonorrhoea and all these serious diseases, which are, they say so, at least 60 percent in America. All related to sex organs. It was always called as 'private', 'private parts', but it was never understood what does it mean.

Now so the left side is the psychic problem and the right side is the physical problems, somatic problems.

Now the somatic problems are when we work too hard and think too much, we are futuristic, then we start using this centre, the second centre. When we think too much, then we have to supply energy for the brain. So all the energy of this centre goes to such a brain which thinks too much, which is futuristic. And other important functions it has to do, which are neglected.

So the right-sided problems are caused by, neglect by liver, overactive liver. You get diabetes because pancreas is not looked after. You get leukemia because spleen is not looked after. You get high blood pressure because kidneys are in trouble. As the heat of the liver ascends you get asthma. We all know that the brain is like a spongy matter and in a way coagulates. Same thing happens to kidneys when the heat goes to the kidneys. They cannot pass the urine, the urine circulates in the body and in the blood. Also it causes constipation.

So heat is the symptom of disease and coolness is the symptom of benevolence. So they have experimented with helium gas and when they gave heat to helium they found out that all the molecules were fighting with each other. And when they cooled it, then they found all the molecules were collective.

Now the third type of diseases are psychosomatic, combination of both. But those who are psychosomatic they have more problems with the psyche than with the physical.

I'll explain to you about cancer, which is psychosomatic according to us. All these viruses are the dead plants or dead animals, maybe microscopic, which have gone out of the circulation of evolution. They reside in the area which we call as collective subconscious.

Doctors have reached the certain understanding about it, little certain understanding, that they say there are proteins 53 and 58, which trigger the cancer. Also they say that this cancer is caused to a person when he goes into some sort of a shock or something and this attack comes from, triggering comes from the area which was built within us since our creation. This is the

same area, which I'm telling you, is the collective subconscious where everything that is dead is there. So there are people, also human beings who are dead, are hanging round there, dead souls.

Now if I tell you something which you may not have heard with medical science, but I'll give you the complete picture in any case to understand.

There is the soul which is made of causal of all the elements, which is attached in loops on the back side of our body, in all the seven centres plus the Sacrum bone where it resides. It makes seven loops.

I have told them, because after Realization you can see many loops like that, round round things in loop, you see them like chakras and one into another, many of them, sometimes together, sometimes only one. Also you can see little sparks like commas, that is the Chaitanya, that is the vibrations. Now I have told them that these are the dead souls hanging around.

Now this soul is reflected on our cells in the receptor area. Recently, very recently in America they have now pictured the receptor of a cell. It exactly looks like the one you see after Realization in the air, exactly. But when another soul sits on the being then it is reflected on the cells. Dead soul, another dead soul. It affects the soul, it affects them because it is reflected in the cell, it is also affects the receptor. Then this soul, new soul, which is there, it might get attached to anyone of the centres or to all of them depends on affects the cells also. And they create all this dopamine series which causes epilepsy, mental problems, also cancer, also AIDS, also all these things.

So if they are viruses, then it's not so bad, I mean only one portion can be affected, but it can travel from one to another. But if it's a human possession then it's very difficult.

So now in Sahaja Yoga to cure the diseases which you are giving me here, out of which I'll give it out to you is:

hypertension can be caused both of them, heart disease could be also from the same. Epilepsy definitely from the left side. Migraine or sick headaches could be from both sides. All these bone diseases... Is this like, what you call, arthritis? It is this also is psychosomatic. Leukemia is definitely psychosomatic, tumours are psychosomatic, women diseases, fibrosis, menopause... menopause is not a disease, it's a normal thing. Inflammation of the pancreas could be also psychosomatic. Cholecystitis need not be, need not be, it is, it can be somatic also. No, actually cholecystitis is left-sided, is left-sided, sorry. Sciatica could be both, could be psychosomatic, could be somatic. All mental diseases — left-sided, absolutely. Schizophrenia — absolutely. Alcoholism is created by right side, creating left side problems. Arthritis — psychosomatic. Varicosity is right-sided. Now bad habits, like drug addiction, smoking, homo sexuality and all kind of perverted sex, too much indulgence into sex is all due to psychosomatic, or left-sided, absolutely left-sided.

See, drug addiction, smoking... smoking creates left side problem because one feels guilty. But we can say, perverted sex habits and flirting of the eyes, and AIDS, and what you call, too much of sex, or rigidity, and also interest in, I've said, perverted sex you call that, all this is due to the left side, is some sort of a possession. Infantile paralysis is left-sided, same thing, multiple sclerosis absolutely this left, this centre. We cured the other day one lady of multiple sclerosis in about ten minutes and she started walking so fast. Then, what is there, neurosis — neurosis could be from both the sides [UNCLEAR]. Parkinson's also from the same, left side. Rheumatism is the Nabhi, left side. Muscular dystrophy also left side. Stroke could be depends on: if it is on the left-hand side, then it is from the somatic side; if it is on the right-hand side, then it is from the left side. Then there is yuppie's disease — yuppie's disease is where you are very hard working, you are extremely futuristic and use your conscious mind too much, studying too much also. Then the conscious mind becomes absolutely paralyzed. You are walking all right and suddenly you are conscious that you are walking — you just paralyzed. I had told about yuppie's disease about eight years back in America, that it will come. But they didn't listen to Me. Now it is a very, very serious disease, very serious and it's fast spreading, very fast spreading. I told them about AIDS about I think fourteen years back. They laughed at Me. Now they are in it.

Diabetes is partly, very partly we should say left, but mostly right.

Cancer is, any cancer is like this: you see, this is the centre and centre is giving energy on both the sides. And when you move one too much, because of using left or right, specially right, when you use too much of right, the exhaustion takes place [UNCLEAR]. So you are vulnerable. And suddenly happens from the left side, it breaks. And the connection with the whole is lost. So these proteins, like 53, 58, they are very ego-oriented and arbitrary. Whatever cell they touch, that becomes malignant. Thus, malignancy is set in.

Same women suffer from breast cancer. The centre of heart is the Mother's centre. When the motherhood is challenged of a woman, supposing the husband has flirt and he keeps her always insecure, or she's very much sort of insecure otherwise also then this centre gets tarnished. Now this centre produces antibodies to fight the diseases in the sternum bone as you all know till the age of twelve years. And then they are distributed all over. So whenever there is any fear the sternum bone shakes and it's like a remote control and sends messages to all the antibodies to fight. So if you can establish the security of such a lady through Kundalini awakening, nourishing her centre here, her cancer can be cured. When they are in very advance stages, they do not have that will-power left. Then it's better to remove the breast and then establish your security.

Already there are diseases also which are caused by the lethargic organs.

When heart is lethargic you get angina. When this centre of Vishuddhi catches on the left side here, when you feel guilty, then the blood cannot flow to the head, then it has to work very hard and such a heart becomes tired and lethargic.

So in Sahaja Yoga we have two types of organs: one are overactive and one are lethargic.

It's lucky that the photograph also have vibrations. So the doctors should first of all establish themselves properly, cleanse themselves nicely and protect themselves, then they can also learn how to cure others.

But in the beginning, you can use the photographs and with the photographs how to cure you can find out from the centres, for every, left side or right side, there are only three types: left side, right side or psychosomatic.

But as I told you, that psychosomatic is first has to be dealt only on the left side.

I think I've dealt with many diseases and if you have any other problems you should let me know what is to be done. There is one more, I must say, that I've seen some children suffering from hyperactivity. Even diabetes comes from the same reason of a children. Children get diabetes with the same disease of which I'm telling. At the time when the mother is pregnant, she should not work very hard. She should take rest more. She should not think too much but read something soothing things, something nice. Best is to meditate.

At that time if mother is overactive and thinking of the futuristic things, children are born with these diseases. And if she's hectic, the child may get leukemia because you know spleen will use for all emergencies, because it produces red blood corpuscles. But you are hectic, panicked all the time, rushing about, then poor spleen doesn't understand. It becomes erratic and also it becomes crazy I must say. This could be for even grownups, same thing. This is also for the grownups.

Now when suddenly something triggers from the left side as a shock maybe, as some sort of a sadness, maybe accident, anything, it triggers leukemia, as well as in the children.

But the worst thing that is very difficult for anybody to understand is there are negative forces working. They work through negative people. These can come as false gurus or some parapsychology or mesmerism, anything like that. All these things are done through putting some sort of a dead soul on your soul. So one has to be very careful.

For this you cannot charge money because it's a living process of evolution.

Anything living: for example, you sow the seed — you don't pay any money to Mother Earth, she does it. It is built in the seed as well as the Mother Earth. You don't pay anything. We also take all the living processes for granted without thinking about it. There's no obligation.

But all these horrible people are money-oriented. They have no purity of heart, purity of eyes. They are interested in women or men, all kinds of thing, dirty things they do. The most important thing they cannot explain how they do it. They cannot relate it to medical science or to any science.

Now there are some people who are trying to market, marketing in Ayurveda. This is another trick.

That's the Indian system medical. Firstly, there is no need to have any guru for that, you can always get it in the market. But these medicines are made out of absolutely fresh leaves, fresh roots, everything fresh, that only grows in India. Fruits, fresh fruits.

For example, you people take Liv 52 here, is made from a little fruit we call as aronya in India, from that, aronya. So if you eat for a week aronya your liver is all right, you don't have to take this Liv 52 all your life. And they are very limited, few, but there are some medicines which are very few, which are there, which can be helpful, which can be also made into pills and could be sold. Could be made into pills. Next time I'll try to bring some for you. But the best way is Sahaja Yoga, is your own power. If you need any additional help then we do use vibrated water, vibrated sugar, vibrated salt and also we use certain these medicines little vibrated. Very, very, very few.

And also Hatha Yoga, some exercises we tell you whenever it is necessary, very few. Like wherever there is a chakra damaged because of some physical problem, we try to give that particular Hatha Yoga exercise, precisely.

But the way people do Hatha Yoga is taking all the medicines from the medicine chest, without knowing what to take, what not to take. Actually it is not Hatha Yoga — Ha Tha, means both the Nadis have to be used, it's only Ha they use. And this can cause such an imbalance within you, that [UNCLEAR] can become extremely dry, hot tempered and may divorce his wife, may not produce any children.

Now the women who are very right-sided, over right-sided, very left-sided also cannot produce children. And they have so many problems otherwise.

So that means is that we have to be in the centre, our Kundalini should be fixed permanently with that all-pervading Power and the flow should be all the time within you.

But apart from physical, mental and emotional life, you have the spiritual life, which is much more miraculous, which is very blissful and when you understand how this power of Love looks after you, you are amazed. You don't worry about anything.

That's what doctor Wallace told about Me, that he cannot cope with Me. But the main thing is I don't do anything. If I'm travelling I'm there, if I'm with you I'm here, so what am I doing? So I don't think I do anything. My love just flows, that's all, I know that it flows, that's all, but I don't do anything. Because that is My nature. That's how it is going to work out with you all, but I will advise you first not to touch the patient, use the photograph.

1990-0706, Evening Program Guru Puja Weekend

View [online](#).

6 July 1990

Evening Program Guru Puja

Camping Parc des Libertés, Avignon (France)

Talk Language: English | Transcript (English) – Draft

[Applause]

[Cut in the video. Starts at 2:03:37]

Babamama: I'll try to explain. It's so in such a condensed manner, the entire Sahaja concept has been brought out. It's only the promise of the language. I'll try to interpret it in English. It says, "Oh God, in the form of knowledge, you have planted a tree of my wish or desire". We call it Kankavruksha. The best we can say is the tree of my desire.

"And the branches are now blossomed of that tree. And as a result, my mind has now settled down for meditation".

[Babamama speaks with Shri Mataji in Marathi]

Shri Mataji: On these feet there is the glow of 'Chandra'.

Babamama: On these feet, or on this status,

Shri Mataji: Lotus feet.

Babamama: On the lotus feet, is the glow of both the Sun and the Moon. And the glow is augmenting the lotus feet as though.

[Babamama speaks with Shri Mataji in Marathi]

Shri Mataji: On the lotus feet, the glow of the Sun and the Moon are surrounding the lotus feet.

Babamama: And giving a status.

Shri Mataji: And getting a status.

Babamama: And getting a status. The glow of Sun and Moon are getting a status by remaining on the lotus feet.

"And having done so, then it has penetrated through the Brahmarandhra, that is the fontanel bone. This is addressed to the Divine.

Shri Mataji: That God has broken our Brahmarandhra.

Babamama: [Babamama speaks with Shri Mataji in Marathi]

All right. That, "The God, the divinity himself has now opened up the Brahmarandhra", the fontanel bone area, or the Sahasrara, as we call it. And, as a result, the vibrations have now completely filled the entire environment or the skies.

Shri Mataji: Churning the seven seas.

Babamama: "Having churned the seven rivers,

Shri Mataji: Seas.

Babamama: Or seven seas"

Shri Mataji: Meaning the seven chakras.

Babamama: Or in the seven chakras, then the entire sky or the cosmos has been filled by the essence of this journey, which is again, vibrations.

Shri Mataji: Chaitanya.

Babamama: Or the Chaitanya.

'Sanskriti, Nangarudvara, Vahe, Dhyamadeva, Aum, Aum'.

"And in this vibration, or through this vibration, is the culture flowing, the culture of the divinity,"

Shri Mataji: Sahaja culture.

Babamama: "Or the culture of Sahaja is flowing. And it is flowing eternally. It is flowing uninterruptedly".

Shri Mataji: [Marathi]

Babamama: Like, when the Kundalini is awakened, the search culture is flowing through that Kundalini. In the same way, he is comparing that, "When the seven seas were churned, the essence of this journey has completely purified the entire cosmos. And as a result, the Sahaj culture can easily be established and can flow into the whole environment, or into the whole air".

Babamama: "Now in order to trace",

Shri Mataji: To find out.

Babamama: "To find out the truth, which is so beautiful, like the Shiva". It says the 'Shiva Satya Sundar', that the truth which is so beautiful like the god Shiva, with the power of divine faith or divine surrender. "The equipment that you have for searching this beautiful truth like Shiva, is the divine faith that you have".

"And when you are in this pursuit, you will, if you are having the needed dedication", or we call it the 'sadhana' or if you have the needed surrender, in Sahaja language, "then you will be elevated to be the Guru".

Shri Mataji: Ne, ne. [Marathi]

Babamama: "You will be able to reach to the feet, the lotus feet of the Guru, only when you have that dedication and you have that surrender status".

[Conversation in Marathi aside]

Babamama: Then there is a pleading by the poet, he says that, "In the form of knowledge, or the Virata, may I see you manifest it in small atoms, even the smallest particle, molecule, should manifest the Virata. I shall see you even in the smallest of molecules".

'Shabti yukti namrata deshi le shuh sankar pade.'

Then the poet is praying that, "You give me the power, you give me the mechanism, give me the techniques, and also give me the modesty and the character, the good character which I require and also the determination that I shall never fail in my pursuit of this Virata".

Then he says, 'Shabti namrata deshi le shuh sankar pade. Then he says, atma jnani nishchaya bana cheetana mai zahade'. Then because of my knowledge within, or because of the light that has been kindled within, and because of my determination, my mind has become 'cheetana mai' or has become vibratory or has become awakened.

Shri Mataji: It is in the praise of God, you see, that, "God you have done all these things for me, and I have achieved this beautiful state in myself". You see, all praise of God. And because I cannot translate my own praise, so I preferred him to translate.

[Laughter]

Babamama: And I can assure you I have done a very bad job. Because all the qualities that are there of the Guru, how to bring them into language, because I think the relationship of a Guru and shishya, that is the Master and pupil, is more out of experience rather than out of productions of the mind or mental productions. So, it is extremely difficult to explain to you the tenderness and the affection, and also the discipline which the Master gives to the disciple. It has to be experienced. I am sure you are experiencing it right now.

Okay, now a song which according to Guido is the hit of 1990. I am requesting Anil to come again. I'm sorry. Okay, one song from Sanjay, then after that we will come to the hit song. Of Sanjay, all songs are hits. I did not tell you that.

[Cut in the video]

Not written by Babamama or Belos or Roshan. But there must be another poet who has this sahaj concept. It is a very beautiful song. It is a very slow song, but it has the impact of reaching your heart, and will also bring out the vibratory effect of the song. We will experience it.

Shri Mataji: You see, this song, I used to like very much together, saying to God that, "When I see your eyes full of life, I want to live". And this is, I mean it's really- sometimes I used to get very depressed and unhappy the way things are working out, and sometimes how people used to talk, or there used to be so many negative things that would happen. Then this song used to come back to Me that, "Oh God, your eyes when I see, full of life, I want to live". And it's a beautiful song. It's very encouraging for Me as well as for you.

[2:16:30]

1990-0707, Evening Program, eve of Guru Puja

View [online](#).

7 July 1990

Evening Program

Camping Parc des Libertés, Avignon (France)

Talk Language: English | Transcript (English) – Draft

Musical program, camping "parc des Libertés", on the island of Barthelasse, Avignon, France, 07-07-1990

Shri Mataji: Give her a chair.

Give her a chair otherwise she won't be able to play harmonium.

Ah, [Hindi]

Can you keep it up there? Ah. On that.

[Hindi]

You can move that.

Come on. Have a sit there.

Sahaja Yogi: We would like to present you with a "Bharood" [Marathi religious song] by Sant Eknath. It's a song that, in a style that is designed to teach people what will happen to them if they don't behave in a, in the correct way.

In this particular song, Sant Eknath is talking about what happens to people if they're not if they trick people badly. If they are, if they are rude to them if they cheat them. Sant Eknath gives example in particular of Duryodhana who took Draupadi and humiliated her in his court and it was eventually his brother, the brother of Duryodhana drag Draupadi into the court to be humiliated. And was eventually punished by Bhishma, punished by Bhishma in a dual.

In the same way, Ravana who kidnapped Shri Sita was duly punished by Shri Rama. And so on in many cases.

In reality, there are only four people that Sant Eknath mentions who are free from any kind of problem in his regard. For example, Bhishma and Hanumana those two are examples.

Sant Eknath concludes the song inviting us to be sweet with each other and not to abuse each other. Otherwise - cause if we do, then our fate is a very ugly one.

Babamama: Give me a microphone for tablas.

Shri Mataji: When standing, they will wait.

Sahaja Yogi: Yes.

Shri Mataji: So, all of you can sit there like this only.

Patrick!

Sahaja Yogi: Yes.

[Music starts.]

Sahaja Yogi: We have another song for you. This time it's a village's song, a folk's song from Uttar Pradesh. The context of the song is a group of villagers on a way to a festival at Prayag in the month of Magha which is January or February. And Prayag is a place where the two holy rivers of India, Ganga and Yamuna, meet. So, in the first verse, the villagers are singing the praises of Prayag where the rivers meet, and for this reason, it's a holy place, a place of pilgrimage.

In the second verse, they explain how Ganga comes from Haridwar, which is also a place of pilgrimage because Ganga has come down from the heaven in that place. So it has come from Haridwar, which is a popular place of pilgrimage, to Prayag which is also a place of pilgrimage.

[Music starts.]

Lady [on harmonium]: Come here, on the same line. You go a little bit that side.

Ok, very good.

Shri Mataji: Ah! This reminded me of my own marriage when I went to my husband's house. They all used to sing like this only there. So, it's wonderful, the way they have sung it, absolutely with complete pronunciation, everything, it's wonderful. I was just enjoying it. Thank you very much. And I hope you all have enjoyed too.

[Applause]

Lady [on harmonium]: The group of students who are sitting in front of you, on the stage, have been learning classical music at Garlate house near Milano, I hope you - all of you know Garlate house. And they covered about seven ragas. Among these ragas, they learnt Marva raga which is the favourite raga of Shri Mataji. And they will sing what we call the chutta khayal [composition] in ektaal [12 beats]. First, they will sing the aroha [ascending scale] and pakad [melodic theme] of raga Marva and then sargam [singing notes].

Shri Mataji: Aroha is ascend

Lady [on harmonium]: Aroha is, are the ascending notes of the raga. And Avaroha are the descending notes of the raga. And pakad are the group of notes typical of that raga, so that the raga can be recognized when those notes are sung. And they are singing the chutta khayal in ektaal. And before singing the chutta khayal, they will sing sargam. Sargam, they will sing also in double rhythm. And chutta khayal, they will sing with alap and taans [first and second part of the raga].

I hope all of you will like it and Shri Mataji will also like what they sing in the present.

[Music starts.]

[Applause]

[Cut in the video]

Lady [on harmonium]: Is a prayer composed by Guru Dev Rabindranath Tagore in raga Bhairavi. "Antara Mama Bikoshito Karo, antara tara hey." The devotee is praying to the God that: "Let my inner being be enlightened." "Nirmala karo, ujjwala karo, sundara

karo hey."

Nirmala, you know: Shri Mataji's name is Nirmala, pure. Absolutely pure.

"Mangalo karo" make it holy and make it beautiful. So, this prayer is being sung by the students who were studying semi-classical in raga Bhairavi and this will be the last song.

[Music starts.]

[Applause]

[Cut in the video]

Babamama: In a bus and we had a lot of discomfort in the sense that we were not feeling free. But when we came into this wonderful land of Italy, we were feeling very, very free and we were also feeling very hungry. Maybe, it has something to do with the Nabhi, I'm sure.

But then, in order to keep my Sangeet Sarita members happy, I was trying to sing a raga which is known as Chandrakauns. It's a very, very dynamic raga. And close to that raga is another raga known as Malkauns. And there is a difference of only one note in these two ragas. And, as I was singing I was talking to Guruji and I was saying that if we add this note of one raga into another, I think we will create a beautiful raga.

And he immediately got up and he started singing with that additional note and a new raga was born. Just, just in the bus, a new raga was born. And then, we had to give a name and Guruji gave a very, very dynamic very sahaj name: he called it "Chaitanya Ranjani" [vibrations; to be rejoiced] which will entertain your Chaitanya.

This is a raga which is going to be played for the first time. Even in India, my sister will bear me out that this has not been played before, anywhere. So, you can imagine what's a headache is done to this poor Babamama who knew very little about music. He's gone so dynamic that he is creating ragas!

[Laughter]

[Applause]

Babamama: This will be played to you by one and only Guruji on the violin and our young artist Nasir Khan.

Guido, could you please take down completely... as it is obstructing the view. It has to be removed completely.

I was discussing this raga with my other sister; where is she? I can't see. She must be sitting on side. So, she was saying as to: "How could you create this raga?" And she herself replied: "It is because of your concentration in music." "That, that is because you put your heart and soul in something and you will achieve." So, when you have to have creativity, your attention is the most important equipment. So, you put your attention on something and you are bound to create if your attention is fully on that subject.

Out of the twelve brothers and sisters that we are, my dear sister is a subtle artist and was blessed with this voice and the gift of music and we used to have music every day in the house. I was a very playful boy, but in between, I used to go and listen to this music. And that has been registered with me and it is coming so helpful now so that we can transfer this culture of India through this music to all the Sahaja Yogis. It's a tremendous feeling.

Now, I will first tell you as to what the two ragas are and then I will tell you how they have been blended. So you will be able to

appreciate the difference.

First, a very brief introduction of the members of the Nirmal Sangeet Sarita who are on the stage: Sandesh Popatkar on the tabla.

Then our Guruji, mister Prabhakarji [Dhakde] on the violin.

And, two years ago this young artist Nasir Khan was here, he was then the baby of the team. He has lost that status of being a baby because he's become, he is going to become a father very shortly. And- but his sitar has improved immensely over the two years.

And now I will ask Prabhakarji to first play the ragas as they are. The two ragas. Now, first, he will play the Chandrakauns. One minute, the tuning.

Now, this is Chandrakauns he is playing.

Now, this is the original raga, Chandrakauns.

Pakad notation.

Acha [Hindi]. Now, I'll ask Nasir to play Malkauns.

See the notation.

The only difference of one note.

Now, the new raga. Only the notations.

OK. Now, the "Chaitanya Ranjani" for your Chaitanya. Thank you.

[Music starts.]

Antonio, people here can come here in the front.

Shri Mataji has suggested a new name for this raga. Since this is a gift from the disciple to the guru, and guru is synonymous of "Purnima" that is the full Moon, Shri Mataji says that this raga should be called "Chaitanya Purnima". That means -

[Applause]

I think this is the biggest award a disciple can expect from a guru, that She has blessed this raga with a very wonderful name.

Jai Shri Mataji.

[Applause]

[Here comes the second sitar player, Nishat Khan, with his tablas player.]

Nishat Khan: You are lucky because Shri Mataji is speaking about you.

All of you.

"Chers amis, bonsoir". [French meaning "Dear friends, good night."]

[Applause]

Thank you.

[No sound.]

Because I wanted to drive in Rome, I wanted to drive, so I said: "We will take the car." So we took the car and as you know that it's very difficult to find parking in Rome, like in Paris, yes. More difficult. So, for about twenty minutes, we went around, around and around, looking for a parking place. Twenty minutes later, I suddenly noticed a small gap in front of the restaurant. I took my car and I went into this gap. And in front, there was a poster of Shri Mataji smiling.

[Laughter]

[Applause]

The smile on that poster was very knowing.

I'm very- I'm very touched and very moved that we have been chosen as one of the musicians to play in this elated evening. Indian classical music is based on ragas, melodies which we call ragas, and ragas are emotions, ragas are mood, it's an emotion. And different ragas have different emotions. And this evening, I chose to play a raga called Puriya, raga Puriya.

[No sound.]

Shri Mataji: Tomorrow is, as you know, we are going to celebrate the Guru Purnima. And all these artists, whom you see here, have become such great artists because of their dedication - of course through the art- but through their gurus. Complete dedication. And this is the key of their success: complete dedication to the guru. And to master any art, you have to have dedication and surrendering. And that's how these people have achieved such heights of perfection. That they have followed their gurus out and out absolutely, completely surrendering. And that is why today I'm happy that we have so many artists here, especially such a great artist of such fame before you. But if you ask him, he 'll tell you that he had to go through penance to master this art. And his own father is his guru. So what a difficult situation must be for the father of for the son. But as far as the art is concerned, there is no compromise. In the same way, as far as spirituality is concerned, there is no compromise. Maybe, your guru is your Mother, but still, no compromise.

So, may God bless you.

[Applause]

[Music starts.]

Thank you very much for appreciating him so much. Actually, it is a tremendous speed, you see, the speed with which and the balance. Balance and the speed. We are living in an age of, we are living in an age of a jet, you see, we're living in an age of speed and in that speed, we have to keep the balance and the rhythm. That's what you have to learn is to keep the balance and the rhythm and then you have to come to the first beat, that is the Spirit. So, how you are bound, may go anywhere with any speed, keep the speed, keep the balance and come back to the same first beat which is the Spirit, is the- that's how it works out.

And the speed with which he is playing, I tell you, this is a very great, modern also, a kind of a blessing that there is a speed in the atmosphere. And everywhere there's speed and - but in that speed to have the balance is only possible when you practice what

you call "riyaz" is quite deep and you do it with your whole attention and whole heart. Then only, otherwise it's not possible such a speed that he has. What a tremendous speed! [Hindi]

Speed [inaudible] -you see, have you noticed the speed with which he was playing? And have you noticed the balance that he had? And how he was rhythmic?

Rhythm, he never missed, you see, he's very good as we call it the [inaudible]

[Shri Mataji laughs] like.

So he is, tablavalala is another-

Babamama: Tablavalala is very sahaj Mother.

Shri Mataji: Sahaj! And he is absolutely relaxed and he is playing so well. He's beautiful.

And that is what kind of a tablavalala you need for a music like this where he has to be most unassuming and he is supporting all the time the artist, should be the point.

I'm very happy you all are enjoying it so much and that you are appreciative of him cause, after all, it's a - we have been brought up in this kind of [inaudible] style. In my family, from my childhood, I have been hearing nothing but classical music and all my life. I've never known even one minute in my house then, where the music is not there: somebody singing in this room or somebody singing in that room, whatever may be the situation, there is music on. So, for my ear it is tremendous but to my heart also. And the way he has played, I must thank him very much on your behalf.

From his heart, he has played, from his heart.

Nishat Khan: It's only to her presence that this can happen. You all know this also.

[Applause]

[No sound]

Nishat Khan: "Avion" [plane] means "air" isn't it? "Wind" in French. "Avion" is wind.

Babamama: He says it is "guide" "avion" is "guide".

Nishat Khan: No, "avion", "avion".

Guido: "Avion"?

Nishat Khan: Is what?

Guido: "Avion" is airplane.

Nishat Khan: Airplane. There's a lot of "avion" in the Avignon.

[Laughter]

Shri Mataji: If you see, the sitar he has got a rakhi to it, you see? You all know what is rakhi is. So the sitar is his sister. And the

sisterly love is the purity of love, absolute pure love, you see. And the sister is the protector of the brother. So, this is how they tie rakhi to a sister, you see? I hope you have noticed it.

[Hindi]

Shri Mataji: There is a circus on and it's a nice contrast to see the difference between the two.

[Shri Mataji laughs]

Shri Mataji: This is the raga which is called as Durga as you must have heard it before also, and it's quite a difficult raga and also it is only with the five notes it is played and there are very few ragas like that. And one of them is Gunakali raga which is also played with the same style. And I was surprised that in certain countries, they only know one raga. Like Bhairava, it's a- it's the only raga they know in Iran. Whether it is morning, evening, afternoon, they sing just that one raga is Bhairava. And I was surprised, I heard Gunakali in Japan.

Nishat Khan: Ah, ah.

Shri Mataji: Japanese have only idea of Gunakali, I don't know how they got it. But only Gunakali nothing else.

Nishat Khan: Absolutely.

Shri Mataji: Absolutely. That's all. One raga they are masters.

Nishat Khan: They are mastering that raga.

Shri Mataji: One, but morning, evening, [Hindi].

And in a way, these ragas are morning ragas. Bhairava especially is a raga all the time they sing without any discrimination. But this is the time for Durga really. Just before awakening, the mother is calling that: "Get up now and meditate." Ah! How beautiful it is, just see.

[Music starts.]

[End of music.]

Shri Mataji: Now, their last raga is Bhairavi. It has to be played in the old traditional ways and it's a raga that is in praise of the power of, we can say, of the Spirit. Because it is a- it has such beautiful notes and [Hindi]. Notes which are - it's a complete "sampurna" it's a complete "aga" it's a "Purnima". Hey?

[Babamama in Hindi]

Shri Mataji: All the twelve notes are in it. So, you see, it's such a complete raga and it has to be played in all due respect to it.

Babamama: And it is a ragani Shri Mataji.

Shri Mataji: It's a ragani regarded as you see, because - [Shri Mataji laughs].

Now, as you know that the heart chakra has got – heart chakra has got twelve petals. And the Durga resides on the heart chakra. Now, the Durga's qualities are that she is protective of her children. She's very gentle, very soft with her children. And she is extremely horrifying to the crooks, to the satanic people, to the negative people.

So, in this raga, I think because the- there are - it's spaced out, the notes are spaced out. So, either you could play it slow or you could play it fast. Nothing in between. That's why it is on a Durga style, you see. Either she's extremely gentle or she is extremely horrifying. So, because she has a double function, is one is to look after her children and another is: protect her children from the devils.

So she has to be very quick about it to fight them and to, in every way, to frighten them and to be alert about them.

So, in the second part, you all became very alert I saw it. The first part, you were having a lullaby because it was the mother's love that was playing. But the second part, you became alert because she has to fight. Now, this is such a nice raga because it gives you a better sense of security within yourselves.

Will give you a sense of security. And also as you know, medically that it's important to build up this chakra because that gives you antibodies created more so to fight all the diseases, to fight all the foreign things which try to attack us. So, this raga is so apt, absolutely apt for today's atmosphere and for today's need, that we have to have the security of the Mother and the protection of the Mother. And that all the evil forces must be finished from this world. And that's how this raga has a very great significance and I thank you very much for feeling this raga, see.

[Applause]

This is the now last five minutes he would like to play, he asked the Bhairavi which is a complete raga as you can call, is the complete Purnima. All the - all the notes are there. And it is played in various ways, is in various styles and is used for so many expressions of your feelings and things.

But in this also, there's a beautiful one of a song as you know, Dayani Bhavani is the one which is a song about the Mother Goddess. And in this [inaudible] there's a little mixture in the- I don't know if it is an absolutely pure Bhairavi or not.

[Hindi]

It is to be played absolutely in Shuddha Bhairavi.

[Hindi]

It should be played in absolute Shuddha Bhairavi.

[Hindi]

It is to be played absolutely in pure Bhairavi. This is the best way because Bhairavi is the name of the Goddess. So, that will be the-

[Hindi]

So, this is the purity of it, purity of it creates that feeling and that- I mean it awakens that Deity so that you get that effect with the Bhairavi.

[Hindi]

Ah! She, my sister is accepting that they may make some mistakes in the Shuddhata [unsure].

Which I detected, you see, I'm not such a musician as you are, but I did detect that there's a little bit [inaudible]

Indian music has such a lot of freedom, I mean, such a lot of freedom. Ah! You can do what you like with it but only thing that you have to keep to the ragas and you have to keep to the "swaras" [notes] and everything and you cannot just go crazy from one to another like that.

So, it is like a big aeroplane which is going in the air with everything completely fixed properly, you see, so it can go anywhere. Unless and until you it's fixed by its own maryadas, it cannot go. So, that has to be there. So, first the ragas are built. And built in such a way, that they are absolutely perfect. And then you can go wherever you feel like. And then you can go wherever you feel like, nothing will happen.

[Hindi]

Babamama: Then it will become jazz Shri Mataji.

Shri Mataji: Jazz. Or even worse than that, could be.

Ah, ah.

First, he will play all the twelve notes which are moved in Bhairavi. And then you see how he keeps to them. He keeps to that mood that way.

Woah, wah.

It's the heart chakra. it's the heart chakra of Shiva.

Surrendering.

The surrendering, you see, as Islam means "surrender". Islam is the "surrender".

He's been calling [inaudible].

Now, this is the call [inaudible].

Shri Mataji: What an enjoyment! What an enjoyment!

Tremendous!

Please, be seated. I have to especially thank him for one thing that he has now prepared really for you, the Guru Purnima for you. He's worked it out really very well. I can see that, I can feel it. It has worked within ourselves that depth and that beauty. And now with music, you see, it's this excavation within ourselves, you see. Facing it within yourself. All these things with music become not only harmless but also so gentle, that you don't feel that it is happening. It just works. You see, the- like very gentle waves you see, it works within you and you start developing that personality which is very important for a function like Guru Purnima. And the beauty and the joy, they all work it out so beautifully that you don't feel that it is all working, but I know it's really. But, supposing, if I say something as a Guru, maybe I may hurt you. You may feel upset and you also may feel facing yourself a little bit, sometimes reluctant maybe diffident. You might feel little sort of dejected or depressed. Or you may feel sometimes also if elevate you, you might feel egoistical, you see.

So the words could be, could not render service as properly as the notes can because the notes just penetrate within you and

work it out so smoothly that you don't feel it's working there. It's working no doubt. It's like mantras it works, like mantras only. And when it's enlightened notes, it has a great effect. I haven't brought you photographs where, when you are playing before Me, you go into complete lights. I have got those photographs with Me. Of course, also we have got the [inaudible]. And we have got photographs, now, tomorrow we will be able to show you, where the lights change their forms, how through vibrations, how they change their forms, you see. And how the vibrations work it out, you see? But the, even the notes are used by vibrations as "vahanas" [vessel]. The notes are used and the notes take the vahana's position and they penetrate.

When there is somebody: you are singing before a Realized soul or an evolved personality, then the Chaitanya flows within you. But notes are very helpful, I've seen, the beautiful notes, and in harmony, you see. It's so much in harmony with you, that you don't feel the penetration. You don't feel the injection, you don't feel the going within you. Just it works and it just moves and I was seeing your brain also opening out quite a lot because the heart is so much connected with your brain now, you are integrated. So it's wonderful and you are all becoming thoughtless and beautiful. I think you all have enjoyed his things and we have to thank him very much because our Guru Purnima day that he agreed to come and has done the job halfway for Me. I'm thankful to him that now, even if I say something, you won't feel hurt.

[Laughter]

[Applause]

It is nice to be a Mother. Mother is a very easy thing, it's to just to express your love and the children are nice. But for a Mother to be a Guru is the most difficult task. And that, if I have to do, a Mother to be a Guru, then I think this preparation is a very good idea because first of all, now, you are smoothed out and you are much better so it's all right, as a Guru I can tell you some things. Otherwise, for a Mother to be Guru is the worst thing that she can do and to act as a Guru but sometimes, you have to be corrected.

But I think this one has created a beautiful atmosphere and I am very thankful to him for this preparation of your minds and your brains.

Nishat Khan: We are very honoured and, as I said in the beginning, I'm extremely honoured. And, of course, it's very difficult to use words on how I feel at this moment. Because to be invited to play for Guru Purnima is a great blessing for us. And it's your blessing and it's a great honour and we would have been very disappointed if you had not invited us to play today.

Shri Mataji: I was anxious that you should be invited actually.

Nishat Khan: Thank you.

Shri Mataji: That you should be here and you should do this because you see, if you have seen the mid-career that you do, with that you were pulling the strings of their hearts, I could see it clearly the importance, you see. Some or other, I thought I can work through you better than through my own words. It's an indirect way of working out things like this and you have been very, very helpful, cooperative.

Nishat Khan: Bas

Shri Mataji: I'm thankful to you for this wisdom. So, I don't know how to also say something about Indian music. But I can definitely say that the way you are appreciating Indian music is really very creditable. I just can't understand really how you people are so much appreciative of this music. I'm just- it's the Spirit or whatever you may say something remarkable and even the artists are so enamoured by that. To see such a -

Nishat Khan: Absolutely.

Shri Mataji: Absolutely. They're having rapport and all that. They are very much enamoured by you.

Nishat Khan: Wonderful.

Shri Mataji: And they are very thankful to you the way you are just following every note and every movement with such intense concentration.

Nishat Khan: But it's your blessings Mataji, it's your blessing that this whole atmosphere

Shri Mataji: Yes.

Nishat Khan: worked out like this. Otherwise...

Shri Mataji: Really more for - I don't know whom to thank. You or their aim. But I think it is mutual thanking is needed because you were enjoying him and he was enjoying you. Otherwise, it would not have been possible. Without a proper audience, artist also doesn't get the encouragement to play so well. [Hindi]

Audience has to have a rapport otherwise

[Hindi]

You have not put anything for the Russians so far here? [On the map]

Nishat Khan: There are too many there, it seems.

Shri Mataji: Just simple thing like that. Moscow and then Kyiv.

Guido: Moscow, Leningrad.

Shri Mataji: Kyiv also.

[Hindi]

A little gift for him from you all.

Only what I can tell him is to keep the music on.

[Hindi]

[Applause]

So, now for- what should I say?

"Good morning" to you?

[Laughter]

I think still that will be about- till twelve o'clock you can have rest. Then we'll see you. All right?

May God bless you. Thank you

[Hindi]

Shri Mataji: What an enjoyment! What an enjoyment!

Talk with subtitles at : <https://youtu.be/Ncl7HK471xo?t=19287>

Second video: (camera 2)

Please, be seated

[Hindi]...

Lady [on harmonium]: Don't cross the limits of Shri Mataji's chair. You, there. All right.

Sahaja Yogi: So with Shri Mataji's blessings, and thanks to the teaching of Maushi [aunt in Marathi] , we would like to present you with a Bharood [Marathi religious song] by Sant Eknath. It's a song that, in a style that is designed to teach people what will happen to them if they don't behave in a, in the correct way.

In this particular song, Sant Eknath is talking about what happens to people if they're not if they trick people badly. If they are, if they are rude to them if they cheat them. Sant Eknath gives example in particular of Duryodhana who took Draupadi and humiliated her in his court and it was eventually his brother, the brother of Duryodhana drag Draupadi into the court to be humiliated. And was eventually punished by Bhishma,

Lady [on harmonium]: Bhishma, Bhishma [Bema]

Sahaja Yogi: Bhishma [Bema] who was punished by Bhishma in a dual. In the same way, Ravana who kidnapped Shri Sita was duly punished by Shri Rama. And so on in many cases.

In the same way, Ravana who kidnapped Shri Sita was duly punished by Shri Rama. And so on in many cases. In reality, there are only four people, that Sant Eknath mentions who are free from any kind of problem in his regard. For example, Bhishma and Hanumana, those two are examples.

Sant Eknath concludes the song inviting us to be sweet with each other and not to abuse each other. Otherwise - cause if we do, then our fate is a very ugly one.

Babamama: Give me a microphone for tablas.

Lady [on harmonium]: ...For their very kind and very appreciate for their treatment, and everything that they did for me and my daughter I have no words to give them my gratitude. And then I need not add that my greatest thanks are to Shri Mataji.

[Applause]

[Music starts.]

Babamama: Shri Mataji has suggested a new name for this raga. Since this is a gift from the disciple to the guru,

and guru is synonymous of "Purnima" that is the full Moon, "Chaitanya Purnima". That means -

[Applause]

I think this is the biggest award a disciple can expect from a guru, that She has blessed this raga with a very wonderful name.

Jai Shri Mataji

1990-0708, Guru Puja: Detachment, Silence, Faith

View [online](#).

8 July 1990

Detachment, Silence, Faith

Guru Puja

Camping Parc des Libertés, Avignon (France)

Talk Language: English | Transcript (English) - Reviewed

Guru puja. Avignon (France), 8 July 1990.

In Sahaja Yoga the Guru puja has a very different significance from any other guru puja. When you worship your Guru you are also worshipping the Guru within you. This is not in any other guru-disciple system because, in you, the Guru, the Master has been awakened. And so, when you are worshipping your Guru, then this Master within you is also worshipped, you respect it, you glorify it, you awaken it, and you manifest it. This we have to realise that - in Sahaja Yoga - if you are a Sahaja Yogi.

Now, the quality of Guru, first and foremost, is that he makes you meet God: means he raises the Kundalini and establish the relation between the All-pervading Power. And as your Guru is Adi Shakti, you make that person meet, also, the Adi Shakti. So you have a double advantage that, at the same time, when you give them Realisation, not only that you make them feel the union with the Divine Power, but you can make them meet the Divinity Itself, the source of Divine Power. So your responsibility, as Sahaja Yogis, is very great because in you is there is the Guru.

Now in our mantras we say that, "Mother, I am my own Guru." But, saying that, do we realise that: if I am my own Guru, this "I" and "my Guru," between the two, what have I achieved? Where am I? Can I guide myself? Have I got the light of the Spirit on my attention so well established and manifested that I can guide myself and guide others later on? First of all, in the Guru principle it is important that you see to yourself - the introspection: Can I be my own Guru? Have I become my own Guru?

Now, in your case, your Guru is a Mother, a woman, so, it has to be among women that the development of their Guru qualities have to be very well manifested. But it's just the way it is not. For them, they are still the mothers or they are the wives or they are Sahaja Yoginis. But they don't realise that you are also the Gurus. And, because your Mother is a Guru, because She is a woman; and you have to be also of that quality, that people should say, "Look at this woman, she's such a Guru." But still, as I hear from the different leaders that the ladies are absolutely still very much far away and are very few who can be called as real Sahaja Yoginis. It's a sad thing to hear. Because if you still keep to all these mundane things of womanhood and the drawbacks of womanhood, which has come out of domination maybe, because of always they were shown to be something lower. Specially in the Christian religion they were never regarded as something holy. They have this kind of a diffidence in them that they don't understand that dharma can be established more by women than by men. And the Guru's work is to establish the dharma - in the society, in the family, in relationships.

All these Gurus, which are representing all these great symbols here, have done nothing but have established dharma. But, first of all, before establishing the dharma, we should watch ourselves - have we got dharma within ourselves or not?

First of all, the quality of a person who has dharma is that he listens to others, he obeys. And this is something [that] has gone wrong with the Western women, I think, that they have forgotten how to listen to others, how to obey others. That's why their children also don't obey them. Obedience, if you do not have, nobody's going to obey you. First, you must learn to obey.

A person like Kabira, because he was born of a unknown cast, people didn't know what he was born from, and he could not go directly to any Guru. So, he heard about Ramanand, a great Guru of those days, who used to go to the river Ganges every morning to have his bath. So one day on his steps Kabira kept lying, and in the darkness the Guru could not see, and he touched him with his feet. He said, "Who are you?" So he said, "I'm Kabir, and I'm your disciple." And he caught hold of his feet. And when he

caught hold of his feet, he [Ramanand] said, "Alright, come along!" And then he became such a great saint in India. People know him more than they know his Guru; he became so great.

The basic thing is humility. Yesterday you saw how the musician [Nishat Khan] was humble. All the time he was humble. He didn't know how to express his humility every time. All the time he was humble. Because in humility only you can receive the blessings, you can receive the quality that is of your Guru.

Now, for a Guru as you have seen that, in My own way, in My own image, you have to come up. First of all your life should be absolutely transparent. Transparency is the essence of Sahaja Yoga. Everybody should know what you are doing, where you are going, what is the way you live, what is the way you are behaving. I have seen people, who are gurus, also in the sense that we call them leaders, or we can call them sub-gurus, or they can not be called as priest, but I can say 'communication centres' as they are. In them you find that they are very fussy type of people. Always think about their body, always think about their comfort, always grudge about - nobody looked after them - as if they suffer from persecution-mania! Or they will grudge about food, "I didn't eat my food for one day!" Doesn't matter! For a Guru it's better to starve for about three, four days nicely, so that you get over this idea of hunger. You'll be surprised since I'm here I have not eaten anything much, and just drinking something, because just the Guru has no hunger. Because it is in your stomach the Guru, vibrations, are so much that you don't feel like eating anything. So then, what do you eat and how do you eat and all these things that we have given up to come to Sahaja Yoga. So even if leaders have this nonsense in their head [like] what do you get to eat! I mean, this is the basics, absolutely! And when I hear some people telling Me, oh, what did they eat and how did they eat and all! It's like I feel they are like tourists in Sahaja Yoga. Just come in Sahaja Yoga like tourists, you see, to see places and go round and to know where you get, in what restaurant, you get good food and cheaply.

All this is so basically, absolutely not a manifestation of Guru Principle. Now you have seen your Guru as She is. I do not know what I eat, what they give Me, what I want. They go on giving Me whatever they think I like, and I just don't know if I like that thing or not, or what is it. If they ask Me, "Mother, what will You have?" I said, "What will I have, I don't know really, what will I have? Anything!" So there has to be no choices. First of all not to waste your attention on choices. Of course, only on vibrations. I mean, supposing, you go to a restaurant, find all kinds of funny vibrations there, people are getting drunk or anything, then of course you should say. But all the choices must be based on vibrations and not on material things. That you get something nice there, "Let's go there," and they'll travel for fifty miles to go eat something nonsensical. It should be all nonsense for all Sahaja Yogis. And when I said "Sahaja Yogi" it means also Sahaja Yoginis.

So the food part of it is aswadha. You should not have any taste for any special food. Specially in France to say that people may not like, but French are very, very conscientious or aware about the food part. I don't know how far they make really good food, but at least they think they eat very good food.

So, the eating of good food is a kind of a addiction. It's a kind of an addiction; it's something like drug - that you must have good food. So Zen started this system of what they call the tea ceremony. In the tea ceremony what they did, I mean, I have been through that and it's really quite a test of people. With Me it was alright, but the rest of them got really frightened. That in the tea ceremony whatever rituals they do they give you a tea, which is so bitter, and we can say [like] quinine raised to power 108! It's like that. And they give you very nicely, handle you with such ritual that you have to take it. So first they say, "You see the cup without thinking." So he tried to make thoughtless awareness through the cup. I don't know how much one can achieve with that. But that tea if you take once, your tongue is good for anything. And to compensate it they give you something sweet, which is again sweetness raised to power 108, so sweet that it becomes bitter! So sweet. So this is just to conquer the tongue [that] Zen must have thought that better give them this tea ceremony where there is no tea, there's nothing but just you really give such shocks to your tongue, so that after that you can eat whatever you get. And that's why you must know that Japanese can eat anything. They have solved their food problem because they can eat anything! They can just fish out some crabs or could be some prawns, just peel them out like peanuts and eat them like that. I think Zen has solved this problem for them, because they have food shortage and this is how they can eat everything: they can eat the bark of the tree, they can eat the snake, they can eat the lizards, they can eat the frogs, everything they can eat, so all their eating problems are solved in that country by Zen, I think, because you have no taste.

But in this I think the worst are, in the whole world are Indians. They are the fussiest people for food. Because their women have spoiled them. They know very good cooking and they know how to handle their husbands by cooking very well. And the way they cook food for them, you see, the men have to go back to Indian food. Even if they travel the whole world, they'll need Indian food, they can't get over their tongues. It is such a big conditioning in India of food that I just don't know how will they get out, the, absolutely, the basics which are important. Gandhiji tried that very much in the ashram (laughing). He used to give horrid food, boiled food with the oil of mustard on top and then nobody could eat that. Raw! And he used to make everybody eat that. Not only that, he would make them clean the bathrooms, WC's, everything so that you get rid of your nose also, that you need everything. Because so many people you will, while eating also in India will put something to their noses, and they smell everything. So they are oversensitive to their tongue and to their nose. But not to their eyes, to eyes they are not. For eyes I would say the most sensitive people are Japanese and Chinese and also the Western people are very much sensitive because they don't like to see anything dirty, filthy or ugly. Indians won't mind any dirt, filth, anything, just like dogs and what you call, horses or buffalos! They can walk through any dirt, filth - anything! Nothing matters to them, anything ugly, any ugly building or an ugly dress or anything is alright for them. It doesn't matter, to their eyes it doesn't matter at all. Only thing [is that] kitchen should be clean and they are all the time in the kitchen. So we don't have to learn all these bad things from Indians. There are some good things they have, but there are certain things [which] are very bad conditionings. And the next to that are, I think, the French. But if you eat English food you can become quite good because there's no taste in English food (laughter and applause).

So, I have no problem anywhere because I think I have no taste at all and I can eat anything any way it is cooked, it's alright, I don't bother about what is cooked, what is not cooked. But if you have some French people for a dinner in a restaurant they will spend forty-five minutes deciding what they are going to eat, and what a waste of energy! Forty-five minutes just to decide what they are going to eat! After all what is so great, what you are going to eat? It's all there. Just one thing that everybody should have. So for Sahaja Yogis it's important to give up this idea, "I will have this." First of all nobody should ask, "What will you have?" To Me also. I do not like people asking Me questions [like], "What will You have?" Because I've to think about it and I want to be in Nirvichara (laughter and applause).

So, this is a, one, big ordeal, which we do not understand: how much we are attached to food. And food goes in the stomach. And not only that it spoils our guru system, but also spoils our physical system. So we should try not to look at food. That's why fasting was told to the all the people who wanted to develop their Gurupada, so that they should not fast. But they do not fast normally because they think of food, so there's no fasting. I mean, fasting means that you go into nirvichara and don't think of food. But they are all the time thinking of food, so it has no meaning and you are just the same whether you eat it or not, your mind is eating it all the time. Then you start thinking, "When will I end my fast and know where will I go to have what?"

So this is a very basic thing that we should get rid of our habits, of our conditionings - what we are going to have and what food we are going to have. Our children also should be given a proper training about it that - it's alright, sometimes there is no salt, sometimes there's no sugar, doesn't matter. And sometimes there's nothing, doesn't matter. Nothing [is] important for a Sahaja Yogi, you can live without food for days together, no problem.

So for a Sahaja Yogi there's nothing like taste of food and hunger. There's only one hunger is to be purified, to be clean. This is one of the things that dirties our mind, we should say, that we think about food all the time. Even in Russia I found people carried all Indian things there, they were cooking all Indian things, and I am, poor thing, I can't eat anything. So they cooked, brought everything for Me, thinking I'm an Indian, but they don't know I am Zen - I cannot, I do not, have sense of taste.

So once, to get over taste one has to work out. It's an experiment you have to do with ourselves. Unless and until we introspect ourselves and do experiments we cannot rise. Because though the Kundalini is trying her level best, but your conditionings are so great that it cannot pierce through and cannot make you onto that Guru level.

If you see the lives of all these Gurus: they were married, they had children, they lived a normal life but in their own personal life they were absolutely detached people. So, first detachment should come from food. And there whatever you like you just don't

eat. That's the best way. Because already because of liking something...supposing if somebody's fond of ice-cream. He must have already spoiled his liver; so then, give [it] up now. If you like pasta, give up pasta. If you like something else, just give up, don't ask for it and don't eat it at all; so that, you see, your mind will get little bit detached from it. It's very easy to achieve this detachment, I think, if you work it out in a sensible way. Just try to punish your body. You see, if you are your Guru, you better take hold of first of all your body and your conditionings. You have to treat your body with this thing. I am told many girls who have married abroad are still making their Indian food and eating that. It's horrible it is! They should starve. If they starve for say about five, six days or maybe eight days, then they'll eat any food in any case. That's why the fasting is given.

So one should adjust oneself to any kind of food you can have. And if you want to survive then you eat anything, so just make it a point that you get rid of this very simple conditioning you have - of liking the food that you want to eat and you don't want to have anything else. I think as Sahaja Yogini or Sahaja Yogi who cannot get rid of this little thing, then how can you call him a Sahaja Yogi? I don't know. He's very asahaj. Because the other day I met one lady. I said, "What is the matter, where have you been?" She said, "I have been looking out for some sort of an Indian ingredient." I said, "How can you get it here in this Spain? You cannot." "Why?" "Because they asked me to make Indian food." "Alright. Then without that can't you make Indian food? What is the need to run all the way, whole day for a one small little thing called hing (asafoetida)?" There's a big name for that, it's a small little thing. Just to get that she had to run all over the places to get it! So for people who are Sahaja Yogis if they are sahaj, whatever is available you can make something nice out of it and eat it. So that shows what? It shows sagacity, shows trupti (- contentment), shows your satisfaction. And that is one of the manifestations of a Guru that he's a satisfied soul. He's just self-contained, he doesn't bother.

Now, for example, some people, specially in the West, thank God, they are not spoiled by their wives so much. They don't have so much of conditioning, they can eat anything. I've seen that when they come on the India tour, all the Indians say, "Horrid food was given and the poor things were eating that horrid food and this and that." And I asked them, "Which place you like the best?" They said, "Brahmapuri." I said, "Eh? They were saying Brahmapuri had the worst food and everybody is complaining." "No, no. Brahmapuri was the best, because we could bathe in the river and we could sing and we could enjoy it!" You see, that's the sign of one thing, to get rid of your bad habits of food business.

Now the second part is for the body you need comforts. I must congratulate the Western Sahaja Yogis that they may be coming from any walk of life - I must say, the Indians have to learn from them - they may be coming from any position or status. All of them enjoy the comfort of the Spirit when they travel in the Tour. They do not ask for, "I haven't got a chair, I haven't got a bed, I haven't got a proper things here." In this way, you see, you will realise that the body comfort is of no importance. It's, we have just spoilt our body, there's no need, no need. Body you put it anywhere, will sleep in any case. If you cannot sleep for two nights, alright, put on some music for one night or two nights as we had here, you will sleep anyway! (laughter and applause as everybody fell asleep during the Nishat Khan performance the night before)

So this is the second point is that we have to give up body comfort. But the third point where I think the Western people falter is their materialistic attitude. Materialistic attitude and their fondness of their eyes. So one of them is the worst of all. I mean, the worst in worst of all is that you can never have, that's such a big blot if you have that is to have a roving eye and things like that. It's out of question. That's out of question for women or for men. They are not Sahaja Yogis by any chance. They have to have very clean eyes.

That part is alright. And the second part is the greed, lust and greed. Of course, with Sahaja Yoga maybe the lust part is over, but greed is still there with so many who get lost.

So I would say Indians do not have this lust problem, but they still have greed, greed problem - means they want to buy something like a radio or some electrical stuff they must buy. If they come abroad they must buy something. It's alright, if you get it, well and good, if they don't get it, well and good. It should be [that attitude]. But for a Westerner, you see, he would not like to give up his furniture, which his great grandmother had it. Though he can't sit on it because it's so old. If he sits on it, it will be break. But he must keep it to show off that, "I had a great grandmother who gave this unique chair." According to Indian standards it's junk! Absolute junk. Because it is good for nothing you put it in the drawing room, nobody can sit on it and it looks

junky. But according to the Western mind the older it is, the better - whether it is a junk or anything - he'll have so many junks in the house and they will sell like hot cakes. Because there's a very subtle materialistic attitude towards matter that, "This will sell like hot cakes if I sell it," because there must be another mad Westerner who would like to buy that junk. You see? So this junk that you have in the house it's better to get rid of, because God knows how many people must have used [it]. It's like a grave in the house. It's a grave.

So to have then also the antique jewellery. Antique jewellery is another mad, antique is a - what you can say - is the fad or addiction of the Western people - antique. For us nothing is antique because we still produce antique things, beautiful things so Indians don't understand the value of antiques. They don't understand how these people are so mad after torn things and broken things and dirty things and filthy things! But the Western mind has been brought up that way. Now, in these antique things I have seen that, once I went to somebody's house, you see, and he asked Me with very great honour to sit on his chair. And as soon as I sat on the chair I thought there were snakes and there were scorpions all biting Me. I got a fright, I got up. I said, "What is it?" He said, "This is from great, great, great grandmother, you see, she gave us this thing." I said, "It will break, I better sit outside." (laughter)

So this also madness of this antique is so much that it is unbelievable how people go into it. So there's a joke in India there's a very great writer called as Premchand, he wrote about two Englishmen going on the road of Benares when they were hit by a lota (metal pot), that they use for their bathrooms, fell on their feet. And it fell on their feet. And jokingly he says, "on the feet where all the bureaucrats fall." Means, all Indian bureaucrats used to fall at the feet of the English at that time! So he made a joke. But doesn't matter. Then the English, you see, looked at that thing and they were very angry and immediately they took to law, "You have to come to the courts, you have to come to the police and we're going to report this has fallen there, it has hit us," and all that. So there was a clever man, he knew the English or the Western mind, he said, "Sir, do you know this, this lota has very valuable!" He said, "Why?" "Because this one was used by Akbar the Great. So ancient it is." He said, "Really?" "Yes it is and, you know, you just don't quarrel with them. And ask them for this lota." And he told in Indian language to them that, "I have befooled these people, I have told them that this lota belonged to Akbar and you have to take this lota and use this lota to just to befool them." So then they asked, "But alright, we'll forgive you, we'll not take you to any courts or anything, but you just give us this lota." They said, "No, we can't." He said, "Why?" "Because it's such an antique piece, you see." In India you won't find anybody respecting antique pieces, especially in Benares nobody bothers. (Laughter) So they said, "Really?", "Yes, it belonged to Akbar and, you know, my father was, my forefathers worked with him, so he gave us this lota, we can't give you, we are sorry, you see." "No, no, no, no, please give us, you see, and we'll not take you to the police." "Alright, you charge us, whatever money you charge us," and all that. In those days they paid one thousand rupees, you see, this is equal to, now, one crore (10 million), I think. They gave, these English paid them and bought that lota, which had nothing to do with Akbar or anyone.

So this madness of antique has to go away from our minds. It's such a built-in thing within us, that we always talk of antiquities. Perhaps maybe because of wars everything was destroyed and whatever was in the olden times was something very beautiful and good and now we are not making very good things, perhaps, maybe that is the reason. But now we are making nice things, we can make. Now in England I was surprised the old crafts are coming up, everywhere I go the old crafts are coming up. So to respect antiques means you just stop making the old craft revive. Because you pay so much to the antiques, the same thing made today won't fetch the same price as it was. Now this has ruined our creativity, ruined our handwork and it has ruined our whole - I think the quality of our life, because the way we are mad after antiques.

So this also should go from your head that anything antique is something good. It's a very superficial value - if you see to it. Because people think that antique is something expensive. It's just a marketing style that people have felt that this is expensive, that is expensive, so it's something great to wear something stupid and to say that, "this is antique jewellery," and go about. I mean, God knows how many people must have used it and must have worn it and what must be the feelings of that person.

So we have to understand that this conditioning that we have in our heads, that we must have something antiques with us, keep something of such value. I mean, these questions never arose before, so it's not written in any books. Anyone of the books of the Gurus is not written that, "Don't care for antiques." They have written, "Don't drink, don't smoke," all other things which spoils your Nabhi. They've written all these things. But they have not written that, "Don't worry about antiques so much." You see, and I find

that's a craze nowadays and so we have to tell people that we have to be careful. Moreover I feel the way people have gone to drugs and that, maybe that because they used so much antiques that the bhoots from the antiques must have caught them. Can't understand that why people are so melancholy, all the time crying, weeping, and all that.

So the conditionings of these matter as we think it to be is to be absolutely taken out. Of course, I mean in certain countries we should say that the antique things [that] were made were good and nice. But, only because something is antique it should not be respected, [but] because of its intrinsic value of aesthetics, it's alright. But one has to see first of all the vibrations of everything. If the vibrations are good then you should accept, otherwise not, because we have the language of vibrations and we have to use the language of vibrations. Once you start using the language of vibrations you'll be surprised how you will get the complete picture as to what is to be done.

So to get rid of these three conditionings too, for our body is very important. And the worst thing for a Sahaja Yogi [is] to think that he's sick: is a, sort of a, tarnishing the name of Sahaja Yoga. If you still feel you are sick you better get out of Sahaja Yoga! Because either you get well or you are not a Sahaja Yogi, one of the two things. If you are a Sahaja Yogi you have to see that you get well and if there are certain problems also - doesn't matter. Now, for example, supposing, I have certain problems, which I know, because of Sahaja Yoga, because of My position as the Mother, position as Adi Shakti: certain physical things I have to face, parasympathetic working I have to face, but I go through it! Is accepted. You have to accept your body as it is and you are not to sort of say that, "I'm not well," and "There's something wrong with me," and go on complaining like some old hag! Never think you are old, first of all. Never think that you have gone old or you are no good. Look at your Mother. I never think that way. Yesterday half of you were sleeping, still I was alert and listening to the music and today I'm again alert here.

So if you have a Guru then that image should be with you that: "Look at our Mother. She's so old, how much She travels, how much She does!" Alright, you might say, She's the Adi Shakti! But little bit of shakti you too have. And that shakti is to be shown by your full dynamism. If you have no dynamism and if you still feel very weak that means you are not a Sahaja Yogi. So just ask for, ask for any amount of energy - it can come to you. That dynamism, it should be there.

Now this I would say, for the physical self that one has to know that you are all younger and getting younger and younger, but not the stupidity of youth, but gravity, the gravity of the age. Actually I have seen children who are born realised, they are very grave, they won't do anything that is not dignified. And they will never, I've never heard them talking to some of - the Sahaja Yoginis have a bad habit of talking, "tuk, tuk, tuk, tuk, tuk, tuk," among themselves. It's a very bad habit. Which shows that they [are] still very much lacking. Just wearing saris or wearing bindis you do not become a Sahaja Yogini. First of all, what is the gravity? You should only speak whenever it is necessary. So I have seen these Sahaja Yogis who are born realised children they stand like this before Me. And they say very few words, but beautiful words they speak. And say things, which you can remember all the time. They just do not go on wasting anything. And they are extremely obedient. So from them one can learn that these are born realised and the way their Guru principle is acting, are we also acting the same way? Or we are doing something that is not good for our ascent? So even after coming to Sahaja Yoga if you do not try hard to introspect yourself, you have missed the point that you compare yourself with your Guru - all the time. Now.

Then everything has to be understood in the right perspective that we are Sahaja Yogis. Now for a Sahaja Yogi first and foremost thing [is] that he has to have love. First. For others, not for himself. If you are all the time worried about yourself, "My body is such, my this thing such, and I have to do this and that," then you don't love others. But do you see to the comfort of others? Do you feel the compassion of other Sahaja Yogis? Do you feel, "What have I to bring for them? What is missing in them?" Do you work it out? Do you go out of the way to help them? First of all Sahaja Yogi s.

Now Sahaja Yogis are different things. I have seen many Sahaja Yogis will go and take the side of the non-Sahaja Yogis and try to debase the Sahaja Yogis. Is a very wrong thing. You belong to this new race and the people who do not belong to this new race and if they are attacking anybody: these are your hands, your feet, your head, and if they attack it, it is duty bound that you help them instead of helping the others. Maybe something wrong with this person, doesn't matter. You need not show all the fair play there. In that place you should support a Sahaja Yogi out and out. Later on you may correct and you may tell that person, "You should not have done like this, it was wrong."

So this dignity and this understanding comes only through silence. But if you are chirping all the time, talking "tuk, tuk, tuk, tuk, tuk, tuk, tuk, tuk," it can never, never can make you a deeper person. You'll be just flying in the air with all that. So for women now is best is to take to mauna, is to keep quiet, just keep quiet. They all the time want to talk. This I've heard from all the leaders that is a big problem with women. They just go on talking stories, telling stories. But if you ask them to come and speak, they will start shaking. How many can give speeches? Women? If you understand that if you cannot give a speech, you better not talk also. You should be able to give a speech because your Mother is a woman, She gives speeches. Why can't you give some speech? You cannot. If I make you stand here, you'll be shaking, I know that. But if it comes to murmuring souls, you are there. So that is one thing women have to be very careful [about]. And as today is the Guru puja I have to tell you things, not as a Mother but as your Guru. That, if you have to ascend the best thing is for you to stop talking. "Maunam sarvatha sadhanam." 'Maun' means to keep quiet. It gives you all kinds of facilities, just keep quiet. If somebody's talking too much, just keep quiet. If somebody's trying to criticise, keep quiet. That's your silence, that's your right, that's your domain that you can keep silent. Just watch that person. If it comes then to answer, then you can answer better. But if somebody's trying to attack, you just keep silent. But this silence has to be established and one should only establish by not talking too much. I have seen also when I am sitting here, I have seen women talking among themselves, and this is very wrong. You must learn the silence. Like yesterday I saw so many ladies also were walking out, walking in. In the church will you do that? You won't do it. In the church there is no Christ, there's a horrible priest sitting there, but you cannot do it. You all keep quiet, you sit there nicely. I've never seen anybody walking out here and there and doing all kinds of things, putting the children in front like that, making them sleep. Never! Can you do that in the church? What a discipline people observe in that church, which is an artificial place. And where you are now, that kind of a silence has to be there and that kind of understanding, that depth, that awe has to be there. But because we have not yet developed that Guru thing. If we had developed it then immediately it will work out. You will see your gravity will show in your behaviour.

So this is for our attention not to be wasted. To discuss somebody, to discuss about others' characters, we have no business. Do we discuss the character of one hand to another hand? To discuss about what has happened about marriages, things like that. Also marriage is just...in Sahaja Yoga it's not such an important thing. Some people pay too much attention to marriage, you see, and marriage becomes a headache. Also then, "What about my marriage?" Then again ten minutes you see that person, "What about my marriage?" Again after ten minutes, "What about my marriage?" You want to run away. I mean, you see, it's something becomes like a mania for people, "What should we do?" And the whole thing is, all depends, and the whole programming depends on how you are going to get married. So you have come to Sahaja Yoga, you are sanyasis. You are not married people in a way. You are married only to Sahaja Yoga, that's your husband, that's your wife. And the so-called husband and wife are there. But if they are not Sahaja Yogis then you are unmarried, definitely. So too much attention is paid in Sahaja Yoga to marriages. I have seen that before, marriage, before Sahaja Yoga, marriage was a joke; every third day there was a divorce and people would run away and do all kinds of things. Then when they got married after Sahaja Yoga they are the greatest romantic people ever known in the whole world! I mean, all 'Romeo, Juliets' going about. I just don't understand. Even in the Indian villages people complain that, "What sort of these people are? I mean, they have no sense at all and the way they go round, are they the saints?" So that saintliness, that sanyasta, that asceticism has to be expressed in our married life. I don't mean that you don't have relationship with your husband but in a very private way. It's has to be extremely private and it should not be such a great thing to go into romanticism. You'll ruin the whole of Sahaja Yoga in the West if you start doing that nonsense! Because also there's an idea about it that, you see, you fall in love. But then you'll fall! That's the first point is. You will fall [but] you want to rise. So this attachment and this worry about the husband and this and that, I mean, you can carry on with any kind of a husband and wife if you are a Sahaja Yogi, should be able to. I mean, I know that's very simple. It's a...your husband is a study, wife is a study, that's all. You study a person, what sort of a person he is. But for that you have to have the witness state and you have to see, you have to be detached. So in marriages one has to be detached.

But, on the contrary, I find that just after the marriage they want to organise some special thing for them to go to some sort of a honeymoon or some sort of a thing! I don't know how these ideas crawl up. These are coming from the old conditionings of things and after honeymoon they come and say, "Mother, this marriage is not going to work out." So it's better to do slow and steady and then decide. Because you just jump into honeymoon mood and come back and say, "Mother, this, I have started

thinking and I don't think." I know of a lady who was jumping with a Indian gentleman and she was on her way to Australia. In Singapore, she telephones that, "Mother, I don't think this marriage will work out." And here everybody complained to Me, "Mother, these two are behaving in such a manner that Indians are rather embarrassed." So the sense of shame you must learn from Indians. They never... husband and wife never sit together in India, is regarded as bad manners and it should be with you also. That, even in the puja, even in anything they are sitting in the public, what is the need to show your relationship in the public? It's only in the private. This is one of the things one, if you start understanding, there will be a proper adjustment. Men should be with men in the public, women should be with the women together.

But the women or men, whatever they are, whatever are their bad, bad points should not be brought back. Like, I would say the men have jealousies and they have power orientation and they discuss about leadership and they, every, they get a shock if you tell them that you are not going to be a leader, as if they think leadership is something very concrete. It's the greatest myth ever going, is this leadership! There's nothing like leaders in this Sahaja Yoga, it's just a joke. And your Mother is very good at playing serious jokes. So be careful! Don't be childish about it. You have to understand that this is a big joke going on and it's just a testing point and if I test you wrong, you can tell Me, but I think this has worked well, because I can test people very well on that level and immediately I know when the person gets onto the horse of ego.

So, for your mental attitude, has to be different and our priorities have to change. Our priorities have to change. What are our priorities? First and foremost thing is our ascent, is the first priority. For our ascent whatever is needed has to be done. If you have to punish your body, alright. If you have to punish yourself, alright. If you have a conditioning, get rid of it. Just introspect yourself, that is Self-realisation, is to know yourself. When you know yourself and know what is clinging onto it, just to remove it completely. Work it out the way you like. Work it out the way you like. You see, it is very important that the body, mind, everything should be your slaves. Nothing should dominate you. You should be on top of everything. How dare your body ask for anything? How dare your mind tells you anything? How this conditioning works on you? "I am a Sahaja Yogi, I'm above everything." Like the lotuses have come out of the ponds, you have come out of it.

We have so many proofs to show that you are realised souls. I'll show you some photographs that I have to show that there is light. I can put light into you, they are all enlightened people. But in My presence if you become the light, you must carry the light outside. Not only in My presence, but when you go out. But one of the reasons, I think, when I tell something people just start thinking about whom Mother is talking, they never think, "She is talking about me." That's the only way you can penetrate within yourself when you see that, "Mother is talking about me, She's correcting me all alone and She's telling me." Then only it will penetrate and it will work out. The priorities have to be changed and the first and foremost is your ascent and the Spirit and Sahaja Yoga. The rest is negligible, nothing important.

Then the faith that there is this All-pervading Power, which is looking after us, is very important. This time the musicians came all the way. I must tell you the story of their travel. They came and they said that there's a train from Kiev and they also bought the tickets so got into the train and they were off-loaded before the Hungarian border. They didn't know what to do, they had no visas, nothing and not so much money also. They thought, "We are on the train." They said, "No, you have to go cross over and go to Budapest," and they didn't know where, they were standing on the road. And, but they were all laughing and enjoying, "must be something in store for us." Nobody felt that they were in trouble or in anything. So surrendered. "So, suddenly," they said, "the custom people came and surrounded them," and they said, "What's the matter, how are you here with all these bags and baggages?" So they said, "Why are you here?" They said, "We have come for a concert and this, and musicians we are and all." And some or other they started melting away. And then they gave them Realisation! Six of them got Realisation. Now can you believe: the power of love. And the custom officers they offered their own cars, took them down to the other side. It's never happened with custom officers! Imagine! It would be like shaving their teeth off, I tell you, the way (laughing) if you can do that to the custom officer! But it happened. And they came to the other side and left them there. Now they didn't know what to do. They wanted to go to Budapest, they had to walk about two miles or something to the station. So they were waiting there well, they said that, "Mother, You sent maybe, two Yugoslavs came in a big bus of 49 people - all vacant." They stopped the bus and said, "What is it, why are you here?" So they said, "This is our problem and we have to go." So they got into the bus. When he was driving them down, they thought of talking to him that, "Why not you take us to Milan?" And they managed! (laughter) And they were in Milan. It's so remarkable.

So to have faith completely in yourself and in that Power, which is surrounding you. And once you have that faith you will realise that, though it is so helpful to you, it is so kind to you, on the same level if you think it, it can be very harmful.

So then never listen to the Guru ninda, means anybody talks anything ill about your Guru, just put your hands to your ears, absolutely immediately. I have known of a person who did that [and] got cancer, another now in jail, another one there. So anybody is saying like that, just put your hands. Because now you know that - what is your Guru. So you should never hear anything against your Guru from anyone.

The other day one gentleman asked Me a question, a newsman. He said that, "I am told you have made a castle for Yourself." I said, "I have paid for it, I have made it also. It was a horrid place, no doubt. But there are only Sahaja Yogis staying there, I am not staying there. That's the best part." But that's all I said. But on the contrary, they never go and ask these questions to any gurus on anything. Because the disciples say, "Yes, so what? We want to give to our guru money and this and that." They never ask. But, through Sahaja Yoga, or [by] Myself, I have cured so many people of incurable diseases - I could have minted money. For curing one cancer patient I could have made a castle, Myself. So when people say like that you should say, "Do you know how many people She has cured? How much money She could have taken from them if She was a doctor or She was a false Guru? How much money She would have made out of all of them?" Then they will understand. You see, because they are being materialistic they talk like that. And their attitude is very different and so, to tell them off is the best way. Because I have seen that these press people are absolutely harassed by the disciples of the false Gurus. Just they cannot criticise, they cannot say a word against such false Gurus. While I find that Sahaja Yogis still lack that complete faith in themselves and complete assertion. Where you have to assert you must assert. For example, anybody says something wrong against Me, you have to assert; must say, "No, not possible. It's not!" But I have seen some people asking Me funny questions who are 'Sahaja Yogis' also!

So the first part is that to see how much we are sensitive to spirituality. I have seen Sahaja Yogis supporting somebody who is so negative, you can't even bear that person and, [to them], such a person is something great, while somebody who is so good they cannot make it out. So what's the use? Your computer is so faulty, you'll do...I mean, the planes will have to run up and down if you have such a computer as Sahaja Yogis are! Because they just judge the other way round. A person who is good in Sahaja Yoga, who has got vibrations, he may be simple, he may be unassuming, he may not be so rich, he may not be so educated, may not be from some good universities or anything, but you must see the vibrations of that person! What sort of vibrations that person has, and then you should judge. Instead of that if you judge that person only because he's very good to talk and he talks well and very scholarly or something like that, that's not the point. The point is what are his vibrations! And once you see those vibrations and judge them on vibrations, then you are a Sahaja Yogi, otherwise I would not call you at all a Sahaja Yogi. But for a Guru it is very important. I have seen sometimes even the leaders supporting somebody who is absolutely horrid! I can't bear that person even for five minutes! But here the Guru sends him over to Me, "Oh, Mother, he's so good, you know, he donated so much money." It doesn't matter. You donated money, so what? Who asked him to donate money? But he should not donate his bhoots to us now anymore! We don't want his bhoot! So that's what it is.

So the judgment should be correct about a person when you say that this man is not good or that is not good. But mostly 'gurus' themselves are caught up and then they are ambitious and if somebody doesn't listen to them or somebody wants to give a lecture at a wrong time and somebody says, "You shouldn't talk like this," or something, then they get angry. They are very hot tempered and they provoke people, they say things sometimes. And then when people react they say, "You are a bad Sahaja Yogi." That's not the way.

First of all a guru or a leader has to be himself a very mild, gentle, and a good person. He has to be in such a way [that] he should not demand anything, should not ask for anything. Never demand anything! Anybody who demands can not be a guru. Respect is to be commanded and not to be demanded. And so, everything works out well if you understand that - once you rise in your ascent, in your wisdom, in your awareness and in your Spirit - automatically all these things happen! You don't have to ask for anything, you don't have to plead for anything, you don't have to complain for anything, everything works out. You are looked after by all the ganas, by all the angels. They are there. You are on the stage. But if you are halfway then they play tricks with you.

You see, they play tricks, they make you falter, you have problems, you go here, you go there, all these things happen and then you say, "Mother, how is it this happened?" Because they are also jokers, so they play jokes with you and they make problems for you just to make you understand that you are doing wrong.

So we are on a stage where there's a beautiful security, everything is there and we have to give to the world such a great thing like Sahaja Yoga, which is for the emancipation of the whole world, as you realise, and so also I hope you realise your responsibilities. There are so many things one has to understand, how one has to be as a guru, how he has to act and how he has to work out. Now I have given so many lectures on Guru things, but, for today's lecture, only I have to say that, first thing, to have a guru system, you must have complete humility. Now, with Me, I would say, I am too simple and I am Mahamaya, so you be very careful. You cannot take liberties with Me. You cannot take. If you try to take too much liberties that means you are not a disciple. A disciple has to keep a distance from the Guru. You cannot just take liberties, walk into My room every time, sit there for hours together, chit-chat with Me - nothing! You have no right. Only when I call you, when I ask for you, you should come.

Then you should not force things on the Guru that, "Please, come and listen to this," or, "Do this!" that should not be said. For example, yesterday nobody told Me there are going to be these music programs or everything arranged. So we have to report everything to your leader, or to Me, all those things that you want to do. And it should be really transparent. Like this hand knows everything that this hand is doing, and this hand knows everything that this hand is doing. In the same way everybody should know each other.

Then the gurus should not have jealousies for each other. This I'm just telling you because also I found out that there are certain jealousies. And when they talk there is a little bit of, "Ha, he's good, but this, this, this." When they enjoy each other's company because they have reached a certain state and they understand, "This is the state we are in." When they enjoy each other's company fully and appreciate each other much more than anybody else - the guru's company. All the company of the leaders, if they enjoy each other and there's no jealousy, there's no fight, there's no problem but just the enjoyment of the company, then they should know that they have become a guru.

Now all of them never fought with each other. They supported. Actually it is one Principle was born again and again. But only the satanic people - they'll fight among themselves, not the godly. And also they will talk against the person who is a realised soul or who is an Incarnation, but never against themselves. It's very surprising that the satanic people though they fight among themselves, there are jealousies, they'll never talk of each other. But here I find that in Sahaja Yoga we have freedom. But freedom is not abandonment, is the freedom with complete rules and regulations of the Divine, with us, and we have to know them that this is the Divine Law.

So all of us are now sitting like in a big vimana, like an aeroplane, and we all have to land into the beautiful area. But first of all we have to develop that humility in your heart; complete humility and surrender, that's very important. Unless and until you have that humility and surrender in your heart, Guru principle can not be awakened. First you have to be the disciple and then the guru. So you have to develop that humility. And that humility comes very easily if you love Me, respect Me. It's not only love, but respect.

That respect has to be there and then people will respect you.

May God bless you!

(Later after puja, Shri Mataji speaks about music performance of the concert the night before)

This is a very, you see, pure raga and the purity of it, to be maintained, is very difficult as he has shown here little bit here and there to slip out in the playing of notes. It forms another raga, you see, it's very delicate raga. Like somebody says the path of God is like a very, very slim road. One side is a big, a huge mountain, another side is a big valley. In the same way this raga is a - raga which can only be taught by a very good guru, and only can be learned very well by a very good disciple, also. Because it is so delicate that slipping this side or that side you just get into another raga as he has shown you just now. So the purity of it and this is the real beauty of this raga is.

I had heard this raga once upon a time by a very great singer, called Roshanara Begum and the one he was singing - just I asked My sister, "What is the bondage?", because I remember the song, but didn't remember the exact words, you see. Just now she told Me. And she is another great, great singer, Roshanara Begum, and the way she was singing, you know, as if the whole Puriya - the whole building of Puriya she made it manifest - really. She made it manifest - the whole Puriya raga. Say, such a beautiful thing and that is what it is that here is a sign of a person who has done it so much with that purity of raga, is the point - the purity of raga.

And it's very good for Sahaja Yogis to know that the purity of understanding of that if you go a little bit this side, a little bit this side you get away from Sushumna.

(After puja explanation Sahaja Yogis show the miracle photographs and Shri Mataji explains them)

When the changes taking place, actually it's My name in Arabic, the changes taking place now. This is another one. This is My name, this one is My name in Arabic language in the other, in other direction. Then it becomes, then it becomes Omkara in other direction and Omkara becomes like a heart and with so many lines, there were no lines, nothing. The lights become Omkara. Now, this is before the puja they started with the photograph. This is another series. So the music started and the photograph started changing. Started going into different shapes. This one is easy languishes. The lights going into shapes. This is before that. Now they are writing My name, these lights are writing My name, started writing. Now this is another one. How the form's changing. Now see how the forms have changing. Here the vibrations are dancing. Vibrations are dancing, just see there. Then the Sahasrara. Then I disappear into light. One, two, three and then they all become lights which show one by one. ... These are the vibrations.

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How Does The Awakening Of The Kundalini Cure The Diseases?

Public Program

Sala Kongresowa, Warsaw (Poland)

Talk Language: English | Transcript (English) – Draft

Public Program, Day 2, Sala Kongresowa, Warsaw, (Poland), July 14th, 1990

I bow to all the seekers of truth. Truth is what it is and we can not change it. But we have to feel it. In our evolutionary process whatever we have achieved we can feel it we can see it. Now, whatever he has told you about the centres that are within us, the subtle centres, the seven centres, are not to be believed blindly. But as I requested yesterday, that you have to keep your mind opened as scientists tell, then you see for yourself the hypothesis which are putting before you is proved or not. And if it is proved, you have to accept it as honest people. Because this is for our benevolence and for the emancipation of the whole human race.

We believe that if we have political freedom, we have to become free. Still we are slaves of so many things. If you see the so-called developed countries, they are much more under the domination of their entrepreneurs than in countries which are not so developed. Because of their so-called freedom, they have landed themselves into different kinds of problems diseases like AIDS, drugs and violence. It seems that human beings don't know how to use their money, their power and their freedom. Also, we do not know the absolute truth. Everybody has a different opinion about everything. Everybody has their own ideologies and everybody thinks, "We are the best". If truth is one, all of us must agree that should not be the second opinion about it.

We have created also the problems like ecological problems, all very collectively and we have also produced atom bombs and hydrogen bombs, everything that is so destructive. We don't want to talk of war all right. But at the time, when we have peace, we try to plan for wars. So, something has gone wrong with us and that is what we have to understand. Still, we are at the level that we have freedom only to think for ourselves. But still, as we are not in that reality, whatever we think just becomes mental acrobatics.

Now within us lies this instrument that he has told. And in the triangular bone, called as sacrum as I told you, is this energy of pure desire. This energy is the energy which is reflected from the Primordial Mother. The one who has created all this universe and has created us and the one who is now going to give us that higher awareness and new dimension of Collective Consciousness. In different religions, she is called by different names like the Holy Ghost or she is called as Kudra or in Sanskrit is called as Adi Shakti. And all her power has been doing all the living work.

This energy is coiled in three and the half coils. It has some mathematical relationship. And because of the coils, she is called as kundalini because 'kundali' means 'coils'. Now, this is a knowledge of the roots that lies in ourselves. Now, this power is of pure desire because all other desires are not sensible. They do not give us the satisfaction.

Now, how does the awakening of the kundalini cure the diseases? In this short time, I can explain to you about one centre. We will see about the second centre that we have. This centre, as you will see, is connected directly with all the chakras and ultimately to the brain through a channel which we call as Pingala Nadi, which is the right side. So, when you go too much to the right side, means you are very futuristic, you are very hard working, put yourself to too much physical strain or mental strain then you go to a right. Because this channel looks after our mental and physical actions. So all these right-sided people think too much. Especially in modern times we think too much. When we think too much then there is the replacement of the grey cells has to take place because we are using that energy. Now it is the centre which supplies that energy to the brain.

Now, when we think that we are doing something ourselves also we develop an institution called 'ego' on the left hand side because it crosses skull - plus I mean, doing this kind of work it has to also do very important other work which is to supply to other organs in this area. That is it has to look after our liver, our pantries, our spleen, kidneys and lower part of our channels lower parts of the intestines. So, when you spend all inner your energy in thinking this centre gets exhausted and it can not look after these organs which are very widely.

So first trouble you develop is liver trouble. Because of liver trouble, you become extremely heated up because a liver has a capacity to absorb the heat of the body like poison and emitted in the blood. Now, when this heat starts moving upward, you develop a disease called 'asthma'. And when it starts travelling downward, you develop a disease which we called as 'constipation'. Then is the pancreas. It is affected because of neglect. So when you think too much, you develop diabetes. See, in an Indian village, people take sugar in the thee, they say that the sugar should be such that the spoon must stand as a right angle. So much sugar should be there. But they do not develop diabetes. Because they do not think. They are not worried about the future but only people who sit down and all the time plan too much. Most of the plans of course fail. Mostly the bureaucrats, they get diabetes or politicians maybe. So, this is the problem with the people who are in modern times - too much thinking. But the worst thing happens to your spleen. Spleen is the keeper of the rhythm, by rhythm in our body whenever there is an emergency, the spleen creates more red blood corpses.

But these days, we have such a heartsick life, such a fast life that this poor spleen doesn't know how to cope with the madness. And most of the madness comes from the funny norms we have created for our society like, we have to be dressed like this, we have to be eating like this, we have to sit like this, all kinds of funny norms. There is no natural behaviour left for us to follow. And the sensation realisation of the newspapers also, they have to shock us otherwise, they don't think they are worth that much money. I don't know about Polish films but if you see some English or American films after that you can't sleep for three nights.

So, all kinds of shocking music these are horrible music, very strong ones. They just jar your head completely Our body is very delicate, our mind is very delicate. Is not like a machine or like a tank And this bombardment on the spleen is too much sometimes and is also a under neglect then what happens I show you now this is the center we have from the left and right side both sides meet and make a centre And you start using one of the specially the right side and it starts exhausting with energy like this and some sort of an emotional attack or some sort of left sided attack can just pull it out like that.

So, there is no connection left with the central part, nervous system and what sets in, triggerd is cancer, blood cancer. I must say that Sahaja Yoga has cured blood cancer. You develop blood pressure with it, you develop kidney problems And you have to go for dializes and all kinds of problems you have to face.

The other day, in Moscow, we had a patient suffering with multiple sclerosis what is absolutely not curable. She couldn't walk, she couldn't sit also properly. So, I ask some of the Sahaja Yogis to give her Sahaja Yoga treatment. Within 15 minutes, she started feeling better, she sat up. I told her, "You are alright you get up and walk now". She couldn't believe it. She was holding on the chair slowly. I said, "Live the chair. Just get up and walk". And she started walking so fast that everybody started laughing. And next day, she came and she told Me, "I am the one was cured yesterday, if you remember me, madame". But for all these, kundalini has to rise and has to get connected with that All-pervading Power You are cured by your own kundalini.

As I told you, the centres are separated and the kundalini passes through them and integrates them. And then she nourishes them Same thing on the mental side. Once you are physically and mentally all right, then you start growing spiritually. First, the light of the Spirit comes into your attention and your attention becomes very powerful. For example, normally when we look at something we react to it, we start thinking about it. For example, there is a nice carpet here which is done by some artist. So, when I look at it normally, I would think, "How much it has cost? When I can get it? How to?" Or if it is mine, it is a greater headache. If it is mine, I will get worried, "Oh, my God! It will be spoiled".

But like thoughts will rise and fall again, the thoughts will rise and fall. And we jump on the course of the thoughts which come from the future, from the past, but we can not be in the present There is very little space between one thought and an another.

When you get your Realisation, then you get a state of your mind which we call as thoughtless awareness. When you look on something very beautiful your thoughts stop. And all the joy that the creator of this carpet has put in, you start flowing down very smoothly with such smoothy effect. And after that, if we pay attention to anyone and want to know how that person is, you can feel on your finger tips his centres.

All the centres, you can feel on your hands: seven of them One 1,2,3,4,5,6, and 7. This is on the left hand side, is the emotion side, and right hand side, as I told you, is the physical and mental side. Now you pay attention to someone and if you know how to help that person sitting down here you can work it out. And such a person has very innocent eyes. As Christ has said now shall we not have the dirty eyes. So in that glance there is no lust or greed But is just seeing, witness him. And if you can witness something then you think that all thing is a drama you don't get involved into it. Supposing you are in the water, you are afraid of the waves but somehow if you can get into the boat you can enjoy the waves But somehow if you can learn how to swim you can save others In the same way you solve your problems and solve the problems of others But you become egoless so you don't think you are doing it. You just say, "It's happening".

This All-pervading Power of love is so effective, so efficient that all the time you start feeling so many miracles in your life Once I asked them: „all right you'll write about all your miracles". And every time they used to tell me, so I find to like this on one side and another on this site. I don't know what to write and what to understand If you tied the eyes of children were realised souls and ask them what is wrong with this fellow. They will all show you the same finger Supposing they show this finger, so you ask the man, "Are you suffering from throat trouble?" He says, "Yes, of course," So it is not only about health, about anything you feel the same. You can understand all are the same thing.

Yesterday, I said that Lenin was a Realized soul. That was nothing to get angry because on vibrations you know that he was. But he was forced into that party because always strong trade hard-liners. Gorbachov was another Realized soul. And also, he was tested this time but he put down his foot, and he has managed many things somehow, because there are so many Sahaja Yogis. So somebody will criticize, somebody, will say, "It's wrong" or we think that somebody we hate. But when see them on vibrations, we don't hate. We just talk the language of this chakras, "This is wrong with that fellow", "This chakra is wrong, that chakra is wrong". So the whole thing becomes very subtle.

Yesterday, some people did not feel the cool breeze of the Holy Ghost, or we can cool breeze which is the All-pervading Power of love, and they did not feel it. And I told them, you did not forgive And when they said „I forgive everyone" before me they felt it. So, the ordinary science that we know can be challenged, can be corrected. But this is metascience because Spirit is the source of truth and of knowledge. It is the source of joy.

We have happiness and unhappiness but joy doesn't have two sides of a coin. And the Spirit is the collective being within us, because is the reflection of one source. So, we all get collectively conscious Is not just verbal saying we are brothers and sisters, but actually we become that.

I told you yesterday, how, when I went to Russia first, the German Sahaja Yogis came there to help Me. And here too, the Germans have arrived. With what love, which what understanding, which such care they are giving realisations. So all hatred and all destructive ideas are finished They all have become universal beings and all these petty ideas have vanished from their heads. When they go to India also, I see these villagers from India just come and hug them there are scientist, there weird people also who go there. There is no idea as to what your position is in life.

Every year, we have a seminar in December in India and there are people coming from 40 nations. And the way they love each other and enjoy each other No quarrelling, no fight, nothing Such friendship, Of course, they pull each other's leg very sweetly That's a good sign I just enjoy all that love In the west I started my work in England, which was very difficult place And this first 7 hippies all very well educated from Cambridge and Oxford, were all drug addicts. And then, I worked on them and they got their Realisation.

These are special days which are described, even by many poets. Of course, in Sanksrit, we have many elaborated descriptions

and prophecies about this days These are the days of the last Judgement But many English poets also have described like William Blake. He calls the seekers of truth as 'men of God' and than they will bacome saintly and godly through this. These are blossom times. Formerly there used to be one or two seekers. There were one or two flowers on the tree of life. Now, blossom time has come There are so many seekers! And they have to get the truth of their seek.

It's a very deep subject. And if you have to cure this tree of civilisation, you have to go to the roots to nourish it. And for that, you have to become subtler beings. And that is what is happening In many countries, even the goverments has accepted Sahaja Yoga as a journey process. And such countries will be very strong countries. It's not the money or and it's not the things that you have, that makes you strong, but the quality of strenght has to be expressed in the personality of human beings. That is why we have to create that beautiful world of peace, joy and love. This is what we have to give to our progeny.

May God bless you all.

Question: Do you believe in Christianity? What do you think about Christianity? What is the relation between Christ and Sahaja Yoga?

Shri Mataji: It's a very direct question. But as I'm your mother I need to tell you the truth. I was myself born in a Christian family. When I was very small I was shocked that in the Bible there is somebody called St. Paul. He had nothing to do with Christ He saw some cross which you call as supra consciousness experience. And he thought it's a nice way to jump on a stage and to preach over Christianity of which he had no idea. Even Khalil Gibran has criticized him very much. I asked my father, who was a Realised soul, what are these gentlemen doing there? And he said Marathi word which means fort 'squatter' sitting there. A person who enters into a house and seats there. It is he who organised Christ. He gave a very different picture to what Christ has said. And later, St. Augustin who joined him. He must be the same person born again.

And what Christ has said that, "You have to be born again. You have to be the Spirit". But he did not make it a Spirit-oriented Christianity. But it's a power-oriented, it's money-oriented, it's building oriented, church-oriented Christ. The greatest weapon he gave us is forgiveness. Such compassion. On the cross he says, "Let forgive them, they do not know what they are doing". And do you know how they came to India and how they spread Christianity? In the right hand, a gun and in the left, the Bible. Thank God, Columbus lost his way to come to India. Otherwise, none of the Indians would have been there as there is nobody who is the aboriginal now existing in Argentina, America or anywhere.? When did Christ say you kill people who do not take to Christianity What are they doing? I just don't understand.

Christ is very much there in Sahaja Yoga. We can't give you Realisation without Christ. He resides in the Agnya chakra there, on the optical channels, as I told you yesterday. And when the Kundalini rises she awakes Christ and the ego and superego, which are covering our brain, are sucked That's what he said that he died for our karmas and our sins. If this chakra doesn't open then you have to say the Lord's Prayer. He suffered for us. He carried the cross There is no need for us to suffer. Are we going to suffer more than him? To say that you have to suffer or that you have to be punished is against Christ.

The way they put the picture, I saw it, in Sikstin Chapel, like Michael Angelo putting him like big, huge Christ sitting there and sort of doing the work of Last Judgement. Because Michael Angelo was realised soul so you could see him in a clear perspective The whole that Sikstin Chapel fresco is Kundalini itself. And Christ is sitting at Agnya, while down below, under table, you find Christ which is bonning structure as if- like he was a tubercular patient. Do you think such a skeleton can carry such a heavy cross? To make everyone to look at Christ, so much miserable, it makes Me cry and weep to see like that. Their main understanding should be that Christ has said, "Thou shall not have deleter eyes". Oh my God! I have seen some of the horrible residences of these priests and these people, and I could not believe how they could be Christians. How many Christians will fall ...

1990-0720, Spirit connects you to this all-pervading power

View [online](#).

20 July 1990

Spirit Connects You To This All-pervading Power

Public Program

Left part of Industrial Palace at Fairground, Prague (Czech Republic)

Talk Language: English | Transcript (English) – Draft

1990-0720 Public Program Day 2, Prague

I bow to all the seekers of the Truth.

Yesterday I told you that Truth is what it is. And with human awareness you cannot know it. For that you have to become a subtler being. To know the Truth, you have to become a subtler being. For all these there is a mechanism within you which works it out. It is sahad means is spontaneous. And also, every human being has a right to get the yoga means the union with this all-pervading power of God. Of course, you cannot pay for it. Like the Mother Earth has the built-in quality it has to sprout a seed which has built-in sprouting quality. In the same way this is the living process of our evolutionary end.

Yesterday I told you how it works and what are the advantages of getting your self-realization. With that you get physically, mentally, emotionally balanced and you get cured of your problems. You become extremely dynamic and extremely compassionate. Now also as I told you that you become the Spirit. So today I want to tell you about the nature of the Spirit. Spirit connects you to this all-pervading power. But unclear() it is the source of all the knowledge. For example, when you get your self-realization, you feel a cool breeze coming into your hands and coming out of your head. This is you feel the all-pervading power, the subtle pervading power which you have not felt before. And also on these five fingers, six and seven you feel the subtle centers within yourself. On the left-hand side you see the problems of your emotional life. And the right side you feel the physical and mental side. Now we unclear() five six and seven centers in ourselves. What is wrong we ask and what is wrong it comes. And on these fingertips you can feel the heat or you can feel the burning sometimes little bit and sometimes you feel absolutely a numbness. Now when you feel anything like you can decode it. And then you should know how to get over the problems. Then you can cure yourself and you can cure others also. So, it becomes so very easy: to cure very serious unclear (diseases). So now the main object of our life is to become the Spirit. When you become the Spirit then the light of the Spirit spreads in your attention, so that on your central nervous system you can feel the Truth. So, you can have absolute knowledge as if you become a Divine computer. And everyone gets the same information. So, you become knowledgeable of actual Truth, there is no difference of opinion. As you can feel others you become really collectively conscious. You become collectively conscious means your awareness expands. And that awareness makes you feel that you are part and parcel of the whole. You get it collectively conscious that means who is the other? The second thing that happens to you: that you become thoughtlessly aware. That means a thought rises and falls and another thought rises and falls. And in between the thoughts there is a little space. While we are only jumping on the cusp of the thoughts that is coming from the future or the past.

So, when the Kundalini rises then these thoughts become small and the space in between the thoughts increases - it is the present. Alright, now we look at anything we start reacting with thoughts. For example, a nice carpet is here, I look at it and I start thinking about it, all kinds of joyless thoughts. Like how much it has cost and whose it is and all kinds of nonsense. But if I look at it without thinking then the joy that is put in its artists whole joy becomes abstract and starts falling from my head soothing me down. Now this is what unclear() beautiful buildings. I would think of anything but the joy that has put into it by its creators, the artists started falling all over. I felt so refreshed and so relaxed and joyous. So, the attention becomes full of joy. When the Kundalini rises, She cleanses all your centers and nourishes them.

Alright, we have got difficulties as we found this gentleman whose mother is unclear() and he is very poor.

Translator: Bahot mushkil hai (very difficult)

Shri Mataji: I know that.

Translator: I think she can translate better.

Shri Mataji: She can correct. Alright, tell him the words. Alright, alright she is also a little diffident about it. Because of the language. He is also he is saying that she can do better.

Female Translator: Thank you.

Shri Mataji: We need two persons. You will have to try. There are limitations of every language especially English.

So, we know the Truth because of the which is the embodiment of the Truth. Now also our attention gets enlightened because Spirit is the source of light. So, sitting down here you can find out about anybody's vibrations. Also, this Spirit is the source of joy. And this source of joy takes you away from the duality of happiness and unhappiness. So that you reside in the beautiful realm of peace. The feelings you have for each other is only of pure love. That is in your attention there is no lust and greed. Because you develop a witness state (Sakshi Swaroop). Now witness state is a state where you see everything as a drama. Supposing you are standing in the water then you are afraid of the waves. But somehow if you can get on to the boat then you can watch the waves. But If you know how to swim then you can jump in the water and save many people. Thus, you become the saviors of the people. The first power you get that you become thoughtlessly aware. Second you get become collectively consciousness. And the third power you get that you can raise the kundalini of others and give them self-realization. Thus, you can cure others and also you can give self-realization. And you become self-confident. Because gradually you feel that you are protected from this all-pervading power. And you get experiences of great miracles of help that you get from this all-pervading power. Moreover, I have seen many musicians, artists have suddenly become great artists, world famous artists after getting self-realization. You feel very young and the energy is all the time flowing in you. The attitude towards your self-changes and you understand your glory and your greatness. But you do not get into a ego state by which you dominate others. Neither you dominate nor you take domination. Anybody who tries to dominate you is looked after by the all-pervading power. And then you become a universal being. Now those people who have come to your country are from different western world. Now these people are singing Sanskrit songs and Hindi and Marathi songs which are very difficult to sing. We could not teach even one sentence to an English man in Hindi language properly. They lived in India for 300 years and did not learn any of our Music or our language nothing. But now I find with sahaja yoga they are singing just like an Indian. And next time you will find them singing in unclear (Jugoslavakian) songs. So, an absolute rapport is established. This is what we want today. Then you become your own master. You become very powerful. There are so many habits we have which we want to give up, but we cannot because we are not so powerful. But when you become a self-realized soul, all habits drop out automatically. You exactly know what is good and what is bad. And you will always do whatever is benevolent to you. Which is benevolent to your society, to your country to the whole world. You automatically become a very righteous person, a very moral person and a very loving person. You forgive people and enjoy the forgiveness. And then you love, after forgiving you love. There is such an ocean of love that you become extremely patient peaceful, relaxed. This is the new age. This is the last judgement. As Mohammad sahab also has said in his Quran that your hands will speak and they will judge you at the time of resurrection. He calls this as resurrection time. So sahaja yoga relates to all the religions and gives the essence of all the religions and the Truth about the all the religions. Because of that there can not be any quarrel between the two religions. It relates to science completely. It explains science. It points out the unclear (origins, Hurajians) of science. And also, it explains all the problems of Ecology and Politics and Economies. Thus, we become very knowledgeable knowing all the principles of every ideology. For example, if I am very powerful, I am a capitalist. But I can not live with my capital I have to distribute so I am an absolute communist. What I distribute is the love that I have. We have never used the power of love so far. Never. We have never used the power of love. They have only used the power of hatred. So now you should know that you are the instrument of the power of love. And that is the most powerful weapon we have. These great times are already prophesized thousands of years back. And now the time has come to full fill all the promises. In the early days / ancient days there were very few flowers on the tree of life. Now it's a blossom time. That there are so many seekers

today of truth that is the blossom time. Also, luckily I have developed a method by which we can give a mass self-realization.

So, I asked them to ask questions yesterday have they given the questions? Now wirttendown(write-down).

Yogi: Yes, we got the questions before the evening began. The first question was already answered regarding the Quran.

Shri Mataji: Ya.

Yogini: How today's person can harmonize his life with his wish to get self-realization? Whether it's a process psychological, mental or social.

Shri Mataji: It is neither physical nor psychological nor mental. It is spiritual. It is beyond these three aspects. I have said that it is beyond all these three. As we say in Sanskrit - Gunateet. It is beyond these three things is a spiritual. Or you can say spiritual manifestation. All these three things you already have. What is there to think about them? This is beyond which we do not have it in us manifested.

Yogi: The next question is – what is your opinion about the Vedas, they made a university in Prague by Americans. Vedic university and they have put one topic in their course – Transcendental Meditation.

Shri Mataji: Oh my God, in the Vedas unclear() marketed. TM is a marketing company. Now please see that these horrible things are not here. They use black magic. In the Vedas it is written in the beginning only that after knowing the Vedas if you do not get your self-realization, it is useless. Now the word Veda comes from the word Vidh. Vidh means to know on your central nervous system. Now also in the Vedas it is written that after getting your self-realization you should know the Tantr, Yantr and Mantr. Now the Yantr means the mechanism. After realization not before. After realization you should know the mechanism. Then you should know the Trantra means the technique. And thirdly you should know the Mantra means what is to be said to open the centers. What chanting has to be said for opening the centers. And you see this chakra, Agnya chakra of Christ, you have to say Lord's prayer. To open the center. You have to say Lords' prayer and you have to forgive everyone. You must ask TM people first to give your realization. They are marketing everything. And they have ruined so many lives already.

Too many questions. Those questions that came before are better. These are not. Too much. Because we have limited time and yesterday they asked us to go out after unclear(). So these are individual problems which we will solve you later on, we are of follow on tomorrow. What is the address for the follow on. Tomorrow they will be having follow on, and just now we'll have our self-realization. That is much better. They will tell you the practical side of sahaja yoga. Address batado (tell the address) Dheere batado woh likh rahi (tell them slowly, they are noting it down), Time bhee batao (tell the time also).

Now, let us now get to the point why we are here. I am sorry the acoustics are not alright. But will tell you slowly and try to understand. You must do everything very carefully. So, you should see how it is to be done. Yesterday you missed one point. When they said that put your hand on the back side of the head you put it on the back side of your neck. It should be here, that's very important specially for Prague. I have seen this center catches very much here. On the back side of your head. Optic lobe is there. Alright, so now somebody will show you how to do.

Alright If you can move a little bit, then they can also see I think.

Tomorrow in follow on they will tell you. Its much simpler than this. But they will tell you tomorrow the simplest method in follow on.

Alright.

So first you please have to take out your shoes because this Mother Earth is going to help us. Please do it peacefully not to make noise. Peacefully. Please put both the feet away from each other because these are two powers working.

See the acoustics are not good. Put little away. Now speak.

Now, you have to put both the feet away from each other and sit comfortably not pushing too much forward or backward but comfortably straight. Now please know there are two conditions before we start. The first condition as I told you yesterday that you have to forget your past. You have to be in the present. That is you have to know that you are not guilty of anything. After all you are human beings so what mistakes can you commit? You are not Gods so why should you feel guilty? What ever the past is finished. You have to be in the present today. This is very important. Yesterday many people did not get realization because they are still feeling guilty. Alright now, you will have to know that whether you forgive someone or don't forget someone you don't do anything. But if you do not forgive then you suffer for nothing at all. At the hands of others who want to torture you. So why should you play into the hands of other people? You please forgive everyone in general don't think about individual. It's very important. Because this Agnya chakra of Christ won't open unless and until you forgive. It is closed like this. And then it opens like this when you forgive. Then the Kundalini can pass through it. It's very important and that's why I am requesting you. You can not miss your self-realization. Firstly, you suffer by not forgiving and then also you will miss your self-realization by not forgiving. So why not forgive everyone once for all and be light? Alright so now you have to put your left-hand towards me like this. Left-hand symbolizes your desire to get self-realization. And the right-hand is for the action. So now we put our right-hand on our heart first. Here resides the spirit. Then we put our right-hand on the upper portion of our abdomen. Which is the center of your mastery. Now you put your right-hand in the lower portion of your abdomen, we work only on left side. This is the center of pure knowledge. That manifests on your central nervous system. Now please take your hand again back to the upper portion of your abdomen on the left-hand side. Now you take your right-hand again on your heart. Now take your hand in the corner of your neck and your shoulder and turn your head to your right. This center catches when you feel guilty. And you develop diseases like spondylitis and angina. Now please take your right-hand on your forehead across and press both the temples. And put down your head. This is the center where you have to forgive everyone in general. Now please take this right-hand on the backside of your head and push back your head as far as possible. Without feeling guilty, without counting your mistakes. For your own satisfaction you have to ask forgiveness from this all-pervading power of love. Now please stretch your palm, put down your head please. And put the center of your palm on the top of the fontanelle bone area which was soft bone. Now press it hard. Press it hard. Here you have to move your scalp with pressure. So please push back your fingers and put a nice pressure and move your scalp seven times clockwise. That's all we will have to do.

Now the mistake I think is that: they didn't pushout their fingers. They were holding head like this. You have to push out. Pushout and put a pressure. Pushout pushout fingers. And now put down your head and then move it seven times. Put down your head as much as you can put down. Please do it seven times slowly.

Now we can close your eyes, please take out your spectacles and don't open your eyes till I tell you. Alright, now please put your left-hand towards me. And keep both the feet away from each other. Now please put right-hand on your heart. And now close your eyes. Please don't open them till I tell you. Now here on the center of heart you have to ask me a question three times which is very fundamental. Here, please you may call me Mother or Shri Mataji. Please ask: Mother am I the Spirit? Ask this question three times. Now if you are the spirit, you are your Master. So please bring your hand in the upper portion of your abdomen and on the left-hand side and press it with your fingers. Here please ask me another question three times: Mother, am I my own Master? I have already told you that I respect your freedom. And I cannot force pure knowledge on you. You have to ask for it. Now please take your right-hand in the lower portion of your abdomen on the left-hand side. Here you have to ask six times because this center has six petals. And please ask: Shri Mataji or Mother please give me pure knowledge. Alright. Six times, this center has got six petals. As soon as you ask for pure knowledge, the Kundalini starts moving. So now please raise your right-hand in the upper portion of your abdomen and press it hard. We have to open our upper chakras with our self-confidence. So here with full confidence please say ten times: Mother, I am my own Master. I have already told you that you are not this mind, you are not this psyche, you are not this mind, not this body but you are pure Spirit. Alright so now please raise your right-hand on top of your heart and press it hard. Now here you have to say with full confidence twelve times: Mother I am the Spirit. Now this all-pervading power of love is the Ocean of knowledge. It is the Ocean of joy. But above all it is the Ocean of forgiveness. So whatever mistakes you might have committed can be completely dissolved by the power of Ocean of forgiveness. So please

raise your right-hand in the corner of your neck and shoulder and turn your head to your right. And turn your head to your right. Here you have to say with full confidence sixteen times: Mother, I am not guilty at all. I have already told you, whether you forgive or don't forgive, you don't do anything. But if you don't forgive then you play into wrong hands. So now, please put your hand on your forehead so that you press both your temples of both the sides. And now bend your head. Here now you have to say with full confidence: Mother I forgive everyone. Say it from your heart, not how many times. Now carefully take back right-hand on the back side of your head. Push back your head as far as possible. Here you have to say for your own satisfaction without counting mistakes, without feeling guilty you have to say: O all-pervading power of love, please forgive me if I have done something knowingly unknowingly. Again, say it from your heart. Please say it from your heart not how many times. Now please stretch your palm and put the center of your palm on top of the fontanelle bone area which is the soft bone. Which is a center, which was a soft bone. And now push back your fingers, please push back your fingers. And bend your head as much as you can. Here now I again cannot take your freedom, so you have to ask for your self-realization. Now move your scalp, now please move your scalp seven times slowly clockwise every time saying: Mother, please give me my self-realization. Now please take down your hands.

Put your right-hand towards me like this and bend your head. And see with your left-hand if there is a cool breeze coming out of your head, out of the fontanelle bone area. Don't put your hand on the head but away from it. sometimes you get very far away. Now please put the left-hand towards me and put the right-hand bend your head. some people might get the hot/heat doesn't matter. That means either you are feeling guilty, or you have not forgiven. Alright now again put right-hand towards me bend your head. And just again see if there is a cool breeze coming out of your head or away from you. Now please rise both your hands and look upwards and ask a question three times: Mother, is this the cool breeze of all pervading power of pure love? Now take down your hands please. Put your hands towards me.

Those who have felt the cool breeze out of your head or hot breeze or in your fingertips please raise both your hands. Both your hands please. Both the hands I can't see. I want to see properly. May God bless you. I bow to all the saints of Prague. I hope tomorrow you will all come all of you should come whether you have got realization or not for the program of follow on. Otherwise, it would be like parabola of Christ that some seeds fell on the rock, and some fell on the very fertile land. You don't have to pay anything, nothing whatsoever. Only you have to give sometime and respect to your self-realization. Next year again I will be back to you, and I would like you all to be like great trees of peace and joy. These people will be coming down to Prague again and again and will make masters out of you.

Thank you very much.

1990-0720, Press Conference

View [online](#).

20 July 1990

Press Conference

Public Program

Prague (Czech Republic)

Talk Language: English | Transcript (English) – Draft

1990-07-20 Press Conference, Prague

Yogi: She is asking that yesterday was the first meeting,

Shri Mataji: Yes.

Yogi: and what is your reaction to it about your feeling to the atmosphere?

Shri Mataji: Great.

Yogi: She is asking how many hours it took?

Shri Mataji: For realization takes only ten minutes. We had to explain about Sahaja Yoga little bit, and they were singing also some music.

Yogi: Have you seen Prague? What was your impression of Prague?

Shri Mataji: Oh, beautiful people. They are very creative. I think I told what Prague means. Pra is enlightened, gue(ha) is the right side, is the creativity.

Yogi: The second question was: What was your opinion to the people here? Do you find any difference between the people here and the people in other countries?

Shri Mataji: Varies. Varies. Great seekers and the people with whom I spoke with It's a very subtle subject and they understood it well. A deep, Subtle, and they are very deep, otherwise how can they touch it?

Yogi: Next question is: Will you come again this year?

Shri Mataji: Next year I will come definitely, I said this here. I was programmed to go to South America. But when this happened in Russia, I just cancelled that program.

Yogi: At the moment the number of people who give treatment, who heal: healers/scientific healers, do you also have any healing touch?

Shri Mataji: Yes but it is all scientific. They are three doctors from Delhi University got their MD in Sahaja Yoga on various subjects like Cancer and blood cancer I think and Epilepsy and Asthma Hypertension. And there are seven doctors in London who are now doing on blood cancer, Aids, and all that. But, you see the people who are healing here must know how they are healing. They must know the basics behind it. It may be just mesmerism and that's very dangerous. But if they do not know how they are healing, they cannot protect also themselves. But you are healing in Sahaja Yoga because of your own energy which is residing in your Sacrum bone: the Triangular bone. And it shows that the Greeks knew about it. Because they call it Sacrum

means sacred, they knew. Sahaja Yoga relates to science to religions to all the mythologies and to everything. All the religions.

Yogi: She is asking: Do you have any healings at the meetings or the congregations you hold that somebody say unclear()

Shri Mataji: Yesterday we did two of them, one gentleman had terrible pain all the time on the left side and another one was having a Palpitation all the time.

Yogi: She will not be able to come for today's meeting, but she would like to have the sequence of the meeting.

Shri Mataji: The follow on is: I think they have to write when and where

Another Yogi: Will give them the address and we will have the follow-on tomorrow night. We are going to give the address.

Shri Mataji: when she can she be actually working? And once the people from here get their realization, they themselves can work it out. They are to be just established that's all.

Yogi: So next question is: Are you planning to go to in the next year or in the near future in to the neighboring countries of Eastern block unclear()

Shri Mataji: Of course, I am going to Hungary now and to Bulgaria. I was there to Rumania, but there is problem they said. But these people have been to Rumania before, its wonderful they said.

Positive questions.

Beautiful questions you asked.

Thank you very much.

Yogi: The reporter is asking: Do the evening sessions have continuation or they are separate topics discussed?

Shri Mataji: Now, yesterday I told them in a general way that today I am going to tell them 'what is the nature of the Spirit'

Yogi: A person who has not come there yesterday does it matter that even if he comes today that he didn't come unclear()

Shri Mataji: I will just a little bit revision in a short way.

Yogi: But I have thousands and thousands of lectures in different languages which they can get the tapes and listen to it. I mean this knowledge has no limitations.

She didn't come yesterday?

Yogi: No

Shri Mataji: Alright, don't be worried. Please come today. Alright. And also day after tomorrow. Tomorrow will be better. Because.

Yogi: Tomorrow it will be unclear(some other work)

Shri Mataji: Yes, I think so. Tomorrow where are we having the program? Who knows?

Yogi: Can you translate, she has got one of those sheets in her bag and its unclear()

Another yogi: Can we see your broacher? Thats what he said.

Shri Mataji: I think today you better type it.

Yogi: Or today in the evening she will come to the function.

Shri Mataji: We will get. And also tell her we will inform her. Is she could give her phone number?

They are all went to stay over. And they are going to work it out.

Didn't bring anybody from Bratislava?

Another Yogi: Bratislava, this girl from Bratislava, where is she?

She was here, She was here.

Yogi: She is coming, she is coming.

Shri Mataji: She is here. So she knows. Which is the press we are going to have on follow-on?

Another Yogi: Tomorrow, tomorrow.

Yogi: This lady is saying that she is living in Prague, and she would like to continue in July to attend the program in the evening.

Another Yogi: Does she know the address about the tomorrow's program?

Yogi: Tomorrow and day after tomorrow.

Shri Mataji: Did you find?

Yogi: She didn't find but She is coming for the program today.

Shri Mataji: Woh log sab bahar gaye, who sab bahar gaye hai jo jante hai(Who ever knows, they are went out)

See these are all from outside. Aap German jante hain (Do you know German?)

He doesn't know German; he knows English very well.

Another Yogi: This place is we are all people coming from different countries and we were attracted also by this news that they got this freedom in their country and we.,

Yogi: I explained that the thing which joins all of you is the religion now is Shri Mataji, Sahaja Yoga and you are very happy with the development which are unclear()

Shri Mataji: These are collective all over the world.

Unclear(Fortunato's are called.)

All the religions, all the religions

Muslims, Christians, Jews, Hindus, unclear(), Zen

Yogi: The next question is: How many countries out of the forty belong to the previous East European Countries.

Shri Mataji: Russia

Another Yogi: All of them: Russia, Poland, East Germany.

Now we have Rumania

Shri Mataji: Now Yugoslavia

Another Yogi: Bulgaria

Yogi: So the reporter is saying: It is high time to begin in unclear(Yugoslavia)

Another Yogi: Even Turkey there.

Shri Mataji: Of course, of course this is the very important time also you are just now got your freedom alright? And you must know that the political feeling is not the end of it/war. See you have to get the unclear(detartrate). Because you must know master yourself. You must know what you are. And you should know Absolute Truth and it is very important. Otherwise, everybody thinks they are alright which they are not. And they fight each other because they cannot have the same opinion. But Absolute Truth is the fact. It's a fact. Reality. So, once you know the reality then you don't feel any difference. And you can't pay for it. Nothing. You are not purchase it. It's a natural thing, it's the same evolutionary process. Little breakthrough, the last breakthrough of the evolutionary process. It's worked out with the living process. As the flowers becomes the fruit, you become that.

Yogi: The reporter is saying this is not a teaching nor it's a philosophy what unclear()?

Shri Mataji: It's an actualization.

Yogi: and what was the impact on the Soviet people?

Shri Mataji: Yesterday?

Another Yogi: On the Russia Russia, Soviet people – Russia.

Shri Mataji: Oh Russia Russia? Absolutely they agreed. They don't want wars, they want laugh. Actually, their government was is the wrong, not the people. People even does not know what their government was doing all kinds of the things. That's what unclear() lasts now. He needs everything should be transparent. We should know what we are doing. Even he is impressed by Sahaja Yoga very much. And they arranged eight politicians and two ministers to see me. And six hundred doctors to listen to my lectures and I have given realization. And two hundred scientists those who are made Sputnik and all that. They also.

Yogi: She would like to have your opinion: What is the impression of the people in Western Europe

and in Eastern Europe and what do the newspapers write about it?

Shri Mataji: Depends on wherever I go you see. All kinds of things. But I would say that so called freedom has divided them abandoned and really crazy people some of them are really. Running after crazy things.

Another Yogi: The west.

Yogi: The next question is: Can you specifically say the difference between the atmosphere in the Eastern Europe and the Western Europe?

Shri Mataji: Very much. You see the attention of whatever may be the horrible conditions in which they have lived, whatever it is, sufferings they have gone through, the attention that are by Eastern block people is much more concentrated than the attention of other people.

Yogi: I explained that, as you said, that the people here are more concentrated.

Shri Mataji: and their attention, because you see they suffered a lot and they had no time to do all nonsensical things that are the people have done are brought

Yogi: Thank you.

Yogi: Next question: Do you have any professional continuation in, who is going to continue in sahaja yoga.

Shri Mataji: Ya, ya they will be all coming, they are all responsible. They are from Austria, from Germany. This Markus is the leader from Germany and unclear() both of them, they are responsible. And from Germany we have got Philip and they will be coming around.

Yogi: No, she meant is there any main candidate as a successor in sahaja yoga?

Shri Mataji: In India? We still have to locate. If you give their details make you unclear()

Yogi: I said, its not the main thing, it can be anybody.

Shri Mataji: It can be anybody, ya of course, of course. You see who ascents to that level. You have to ascent to a level. Awareness. Yesterday we met a big, nice man also, who spoke to me very well. But we have to see unclear() how his spiritual ascent, his vibrations. I am sure it will work out.

Aap yahaa rahdiya to kaam hojay (If you stay here, the work can be done)

Yogi: Hum to ghoom to rehtahai (I keep on roaming)

Shri Mataji: Acha toda ajeeb unclear(), aapke maa aur baap dono ki atma shant ho jayegi.

Yogi: Thank you.

Yogi: This television gentleman asking: Did you meet anybody from the government or the President?

Shri Mataji: Here? Not yet.

Yogi: He is asking: Would you like to meet?

Shri Mataji: Yes, next time when I come definitely.

My husband has been in connection with all these people.

And I met them in his office in past. People from the previous government.

Shri Mataji: Thank you very much. Thank you.

Thank you ko kya kehate (how do we say thank you)

Yogi: unclear(Ekus)

Shri Mataji: Kuch do ko?

Yogi: Do ko: dwe

Shri Mataji: Dwe dwe? Sankruti ho na?

Yogi: They are saying thank you. If she has to come in the evening, she has to do her work.

Shri Mataji: Aap ki wife chalegai (Is your wife left for the day?)

Yogi: This television gentleman he would like to have an autograph

Shri Mataji: I don't do autograph at all or to anyone. You see, it's the work of ministers and people who are in the politics.

Another Yogi: You can give a photograph. Give a different one.

Shri Mataji: There is septime hai, America me gadhe ke bareme gadhe, inlogon ki kaam me, koi cheej ko inko seriousness he nahi. Iskadar bade, gandhe kaam karne me number ek. Bahot. Abhee me gayee thee Los Angeles, unclear() aur neeche chup gaye. Merekato kehane pichle hapte me gyarah aademe chupkar, vaisa kyon?

Is ka jo malik hai wo bhee itna acha hai ghar ka. Wo aake bhaite hai hamare saat, gane gaaye sab kuch kiya aur bahoth khush ho, bahotee badhee aademe. Unclear()

Shri Mataji: Will go now. Alright? And I hope you looked after your new brother. His name is Yuri and unclear()

Yogi: Yuri was the first man on the moon. His name is Yuri Gagarin.

Another yogi: I was born in the same year 61.

Shri Mataji: That's why. He was the first man who has come from actually Yuko Kavaguti also for us.

Another Yogi: Who flies in the name of sahaja.

Shri Mataji: Apnee tabiyat itne khush hogay hum log jara lost hogai. Kyon ki Bhasha naheena atee to lost hogaite kya kare. Abhee itne khush hogaye aap ko dekheke unclear()

Yogi: Hamari translation itnee badiya nahe hai (My translation is not so good).

Shri Mataji: Nahi nahi, bahot achee hai, bahot achee hai baba (Your translation is very very good). Aisa bhee jo hai, aisa bhee wo aadme to unclear() woh to baat galat hotee hai.

Yogi: Ham bhe first time kar raha hai es type ke translation (This type of translation I am doing it for the first time)

Shri Mataji: Nahi nahi bilkul, aap phikare nahee karna, kare to aap se unclear()

In me se koi bhee pehale bhasha nahi de sakte hai.

I am just telling him, he is saying that at all this as first time I am doing. I said they all were speachers but they started speaking.

Ekdam aadmee dynamic hojata hai kyon ki atmaka aisa bol raha hai na, Prakash ek dam. Ab aap bahot how wisely he spoken how sensibly, how balanced

Sab ki tabiyat khush ho rahi thee.

Another Yogi: unclear()

Shri Mataji: See kitab hai ab aur kya certificate chahiye aap ko (See, what more certificates you need for your translation?)

1990-0721, Evening Program

View [online](#).

21 July 1990

Evening Program

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft Evening Program, Vienna, Austria 1990-07-21

Shanta Mavshi: Shri Mataji wants that I should explain the meaning of this song to you all.

I have already explained to the students who were learning. This song is mainly to say that you may call God by different names, but He is one and the same. So you may call Him Ram, you may call Him Bhrama, you may call Him Kana or Mahadev. Kana is Krishna, Shri Krishna and Mahadev is Lord Shankara's name is Mahadev, Parasnaath. Parasnaath is the name of Mahaviras, that is those who follow Jainism. They may call Him by the name of Parasnaath.

Shri Mataji: And he has a Kundalini on top of His head. Parasnaath was one of the first, the first, the [unclear]. And this one was the last.

Shanta Mavshi: Yes. So and also some people even call Him by the name of Brahma, but all this is in one and that is Sarkala Brahma.

Shri Mataji: He is the Paramchaitanya, completely. [unclear] self, itself.

Shanta Mavshi: Yes, [unclear]. Now Bhaganabhe, the Kahavatana, that is this external forms of worship may be different.

Shri Mataji: [Hindi/marathi] Different utensils are made [unclear]

Shanta Mavshi: but the mud is the same.

Shri Mataji: Mud is the same. Shanta Mavshi: Yes, and you may see it in different shapes. The shapes are different, but the material is the same.

Shri Mataji: It's the ruptika.

Shanta Mavshi: And, So if we divide God into so many forms, it is in our own, because of our own imagination. Yes. You are undivided. The God within you, which dwells within you, is one. Undivided.

Shri Mataji: Enjoy himself.

Shanta Mavshi: Yes.

Shri Mataji: The one who is enjoying himself is the Rama, means if you also say.

Shanta Mavshi: Yes. The followers of Rama are the type who enjoy within themselves. And the followers of Rahimah are those who are kind to others. Compassion. Kindness and compassion for others is the quality of those. Rahimah. Yes.

Shri Mataji: Quality of Rahimah.

Shanta Mavshi: Yes.

Shri Mataji: So those who follow should have that.

Shanta Mavshi: Yes. Those who follow Rahimah should have the quality of being kind and compassionate to others. Karma philosophy of Gita is for those who worship Shri Krishna.

Shri Mataji: The karma becoming akarma. Once you become surrendered to Shri Krishna and He does everything, you don't do anything. So this is the karma philosophy of Shri Krishna. That you surrender yourself to Him, so you don't do anything. The one who does like that are the ones who follow Shri Krishna should do that.

Shanta Mavshi: Then Mahadeva, [unclear].

Shri Mataji: If you worship Shiva, then you should just ask for nirvana, for realization and nothing else. Shanta Mavshi: Then the last is Paraseh. Paraseh is to see. Paraseh.

Shri Mataji: Parashnath is the deity. In the [unclear] of Jainese. And the Parashnath has got the Kundalini behind him. So he is the master of Kundalini. So Paraseh Rupa. Paraseh Rupa means the one who changes the form. He is the Paraseh. Paraseh is the stone which converts everything into gold.

Shanta Mavshi: Yes, that I have explained to them.

Shri Mataji: Paraseh means the transformation. The one who transforms your, your... Yourself, you can say, but Rupa actually means your...

Shanta Mavshi: Your whole being is transformed.

Shri Mataji: Your being. Your being is transformed. The one whole being which is transformed, the one who once, who calls themselves as the disciple of Parashnath, should be able to transform the Rupa of the [unclear]. So they are Paras. Paras means the Paras stone is the one which, if you touch to anything, it is a... What is it called in English? It becomes gold.

Shanta Mavshi: It is a [unclear]. It is called [unclear].

Shri Mataji: It is [unclear]. So if you, Paras means [touch stone?]. Yes. So the one who, who is the one who is following Parashnath, should be able to transform people. Brahma [unknown] Brahmari. The one who can recognize the Brahma, means the Chaitanya, is the Brahma. [hindi/marathi]

Shanta Mavshi: Anandagana.

Shri Mataji: Anandagana is the cloud of joy.

Shanta Mavshi: It is the name of the poet also. Yes.

Shri Mataji: Also the poet's name. Yes. So he said, this is how you have to, you have to sort of, this is a Muranglapa. You must achieve. This is the way you should achieve your cloud of joy.

Shanta Mavshi: Chaitanya-mana.

Shri Mataji: Which is Chaitanya-maya and nikarma, means there is no karmas there. It is Chaitanya-maya, nikarma.

Means it is without any karma, action. So you achieve that. It's beautiful. Put it in Anandagana.

Shanta Mavshi: Anandagana.

Shri Mataji: Beautiful, I mean such a thing is. Absolute truth.

Shanta Mavshi: Philosophy is really beautiful. The whole philosophy in this, highest.

Shri Mataji: Sahaja Yoga, Sahaja Yoga.

Shanta Mavshi: That's why I chose it for this. And it is in Rag [Paddhik?].

Shri Mataji: Yes. [unknown] Take it off, please. You want to sing some song now?

Yogi: The Children have a song. They have a special song for you too.

Shri Mataji: The children from France. Alright. You want to [unclear]? You see I told them that they should make some songs on the pop style. Because you see it's very popular and if you can make nice songs on Sahaja Yoga on pop style also it can go on the stages and we can impress people much more by that you see. And there are some very good songs also. So this one Mr. [unclear] if you know him from Canada, he's also making some very beautiful songs like that. And I'm sure these songs once they become popular Sahaja Yoga will spread much faster because these Indian songs are all right for Maharashtra. And now pop music is even popular in India also. So you see to popularize the music is better to compose songs in pop music also. If you people can try some will be good idea. So that we could have some pop music and in that we sing about Sahaja Yoga because after all we have to communicate and these are the days when there's a demand. So one should do it.

So this is something is a big venture and I think it will all work out very well. Real pop style should be.

Shanta Mavshi: We are trying our best to save classical music from popularization.

Shri Mataji: You see if Sahaja Yoga spread is classical music will spread.

Shanta Mavshi: Yes.

Shri Mataji: You see these people can you imagine we could not teach one sound to these English people. But how they have learnt it through the Omkara. Because the Atma is awakened. It can just feel the classical music in no time. But first to awaken that we have to go through this method.

Shanta Mavshi: Yes. To spread Sahaja Yoga.

Shri Mataji: Very powerful at this. Powerful. We must accept the power of the song. That's why people like it. You see and we should use it now. I think there's no harm about that. Only thing is once they become Sahaja Yogis they are all going to sing, Amhi Bi Gadhala Before that we have to bring them now. And it's very assertive song, very assurance song that we are the light.

It's a fact. So why not say it? All right, so let's have one. What about you? Where is he? Are you going to give some song?

Yogi: Of course.

Shri Mataji: With the group. I told that we'll have some music program. You should have arranged.

Yogi: Sorry

Shri Mataji, but the [unclear] is not here. I mean there are so many people still in... In Praga, in Praga.

Shri Mataji: Why is it missing?

Yogi: In Budapest.

Shri Mataji: All right, so now let's have a collective song May God bless you all. So tomorrow again my tour starts. Continuous. But it was a nice rest here. So I am again going on my tour.

Continuous. It was such a nice relief to come here and rest and enjoy your company. May God bless you all. But you all have to now move out to other countries and try to see that you establish Sahaja Yoga properly. Be kind to them, be nice to them. And also there are oppositions from other people, no doubt. But you have to be very patient with them and try to tell them that you haven't found anything so far. Why don't you find out what is the truth? Why don't you find it out? If you are kind to them they might accept your invitation.

So I hope all of you will take the responsibility as such to go around and help people. And specially women I think because they are much more free than men are, men are working. Those who are free can go around and can really spread Sahaja Yoga. In any case I am coming back for Ganesha Puja which I hope this time you will have all your [unclear] ready, all your music ready, everything in a big way. And we are really going to enjoy Ganesha Puja this time. I feel one thing about Sahaja Yogis that there are some Sahaja Yogis who are very active. And I find some Sahaja Yogis only come to receive me at the airport. That's all. They are like tourists, you see. Just come for the receiving at the airport or for something.

This is not the way. You must know you have to work for Sahaja Yoga. If you don't work for Sahaja Yoga you cannot progress. It's like one door is open, one window is open. But if you don't open the other window there cannot be any circulation, there cannot be any freshness and you cannot growth. Now I have seen those people who have really done any work for Sahaja Yoga have gone all out, attended all the programs, everything with dedication and have gone very fast. All such people who are just [unclear] will be very late or maybe completely discarded. Or could be that they may not have any saying the matter. So as it is I think it is very important that we should value our self-respect, our self-knowledge, our self-realization. I need not tell you this because you know that you have got your self-realization and I feel you give it embarrass to say this.

But I have seen this tendency in many people and I am amazed that after getting all these blessings, after knowing that this is the truth, after knowing that we are born in these important times, after knowing that we are chosen people, after knowing that we have got realization, even then they take it lightly as something like a pastime is very wrong. So what I know about is that there are about few people who are really doing work of Sahaja Yoga, running about, organizing everything. The rest of them are just like visitors and that is a very wrong attitude, very wrong attitude. See there is not much sacrifice in general. Nobody has to sacrifice anything. On the contrary you all are blessed, thousand time blessed, you've got everything. But what have you done for that? What have you given for Sahaja Yoga? What have you given for God? This work.

What have you done for Him? It has been only one sided thing that we have received all the blessings and I received letters, somebody sick you must cure, somebody is not well, do this, do that. That's all. It's all one sided. But why?

1990-0722, Kundalini connects you to the all-pervading power through the Spirit

View [online](#).

22 July 1990

Kundalini Connects You To The All-pervading Power Through The Spirit

Public Program

Pesti Vigadó, Budapest (Hungary)

Talk Language: English | Transcript (English) – Draft

Public Program, 1990-07-22

I bow to all the seekers of truth.

I think they didn't hear.

At the very outset, we have to know that truth is what it is. We cannot change it, we cannot organize it and we cannot describe it. Also, we cannot know it at human level, with human awareness. All the civilization and all the growth is like the growth of a tree. But we have to know about our roots. And these roots are placed within ourselves. Unless and until we don't know our roots this tree can be completely destroyed. But to know the roots we have to be a subtler being.

Now whatever we are telling you here is to be listened to like a scientist, with a scientific mind. With an open mind, like a hypothesis and if it is proved, then as honest people we have to accept it. Because it is for our benevolence. As we see around what we find that people who are at the helm of affairs are all quite confused. These so-called countries which have been free for all these years are getting destroyed from within. They have diseases, they have habits. They do not know how to get rid of them. They have problems, ecological problems, other so many social problems. And things are going from bad to worse.

Now as Hungary has taken to freedom you must first of all witness the pros and cons and should know the absolute truth. The truth is that you are not this body, you are not this mind, you are not these conditionings, you are not this ego. But you are pure spirit. The another truth is that there is a very subtle all-pervading power of truth which is pure love, which does all the living work. We see all these beautiful flowers and we take them for granted we don't think how they have become flowers from a little seed. How every kind of a flower has a different fragrance, a different shape, a different colour. In the same way, we have become human beings from amoeba stage. What did we do to become that? Spontaneously by this living force of love, we have become human beings. So now you have to feel this force which is surrounding us.

And the time has come for all of us to feel it. You feel it on your central nervous system, on your fingertips. And thus you become a person who has absolute freedom and who knows absolute truth. Such a person becomes extremely dynamic and extremely compassionate. So tomorrow I'm going to tell you about the nature of the spirit. This power which is residing in your sacrum bone is called as Kundalini. This connects you to this all-pervading power through the Spirit. This power is your mother, individual mother. It's residing in the bone sacrum that means the Greeks knew that it's a sacred bone. This individual mother knows everything about you. And she is the one who is going to judge you. So you do not have to judge yourself. Moreover, this mother when she is awakened she doesn't give any problems. As when you were born your mother took up all the labour pains upon herself. She does not give you any problems.

Now Sahaja Yoga is working in forty nations and the beauty of Sahaja Yoga is that you get a new dimension of awareness. You become, it's not just a certificate, but you really become collectively conscious. That means you can feel on your fingertips the center of others and your own centers. By that, you know that we are part and parcel of the whole. Like the microcosm becomes the macrocosm. It's a becoming again, it is not just a kind of a false or a pretentious idea.

So in these forty nations, people of different races, different religion, and different countries, nationalities are residing, but they have absolute friendship and love for each other. Because there is no second opinion. Because they know the absolute truth so there cannot be second truth. The first state that you reach is what we call as thoughtless awareness.

Like when we are on a human level the thoughts arise and fall again, they arise and fall. These thoughts come to us from the future and the past. The future doesn't exist and past is finished. What is reality is the present. But when the Kundalini rises these thoughts become linear and we become thoughtlessly aware.

Like we are standing in the water, we are afraid of the waves. So we are afraid of our problems. But supposing you get onto the boat then you see all these waves and enjoy them. And if you know how to swim you can jump inside. Inside those troubled

waters and you can save people. So the problems that look so big, problems that look so difficult, you solve them because you develop a witness state. This witness state comes to us from the source we have within ourselves that is the peace. So you become a very peaceful personality. Absolutely relaxed and in that relaxed state you find that this all-pervading power is the one that is doing everything for you.

I asked people to write about their miracles and they have written piles and piles like these and I don't know now how to compile them. This may sound very fantastic, but supposing you take a television in a very remote corner of a very remote country and tell them that you can see the pictures from all over the world, it may sound very fantastic to them. But once you put them to the mains they know what it is. In the same way, when we are put to the mains we know our glory, we know the meaning of our life and we realize the purpose of our existence. Not only that but we realise that we are now in the space of complete peace and joy. Today being the first day I think I would allow you to ask me some questions.

I have come here to give you what you have. Not to take anything from you. So I have to make a very humble request that whatever questions you ask should be relevant with the subject. Afterwards we'll have the session of self-realisation. Which will take ten minutes only.

I am told that you have been already told the advantages of self-realisation, that you get the well being of your physical, mental and emotional self. Of course, Sahaja Yoga has cured many diseases. In Delhi University we have three doctors who got their MD with Sahaja Yoga curing process. So this automatically happens when your Kundalini rises and pierces through the fontanel bone area.

And once you are established in Sahaja Yoga, you yourself, you are empowered that you can give realisation. You can give realization to others, you can cure others. And a very righteous and innocent personality evolves. So can I have some questions from you, please?

translator: Was there anybody on earth from you have learned this? Have you had any masters?

Why do you want to ask such a question? You see you better ask questions relevant to the subject. I don't want to talk about me at all I must tell you. Because Christ when he said "I am the son of God!" that was a fact, the truth, people crucified him. And I don't want to get crucified. So please ask questions about the subject, but not about me I won't say anything about me. When you will get your realization then you will know about me better.

translator: Is these two occasion sufficient to learn Sahaja Yoga?

Of course, with one occasion you can get. Yes, it can be awakened, Kundalini can be awakened and you can get your self-realization. But sometimes, we find people who just at the first shot become great Sahaja Yogis, but not all. They have to use their fingers and their vibrations to understand it fully. So if you also understand that there are problems in your chakras, though the Kundalini pierces through and you get a light in which you can see the problems clearly. But still, you have to grow. Hardly takes any time though.

But today's Sahaja Yoga is a collective happening. So we are having a follow on program after tomorrow and also there will be a center here. So that you become masters.

It's like if you are driving a car you have got an accelerator and a brake which both you have to try to balance it. And then once you know that you become a driver and you work it out automatically. But then the master of the car is sitting behind. Then you have to become the master. So you control the driver, and the accelerator, and the brake. Everybody can become a master and should become.

translator: The instrumental music can be obtained from somewhere?

Yes, you can have the tapes.

translator: Is Sahaja Yoga similar to other, or in what respect does it differ from?

Sahaja Yoga is the culmination of all the yogas.

Now the first is the hatha yoga was written by Pantagali thousands of years back. He talked of ha-tha means left and right, both the sides. And in that, the exercise is out of the eight aspects. It's just the wee bit. So for cleansing one had to take lives after lives. Later on, there were other yogas came up which also aimed at cleansing the chakras. But in modern times, the yoga that is mostly taught is very money oriented. For example, we too sometimes tell people to take to particular exercise, if there is any problem in any center. But today's so-called physical yoga is like taking all exercises like the medicine, of all the medicines from

the medical store. It is very indiscriminate, unscientific. And makes a person extremely dry and aggressive.

Then another yoga is so called is raja yoga. Actual raja yoga is a spontaneous happening within ourselves. The Kundalini rises and stops so the chakras have to go into a meditation have to go into constriction. Because the Kundalini should not fall down. That's called as Bandhan. And when it reaches this point the constriction takes place and little bit the tongue is pulled inside. This is called as kechhari. But this is automatic. When the Kundalini rises, like the ignition of the car, the machinery starts working automatically, it automatically happens. And you don't even feel it. But the way these days this raja yoga is that in California I found some doctors that the thread of their tongue was cut, to put the tongue back for kechhari. And artificially if you move the wheels of a car will it move? In the same way mantra yoga, they give mantras. Without the connection with the divine, what's the use of saying mantras?

I must say these people who are going there are so many who are waiting outside, and if they didn't want to stay they should not have come in next time please don't come in. I'm sorry so many are waiting outside. At least go and tell them that these people are going out so. They [UNCLEAR] they are asking me. This is the thing. Those who are half-hearted should not come. Because there are so many who are so anxiously waiting outside. And while so many, like this is the first time I see such a thing somewhere happen.

translator: These people are not because they are not interested, but because they live in the countryside and the last train leaves therefore they had to leave. That's the only reason.

But they should allow others who can attend. You see there are so many who want to come in at least send them in I mean. I'm really very sorry. It will take about ten minutes for realization.

translator: In the western societies being, myself ego is the greatest thing what the western human people think about. Does this yoga encourage the same feeling or is controversial to it? Can it be [UNCLEAR] treated?

It is true. I know, it's a fact that in the west there is too much of ego I agree. But Sahaja Yoga completely neutralizes your ego and your conditioning. We have found out the solution for that.

translator: Does Sahaja Yoga have got some restrictions like only people who are vegetarians can?

No there is no such restriction. First of all, you have to be enlightened you have to get your light. Then in that light, you see everything. You understand everything you are not to be told anything. You just do whatever is good for you. For some people proteins are more suitable, for some people carbohydrates are suitable. It is like this; supposing you are holding on to a snake and there is darkness and if I tell you "Leave the snake!" You may say that it's a rope I will not leave. But if there is little light you see it and you just throw it away yourself. It is for our benevolence. It is for the benevolence of your country, of the whole world. Is the emancipation of the whole humanity.

translator: Maharishi transcendental meditation and Sahaja Yoga?

The lesser the better. You see you cannot pay for all these things, please remember. All these people are marketing something all the time. It has nothing to do with marketing or taking money. It is a living process. I don't know even if they had given-taken money, it's all right. But they spoil your Kundalini, spoil your central path. I am myself an Indian and I'm sorry for that. But you should understand that it's a living process. How much money did you give to Christ? So wherever they ask for money know that it is falsehood. Like if you want to sow a seed in the Mother earth it sprouts by itself. You don't pay to the mother earth. She has a built-in quality to sprout and the seed has a built-in quality to sprout. So why should you pay for these things? All these things in the name of God also, in the name of religion. They are either power oriented or they are money oriented. None of them are spirit oriented. First, you must see the disciples and see what they have got it. And then judge it.

translator: Where is going to be a Hungarian center in this country?

They are saying these people from Austria are going to come down after two weeks again, advertise it and then they will establish a center here. Because we have to get some Hungarians you see, to work it out. It worked in every country this way it's not difficult at all.

So let us have now our self-realization. But those who want to go can go now it will take about ten minutes, but should not disturb people. Moreover, I respect your freedom and it cannot be forced on you.

First of all, there are two conditions. The first condition is that you have to forget the past. Forget the past! That means you have

to know that you are not guilty at all. After all, you are human beings, you are not gods. And if you have done any mistakes it's alright don't judge yourself. So please do not feel guilty. As the gentleman has rightly said that in the west there is too much of ego and also the guilt. They also feel the guilt it's a sort of a fashion. So please do not feel guilty at all. If you feel guilty then the center, this center on the left-hand side catches very badly. And one can get diseases like spondylitis and angina with it. And also Kundalini cannot rise.

And the second condition is that you have to forgive everyone, in general. You are not to think about every person whom you have to forgive. After all, whether we forgive or we don't forgive we don't do anything. It's a myth. But when we do not forgive others then we play into wrong hands and torture ourselves. So you have to forgive everyone, in general. This center on the optic chiasm is like this, it crosses. And if you forgive it opens out like this. So just to say that I forgive everyone, you'll feel much lighter. These are the two conditions.

In short, you have to be pleasantly placed towards yourself, not to be angry with yourself. You will soon discover how glorious you are. So there is no need to be in tension. I'm sure you all will get your self-realization.

Now you have to put both your feet away from each other because these are two powers: left, the power of desire, the right, the power of action.

You have to sit comfortably, neither bending, nor stretching, but comfortably. Now somebody will show you first, we'll show you first and then we'll have to close our eyes. Now please put the left hand towards me like this, on your lap. On your lap, the left like this. And the right hand on your heart. Now in the heart resides the spirit. But the seat of the spirit is actually here. On the fontanel bone area which was a soft bone in your childhood. Now then we are working only on the left-hand side. Now take your right hand on the upper portion of your abdomen on the left-hand side. Now, this is the center of your mastery. The great masters, the sat-gurus have made this center here. I mean the real ones. Now you have to take down your hand in the lower portion of your abdomen on the left-hand side. This is the center of pure knowledge, which manifests on your central nervous system. And that is how you feel this all-pervading power as cool breeze. Then you take back your right hand in the upper portion of your abdomen. Now again you have to take the hand on your heart. Now you have to take your hand in the corner of your neck and your shoulder, on the left-hand side. And turn your head to your right. This is the center you catch when you feel guilty. Now take your hand on top of your forehead across, on both the sides. Now, this is the center you catch, I would say when you do not forgive. Now you have to take your hand on the backside of your head. And push back your head on it. Now here without feeling guilty, without counting your mistakes just for your satisfaction, you have to ask forgiveness from this all-pervading power. Now you have to stretch your hand and put the center of your palm on top of the fontanel bone area, now please put down your head. Now stretch back your fingers, this is very important. So there is a good pressure, a very good pressure on your head. Now move your scalp slowly, seven times, clockwise. Push back your fingers. They are not pushing back. Now, this is all we have to do, but we have to now close our eyes. See now many people did not push back the fingers. So we have to do the same thing with closed eyes. Now first, you'll have to remove your shoes.

And now please close your eyes. You may take out your spectacles because till I tell you don't have to open your eyes. Now please put your left hand towards me on your lap. I must say all of you are feeling still guilty because this center is catching. Please do not feel guilty at all. Now please put your right hand on your heart. And now here you have to say, ask a question to me, you may call me Mother or Shri Mataji. Please ask the question three times: Mother am I the spirit?

If you are the spirit you are also the master. So now please put your hand in the upper portion of your abdomen, on the left-hand side. And ask another question, three times. Ask the question: Mother am I my own master?

Now please take your right hand in the lower portion of your abdomen. Here I have to say that I cannot cross over your freedom because I respect it. I cannot force pure knowledge on you. So you have to say six times yourself: Mother please, give me pure knowledge. As soon as you ask for pure knowledge the Kundalini starts rising. You have to ask six times: Mother please, give me pure knowledge. As the Kundalini is rising we have to open the upper centers with self-confidence.

So now raise your right hand in the upper portion of your abdomen on the left-hand side and press it hard. Here with full confidence say ten times: Mother, I am my own master! I have already told you that the truth is you are the pure Spirit.

So please raise your right hand on your heart. And say here twelve times, with full confidence: Mother I am the pure Spirit. The all-pervading power of love is the ocean of knowledge, it is the ocean of joy, but above all, it is the ocean of forgiveness. And you cannot commit any mistakes, which cannot be dissolved by the power of this ocean of love.

So now raise your right hand in the corner of your neck and your shoulder and turn your head to your right. Now here with full confidence, say sixteen times: Mother I am not guilty at all. Again I have told you whether you forgive or don't forgive you don't do anything. But if you do not forgive, then you play into wrong hands and you torture yourself.

So now take your hand to your forehead and put it in such a way that you press both the temples and now bend your head. Here with full confidence, you have to say: Mother I forgive everyone. Say it from your heart not how many times. If you don't say, you'll get hot breeze.

Now take your right hand to the back side of your head and push back your head. Here you have to say without feeling guilty, without counting your mistakes, for your own satisfaction: Oh all-pervading power of love please forgive me if I have done something knowingly or unknowingly.

Now the last center which is very important. Please stretch your hand and put the palm of your hand, the center of the palm on top of the fontanel bone area which was a soft bone in your childhood. Now please put down your head. Stretch back your fingers and put a pressure. Here again, I cannot cross over your freedom I cannot force self-realization on you. So here please move your scalp seven times, slowly, clockwise, saying: Mother, please give me self-realization, seven times.

Now please take down your hand and put both the hands towards me like this and open your eyes. Now watch me without thinking. Now put the right hand towards me like this and bend your head. And see for yourself if there is a cool breeze coming out of your fontanel bone area. Now do not keep it on your head, a little away from it. Some people feel it much more far away and some people feel hot and some people feel cool. Now please put the left hand towards me like this and bend your head. And now with the right hand please see if there is a cool breeze coming out of your head. Bend your head! Now with the right hand towards me, please bend your head. And see with the left hand if there is a cool breeze coming out of your head.

Now please put both your hands towards the sky, high like this and push back your head. Look upward and ask a question three times: Mother is this the cool breeze of the all-pervading power of love? This is called as Parama Chaitanya in Sanskrit language. Now take down your hands. All those who have felt cool breeze or hot breeze on their hands or out of their fontanel bone area, please raise both your hands, both hands! Most of you have felt.

Tomorrow again you all should come whether you have felt it or not. And I will definitely explain to you about the spirit. Thank you very much. Please bring your friends tomorrow. Thank you very much, I have never met one like you I must say thank you.

1990-0723, Beyond Blind Faith and Ritualism

View [online](#).

23 July 1990

Beyond Blind Faith And Ritualism

Public Program

Pesti Vigadó, Budapest (Hungary)

Talk Language: English | Transcript (English) - Reviewed

I bow to all the seekers of truth. As I have told you yesterday, truth is what it is. Truth is what it is. We cannot organise it. And we cannot conceptualise it. And also at a human awareness we cannot feel it. In the evolutionary process, we have come from Amoeba to the state. But still what we find is the chaos. So many opinions, ideologies and so many identified with that. So the absolute truth has to be won. In this evolutionary process whatever we have been. Is expressed on our central nervous system.

For example, if you take a dog or a horse into a dirty place, they do not feel the dirt. But a human being can feel that it is dirty, that it is filthy and smelly. That shows that human beings are aware. That their awareness has a vital dimension. It is not a mental projection. It is not any imagination. It is the reality that you can feel on your central nervous system. For that, something has to happen for this last breakthrough of our evolution. So we manifest the new dimension of our awareness which I told you yesterday was corrective consciousness. That means on our central nervous system that is on the tips of our fingers we should feel this all-pervading power. And that we should feel our own subtle centres as well as the subtle centres of others.

This happening takes place spontaneously. Because it is a living process. So first we know that there is a power, a living power, which is the power of love. Second thing is that to feel that we have to become the Spirit. To become the Spirit we have a mechanism within us. That is already being described to you. If you are just now, I happen to meet the people who were selling this Gita. People say Gita or they sell, say, Bible or Koran or all these things. These are scriptures. And they are holy scriptures. They are holy scriptures. But these are prescriptions. If we give you a prescription that for your headache you take this particular medicine. And if you just go on reading the prescription will your headache go? You have to take the medicine. And the medicine is the awakening of your Kundalini. All these books can be very easily explained and proved after you have got your realisation. Even in Vedas it is written that after getting self-realisation you should know about tantra, yantra and mantra. Tantra, yantra, tantra and mantra. So, the first one, yantra means the mechanism. And tantra means the technique. And mantra means the chanting which is to be used for opening your centres. Sahaja Yoga relates to all the scriptures, to all the incarnations and to all the prophets. It relates to science. Especially medical science. And all sciences which deal with human beings.

So today I told you, I will tell you about the truth. That is the spirit. When you get your self-realisation, what happens? The spirit which is just a little light in the heart, which is the reflection of the God Almighty, gets as if ignited by the rising Kundalini. And the attention becomes enlightened. So, we feel on our central nervous system the collective consciousness. And very well you put your attention. You can find out what is the problem of a particular person. If you really involve yourself well, then you can, sitting down here, can cure the problems of that person. The attention works through eyes. But eyes become so innocent. And with such pure love, that they are effective. Whenever such a person even puts a glance, it works for the benevolence. Christ has said, thou shalt not have adulterous eyes. But we do not find such eyes. They are full of greed and lust. Now by denial or by penance or asceticism, these things do not disappear, they are suppressed. They do not, they do not disappear, but they are suppressed. But with the realisation, the eyes become innocent. Automatically. There is a clint in the eye of the Spirit. So the attention is enlightened, by which you know what is benevolent for you and what is not.

Now supposing there is somebody who comes down and says that this is the truth and this is the right thing to do. How will you make it out? If somebody says, I am Christ, how will you make it out? You will have to feel the vibrations and immediately you will know the truth. Say, even if there are ten children who are realised souls and you dry their eyes, and ask them, this gentleman who is before you, what is the problem? And immediately they will put up the figure that is burning or is charred or in any way in something different experiencing. They will say, they will say the same thing. And you ask the gentleman, are you suffering from

this? Yes, he will say, yes, how do you know? Only think what he is saying. All you have to know is the decoding of these feelings. And then how to overcome the problem. If you know these two things, you can master it. The nature of spirit is that it is a collective being. It is a collective being. And so a person becomes collective being. To him everybody is a part and parcel of his own being. And he is a part and parcel of the great being. As I said yesterday, the microcosm becomes the macrocosm.

Spirit is the source of peace. As I told you that, you get into the state of thoughtless awareness, which is... In Sanskrit it is called as Nirvichara Samadhi. Nirvichara Samadhi. And then once you go little higher or deeper into your own being, then there is another state called as doubtless awareness. Which is called as Nirvikara Samadhi. Nirvikara Samadhi. All right, they have got it. Now, in this state you become empowered. To raise the Kundalini of others. Give realisation. And as a by-product you cure yourself. The other day I met a lady from Hungary who is cured of her cancer. Not by me, but by Kundalini awakening. And some Sahaja Yogis have done the job. The source of knowledge is also the Spirit. The absolute knowledge. You can find out about everything through this source.

Now the light of the Spirit which spreads in your brain, you become extremely intelligent, dynamic and creative. Creative. Many musicians, artists have been through Sahaja Yoga. But these are only the outward temptations. The main thing is that you become peaceful and joyous. Joy is not a duality. It is not happiness and unhappiness. It is a state...

I hope in Hungary, Sahaja Yoga will work out. We've been trying to get some centres, but rather difficult to get a permanent centre just now. But temporarily we have been able to manage something. Now as you are getting exposed to the democratic ways of life, it is very important that you first get your self-realisation. The countries who are supposed to be democratic without self-realisation have gone amok. The problems they face are something which can never be solved. There is no balance, there is no control. It is no more freedom but an abandonment. And all kinds of diseases, all kinds of ecological problems. I feel without realisation people don't even understand how to use the power. How to use money and how to love each other.

So it's the right time somehow I could come to Hungary. I will be going away tomorrow and may not be back for one year at least. But there are so many Austrians and in Austria Sahaja Yoga is a very powerful. And they are going to come off and on. And they will make masters out of it. Then you people will have to go to other countries to give them realisation. As I told you, it's a worldwide organisation. It is not an organisation because we do not have any membership but there is no word for such a thing. And I must tell you that when I came last I didn't know about [UNCLEAR Thakur] although now [UNCLEAR Thakur] was here in this place. I came here and he has described that on the shores of [UNCLEAR] our country India, the people from all over the world, all over the races will come. And exactly this happens every year. We meet in a place called the Ganapatipule in a place near the shore. People from all the countries, from all the races and from all the religions. And enjoy each other's love. So I invite you also to come.

May God bless you all.

Yesterday I am sorry people had to leave because of their trains. So today we will have the realisation first. I must say that we cannot force. You have to ask for self realisation in your own freedom. Because this is a total freedom. No habits, no ego, no conditioning, no [UNCLEAR]. And no wrong identification, nothing can dominate you. So it is important that you have to ask for self realisation in your own glory. It will take about 10-15 minutes. But those who want to leave, please leave now. It cannot be worked on people who do not want their self realisation. Because Kundalini is the one that connects you to this power. It is the power of pure desire. All other desires are transited. Today you want something, tomorrow you want something. And you never feel satisfied. With whatever you have. So this is the pure desire which once manifested your whole priority has changed.

So many are waiting outside. These people who do not want to have the realisation, they are waiting outside. So many are waiting outside. I will [UNCLEAR press]. All right.

Now, I have told you already that there are two conditions. The first one is to forget the past. When I say you forget the past, I mean you are not to feel guilty for anything. Whatever your mistakes you might have committed, your Kundalini knows that very well. And she will manage. You don't have to feel, you don't have to feel guilty about it. If you feel guilty as I told you, your centre

here on the left side catches very badly. And then, and then Kundalini doesn't rise. Still I was saying yesterday, I think, people got realisation. But today they have to be again, established. And those who haven't got should know that they did not forgive you. The second condition is that you have to forgive everyone. Whether you forgive or don't forgive, you don't do anything. If you don't forgive, then you play into wrong hands. Also you torture yourself. While the one who wants to torture you is quite happy. So, the second condition is very simple, is to forgive everyone in general. You don't have to remember every person whom you have to forgive. So, these are the two conditions which you have to please fulfil. If you do not forgive, then the centre here on the optic chasma like this is closed. But if you forgive, it opens out and allows the Kundalini to pass. I just want to say that are you going to miss your self realisation for that.

So, there is somebody who will show you first of all. Before that we'll have to take out our shoes. Take the help of the Mother. Now these, both the fields are to be kept apart from each other. Because as I told you, there are two powers, one is left is the power of desire. Not of pure desire, but desire. And the other one is the power of action. So, if you put the left hand towards me like this on your lap. That's what we have to do. But again I say, many have not put back their fingers. Unless I think there's pressure, it will not be so easy. Now, please keep both the feet away from each other. You have to close your eyes, you can take out your spectacles because till I tell you, you don't have to open your eyes. As I have told you, you have to be very pleasant with yourself.

Now put your right hand on your heart, close your eyes and put the left hand on your lap towards Me. If you want to call Me Mother or Shri Mataji, whatever suits you, here you ask Me a question three times, which is a very fundamental question. Mother, am I the Spirit? Ask this question three times. If you are the Spirit, you are the light and you are the guide and you are your master.

So now please take your right hand in the upper portion of your abdomen and ask the question, Mother, am I my own master? Ask this three times. I have already told you that I respect your freedom and I cannot force pure knowledge on you. You have to ask for it. So now please put your right hand in the lower portion of your abdomen on the left hand side and here please ask, Mother, please give me pure knowledge. You have to say this six times because this centre has got six petals. As soon as you ask for pure knowledge, the Kundalini starts moving upward. So we have to nourish the higher centres with self-confidence.

So now place your right hand in the upper portion of your abdomen, left hand side. Press it hard and here you have to say ten times with full self-confidence, Mother, I am my own master. I have already told you that you are not this body, you are not this mind, you are not this intellect, you are not this ego or your conditionings but you are the pure Spirit. So now please raise your right hand onto your heart and here with full confidence please say twelve times, Mother, I am the pure Spirit. This all-pervading power of love is the ocean of knowledge. It is the ocean of joy but above all, it is the ocean of forgiveness and you cannot do anything wrong which cannot be dissolved by this power.

So now please raise your hand in the corner of your shoulder and your neck, push it as far back as possible and turn your head to your right. Here you have to say with full confidence sixteen times, Mother, I am not guilty at all. I have already explained that whether you forgive or don't forgive, you do not do anything, it is a myth. But you are playing into wrong hands and torturing yourself.

So now raise your hand onto your forehead across and press both the temples with your thumb and the finger and bend your head. Now please here say, Mother, I forgive everyone. Don't think of individuals. It's not how many times but from your heart you have to say. Please forgive.

Now, take back your right hand on the back side of your head, on the back side. And push back your head as far as possible. Now, without feeling guilty, without counting mistakes. For your own satisfaction you have to say, All-pervading power of love if I have done any mistakes knowingly or unknowingly, please forgive me. This also you have to say from your heart.

Now the last centre of thousand petals. Stretch your palm fully and put the centre of your palm on the fontanel bone area and bend your head. Here you have to put a proper pressure by pushing out your fingers. Now again I cannot cross over your

freedom, you have to ask for self realisation, the glory of your freedom. So now please move the scalp very slowly, seven times clockwise and seven times along with it you have to say, Mother please give me self realisation.

[Shri Mataji blows into the microphone]

Now please take down your hands. Put both the hands towards Me and please open your eyes. Please try to watch Me without thinking. Now push back, push your hands up there and push back your head and ask a question three times, Mother is this the cool breeze of the all-pervading power of love?

Now please put the right hand and left hand like this. And left hand towards Me and the right hand facing the, facing the fontanel bone area. Now bend your head and see for yourself if there's a cool breeze coming out of your head. That may be hot also. Don't put the hand on top of your head but away from it. Some people get it much further.

Now put the right hand towards Me like this. And please put the left hand on top of your head away from it and see for yourself if there's a cool breeze coming out. Now, please put the left hand and put down again the right [hand]. See with the right hand. Might be hot but you must forgive. Now again raise your hands and push back your head. Ask the question, Mother, is this the cool breeze of the all-pervading power? Ask this question three times. Now take down your hand. Just watch without thinking.

All those who have felt the cool breeze on their hands or out of their heads or the hot breeze, please raise both your hands. Please raise both the hands, so I'll see. I bow to all of you. I bow to them. Only thing now we have to develop it. Those who did not get realisation also can get it. They can come to the stage .

Yogi: It's very important that all of you come to our follow-up programs to stabilise the process.

Shri Mataji: Some please want to meet Me? I would like [UNCLEAR too].

1990-0724, Without Self Realization you cannot understand how to be free

View [online](#).

24 July 1990

Without Self Realization You Cannot Understand How To Be Free

Public Program

Universiada Hall, Sofia (Bulgaria)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth. We have to know that truth is what it is. We cannot organize it, we cannot conceptualize it and we cannot know it with our human awareness. All this growth outside of our civilization is like a big tree but we have to know our roots how to be found out and they are within the human being. Whatever you have been told about the roots within ourselves, has to be understood with an open mind and if it works then you have to accept it as the truth, as honest people.

Now the truth is that there is the All Pervading Power of Love, which is a certain pure power, which we have never felt before. But the time has come now, that we can feel that All Pervading Power. Second truth is that you are not this body, you are not this mind, you are not your conditionings but you are pure Spirit. When you become the Spirit you can experience the All Pervading Power of Love, as cool breeze on your fingertips. These are special times when there are so many seekers of truth. I call it as a "blossom time", where many flowers have to become the fruits. Unless and until we know the absolute truth, there will be many opinions and many ideologies and everyone thinking that they are the best and the correct. That's why there are quarrels, fights and wars.

But when we feel absolute truth then there is no question of this [HACKERING] with another person. Moreover this power, which is doing all the living work, is the power of love, of pure love. It thinks, it organizes, it nourishes, it balances all living things. We do not even think when we do get our flowers, how beautiful they are, and they are coming out of a little seed. How it happens? How it happens? It's a living force. And the living force works it out. We have become human beings from the amoeba state and how did we become? We became spontaneously. Sahaja. Saha means with and Ja means born, and yoga means the union with that All Pervading Power. So, Sahaja Yoga means that all of you have a birthright to achieve this yoga and this is a fact.

And I've come to Bulgaria because I know now you are free people but without Self Realization you cannot understand how to be free. I've been to all the free countries, so called. Though politically they are free, but they are completely lost, they are getting destroyed from within, because they have no wisdom how far to go, they have no balance and this is not freedom but complete abandonment. Perhaps you people do not know what is the condition of these countries. I lived in London, where every week 2 children are killed in that city, by their parents and all the time there is violence of the worst type. You cannot go out wearing even a small chain in New York. So, though outwardly they look prosperous, but they have become so superficial now, that the chances of their Realizations it wouldn't be very big. So, unless and until we have Self Realization, we also do not know how to use money.

They have developed so many diseases, which are incurable, out of their so-called freedom. So we have to have the light of the Self in our attention, to see and know what is wrong with us and how do we relate to others. This light gives us wisdom and that is a very important thing that should happen to us. Today I wanted you to ask Me some questions but it seems there are so many people. In any case if you have any questions, you may write them down and give it to us and I hope tomorrow to answer them. Weather I answer the question it is not a guarantee that you get your Self Realization, because it is not a mental activity.

When the Kundalini rises, She takes you beyond the mental state. But as She ascends, She nourishes the centers, the subtle centers and you get physical, mental and emotional benevolence. Automatically. It is like one candle, which is enlightened, can enlighten another candle. And so you can become an enlightened person, empowered with the quality of a sage, that you can give Realizations to others. You become extremely peaceful, joyous, knowledgeable, above all you develop a very balanced personality. Despite that, you are extremely compassionate. This is your right, you have to have it. Political freedom is not the

complete, total freedom. With Self Realization only, you will be totally free and you will be master of yourself, so that nothing can dominate you, no bad habits, no diseases, no negative forces, nothing can dominate you. So I hope today you'll achieve that state.

I want to have now the session for Self Realization. It will hardly take 10 minutes. It will take hardly 10 to 15 minutes. But I would request you that if you do not want Self Realization you should leave the hall and you should not disturb others during we have the session.

Hello, normally, normally we do this [UNCLEAR] sitting down but I try today even with those who are standing. Normally, normally it is done when everybody is sitting down but I will try today even with on the people are standing.

Translator: They [WANT, HAVE] to see you.

Shri Mataji: There are two conditions before we start. The first one is that you have to forget the past because it does not exist anymore. In short you should not feel guilty at all. After all you are human beings and if you have made mistakes it doesn't matter. Only human beings can make mistakes. You are not Gods. So please, first of all, know that you are not guilty at all. If you feel guilty, then the center on the left hand side here gets into trouble and then you develop diseases like spondylitis and also like angina, some heart troubles. So please do not feel guilty.

Second condition is that you have to forgive everyone, in general, not to remember whom to forgive and whom not to forgive. Whether you forgive someone or not forgive you do not do anything, you do not do anything. It is a myth that you do not forgive. But you torture yourself for this [UNCLEAR]. So, I hope you will understand when I requested you that: "Please, forgive everyone in general". Do not think about individuals. People say it is difficult, but it is just a myth. If you do not forgive, then one of the most important centers, the 6-th center on the optic chiasm cannot open and your Kundalini won't rise. First you're suffering such a lot and then you'll miss also Self Realization.

Now I cannot force on you Self Realization. You have to have the pure desire to get your Self Realization. So those who do not want I cannot force. Can I now request you to take out your shoes so that the Mother Earth also helps us? It will take hardly 15 minutes but you have to be quiet. Both the feet are to be kept away from each other but those who are sitting on the ground are all right, they are [UNCLEAR]. Also those who are standing, they are all right.

You have to put your left hand towards Me which is the symbolic expression of your desire. The left side is the power of desire and the right side is the power of action. So please put your left hand on your lap or like this and be comfortable. You need not bend or you need not slouch. Sit in a comfortable way. With the right hand we have to nourish our centers on the left hand side. So first we put our right hand on our heart where resides the Spirit. But the seat of the Spirit is in the fontanel bone area, which was a soft bone in childhood. Now you have to take your right hand in the upper portion of your abdomen, which is the center of your mastery. This center is created within us by great masters and prophets.

You have to take now your right hand in the lower portion of your abdomen and press it hard. This is the center of pure knowledge, pure knowledge that manifests on your central nervous system. This is not just a mental conception or an imagination but is the last breakthrough of your evolution, which manifests on your nervous system. So you become, which is not just thinking but you really become an enlightened person. In Sanskrit we call it as bodha, like in Veda it is [VIDHA] means you know on your central nervous system. Now we raise our right hand again on our upper part of the abdomen, then on our heart, then in the corner of our neck and our shoulder and turn our head to our right.

Now we take this right hand on the forehead and press it both the sides, our temples and put our head down. Here we have to forgive everyone. Now we take back our hand on the backside of our head and push back our head as far as possible. Here, without feeling guilty, without counting your mistakes, for your satisfaction, you have to ask for forgiveness from this All Pervading Power of Pure Love. Now we stretch our palm and put the center of our palm on the fontanel bone area. And now we put down our head. Please stretch back your fingers, this is very important, so there's a lot of pressure on your scalp. Now move

your scalp slowly, put down your head and now move your scalp very slowly, 7 times, clockwise, clockwise.

Now let Me say that is been committed and you did not push back your fingers. You did not push back. You have to push back your fingers; it's a push back. All right. So now we start. You can take out your spectacles. Till I tell you, please don't open your eyes. In the heart resides the Spirit. So, now close your eyes and ask a very fundamental question to Me. You can call Me Mother or Shri Mataji, whatever you like. So we have to say 3 times: "Mother, am I the Spirit?" Three times. Now if you are the Spirit then you are your light, you are your light and you are your Master.

So please take your hand, right hand, on the upper portion of your abdomen on the left hand side and here you ask another question, 3 times: "Mother, am I my own Master?", "Mother, am I my own Master?" I've already told you that I respect your freedom. I've already told you that I respect your freedom and I cannot force on you the pure knowledge. You have to ask. So now please take your hand in the lower portion of your abdomen and press it hard. Here you have to ask 6 times, because this center has got 6 petals. So please ask 6 times: "Mother please give me pure knowledge." As soon as you ask for pure knowledge the Kundalini starts rising. So we have to nourish the upper centers with our self-confidence.

So now, please take your right hand in the upper portion of your abdomen and here you say with full self-confidence, 10 times: "Mother I am my own Master." Now, raise your right hand in the upper, on to your heart. Here resides the Spirit. So please ask a question 12 times with full confidence or say it with full confidence: "Mother, I am the Spirit." You have to know that this All Pervading Power of Pure Love is the ocean of knowledge, it is the ocean of joy but above all, it is the ocean of forgiveness and whatever mistakes you may commit it can dissolve. So now, please raise your right hand in the corner of your neck and shoulder and put your, turn to your right, fully. Here, you have to say again with full confidence 16 times: "Mother, I am not guilty at all. I'm not guilty at all. I'm not guilty at all."

I've already told you that weather you forgive or don't forgive you do not do anything. But when you do not forgive, you torture yourself. So now, take your right hand on top of your forehead and press both the temples, with your thumb and your small finger and bow the head, and put it down. Here you have to say from your heart, not how many times, not how many times: "Mother I forgive everyone." Please put down the head. Please say that from your heart. Put down the head. Now, take back your hand in the backside of your head and push back your head, as far as possible. Here, without feeling guilty, without counting mistakes, just for your satisfaction, you have to say: "Oh, All Pervading Power of Love, please forgive me if I've done any mistakes knowingly or unknowingly."

Now, please stretch your hand, stretch your palm, put the center of your palm on top of your fontanel bone area, and now press it down by putting down your head, first. And now push back your fingers. I must say that I cannot again cross over your freedom. I must say that I cannot cross over your freedom, I cannot cross over your freedom, I cannot [INTERACT] your freedom. So you have to ask for your Self Realization. So, now, put down your head and press your scalp pushing back your fingers and move your scalp with pressure 7 times, asking 7 times: "Mother, give me my Self Realization."

Now, please take down your hands and open your eyes. Put both the hands towards Me, like this. Now, put the right hand like this and put down your head and see for yourself if there's a cool breeze coming out of your fontanel bone area. Some people get it closer and some [LITTLE] away. Some people get it far, but doesn't matter. If you do not forgive then you get it hot. Now, it's not on your head, it's away from your head. Now, please put your left hand towards Me, put down your head [UNCLEAR] and now see with your right hand if there's a cool breeze coming out of your head, [UNCLEAR], please. Once more you put right hand, right hand towards Me and left hand on the top of the fontanel bone area and see for yourself if there's a cool breeze. Now raise both your hands towards the sky and push back your head and ask a question: "Mother, is this the cool breeze of the All Pervading Power of Pure Love?", "Mother, this is the cool breeze of the All Pervading Power of the Pure Love?" Ask this question 3 times

Now please take down your hands. Watch Me without thinking. Please put your hands like this. All those who have felt the cool breeze or hot breeze, on their fingers or the hands, or out of their fontanel bone area, please raise your both the hands, both the hands. Please raise both your hands. You [OR] Bulgaria has got Self Realization. I bow to you. I bow to you.

You feel the cool breeze? You feel the cool breeze? Remarkable. [AND, IN] there are so many people and I would like to meet you. I don't know how to do [THAT]. So they are going to play the music, I would request you to clap.

1990-0725, How to go beyond all mental ideas about reality?

View [online](#).

25 July 1990

How To Go Beyond All Mental Ideas About Reality?

Public Program

Akademik Stadium, Sofia (Bulgaria)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2

[NOTE - 26.53-lectures starts followed by bhajan]

Yesterday, I told you that we cannot know the truth at our human awareness. You have to become the spirit. You become the Spirit. You are in contact with the all pervading power of love. And then only you can know the absolute truth. This is the power of God's love. We have not used the power of love before. We have only used the power of hatred.

Now there are so many seekers of truth in this world. In the beginning, in the ancient times, there were very few. Once you all get your Self-realization, this energy of power of lover will start flowing through you. It will nourish you. It will cure you and take you beyond all mental ideas about reality. This power is within you which is called as kundalini in triangular bone. It is in the sacrum bone. That means the Greeks knew that it is sacred bone. This power all of you have got. It is the germinating power within us. And when it is awakened, it passes through six subtle centres and pierces through your fontanel bone area.

Though the seed of the Spirit is fontanel bone area, Spirit itself resides in your heart. All this mechanism is within you. You are already built in that way. Like a small seed, all the maps of all the trees, you have this power within you. Though it is a living process, process of evolution; as you have become human being you have to become the Spirit, spontaneously. Sahaja: 'saha' means 'with', 'ja' is 'born'. 'Yoga' means the union with this all-pervading divine Power. So every human being has a right to become united with this all-pervading Power.

Hatha Yoga, they have asked this question; 'ha – tha' are two nadis, two side nadis. 'Ha' is the Sun line (right) and tha is the Moon line (left). That means you have to deal with the psyche as well as you somatic side. Somatic right side. And the book of Patanjali is so thick like that, so much, but what today they are teaching you are these exercises which is very wee bit, wee bit of that eight fold Patanjali Yoga. Also it is also indiscriminate. Because we also use the exercises whenever it is needed, whatever chakras whatever centres it is needed. But if you just do all these exercises, you can become a very dry person. What we call that you become a right-sided person. Such a person is very extremely irritable and hot tempered. So it is some sort of artificial yoga. One has to be very careful. We got three patients who suffered because of Hatha Yoga.

Then there is Kriya Yoga. All these yogas also artificial. Sahaja Yoga is a- Kriya Yoga means nothing is to be done spontaneous. Automatically all the instruments starts working it out. You don't have to do it from outside, artificially. In Los Angeles, they the cut the thread of the tongue of the people to push the tongue back to raise the kundalini, which is nonsense. In ancient times, they used to clean the centres for many lives also. From one life to another.

Now I have discovered a new method in 1970, where only few threads of kundalini rise piercing through, and pierce through your fontanel bone area which and then you get slightly connected. But so many get in a big way. In that little light you can say whats wrong with you. For example, you are holding on to a snake in the darkness, and if I tell you that it's a snake, you may not agree with me. But if there is little light you will immediately see and throw away. That is what happens to you when your Kundalini rises and pierces through your fontanel bone area. I have seen people giving up drugs, smoking, alcohol overnight.

Now when the Kundalini rises she nourishes all the centres. Because of that you get cured of all the physical problem. And also

you get rid of your mental problems. It enlightens your brain. You become extremely intelligent and also very dynamic. It enlightens your heart so you become extremely compassionate. And you get empowered that you can raise the Kundalini of others and give Realisation to others.

Somebody has asked me how to protect the psychologist from getting caught up from their patients. In sahaja yoga you learn how to protect yourself. First, you become thoughtlessly aware when the kundalini crosses this centre. Then when it is established, you become what we call as 'doubtlessly aware'. At this stage, you can give Realisation to others. And you become absolutely self-confident. Also you feel this cool breeze of the all-pervading Power all the time. And you are surprised how you are looked after by this Power. Life becomes full of miracles.

They have asked me about christianity and Christ. I believe in Christ, of course, and without him we cannot give you Realisation. We will tell you where Christ resides within us. But I do not believe in Christianity. Not because Christianity came to India with a gun in one hand and Bible in another hand. They went to America and killed all the people who were there. Even in Argentina and Chile, you cannot find one aboriginal. Thank God, Columbus did not come to India, by chance he went there. Otherwise, I would not have been here.

All these Christians (missionaries) would have killed us completely. It is all money oriented organisation. And the power oriented. It is not Spirit oriented. Christ has said that, "You will be calling me Christ, Christ, I won't recognise you". And these people are the Christians. Because they are not following Christ, they are following Paul. Paul was not anyway near Christ. I was born in a Christian family myself. I asked my father in my childhood who is this Paul. My father was a Realised soul. He told me this one has just come very nicely and settled down. He killed so many Christians. He killed also Saint Steven. And he found that it was good platform to get a name so he just became a great leader. And he was an epileptic that means he was possessed, collecting money.

Christ has said that you have to be born again. But they take false certificate that we are born again. By saying we are born again you do not become. You have to have selfrealisation. By giving false baptism you do not become a Christian. You have to have an actualisation of realisation, actualisation of baptism. That is why Christ has also said that those who are not against me are with me. We should find out who are those. But in christian religion they put blinkers, you can't see here or there. Also they frighten you and say that you are sinners and you must pay for it. But God does not know money. Christ has died for our sins. He has already suffered for us. What more can we suffer. But they want to show Christ as a person hanging on the cross all the time, show him so miserable.

But if you see the Sistine Chapel where Michael Angelo, was Realised soul, he showed Christ as a large personality with a big stomach and all. All that Sistine Chapel is this today's what you call the Last Judgement. The message of Christ is resurrection. And not suffering. We have Christ on our Agnya Chakra on the optic chiasma where the two nerves cross to go to two eyes. Christ has said though shall not have adulterous eyes. How many Christians there are who have no lust or greed in their eyes. Christ is the eternal child of innocence. They had the father God and the son God, but no Mother. In the Christianity they have avoided the women completely. In all other scriptures, other religion they accept the primordial Mother. Even the Mother of Christ was a Goddess. She is the one who gave Realisation to these twelve disciples of Christ, eleven disciple. But they do not want to talk about it. They don't even allow women to be the priest. But it's not true.

This centre if you have to open you have to forgive. What Christ has given us is the greatest weapon, to forgive everyone. Even when on the cross he said, he said that all those who were crucifying him should be forgiven, he prayed to God. So those people, who are following, supposed to be following are not only forgiving but they are so aggressive, they are so horrid. They are so immoral. Christ went to a wedding and made the water into wine. It was the grape juice, not the alcohol. One can do it even with vibrations. But how can it be alcohol because alcohol has to rot for one month. Otherwise it doesn't become alcohol. So all false idea has been generated. Without connection to Christ no use praying to him. They are distributing bible, they are distributing geeta, all these books; by having this bookish knowledge are we going to rise higher. It is the prescription given to you. If you are go on reading the prescription, you will get more headache. You have to take the medicine, you have to get your realisation. Without Christ we cannot do sahaja yoga but all the prophets, and all the incarnation play a part. They are all within ourselves.

Today a muslim lady came. She had a pain in the stomach and her kundalini would not rise. She told that she was muslim. So I asked her to ask muhammad sahab if this is the resurrection time he was telling about. She asked thrice and her kundalini rose and she felt alright. Because muhammad sahab has said when resurrection time will come your hands will speak. That happens in sahaja yoga. But what are the muslims doing, just fighting with each other, cutting everybody's throat. Same with hindu. It is said that in everybody resides the spirit. So how can you have caste system. In every religion whether it is buddhism, jainism, sikhism; all are isms. You ask a jew and he will tell against the christian. And will tell against the muslims. And muslims will tell against the jews. All of them are blind and ignorant. There are no where near God. Now we have 40 nations doing sahaja yoga. And all of them belong to all religion. The jews, hindus, muslims all respect christ. They also worship muhammad and they also worship shri krishna. Because they are all born on the same tree of spirituality. But people like Paul have taken away the flowers, plucked them and now they are fighting with the dead flower. Sahaja yogis are universally are in a pure religion. It is an innate religion. You become automatically righteous and compassionate. Yesterday many people got their realisation. Some did not get perhaps their physical mental problems. But today I hope all of you will get your realisation. And as honest people you must take to reality and not to nonsense. You have to respect your realisation. And you have to grow in collectivity. It is the growth only in collectivity not individually. If somebody says I can do it at home, he cannot. Because you become part and parcel of the whole. The microcosm becomes macrocosm. Now supposing if I cut my nail it will never grow. I had told you that I will tell you about the spirit. Spirit is the collective being within us. It is the reflection of God almighty in our heart. And kundalini is the reflection of the primordial mother, the holy ghost. Which is the pure desire. The spirit is source of peace. It is the source of absolute knowledge. When it starts manifesting on central nervous system, you feel cool breeze. You become like a divine computer. And then you can feel it about everyone, their chakras and yours too. If you know how to correct them, you can cure others, you can cure yourself. You can find about anyone of anything with your vibrations. Your attention becomes enlightened with the light of spirit, your eyes becomes innocent, and wherever you pay attention this attention acts for the benevolence. Spirit gives us total balance and total benevolence. It is the source of joy. And when joy is manifesting there is no duality of happiness and unhappiness. I hope Bulgaria will become a very powerful spiritual country. They have asked me about asthma and all these diseases are absolutely curable, even cancer. But you have to come to the centre. The best is to get your self realisation established. So there is no more diseases for you. And you can cure others. No use curing one disease like that. I am sorry I have to go today by plane to Turkey. But I will give you your realisation. I will come next year now. I travel a lot. I am always with you. So you should have no more fear, no more depression, nothing can torture you, trouble you or dominate you.

So now we will have self-realisation meditation.

I have already told you that I cannot force self-realisation on you. It has to be accepted, asked for, desired for in your glory of freedom. I would request you to take out your shoes. You will have all the knowledge about sahaja yoga absolutely free in your centre. Today we have here some English, some French, some Italians who come to help you; and also Greek. But specially the Swiss. They have taken a great interest in you and they will be coming off and on. Now we have to know that we have two powers, one is the power of desire or ordinary desire and another is the power of action. So now please put your left hand towards me and both the feet apart from each other because these are two powers. And we have to use the right hand for nourishing our centres on the left hand side which he will show you. Now there are two conditions which you will have to fulfill. The first condition is that you have to forget the past means that you should know that you are not guilty not at all. Those who tell you you are sinners are themselves sinners. After all you are human being. Human beings can only make mistakes. You are not Gods. So please don't feel guilty at all. On the contrary you should be very pleasantly placed towards yourselves. The second condition is that you have to forgive everyone. Whether you forgive or don't forgive you don't do any thing. But if you do not forgive then you play in the wrong hands and torture yourself for nothing at all. And those whom you do not forgive are enjoying life. If you do not forgive the centre here is closed like this. But if you forgive it will open like that and then kundalini can go. If you feel guilty then this centre catches here, between the shoulder and the neck, here, on this side and kundalini cannot pass through. But you get diseases like spondylitis, angina. While forgiving you do not have to think of individual, in general you have to say I forgive everyone. Don't fight with your thoughts. You will automatically become thoughtlessly aware. So now we will first tell you how you nourish your centre and then we raise the kundalini. Those who are sitting on the chair have to put both the feet apart from each other. And those who are sitting on the ground are alright as they are. They should sit in very, we say sahaja asana means absolutely spread out; with folded leg if possible for a short time. Now, please put the left hand towards me like this. You can keep it on your lap. Now, this symbolises that you want your self-realisation. Now you put your right hand on your

heart where resides the spirit. Now you put your hand on the upper portion of the abdomen. This is the centre of your mastery. This is created by all prophets and all the great masters. Now please take your right hand in the lower portion of your abdomen. This is the centre of pure knowledge which manifests on your central nervous system. All whatever we get out of evolutionary process manifest on central nervous system. Now we raise our hand again on the upper portion of the abdomen. Then raise your hand on your heart. Now you have to take your hand in the corner of your neck and your shoulder and turn your head toward right. Now take your hand on top of your forehead and put your small finger and thumb on two temples. And now hold your head properly with three fingers and put it down, put it down. This is the centre where you have to forgive everyone. Now you have to take your hand back side of your head. And push back your head as far as possible. This is the centre where you have to ask forgiveness from the all pervading power of love; without feeling guilty, without counting your mistake for your own satisfaction. Now stretch your palm fully. Put the centre of the palm on top of your fontanelle bone area. Now press it hard by pushing your fingers outward. Please put down your head. And now move your scalp. Please press it hard press it hard. Push back your finger. Now move your scalp slowly seven times clockwise. Put down your head. It's better. Now sit comfortably. Neither bending nor too much stretching, but in a straight manner. Now put the left hand towards me on your lap. And close your eyes, take out your spectacles. Till I tell you please do not open your eyes. Now please put your right hand on your heart. Here you have to ask me a fundamental question. You can call me Mother or Shri Mataji. And you have to ask three times. "Mother am I the spirit"; If you are the spirit you are the light and you are the guide. So you become your own master. Now please take your right hand in the upper portion of the abdomen. Now here you have to say, three times; "Mother am I my own master". Now I cannot force pure knowledge on you. You have to ask for it in your freedom. So now please put your left hand in the lower portion of your abdomen and ask me six times because this centre has got six petals; "Mother please give me pure knowledge". So now raise your right hand in the upper portion of the abdomen and to open this centre please say ten times "Mother I am my own master". You should know that you are not this body. You are not this mind. You are not this ego or conditioning. But you are the pure spirit. So now raise your right hand on your heart and say with full confidence "Mother I am the spirit", say it twelve times. Now you have to know that all pervading power of love is the ocean of knowledge. It is the ocean of joy. But above all it is the ocean of forgiveness. So whatever mistakes you commit, this power of forgiveness can dissolve it. So now raise your hand in corner of your neck and shoulder and put your head toward right. Here you say with full confidence sixteen times "Mother I am not guilty at all". I have already told you that you forgive or you don't forgive, you don't do anything. But if you don't forgive you play into wrong hand. So now please place your right hand on top of your forehead and hold your temples with your finger and with your thumb. Now please put down your head. Here you have to say with full confidence "Mother I forgive everyone". From your heart you have to say not how many times. Now please put your hand on back side of your head and put your head backward. Here you have to say "Oh divine power please forgive me if I have done anything wrong". Now spread your palm and put the centre of palm on top of your head. And now start moving your scalp seven times saying "Mother give me my self realisation". Now take down your hand. Now please put your left hand towards me and also right hand. Now bend your head and see if there is cool breeze coming out of your head. Now put the left hand towards me and see with the right hand if there is a cool breeze coming out of your head. Now put your right hand towards me and see if there is a cool breeze. Already there is so much breeze has already started to stop the rain. Put your hand up like this and ask the question "is this the cool breeze of the holy ghost" and three times ask this question. Now you will feel some coolness on your hand. Now please put down your hands. All those who have felt the relaxation and cool breeze from their head or on their hands, please raise raise your hands. Raise both your hands. Now wonder this breeze is blowing because it was so hot. It was very hot when I came here and now it has become very nice. Now please look after your self-realisation. I am sorry I have to go because I have to catch the plane.

1990-0725, Press Conference

View [online](#).

25 July 1990

Interview

Sheraraton Hotel Balkan, Sofia (Bulgaria)

Talk Language: English | Transcript (English) – Draft

Press Conference. Sofia (Bulgaria), 25 July 1990.

Shri Mataji: They have to ask the questions, then I'll answer, is that the way we are?

Translator: Just a few words about your life, your teaching, then they will ask the questions.

Shri Mataji: All right.

I bow to all the seekers of truth. Yesterday, in the hall I felt that in Bulgaria there are people who are very depressed about life. I think I've come here at the right time, when you have got your freedom, to tell you that only political freedom is not enough. So far I visited many countries who are supposed to be free. Sitting down here you should not think that all the roads are paved with gold. There are dominations of a different kind in those countries. The first is racialism. For example the English came to India and ruled us for 300 years. And they plundered us absolutely and they tortured us. My father was in jail, My mother was in jail, they took away all our properties, everything. And now, when there are people from India who had to go to there because they had West British passports they treat us like emigrants and trouble them a lot, while in India we have more Britishers settled down then in English land the Indians.

Even in America there's such a lot of racialism. And recently there was a Mayor of Washington who was implicated into a drug case, because he was black, that's all. All these so called democratic countries are full of corruption. And there is tremendous disparity. Some of the people in these countries are poorer than any Eastern block people. Imagine in the cold of London so many people sleep on the street. So, there is also lot of violence. In America, everybody carries a gun. In Miami, I saw children of twelve years carrying guns. And they carry drugs with them and I think at least 60% people are taking drugs. There is no love between father, mother, family love, no love.

In England every...in London city, they say so, that every week there are two children killed by parents. I'm told in... now in France, the morality is so low that a housewife is allowed to practice prostitution. In the democratic countries they want votes so they allow people... they play on the weaknesses of people. Like in London now they have started opening pubs from 6 o'clock in the morning. Naturally people are violent, even the football fans.

There's no end to things that are happening but the worse thing that has come out of this freedom is AIDS. They do not worship Christ but they worship Freud. Socially they will go to church but privately they are disciples of Freud. So there's another disease that has come because of their over activity which is called Yuppie's disease. Because they become paralyzed, their conscious mind becomes paralyzed. I went to America in 1983,...'73, sorry and I told them very clearly that AIDS will be coming if they do all this nonsense. But they got very angry with Me for that and they followed all false gurus who take lot of money from them.

In England, the BBC television told me that Anglo-Saxon brain cannot understand without money, anything. They have no humility, they have no love. They are very superficial and very arrogant, very aggressive people. So I know that your system of communism has really made you people, more on the left side as we call it. Whatever may have been the government, the people of Eastern block and Russia people, are wonderful for spirituality. Mr. Korbaciov is really a realized soul, himself. And he has realized that he has to take the middle path. And that is how it is going to work out for you people if you take your Realization.

First of all you'll be cured of all your diseases, physical and mental both. And you will develop a balance. You won't be over greedy, the way the people are in the West so that they are creating ecological problems. After Self Realization you will know that machines are for us, we are not for machines. So you will be satisfied people. Because this economic desire is never satiable. If you have one thing today you want to have another thing, going from one to another, is never satiable. So in America, they have created mountains and mountains of plastics, rubbers and also of broken cars.

[MISSING FROM RECORDED SPEECH]

For example through totalitarian regime you are oppressed from outside but this so called, this freedom of abandonment destroys you from within. But I find the Eastern block people they have an attention which is very deep. They can recognize a person who is truthful and unpretentious and [UNCLEAR]. But otherwise, in the Western countries you have to put up some sort of a show, any false person, even getting out of the jail from India can go and create an impression with some sort of a show. The value of any master is according to the amount he charges for his program. Or you have to appear like a cinema actor or an actress, you see. They cannot understand motherhood because they, I think they never had good mothers, perhaps.

So I have to tell you one thing, that quality of people, in Bulgaria and all the Eastern block is much higher. But don't be enamored by the superficialities of the West. And also not to be depressed. With wisdom, if you move after Self Realization you'd be one of the strongest nations of the world. It's not how many weapons you have; now the time is for people of quality. It's already predicted in Indian horoscopes and things that the reign of the people of quality will start now.

So it is very important, that you get your Self Realization and yesterday surprisingly, 90% people at least or maybe more got Realization. Most surprising thing was people were standing. I've never done that before and they also got Realization. That really has touched my heart. As you know what is Sahaja Yoga, is already given to you, it relates to all the prophets, Incarnations, also points out where religions have gone wrong. Also it is related to science. In Russia, they organized a conference with 200 very high quality scientists. So when I told them about the scientific side of Sahaja Yoga they said: " Now we want only Realization." Also there were 600 doctors came from all over, Russia, they called, I mean. They also, after I explained to them what is Sahaja Yoga, how it controls parasympathetic nervous system they said: " Now, we want just Realization."

There are 3 doctors in India who have got their MD, MD Master, after doing MBBS, after graduation, in Sahaja Yoga. It has cured cancer, no doubt; many, many diseases incurable like multiple sclerosis and all. And there are 7 doctors in London, who are doing now all the tabulation of curing. For this you don't have to pay. It's your own energy, which works it out. So there is no obligation either. But only to get cured one disease is not a sensible thing. But is better that you get your Self Realization established so you never get sick. I'm myself going to be seventy, eighty years of age and every night I sleep about say: 2 o'clock, 3 o'clock and get up very early. And I travel practically every third day. And I wouldn't been even to dentist. That's how you keep good health, energy and a joyous temperament.

Question: What is the difference between you and the so-called people extra sense, people who have... possess this...they treat with this...?

Shri Mataji: Extrasensory, yea. You see, there are two types of people who are doing [CURE] work. One of them are really Realized souls, born Realized. But they do not know how to protect themselves; they do not know how they do it. What was the name of the man in Russia?

Answer: Kaspirovski.

Shri Mataji: Now, this man is not a Realized soul at all. First of all, those who are Realized soul, they will never take money. Now, people like him, Kaspirovski, are the people they use black magic. I was surprised that so many children who saw him on the television are becoming blind. So many children who were sick who went to him and they got brain damage. I cured them, of course. They make money and they themselves don't know how they do it. In India of course we have some masters of this black magic. They are called as tantrikas. Actually tantra means this mechanism. But it is to be used only after Self Realization.

Because they have no authority, they have no knowledge. It is like giving your bulldozer into the hands of who doesn't know how to operate it. Also, there are false gurus who are using the same black magic of mesmerism. It's used by putting some souls, dead souls, upon your soul. After Realization you can see those dead souls as loops in the air. You can see them, against the sunlight. You can also see the Chaitanya, this energy like small comas shining.

Now, I had told them that the soul is on your back with seven loops. And is reflected on the receptor, in the cell, receptor in the cell. And it acts as a remote control. Now they have scientifically found it out. And they have the picture the same, as you see. So, for science also, we can tell them what they have to seek. Like there is a scientist here, now, who was doing experiment to create absolute zero. He could not do it because some of the heat is always left. So I told him to use these, these vibrations and he achieved the results.

Question: The picture you present this, about the West is so appealing, so terrifying that the human being asked himself: "Are we going to be sorry for the acquired freedom?"

Shri Mataji: Yea, no, that's why I am saying that this is the best time. I cancelled My program. You see, because I felt that this is the time they should know what is the truth, otherwise they will fall into the same trap. You see, they are so, so nervous all of them, that is hard to find an American who doesn't pinch his eye or, I mean, shakes his body. It's impossible to find one. And economically also, you must know that they are so much indebted. Even the people of Japan or, you see, of Germany they are no good, because they are like mad, looking like tourists, just taking photographs. They don't know anything better. They don't know what to do with their freedom so they are becoming punks, or, what you call, hippies and all kinds of nonsense.

And the worst domination comes from the entrepreneurs. Every year they create a new fashion. So, the people have accumulated piles of clothes in their houses, piles of [UNCLEAR]. Sometimes ladies put up their hair up like that. Ultimately they get bald, because they have to use all these artificial things. And the faces all become very old because they use all kinds of nonsensical things. It's, apart from that, apart from that, you see, even the language has lost its luster, has lost its literature. And the art has lost its own creativity, because they are critics and critics and critics. So you have to conform to the critics. Now the situation is such that there are no artists, only critics criticizing critics. Because I am in a witness state I see all these things clearly. They'll finish their lives with drugs or with alcohol. They can't face themselves. That's why, you without Self Realization, one cannot understand the power of freedom, power of money, power of joy. Nothing.

Question: The first question is: recently, there is a theory about the distinction, the different kind of bodies, material body, spiritual and astral body. What is your understanding about this question?

Shri Mataji: All right. Now this is one is physical body is there. There are five types of bodies actually which are there, which are made out of your five causal of the five elements. And if you have any body, which is not all right, you can see the aura of that. But after Self Realization, you do not get any auras. But only you see on the top of your head, the light. So, but this astral body is, one is your own soul. But when somebody else's soul enters into you, it can take away your soul. And then you feel you are traveling here and there, all these things happen. But it's very dangerous because these souls can even take away your children's souls. And in the West even the smallest child is made to sleep in another room. They only have dogs in the bedroom, dogs or cats. And so many children have died like this. Even in Switzerland, in their beds. They use children, they treat children worse than they treat their dogs, I tell you.

Translator: [MISSING FROM RECORDED SPEECH] our development.

Shri Mataji: It's correct.

Translator: You explained about this question.

Shri Mataji: It's [UNCLEAR]. Material development is much faster and in balance when you get Self Realization. These vibrations help agriculture very much. We have a scientist, dr. Hamid, in Austria, who has experimented with vibrations and has found out

that even non-hybrid seeds give you greater [ILL] than hybrid seeds. In my own field I sold about 60 kilos of rice in one acre of land. And they told me: "It's a special rice. It won't grow here." But it turned out to be 1700 kilos. One of the best rices. And even the sunflower was so big, two feet diameter. You could not lift; one person could not lift. Giving oil six to ten times more! Do you know, from your country, you are exporting sweet peas and also sort of pulses to India. Chickpeas also. Millions tones of. If you vibrate them... Better do it fast. If Indians start doing it, they may not import. There are so many other things that happen. Firstly you become collective and everybody helps each other. There's no quarrel. You'll be happy to know that first time when I went to Russia, 25 Germans went there to give them Realization, Germans.

Question: Just a few words about the purpose, the aim of the human evolution, the evolution of humanity and also about the biological evolution.

Shri Mataji: You see now we have become human beings. But still we are in a chaos. Some people are dominated, some dominate and nobody has absolute truth with them. So now, the new breakthrough into the evolutionary process takes place in Sahaja Yoga. Formerly, in the ancient times, there used to be one or two flowers on the tree of life. But I have somehow developed this new method of Sahaja Yoga, which gives spontaneous Realization to thousands in en masse, en masse Realization. I've developed, this is the only thing I've developed. Collectively, for thousands, not one or two.

Translator: For human beings.

Shri Mataji: Yes, for human beings. Also we have so many viruses and all these things within us. These are the plants and the small, microscopic animals, which have gone out of the circulation, of our evolution. So, once you get into Sahaja Yoga, you come in the central path. Then you can be absolutely away, free from these viruses and all these diseases. So, physically you are a absolutely perfect person. Also physically you become equipped, to know whether something is good or bad. Like some say there is not God, some say there is God. But now, if you put your hands like this and ask a question: "Is there God?" and you are Realized soul, you get tremendous vibrations.

So basically, our divine computer within us starts working. So this is the new state we have to reach. I'll give you an example of a sputnik, how it works. It is kept in containers, one, two, three, four containers. And the first container goes up to a point with a velocity. And then it explodes. And the rest of it gains a very great acceleration in the velocity. And that's how one after another three, four containers are exploded. And ultimately you go into the space. That's how our evolution has worked. First the carbon came in, carbon started, then we had organic chemistry with the carbon. The nitrogen mixed up then with the nitrogen we had amino acids. Then the proteins were formed. Now, after the proteins, then we had amoeba, then we had fishes, then we had... like that.... And ultimately we became human beings. So we had mental, emotional, physical explosions. And now, the last one is the spiritual. So we go to the space now.

Question: Shri Mataji, recently there was some bad news about bad spirits, which predicted the end of the world by the end of this century. I would like to know your attitude about this and also I would like to know about your attitude towards the extraterrestrial creatures who are visiting our Earth.

Shri Mataji: There's no one visiting. It's not so. But these people who are telling you that there's a doom state, don't believe them. Because they must frighten you, see, all these..., all the religions also frighten you: "You are sinners, you'll go to hell, you better give us money!" They are all money-oriented, or they are power-oriented. None of them are Spirit-oriented. So they have to frighten you, otherwise you won't give them money. Don't get frightened.

Question: [UNCLEAR] This is a Bulgarian woman, which can see the past and the future.

Shri Mataji: You should be in the present, Madame, because past is finished and future doesn't exist. Of course there are miracles all over, but you can't see them. There may be all the Deities sitting here, you can't see them. We have some very miraculous photographs. But when you will get established, then only we'll show you.

Question: Can you see these creatures?

Shri Mataji: Of course. I...But My interest is in seeing you, not in them. No, I'm not interested. I do not want to divert your attention to future or past because reality is in present.

Question: Can you read thoughts?

Shri Mataji: If I want to... But I'm not interested. I just want to know about your centers. My job is to give you Realization, that's all. That's Redemption. That is the Redemption, Redeemer, as Christ has said. The Holy Ghost has to redeem and also to comfort you, like curing you, and to counsel you.

Question: [UNCLEAR] because I am from Romania. I am from Bucharest, [UNCLEAR].
[MISSING FROM RECORDED SPEECH]

Shri Mataji: You see, in evolution always one fish had to come out first. Then all the others start. What can I do? I wish as somebody can become like Me so I can retire at this....now, at this age. I must confess there must be something more about. But I am decided not to talk about Myself. Christ was the Son of God. Is the truth. But when he said that, they crucified Him. Now, if I say anything about Me, I don't want to get crucified. But, but when you get your Self Realization you will know what I am. Now, this gentleman has [BEEN THERE ALL THE TIME].

Question: [COULD, WILL] you tell in brief about the difference between your system and your teaching and the other types of yoga, Kriya Yoga, Hatha Yoga, Tantra Yoga.

Shri Mataji: Yea, yea, yea. I'll tell you all about. That's a good question.

Question: Could you reach this Self Realization by some teacher or by your own, own way?

Shri Mataji: All right. The first question is about other Yogas. Now, the first is Hatha Yoga, Hatha Yoga it is. Ha is the right side, the Surya Nadi as they call, the Sun, Sun Nadi, and the left side is the moon. Two: Ha, Tha. So, you have to use both the sides, they use to use both the sides, thousands of years back. Patanjali wrote this, such a big book of Hatha Yoga which has Ashtanga, means there are...there are eight folds, eight steps. And the first step is called Yama Niyama. In that that means your disciplining, your exercises, your control of your attention, all these things in that [UNCLEAR]. And then the cleansing. The rest of it, is all Sahaja Yoga. But actually in those days there were very few people who were seekers like you. So they had to take lives after lives to come to a state. Like at the time of Rama there was one fellow who was given Self Realization, one. Krishna also tried. Christ could not give Realization. Before that only, they crucified Him. So the disciples got through the cool breeze coming into them, through the Mother of Christ, through the Mother, Mother of Christ. But they wanted to play Her down, all the time. In Christianity women are played down all the time. Like there is a Father God, Sun God, but no Mother. It's a Holy Ghost, Holy Ghost like a dove. How can you have a Sun God without a Mother?

But in all other scriptures there is the description of the Primordial Mother. You will know in Sahaja Yoga who was the Mother of Christ. So Sahaja Yoga is the culmination of Hatha Yoga. But these days, the modern Hatha Yoga is just for physical exercises, without any discrimination. They just use the sun line, only one side. We too use certain exercises, like yesterday, combining both sides, but the way they are doing Hatha Yoga now is very dangerous. Hatha yogis, such Hatha Yogis, these modern Hatha Yogis can become extremely dry and divorces...They become extremely stiff people, hot tempered and violent. We had one in India, which was approved by the Government, but then he was arrested because he was secretly making guns, guns factory, here. So, I mean, one should... this idea of everybody becoming skinny is nonsense. That makes people very irritable. For women specially, thin women are very poor thing, irritated and sometimes very dominating, because they have no stored energy within them. So, one should not be thin or fat, but could be plump, but this kind of a Hatha Yoga can make you mad. They cannot even smile.

The another is Kriya Yoga. And the Kriya Yoga is the one, which automatically happens within yourself when the Kundalini rises. Automatically. Just like when the car starts, you see, the machinery works. Like these centers open and close to keep the Kundalini going up. And when Kundalini passes this center, to keep it there, it closes again. There is a name for that, is [KATCHARY], because the tongue is pulled inside, little bit. So they cut the tread of the tongue, in California, of many doctors so that they could put back the tongue! And these people can't talk, they can't eat, they are in a mess. So it is like, it is like without starting the car, you start moving the wheel. What will happen?

Now the same about Bhakti Yoga, Bhakti Yoga, these Hare Rama Hare Krishna. Unless and until you are connected, it's like a telephone without connection. On the contrary, they develop the problem of this throat, where resides Shri Krishna Himself. Here resides Shri Krishna Himself. So they develop the problem of Shri Krishna Himself and talk of Krishna consciousness. They sell Gita, Gita book, Gita book, just like Jehovah's Witness sell Bible. It's all bhutish knowledge. These books have got the prescription, but you have to take the medicine. Tantra yoga is again... is ours is real tantra yoga. In the way that it is written that after the Self Realization. Then you should know about the yantra, tantra, mantra.

So those people who do tantra yoga are really like devils because they really spoil your whole thing. Their own life is so, so sinful. There's one, Gopi Krishna, if you see his own private life, it's terrible. Another is this T.M., T.M. T.M. is the worst I think. For some time they feel better because another soul sits on them, but after some time they become recluses, recluses. Good for nothing. And the mantras they charge 300 pounds, 6000 pounds. Because we got somebody who was the head of their flying foundation. He, his wife, his child and his depute director. All were [UNCLEAR]. All of them started suffering from epilepsy. And then I had to cure them. This man was a diamond merchant and his wife was the granddaughter of a duke. And they told Me all about it. He's writing a book now. They became bankrupt; he had to go to South Africa, where they are doing now Sahaja Yoga. [MISSING RECORDING]

...has paid 300 pounds. And then the fellow was sitting on seven steps up there. Also he was... everybody stupefied, you see. And even the gurus who were sitting there, used to giggle because they couldn't help seeing the people being made such fools. He is called as giggling guru also, he's called as giggling guru. Oh, then they had the flying, you see, flying session. So you could fly on 3 feet, you see. All hocus-pocus, all hocus-pocus. Poor things, they broke all their bottoms. And there was a case against them in America and they compensated, they compensated with money. They were given 6 days the water which boiled potatoes. And then the seventh day they were given rind of the potato [TWIT], rind, the covering and ate they the potato. And charged 6000 pounds. But then I would blame the seekers. Why do they want to fly at 3 feet, as it is we are having such problem with our traffic jams? So also the seekers are stupid I must say. Because they were very expensive, you see, they felt attracted. In the West whatever is expensive is great. They give some name to the product and is expensive, then it's great. So stupid they are.

Question: This girl would like to ask you: now, in our country, people have been very politically conscious, politically conscious. Could people relieve themselves of the stress and do their duties in the daytime, of the stress arising from this political change in our country.

Shri Mataji: Yea. Yes. You see, in the West now, supposing in England, every third day there is a strike. We went from Russia back and we were hanging in the air, because when the plane landed there was strike. So we could not get down. We were all in the plane for 3-4 hours. So, that is one thing. Then second thing is that they just belong to some sort of a Party, everybody must belong to some Party. And all the time what they are doing is to pull each other. But there is no constructive mind. But with Sahaja Yoga you become extremely constructive, extremely constructive. Because you know your glory, you know your greatness and you develop your self-respect, and you don't want to waste it on nonsensical things, and even without taking part in any politics you trigger goodness. It is predicted that after some time the Sahaja Yogis are going to rule the world. So one should wait and see.

Question: Could You make a session so that our audience on the TV sets watching, could watch also, for unrealized souls, unrealized individuals?

Shri Mataji: All right. Yea, of course, of course. Of course. It works with TV, I've seen.

Translator: For our people who watch at the TV sets [IS, IF] there [ARE] hopes?

Shri Mataji: Yea, yea. It does work, it does work. It does work, no doubt. It does work, please tell.

Translator: There are people who want to ask questions.

Shri Mataji: Still? All right. I just tell her one thing that it does work, people can get Realization but it's a collective happening, so you have to form some centers where all of them should meet, who are realized souls.

Translator: And Self Realization how this in the future will be a balance between that knowledge and the Self Realization, the spiritual and elevation of the human beings.

Shri Mataji: There is a complete advantage of the knowledge that human beings have achieved. For example if there was not television I could not have given Realization to thousands. If there was not aeroplane I could not have come to Bulgaria. Also every knowledge has to be enlightened, so it tells you what is knowledge and what it is non-knowledge. So it is absolutely related. For example if a doctor becomes, if doctor becomes a Sahaja Yogi, he can do much better as a doctor. And if a musician becomes a Sahaja Yogi he becomes a great musician. Say, an artist, a painter becomes a Sahaja Yogi he can create wonderful things. Also political ideas like I would say: "I, I am, say, powerful, I've all the powers. So I'm a capitalist but I can't live without distributing it. So I'm the greatest communist". You see, because we think that by distributing these worldly things, we become communists. But if you give the highest than these things are nothing.

So also the [CAP], you see, the political ideas were started by great people like Socrates started it. Yes. And Socrates said that for the benevolence, the king has to be benevolent king. But his disciples, like Aristotle really spoilt it. Still, the politics was philosophy oriented and then, now it has become nothing but economics. Now, economics itself you understand better in Sahaja Yoga. First is that want in general are not satiable, want in general are not satiable. So what is satiable there? We have to find out. Also science tells you that, how it harms, what will harm you, also science tells you, but we don't listen to it. But with Sahaja Yoga we will. So everything gets extremely beautiful and purified. So the knowledge becomes constructive and nourishing and benevolent.

Question: The first question of the lady is: can you tell which is the best way to construct a good family and a few words about your family, your children, your husband. And second question is who is paying the expenses: your foundation, your association, and for your travels to teach this teaching abroad?

Shri Mataji: First I'll tell about who is paying, is better. You see, I come from a rich family. Luckily my husband also is earning quite a lot of money. And we have no bad habits. So for first four years I was paying for myself and for everyone, also I have purchased some ashrams for them. But gradually the Sahaja Yogis started feeling guilty: "It's too much, that you should pay for our salvation". They felt their self-respect. So the partly, you see, for traveling I used to pay myself and they used to pay for the halls and for advertising, in their own local places, in their countries. They combined together. And now for say, Eastern block things, they are all combined together, all over the world. We are 40 nations, you see. So they are paying for, say this hall and advertising, and you'll be surprised that we always hit jackpots. Jackpot means suddenly you get a big deal, a sort of. For example this hall was given for a [SONG] by [SHARITAN] hotel. For a [SONG], just for little money. So then you, I mean that is how last time there were 35 people came from Russia, they had no money. I paid half and they, these people paid half. Because now we are so many people that they little bit contribute and it's sufficient. And after coming to Sahaja Yoga, all of them have become rich also and they have become generous. You'll be surprised that in London there's so much of unemployment but there's not one single Sahaja Yogi who is unemployed.

So, the second is about my family. I come from a very patriotic family and my forefathers were like kings, like rulers. They were

dynasty and they had a calendar also. Even now we use the same calendar. And my father was very linguistic. He was master of 14 languages. He knew 26 languages actually. After getting freedom he became the member of the Central Assembly, then of then Constituent Assembly, then of the Parliament. And my mother was a Honors of Mathematics. And both of them sacrificed everything for the country. [MISSING FROM THE RECORDED SPEECH] But he's a great Sahaja Yogi. Another sister has got doctorate in Music, Doctor of Music. She's teaching music to Sahaja Yogis in Austria. She was here for 3 months and now she's going back.

Now, my husband's family is also the same lawyers family. Landlords, they were all landlords, [UNCLEAR], very rich families. And my husband himself is a great patriot. And he worked in India in the highest service, we call as the civil servant, highest civil service. He was with our Prime Minister as his Secretary, first Secretary, official. Then he was elected by 134 nations as the Secretary General of International Maritime Organization. He came to Bulgaria also. It is one of the agencies of UN, like WHO, called as IMO. He has visited Bulgaria many a times. Because you use the flag, they used Bulgarian flag for the ships. He was elected 4 times unanimously. And then he..., I forced him to retire because now he's old 70 years of age. Recently the British Government has given him the Knighthood. Last 5 years they have not given it to anyone. Only Reagan, Reagan, president Reagan got one. Is the highest award, the highest, our British highest award. The Secretary of State said that: "I had heard about Legions but now a Legion is sitting before me." Because my husband has got 31 highest awards, major awards, from 31 countries. This has not happen to anyone, in whole world he said.

But he's a very generous and a humble person. Even when he got this award he said: "It is all because of my wife, I got it. Because She's such an efficient housewife and She's so relaxed, She has never bothered me." Half the time he was talking about Me only. And I was very bashful; he was talking about Me only half the time. I was feeling so shy. And he comes to Sahaja Yoga sessions also, to seminars and always he has praised Sahaja Yoga. Now, Sahaja Yoga is recognized by the UN now. And also in America they believe in this religion of Sahaja Yoga, which we call as the Universal religion, Universal Pure Religion. Accepted. They have accepted it as a religion and is a church now, they have accepted it as a church, the highest, highest position in religion, in America.

I've two daughters, one is an architect and another is a writer. They are both very clever, all first class, first [TOOLS]. And both of my son in laws are also very, very intelligent and very dynamic, honest, patriotic people. They all love Me very much. And I have four grandchildren and the eldest one is 18 years. When I am at home, we all sleep together, four my grandchildren and Myself. They are also very good students, very good people and all born Realized. They realized that I am doing very important work, my husband and my family so they all help Me a lot. They respect all the Sahaja Yogis and whichever way they can help, money wise, any way, they want to help. But on my father's side and my husband's side we have very large families, 100 people at least on both the sides. And they are all very aware of my work and very respectful so I am very lucky also. Actually I chose my parents and... I chose my own parents. And my husband is extremely nice and loving. Every third or forth day he's telephoning wherever I am.... I never telephone but he telephones Me. So My family is also this.

...It's quite a lot of time as well.

One question about the family she asked, that's I must tell: how do you have good families. One question. One, one more question. That's very important. You see because I know in the Eastern countries also there's a big problem of divorce. Even in Poland, everybody has had already 3-4 husbands, wives. But when you are in Sahaja Yoga, they come to India and apply for marriages. The first condition is they have to be 2 years in Sahaja Yoga, then all the leaders from all the other nations, they give full idea about every person. They have to also write about their preferences and what they want and all that and then we give them some matches, you see, to see for themselves. It's done mostly with vibrations. And whatever they like, then they can marry, whichever person they like. Every year we have about 75 marriages. About 2 marriages, 2 or 3 marriages failed also. Rarely, rarely. So there is divorce also in Sahaja Yoga. But mostly it is international marriages. And the children that are born are all mostly Self Realized. They also bring a force between the husband and wife. They are very happily married. In the Sahaja Yoga society we do not have this problem of flirting, no problem of flirting. It's a very pure relationship. So there are no jealousies, these... Very peaceful families. I don't have to tell them. Their Spirit Itself guides them.

Translator: Now we could start the session.

Shri Mataji: Good. Because already it is 12.30 and we should do; about 10-15 minutes we'll require. Somebody should come and show here, one person. Somebody?... You could come. I have to show you but there's no need for you to get up. Normally I wear a white sari for meditation but because of television I wore a darker shade. But doesn't matter. Still it works, still it works. Only just to, attention, you see, on a white is less deeper.

Now, first of all there are 2 conditions. The first condition is that you have to forget the past. In short it means you should know that you are not guilty at all. You should not feel guilty, at all. I was happy to see that you all were laughing and enjoying what I was telling you. Because after all you are human beings and it's only human beings can commit mistakes not the Gods. So there is nothing to can feel guilty. I mean to say that you have to be pleasantly placed towards yourself.

The second condition is that you have to forgive everyone in general. We do not have to think how to forgive, difficult to forgive. Because whether you forgive or don't forgive you don't do anything, it's a myth. So, if you are not forgiving, you are playing into wrong hands and you are torturing yourself. So, better to forgive everyone without thinking about individuals. Now you have to understand that I cannot force Self Realization on you because this Kundalini, which uncoils itself and connects you to this All Pervading Power is the power of pure desire. So you have to have pure desire to get Self Realization, in your own glory of freedom. I respect that freedom because ultimately you have to get the total freedom, above all conditionings, ego, habits. Nothing can dominate you.

All right. So we use our left hand to express our desire to have Self Realization and we use our right hand to nourish our centers on the left side. First of all I would request you to take out your shoes because this Mother Earth helps us a lot. Also to keep both your feet on the ground, separate from each other. Now, we'll show you how to put the right hand on [YOUR] centers. Then you'll have to close your eyes. So now, first you put left hand like this and the right hand, right hand on the heart. In the heart resides the Spirit. You should sit comfortably, not bending, not stretching, comfortably, comfortably, straight. So now you have in the heart the Spirit, but the seat of the Spirit is on the fontanel bone area, here, because [INNAUDIBLE].

Now we move our hand on to the upper portion of our abdomen, on the left hand side. This is the center of our mastery. Then we move our right hand in the lower portion of our abdomen. This is the center of pure knowledge, which manifests on your the central nervous system. Whatever we have achieved in the evolutionary process is manifested on our central nervous system. Then again we take back our hand in the upper portion of our abdomen. Then we take our hand on our heart and then we take our hand in the corner of our neck and our shoulder, like this. And then turn your head to your right. This is the center we catch when we feel guilty. And this I feel just now the most you are catching, all of you. Please don't feel guilty otherwise Kundalini won't pass.

Now, please take your right hand onto your forehead pressing both the temples like this. And now bend your head fully. Now, take back your right...this is the center for forgiving everyone. Now, we take back our hand on the backside of the head and push back our head as far as possible. This is the center where you have to ask forgiveness from the All Pervading Power of Love, without feeling guilty, without counting your mistakes, without [UNCLEAR], just for your satisfaction. You have to push back your head fully. Now, you have to stretch your palm and put the center of your palm on top of the fontanel bone area. Now put down your head and press back your fingers, as far as possible. And now you can move your scalp with a pressure, 7 times clockwise, slowly. That's all we have to do.

Now, will you please remember that you have to keep your both feet on the sides and you have to sit little straight. And put your left hand towards Me. You can take out your spectacles and put your right hand on your heart. Here, you have to close your eyes and till I tell you, please don't open. Please have faith in yourself that you all can get Realization. Now, here, on your heart you have to say, ask a question to Me which is very fundamental. Please ask 3 times, you can call Me Mother or you can call Me Shri Mataji. Please say: "Mother, am I the Spirit?", ask this question 3 times.

Now, if you are the Spirit, you are the light. So you are your own master. So, now please take your right hand in the upper portion of your abdomen and ask 3 times another question to Me: "Mother, am my own master?" I've already told you that I cannot force pure knowledge on you. You have to ask in your own freedom. So now please put your left hand in the lower portion of your abdomen and ask the question or say: "Mother, please give me pure knowledge". As soon as you ask for pure knowledge, the Kundalini starts rising. So we have to nourish the upper centers with our self-confidence. Please raise your right hand in the upper portion of our abdomen, on the left hand side. Here you have to say with full self-confidence, 10 times: "Mother, I am my own master."

The greatest truth about you is that you are not this body, you are not this mind, you are not this intellect, you are not this ego, you are not these conditionings but you are pure Spirit. So now, raise your right hand on your heart and say it with full confidence: "Mother, I am the Spirit", say it 12 times, 12 times. Now, we have to know that this power of love, which is all pervading is the ocean of knowledge and it is the ocean of joy but above all it is the ocean of forgiveness. So we cannot commit any mistakes, which cannot be dissolved by this ocean of forgiveness.

I've already told you that if you forgive or don't forgive you don't do anything. But if you don't forgive you play into wrong hands and torture yourself. So, now, please put your hand on your forehead in such a way that you press both the..., both the temples with your finger, small finger and the thumb. And now please hold your head and put it down as far as possible. Now, here you have to say: "Mother, I forgive everyone." Don't think of individuals, in general you have to forgive, in general you have to forgive. You have to say from your heart, not how many times. Now, please take your [HAND] on the backside of your head, here, and put back your head as far as possible. Here you have to say for your satisfaction, without feeling guilty, without counting your mistakes: "Oh, All Pervading Power of Love, please forgive me if I've done any mistakes, knowingly or unknowingly." Say it from your heart.

Now, the last center. Please stretch your palm and please put the center of your palm on top of the fontanel bone area. Here, please, again, push back your fingers. Now, bend your head. Here, again, I cannot force Self Realization on you. You have to ask for it in your own glory of freedom. Now, please put down your head and put a proper pressure. And now move the scalp, scalp 7 times, slowly, with pressure, not the hand but the scalp, saying 7 times: "Mother, please give me the Self Realization".

Now, please open your eyes. Put your left hand towards Me and right hand towards Me. Now, watch Me without thinking. Now, put down your head and see with your left hand if there's a cool breeze coming from your head. Keep the right hand like this. Bend your head and see. The hand should not be on the head but away from it. Some of you might feel hot because you have not forgiven. So please, forgive.

Now, put the left hand towards Me. Bend your head please and see with your right hand if there's a cool breeze coming out of your head. It can be far away also for some people. For some people it can be far away. Now, again put your right hand towards Me and see with the left hand if there's a cool breeze coming out. Now, raise your hands up and push back your head and ask a question 3 times: "Mother, is this the cool breeze of the All Pervading Power?" Now, take down the hands please. You feel very relaxed and you feel the cool breeze also. Those who have felt the cool breeze in their hands or out of their heads, please raise your both the hands.

Oh, all of you have got it.

A person: Not all.

Shri Mataji: Very few haven't got it.

A person: For instance [UNCLEAR] less [UNCLEAR] with my right...

Shri Mataji: Because you are a journalist.

The person: No, I'm not.

Shri Mataji: No?

The person: I'm an interpreter.

Shri Mataji: That may be. The same with him. Your right is always catch. Because you talk too much. It's all right, you'll get it, it's all right.

So, thank you very much. Those who have not got it can also come down and the Sahaja Yogis can give them Realization, those who haven't got it. Maybe something wrong in the physical side. You can come down, here, this side. Please, this is the chance of the life [COMING].

1990-0801, Felicitation On Occasion Of Sir C.P. Knighthood

View [online](#).

1 August 1990

Visit

Pune (India)

Talk Language: English | Transcript (English) – Draft

TRANSCRIPT OF FELICITATION ON OCCASION OF SIR C.P. KNIGHTHOOD, AUG 1, 1990, PUNE

Sahaja Yogi: [UNCLEAR/2-line recital in Sanskrit]. When I have the holy darshan of our beloved Her Holiness, Shri Mataji, and Doctor C.P. Srivastava, I remember the lines of [UNCLEAR/Padma?] that the Parvati and the Parameshwara were one. Like the [UNCLEAR]. And I find words of [UNCLEAR] true. Because both are supporting each other, and both are working with each other. So we [UNCLEAR] to both, Shri Mataji and Doctor C.P. and this august audience. Welcome.

[Sahaja Yogis perform a welcome song].

[Refrain]

Atha Swagatham, Shubha Swagatham [x3] (An auspicious welcome to the guests)

Anandh Mangala Mangalam [x2] (Filled with joy and well-being)

Nith Priya Bharathi Bharatham [x2] (Forever the beloved land of Bharat)

Atha Swagatham, Shubha Swagatham [x3]

[Verse]

[Nitya Nirantara Prem Bahe, Nirmal Maa Karunamayi] [x2] (Your Love flows continually, Oh Compassionate Mother Nirmala)

Swargalok Ka Dekar Amrut, Kar Diya Maa Sabko Pavan [x2] (By giving the ambrosia of Heaven, you have purified everyone)

Shashwath Suvijhith Athi Shubham [X2]

Anandh Mangala Mangalam [x2]

Nith Priya Bharatha Bharatham [x2]

[Refrain]

[Verse]

Srivastavaji Bade Purush, Manavtake Bade Suroor [x2] (Sir C.P. is a great man, He is passionate about humanity)

Shanti Maitri Ka Diya Sandesh, Jyot Diye Jagbhar Mein Tej [x2] (He has given the message of peace and friendship, his light has enlightened the world)

Sankalp Avijith Abhimath [x2]

Anandh Mangala Mangalam [x2]

[Refrain].

Yogi Mahajan: [UNCLEAR] that such an honour has been bestowed upon me. It is, a singular achievement through constant hard work, endeavour, perseverance which immortalises us. And it is for this great honour that [UNCLEAR] us individuals. And which shines on us individuals, gives us inspiration that we may also endeavour and rise to their level. They are forebearers for us and show us the way.

The human history is not to be remembered for the conquests of great kings, but for the great message of peace, which great saints and sages have brought forth to us. And if we travel in this great country, we have such great [UNCLEAR/visionaries] who have lit the path for us. In the twentieth century, it was Mahatma Gandhi, followed by his disciple, the late Prime Minister Lal Bahadur Shastri. And today we have with us, Sir. C.P. Srivastava, who is the luminary for this age and from whom we draw great inspiration to lead us the way and show us the path. His achievements have been many in his very distinguished and chequered career.

And I request Shri Bahari Khosla to felicitate him and our distinguished guests who will throw light on his various aspects and achievements. Mr Bahari Khosla.

Shri Bahari Khosla.

Shri Khosla: Honourable Shri Srivastava, my beloved Mother, [UNCLEAR/name of person], Shri H.K. Garodia, President, Maratha Chamber of Commerce Industries, my respected [UNCLEAR/name of person], my dear brothers and sisters.

It is indeed a great day for all of us today, that we have one of the greatest distinguished personality through his hard work and zeal [UNCLEAR], for the past forty years. [UNCLEAR]. Earlier they had given this to Ronald Reagan, the President of the United States. I was introduced to Sir C.P. Srivastava through my friend, loving, affectionate Mother, Her Holiness Shri Mataji when I was in London in 1983. But I met him [break in recording].

[When recording resumes Sir C.P. has already started addressing the audience].

Sir C.P. Srivastava: ...”Why do you want to go abroad? To travel around and [UNCLEAR]. That is not for us”. If I had not [UNCLEAR], I would not have been standing here and that I would GET the opportunity to serve my country – at the district level, at the state level, at the government enterprise-level and finally, at the international level.

I have been with this United Nations Maritime Organisation which I have had the privilege of serving for four terms or sixteen years. You know in the United Nations, there is a chain of inter-governmental, international organisations. Each one has its own purpose. The main U.N. is political – peace and war, as you know. On the other hand, there are [UNCLEAR/ten] organisations – the Labour Organisation is one, the International Immigration Organisation is one and so on. And one of these ten is the International Maritime Organisation. The Secretary-General of these organisations is elected by the member states. And there are eight hundred and thirty-four states, members for that organisation. And when it goes for elections, this organisation asks member states to suggest names of suitable persons.

When the post came up in 1973, my name was proposed by the Government of India. I am eternally grateful to my country. I am eternally grateful to the government of my country for so many things. But there on this occasion, we send the candidature of this person. And I was duly elected. But when the first term expired, all members unanimously decided for an extension, to re-elect me. [UNCLEAR]. They said you have to continue. And then came the third term. They again elected me unanimously. And then came the fourth term. They again elected me unanimously.

Mind you, unanimously by countries all round, developed countries, north, south, east, west, Soviet Union, America, China, France, again all countries. When it was time for the fourth term to end, I took the precaution of writing to the council of the Organisation, saying, "I am really grateful, you have given me this chance for sixteen years. Now I want to retire. And I am firm." But again, as usual, they said no. I said, "Now I am seventy. How long will I go on?". They said, "What is the matter? Is your health poor?". I said, "No, I am fine. But when I retire, I want to go back to my country. I have been away for so long. There is something to be done there. I want to go back." And eventually, they agreed. So that is how my fourth term came to an end.

Now, why did the government appreciate my work? I was kindly informed, or [UNCLEAR] kindly informed me; I want to assure you, it was not monetary, or [UNCLEAR]. All I did for sixteen years was to serve the organisation, with total commitment and dedication to promoting the activities of that organisation.

Now, a United Nations body is not a state, a responsible state. It has no powers to enforce anything. The only power a world body has is its moral authority. The moral authority vested in it by several governments. And what I did was to [UNCLEAR/serve] that organisation. And the role there is to bring all maritime nations, one hundred and thirty-four together at the forum [UNCLEAR] and try to promote co-operation from all the countries. Try to bring them round to a common point of view. So that the world should have safety, efficiency, accountability and some [UNCLEAR].

And it is a mighty task. You know, a tanker is half a million tons. One tanker would be twenty times the size of this building, perhaps. There are containers which are bulk carried. And each one of them is at least [UNCLEAR]. And my role as Secretary-General was to see [UNCLEAR/how they communicate together], across industries together. And by the spirit of goodwill, communication, to listen to each other. To come to a consensus. And we developed twenty different treaties, diplomatic treaties on these tankers. Always by consensus.

I do not believe in fighting and the United Nations system must not divide at all. The United Nations means United Nations. So if we people are accomplishing certain work, if we divide the body between developed and developing, between north and south, east and west, it would be no good to the cells of the body. That is my philosophy and possibly, it coincides with the philosophy of the member states. The said, yes, that is how it should be.

I have travelled a long [UNCLEAR/time]. I have been to many countries all over the world. And believe me, again, not one country said that they wanted [UNCLEAR]. And I have therefore seen the world at its best. And in this task, I was helped by the International Maritime team. Of course, you know, someone in Australia or Japan when he thinks of IMO, he thinks of the Secretary-General. And he thinks of, oh that Indian, the tall Indian. Not Mr Srivastava, my name is terrible, how can they remember; but they would remember an Indian. And that was my pride.

An Indian serving the world, but as a true Indian. And what is a true Indian? A true Indian who believes in India's philosophy. And India's philosophy is peace on earth, goodwill for all nations. And that was my [UNCLEAR].

And fortunately, all the leaders accepted my sincerity, my dedication and they listened to me. Not because I was Secretary-General, but because I was a person in whose integrity, objectivity, spiritual service, they agreed. If you are very sincere, you cannot have a posture. You can advance for one year, two years, but you will be soon found out. You have to be totally sincere. And that is how the organisation functioned for sixteen years.

Normally as with any system, there are problems [UNCLEAR]. There is all these hostilities between developed countries, under-developed countries, between the Soviet bloc, other blocs, so on. You cannot move. That is why you need the wisdom not to get [UNCLEAR]. But if I know, I generated a new phrase, where I said, I want families of the United Nations here.

[UNCLEAR]. Which is understandable for Indians. But if you go to a United Nations body and say the word family, the best they will understand is [UNCLEAR]. So initially [UNCLEAR]. The IMO countries, they accepted. So the family of nations they accepted.

And so the family of nations within ourselves.

And this background I wanted to explain why so many governments of the world and the United Nations particularly, they decided to bestow upon me, a very high honour.

The U.K. as you know has very high standards of the government. And of course, to their own nationals, they give a few knighthoods each year on the Queen's birthday. But to a non-British, it is very rare. [UNCLEAR]. If they find something extraordinary and it is my, I am greatly [UNCLEAR/indebted] to Her Majesty, the Queen of the United Kingdom that she evaluated, of course, the recommendations come from the government – that my service to the United Nations International Maritime Organisation was worthy to deserve recognition. That is how I was the recipient of the knighthood.

[Applause].

But, [UNCLEAR] other countries have given this honour to me. The King of Norway, of Sweden, the government of Germany, Brazil, Panama, I can go on with many others, but I won't. But they all, the fact I want to suggest is, these awards are all not just because of my work, my achievements or my goodness. They came because of the goodness of these countries. The ideals of these countries.

Panama, faraway Brazil, the world honouring an Indian. It is their greatness, their goodness which is exhibited by the appreciation of my work. So I am very humbled about it, I am most grateful. I assure you I have seen the very best of the world. I have seen human beings at their best. And I travelled all over the world, I am convinced that human beings everywhere are marvellous. It is the divisions which are created by vested interests which are responsible for all the problems.

Anyway as far as I have served, now I can come back here. And I am very honoured to be in Pune. After I come back, I want to do whatever I can in my humble way, to continue with whatever service I can render. [UNCLEAR]. I have mentioned that is not my way. [UNCLEAR].

Now, back to Maharashtra, means again the same situation here. Patriotism [UNCLEAR]. And I have great support from my dear wife, who is here. When I began, She helped me in every step of the way. She helped me. She has been a wonderful wife, a great mother, a great grandmother. My grandchildren are here, coming to live with me. And She is also now, a world spiritual leader.

Sometimes I meet Sahaja Yogis in other parts of the world. And when I see them, I am amazed by them, absolutely amazed. The kind of transformation that takes place, in the British, the French, Germans, Italian. They become pure, chaste, good brothers. And I would just be [UNCLEAR] pure, chaste, good Maharashtrians. Because when they come to India, they are happy in Maharashtra. Because they find Maharashtra so conducive with their own thinking.

And I tell you this – I have served the world for more than forty years. I cannot honestly claim that I have transformed any single individual to that extent. They give up drugs, they give up alcoholism, they give up all kinds of modern cultures and lifestyles. They become true, truly sadhakas. Now if I could transform one organisation, She has transformed thousands. Actually transformed.

And when people say, what is a miracle? I say, "This is the miracle. Everyone is a [UNCLEAR/saint]". And She recently travelled to the Soviet Union. You do not know because of She [UNCLEAR/refugee there]. And people there are so anxious, much more than other Western countries. When She went, usually, when She [UNCLEAR], there is a gathering of about a thousand people, very good gatherings. In a very few, about fifteen hundred. In the Soviet Union, She got twenty thousand. Like a stadium almost. And why? Because they are anxious to get spiritual.

They are not limited by any doctrines – like the communist doctrine or, communism [UNCLEAR]. They are ready and they had gathered around Her [UNCLEAR/and they value Her very much]. [UNCLEAR/popular] and She is being pulled around all over the world. She went to Russia, Romania, [UNCLEAR], Poland, GDR, everywhere. But still [UNCLEAR], to help me also in India.

[Laughter and applause].

I have taken lots of time, but I want to assure you what a privilege it is to be here this evening. To get this honour, is a great honour, from Pune. It is a very great honour. And the honour goes down to my [UNCLEAR], because, obviously I love Maharashtra. I love its culture, its music, its people. And when I have permission to come back to Pune, I will get to stay here. That is my biggest achievement.

And I am therefore I am feeling myself to be specially privileged, to be back here, to live here and to try to emulate [UNCLEAR]. And I have one request to make to you all. I am very excited about it. And the only point which worries me about Maharashtra, is the fact, that we do not stress that we are Indian first. And that is something which should be taken up.

And Pune should provide the lead. You provided the lead during the Independence movement. Why not take the lead to create an Indian nation? You take the lead in [UNCLEAR], everything. What I would love to see is that there a movement initiated from here, to create an Indian nation.

[UNCLEAR]. Pune would take the lead in creating an Indian nation. And that is my [UNCLEAR/dream/wish] in the pursuit of excellence. An Indian nation. I want to thank you very much.

(In Marathi): I am not fluent in Marathi.

[Applause].

I thank all the dignitaries of Pune for honouring me and Shri Mataji. Thank you so much.

[Applause].

Shri Mataji: [UNCLEAR]. I never expected in that Pune there would be such a reception for Doctor Srivastava. It is a great surprise to Me. And you know in Sahaja Yoga we have been working in Pune since a long time. And I have always been wanting to come here, to stay here, live here.

This is such a great thing, such a beautiful thing. He had thirty-one major awards. Some of them are for such an achievement, which is only worn by the king. And all these awards he got; nobody, if you ask any other Secretary-General. Nobody has got.

Now when the Secretary of State, Mr Parkinson, was asked to say, in the dinner specially held for him in the Lancaster House, which is a famous house in [UNCLEAR]. And only three days before that they had an [UNCLEAR/meeting of presidents] there.

Sir. C.P. Srivastava: Mathewson(?).

Shri Mataji: Mathewson. [UNCLEAR] was there. I mean, all the important things are done there. You see, they are very particular about it. He got up and he said, "I had heard legends Madison. But in my lifetime, I never imagined I would meet one. [UNCLEAR]. Believe me.

[Applause].

And he went on, about how telling how he got his awards, but I cannot believe that such a person exists. I have not heard of anyone in the world who has got so many awards from so many countries. She did not say anything, but somebody told her Mr Reagan had got this award. Because people have got otherwise, naturally, but they are limited. And this is the highest of all, highest award. Honorary; highest award someone can get.

Now, this we must think about this. Because of My background – my father, mother were fighters for freedom. My father was in jail for quite some time. My mother was in jail five times. And I was would be unhappy [UNCLEAR/seeing] them like that. I also had been fighting for the freedom of this country. And I was quite tortured also.

And then I heard these Britishers suddenly, imagine, to praise an Indian. I also remembered one thing. That once, Jhansi Ki Rani, she lost the battle. And a soldier, an Englishman who was fighting her, the general, he said, “We have won, but the glory goes to Jhansi Ki Rani”. The same thing, I will tell you, it is the same thing. That, to appreciate, to be enamoured by somebody’s work is so important. Because that makes the whole nation awaken to an ideal. This is what I feel.

Now, are we working like that? Are we being like that? In our country, we have had great people also. I think the great blessings of the Divine. We can take many names. [UNCLEAR]. We have had many great people. Their lives [UNCLEAR]. But after that what I find is, after that people do not follow them. They put their photograph, but nobody tries to follow them. Somehow or other, their lives do not penetrate in our being. This is what they achieve there with this kind of thing. They publicise, say things in such a manner.

Even her [UNCLEAR/daughter] she said, “Mrs Srivastava, I cannot believe such a man lives on this earth”. Just imagine, to talk like that about someone. And all this made Me feel, that we lack in appreciation. That is one thing; we are not so appreciative of somebody who works. Who dedicates his life.

Even Mahatma Gandhi’s film was made by a Britisher, on his life. Can you imagine? A Britisher should make a film on Mahatma Gandhi and our film industry, such a great film industry all over the world, they made no film on Mahatma Gandhi. If the Britishers could make it, this appreciation of an international figure – anybody it could be, whatever caste is anything – that is something very surprising about the Britishers. And that is what makes the ideal of UK, it is so important. They [UNCLEAR/know what matters] and they are asking what is the concern. So, I thought that if just Indians could be like that if Indians could just be like that, I tell you.

And that means everyone. If there is an industrialist who is working very hard, giving to the industry, doing so much for the country, doing this thing, that thing – and somebody goes and asks him [UNCLEAR/ a favour]. If he does not do the favour, they will say, he is such a bad man, cut his throat also, as if he is a [UNCLEAR].

Officers also. If any officer is good, you tell him what a good officer he is. Immediately others will [UNCLEAR]. I mean, I am your Mother, I will tell you the truth. And I think that if we can turn this. That if somebody has got some qualities, then we must appreciate and we must try to imbibe them. This is one thing lacking in us. I do not know why.

But when I was young, I saw people appreciated each other very much.

When my father was there and everyone else, all those people who were sacrificing so much for the country. They were a very different type of people. Everybody knew about everyone and the way they used to appreciate them, imbibe their qualities. Also, I would say, my husband’s bosses, who were I.C.S. (Indian Civil Service) at those times. I mean I did not think much of them, to begin with.

But then I discovered that they too had these qualities. I remember one, Mr Bhagwant Rai who was his boss. And he used to paint very well. So I said, “Sir, I find these paintings are so good. [UNCLEAR/born with it]”. He said, “Mrs Srivastava I wish if I could work even one-tenth of your husband, I would be very proud of myself”. Such people.

You see, and there was another one who used to bring [UNCLEAR] and then somebody told C.P. if you take a year you would be better off. He said, “[UNCLEAR], I also thought the same thing, but you better not”. I would see them always telling something that would be benevolent.

Another one also, that (in Hindi to Sir C.P.) was it Guptaji who said that? Guptaji was another boss of his. One day [UNCLEAR] said, "Why don't you drink? Why don't you drink? You should also become like us and join us". He said, "I wish I could also be sober". See, so, they could always see good, they could always put that higher, always appreciate.

Such a thing to be said about anybody is, you see, makes you understand. Also, I have seen Lal Bahadur Shastri when he was Prime Minister. He was a really trusted man, very much, all around the world.

And he was always so kind, so nice, so very sweet to Me. And his style was that – one day he came to see Me and started asking Me, "How do you run your house? What is your priority in the house?". I said, "Sir, why are you asking Me?". He said, "Because you run your house very well. Your husband is very good at work and all that. What will he do without you?". So, and [UNCLEAR/my brother] and he said, "That is what is needed". And he was saying that.

But how much he loved Mr Srivastava also is so remarkable. That one day he was down with some temperature or something. And Shastriji was going somewhere and lots of cars were with him. Suddenly he turned his own car, leaving everybody behind. You see, they had a big procession. And just came to our house. And all the police started finding – where has he gone, where has he disappeared, where has he gone? He just came alone. He said, "Mr Srivastava, apki tabiyat theek nahin, main milne chala aaya" (Mr Srivastava, you are not feeling well, I came to meet you).

Such appreciation and understanding he had. But this is a sign of goodness. That is how you can become very great. Because you have people who will work for you, who will go all out to feel that they are up to their satisfaction.

This is what we lack. I think we do not understand. It is very practical. Very practical. That those who are with you, who are working very hard, they should be all supported and helped. And they should be always understood. And this should be a practical thing. Our country will improve on this basis only. Now supposing there is a gentleman, who is working very hard, who is doing very well. Just praise him. Say he is doing well. Then somebody else is a doctor who is doing very well, say that he is doing so well.

Instead of that we try pulling everyone's leg and flinging mud at everyone without understanding. Even in the [UNCLEAR]. Why, I have seen it. Of course, I will say, journalism in [UNCLEAR], is of course, not so good. But if it comes to praising somebody, then they go all out. And they really impress people with the qualities of hardworking, honest, sincere, intelligent, brilliant personalities, that others try to do it.

And this is what we have to try also in Sahaja Yoga. I do not know if we do it. And of course, Sahaja Yoga doors are open to everyone. Everybody can come, everybody can take a [UNCLEAR]. And I am [UNCLEAR] to my family's support. That they have always allowed, always allowed Me to go all out to do this great work. And also not only that, they have borne a lot of nuisance in the house, in the family. Everybody comes into the house. People come in My room, they can all come just inside the bedrooms and anywhere. And without [UNCLEAR/saying], "Mother [UNCLEAR/ we are here for so and so]". But otherwise, if anybody else does that, Mr Srivastava will correct, but not a Sahaja Yogi.

And he will always say they are angels, Sahaja Yogis are angels. And he is always very kind to them, very nice to them. And he believes that if there are Sahaja Yogis, one day this world will be great. And of course, I have seen that. As we have created the United Nations, people have to become Sahaja Yogis so that they really unite. So this is a very [UNCLEAR] that way.

And that too now, we are accepted by the United Nations. We are accepted by [UNCLEAR] as a religion and they have given us the highest position at the church. They call it an innate, a pure innate religion. And they have given us the highest [UNCLEAR]. In Russia, we are officially accepted. When I go there, [UNCLEAR/they are all there, at the plane] like a Prime Minister is visiting.

So they have accepted officially, and everything is paid by official rate [UNCLEAR]. They look after Me just like, as if some great

Prime Minister of some country has come. Very surprised how these people have accepted Sahaja Yoga so well. And at all levels. Educational level, [UNCLEAR] level, political level, governments, everywhere. They take My [UNCLEAR]. And it is very surprising, really.

And I hope people should take to their spirituality and do some justice to what the great saints have done for them. And I am sure Maharashtra will have to do its bit to do that work.

May God Bless You.

[Applause].

Sahaja Yogi: And to all the great men of this era, thank you very much. And Sir C.P. we really forward to your coming to India and the great role that you are going to play in the near future in the country and turning the future of this country. We again look forward to your early coming to India.

And now, I request Shri Rajesh Shah to offer a small token of our appreciation to Sir C.P.

[Applause].

[Sir C.P. opens the gift a commemorative silver plate].

Sahaja Yogi: I would request Jose Antonio to offer a small gift for Shri Mataji.

[Jose Antonio offers the gift].

Shri Mataji: For Me? For Me?

[Applause and end of recording].

1990-0807, Raksha Bandhan and Shri Ganesha Puja

View [online](#).

7 August 1990

Talk to Sahaja Yogis

Dr. Vinod Worlikar's House, Cerritos (United States)

Talk Language: English | Transcript (English) – Draft

Raksha Bandhan. Los Angeles (USA), 7 August 1990.

So, this day is extremely important in a way for Sahaja Yogis to observe and I'm happy that I am here because it's very important also for America. As I told you that, I have already talked to you how the war between Alexander and Poros was finished because of a sister's intervention. And also how Shri Krishna whose sister was Draupadi, Vishnumaya was born as Draupadi and how He came to save Her chastity by rushing all the way from Dwarika. So, you can see that when we ascend in the collective consciousness and we have collective living, collective meeting at the Vishuddhi Chakra, Shri Krishna establish this, or He manifested this pure relationship of a sister.

In a collective life that we have, in the Ashram where we live, where we move about as Sahaja Yogis, if we do not have this basic principle within us, there will be a chaos, complete chaos. Once this purity of relationship is established, that apart from my wife, all the rest are my sisters or mothers, it cannot be a proper society and the chaos of the social system of America is because they have no sense of pure relationships.

Once you call somebody a sister, she's a sister. And once you call somebody a brother, she's (FYI -Mother does say She's - we double checked) a brother. It's not only that you should be born of the same parents, it's not necessary, but this is a very important principle to have a very pure society where everybody can live peacefully. It's a common thing I have seen in the West, that a lady comes as a friend of the wife of the house. So, she's there and she is a sister of the husband, has to be. But on the contrary, next day you find that this man starts having bad eyes towards this lady, because, from very childhood, if you have not fixed your attention on your sister, with all that purity, you cannot have that pure feelings for another woman.

The starting point is your own sister. The son is born and then the daughter is born or first the daughter is born and the son is born. From that small age, when they are innocent, this is a dimension of sisterly pure relationship is developed, even when the society is so corrupt and bad. But at a very young age, say, at the age of eighteen years, because of the social relations here and the social ideas, the second part, which is a brother's duty towards the sister, is to respect the chastity of his sister and to protect it, and also it is the sister's duty to keep the brother moral, morally all right.

So once it becomes freedom after the eighteen years of time, eighteen years of age, then the sister goes with any man, lives with any man, the boy is not supposed to say anything, or if the brother goes and stays with anyone, the sister cannot say anything, she cannot interfere. On the contrary, like India anywhere or I was told also in China and Egypt, even Islamic countries, if they find their sister going with another man, they'll shoot that man, in the Islamic countries. In India they may not shoot, but they will see that the sister is put right. Same with the brother, in India I can say, in China also. If the brother is immoral, he's going the wrong way, then the sister tries her level best to bring him back to normal morality.

It's very common that if a man is doing wrong, then the wife goes to the sister and she's very anxious, and she becomes very upset about it. She goes all out to correct her brother. And this innate understanding exists within us. In every person, whether you are born in America or anywhere, that if the brother is doing the wrong thing, if he is smoking, if he is doing wrong things, more than the mother, the sister feels it, more than the mother, the sister wants that it should be corrected, and she goes all out, to fight it out. Mother may start crying, weeping, give up, but the sister will go on fighting her brother. In her, all efforts, she will see to it that the brother comes around. Also, other things like, if the brother is doing something illegal, something wrong, something which is detrimental to the society, it is the sister, who has a right, divine right, to go and correct.

In a society, where this relationship is very pure and where societies are quite settled down, the question doesn't arise, mostly, that the sisters do wrong. But supposing a sister does something wrong, supposing a sister goes out of the family, she tries to give up her family for somebody else, or she tries to dominate her husband or to do something wrong in the family, then the brother will go and tell her off, what he thinks of her, and will try to correct her. So, this right to correct between brother and sister does exist, not because it is some sort of an outward thing but innately from within ourselves. This is the Ganesha Principle which acts, on Vishuddhi Chakra where, whatever communications we have, we have a sister's relationship and a mother's relationship. Krishna also had a Foster Mother, as you know, and the relationship with Him was exactly like Her Own Son. So, if you call somebody as a mother, it has to be absolutely pure relationships.

So there are three types of relationships with a woman, is one, is that of a mother, another of a sister or a daughter, and another is of a wife.

Daughter cannot correct the father. Daughter has no right to correct the father and she will not correct the father. On the contrary, even if he does wrong, she'll support him. She'll stand by him. Always. She will even go against the mother to support father. It's nature. It's natural. But the son will correct the father, if he is doing something against the mother. It's a natural thing. It's a male force supporting the female's force or the female force correcting the male force in such a manner that the society is kept clean and there is proper growth.

Only among barbaric people, according to Shastras, only the Rakshas indulge into such impure relationships all the time. Because there is no purity in the society, it crawls up into our mind and mentally we accept these things as norms. Otherwise, there is no need to look at every woman with lust and greed, at every man with some lust. This abandonment has basically started, when like Freud has said it also, when the relationship with the mother, relationship with the father, the relationship with the brother and sisters are basically spoiled in childhood, due to the atmosphere, due to so many things, whatever it is. And once it is ruined, this principle of Ganesha is ruined on your Vishuddhi Chakra. It's very, very difficult in Sahaja Yoga to keep such people going on.

Now we have had problems in Ashrams of this kind, which you know of, that they are living in the Ashram and misbehaving. There are married women also, we had experience of this, I mean it was such a horrifying thing, having relations in the most impure manner. Even the unmarried, can do like this. I had a very bad experience in Austria once, once here also. It is such a horrible experience for Me, I don't know what to do with them, because I know they are Sahaja Yogis, they are seekers, but this kind of weakness, we cannot have in collectivity. It is like one really, a bad apple, which will ruin all of them. So even a one example like that cannot be tolerated, not that, because it is so very venomous, (FYI _The correct word is Venomous but Mother uses Venomous) but because this kind of relationship will ruin our collectivity.

In India we had a system called "Gotra", which meant, that whatever university we studied, is that your Gotra. For example, My forefathers', forefathers', forefathers, all of them studied in one university, which was started by Shandilya Muni. So they all went to his Ashram in different places and did this, what you can say, a studies and all those things together, but in one Gotra, you cannot marry. Now so many years have passed. Because we belong to Shandilya Gotra, we cannot marry anyone in that Gotra. So to that extent it is, and when to that extent it comes in our mind, we don't think the other way round and doesn't come into our minds like that.

Now we have societies like Islam, this Muslim societies also. In the Muslim society because of Pardha system, they are always suspicious and they can never trust that a woman is having a good relation with brothers or not, because they have no Gotra system at all. They are so suspicious, because there's no freedom to talk and I have seen in India, where also we can see that is quite a pure relationship idea between the Muslims, but Muslims have this problem. The women are suspicious, men are suspicious, and everything is done secretly and in a funny manner.

So another thing should be, that we should be absolutely free in an Ashram. But there should not be a particular interest in one

person. If somebody gets a particular interest in one person, then it is wrong. But in general, we should be free as brothers and sisters. I mean, we should be very free. The suspicion should not come in, at that time. Suspicion can only come in when one person is interested only in one person and that is the time we have to correct. Very important. Because, it's all right, supposing somebody is a leader, you are looking after the leader, is all right. If somebody is your Rakhi Brother, is all right, you are looking after Rakhi Brother. But if you go beyond a certain limit, then you better correct yourself, it's wrong. And then if you really want to deceive yourself and say, 'No, no, no, nothing's wrong,' then know that this is not the way. You have come to Sahaja Yoga, giving up all these nonsensical things to ascend, and now this again crawling upon you.

So the relationships should be of the same type with everyone. Now what is the difference in a society which is supposed to be elite, where people flirt with each other. They'll freely freely flirt, they flirt with this person, that person that person that person, like that. Not interested in anybody, this thing. But, when they talk and when they have any communication, what is behind this? Because we have to search our own souls. We have to find out ourselves. That's very important. Soul-searching is important to see, why am I so friendly with such and such person? If you think that you are friendly with such and such person for some other purpose, like somebody might say that, 'Oh, I am all right, because I am working with her,' or something like that, but why interested?

Because soul-searching is very important in these countries specially, because here there is no norms about how you behave with other women. So we have to be absolutely free as I said with each other in the sense like that brothers and sisters are. And whatever are the limitations of a woman must be observed, like you see, say, if My brother is sitting with Me, I cannot watch a romantic picture. Cannot. If My daughters are there, My husband will not sit there to watch a romantic picture. It's very subtle. With the brother you won't discuss something, normally, say about sex or about things like that, because it is such a private thing that you can only have this with your husband. So, if he is a brother and you find him that he is trying to attract the person in a way that you should not, then you have to place yourself, against yourself, and see for your sake, why you are doing it? It's such a frivolous, nonsense thing, it's a joyless pursuit! So why should I do it? Once you understand the importance that Sahaja Yoga, you can only achieve your ascent through purity. There's no other way round. Anything which is hanging on to you, will keep you down. And whatever you go, start dropping it out, whether it is ego, superego, anything. But the highest of all is the purity of your mind as far as the sex is concerned. I will give it the highest part. That's what we call as innocence. That's the only thing that will take you ahead. And so we all should try to search our souls.

Now there are men and women who doubt each other, all the time, and go on doubting each other. But it is another joyless pursuit. We have to watch ourselves and not others. By doubting others we ruin our lives and the lives of others. But, is the duty of the wife and the husband to correct each other, if they find anything wrong in that relationship. Now this discrimination has to be there. Mostly I have seen that if they are crazy people, they'll go on doubting everyone. It's a kind of a possession. If they are doubting their wife they'll go on after her life. If they are doubting about the husband, they'll go on after. This again spoils your collectivity. Such people cannot be collective and cannot be Sahaj. And I would say such people should be thrown out of Sahaja Yoga. Or else they should be separated. Because, this is a very subtle type of an aggression can take place or a subtle type of a torture can take place and a very bad type of relationships can develop, between the Sahaja Yogis.

I have seen one case in Australia, which was very, very serious for Me. There was an Indian girl and she got after her husband about these things and so many people she hurt and so many people left Sahaja Yoga and nobody could discover why they are leaving. Because, she used to do, very subtly. And it came out of her inferiority complex, or whatever it is and when she came to India, her husband left her and when I talked to her, the person whom she was suspecting is one of the gem of a persons I know. I was shocked, how she could think like that. Now I discovered that her mother was like that also.

So one has to know that the purity of mind has to be there, has to be very clean and open. But in that openness, you should see the freshness of mind. If you are not fresh, in your mind, and you do then think, then know, that is not correct. Today I am touching these subjects because we have had problems like this in America. And also America is a place which is seething with this nonsense. And I don't know when are they going to stop it. There is no end to it. But for you people to establish proper, proper collectivity, it is extremely important to understand, that you should do soul- searching about it. You have to understand through your vibrations, through your own understanding. Because I cannot say, "You are wrong, you are wrong." You have to find

out, if there is something wrong within you to establish this pure relationship. If you people really strive to do that, and really pray, I tell you half of the problems of this country will be solved. Solved forever. You see, people are suffering from this disease, that disease. I mean, I ask them, " Why do you do that?" He said, 'Because women are not dependable; You go home, there is a play with another man. It's better to stay with a man than to stay with a woman.' I mean, absurd, unnatural, nonsensical thing they do. Same with the women.

Now if fidelity is between husband and wife in the real sense of the word, again we come to reality, real sense of the word, then the man and women should become free like birds. They know. So, it is the childhood relationship between brother and a sister. I would say, with everybody else in the childhood whatever relations you have. You see the child goes to an uncle, to another uncle, to her, everybody is an uncle, to another aunt, it is that. So he develops all his dimensions of purity, in childhood. But if you keep the child all the time, ' No, no, this is my child, can't go to this person, can't go to that person,' then the child develops those corners. Then, when the child is exposed, later on, gradually, you don't have to give any ideas; he would not do immoral things automatically. You don't have to teach them about sex, you don't have to do anything. Because, after all in India, we don't tell children anything. We never talk to them about anything. Just grow. I mean, you leave them alone anywhere, no question. I mean, I know, now say I have My two daughters, now they have their husbands, they might fight with each other sometimes, whatever it is. But left to themselves, I cannot think it is possible that any other man can attract their attention, on a wrong way. They'll be free with anyone, talk to everyone, they cannot! But I have never told a word about sex or anything. I mean I feel shy even to say this word to them. How is it they have got this innately built in within themselves, because the society, the Indian society is such that brothers', sisters' relations are beautiful.

In Greece, which is a very ancient country also, but now they are becoming modernized. So we have, our Stamatis is there, is an interesting person, as you know, Stamatis is very interesting person, he's a lawyer and he is in Athens. So he told Me a joke. He said, 'Mother, when we became young,' I mean he is already young, but according to Me, he became young much earlier, ' so when we became young, we all boys decided, let's have some good time with the girls to be modern. But immediately they all started, 'But not my sister, ah, spare my sister, spare my sister. Don't touch my sister.' So I said, " Which, which is the girl who has no brother? All girls have brother." I said, "No, you see, this won't work out. In Greece it won't work out. I told her." You see exactly, see, they are suggested that no brother likes his sister to be exploited by any man.

And this is the principle. How you please your brother by remaining chaste and how you please your sister by remaining chaste. So there's a mutual controlling power, which is innate, again I'll say: "It is innate, it is not forced by society, innate." But in a society, which is so artificial, where all the time the ideas are put into your heads, there's brainwashing going on. You just start thinking there is something wrong, this is not proper, this is being something absurd. But even among animals I have seen, this works for quite sometime. So what about human beings? So all these qualities, that we have within us, which are innate, are beautiful. The societies which are spoiled, ruined, or we see these decadent societies, that's what you can call them, are the societies which have got a very good system built in, of brainwashing.

Even about say one hundred years back in this country, the society was not like this. Even fifty years back it was not like this. If you see the films and things you will know, that the innate value system was the same, but now people are so much brainwashed, that all their innate qualities have been destroyed, and there are all artificial qualities are there. Now Sahaja Yoga is the innate religion within us, and one of the innate religion, or we can say one of the innate religious quality, is that we understand the purity and the beauty of brothers' and sisters' relations.

Like, say for example, A is a sister of B. Now, B has a friend. Now, this friend comes to the house and A starts getting friendly with B, take it like that. In American way, I don't know how far they go or whatever way. That troubles the brother. He doesn't like it. That troubles the sister also, because she, she doesn't know how she stands, she becomes nervous. She's not sure as to how to go far with it. So the all the relations become confused and they don't know how to how to deal with each other, how to express themselves, how to behave in a manner, that the relationship between these three is again normal. And most of the society, societies, which are so abandon, if you go and really examine these people you'll be surprised that they're extremely nervous people. They say that if you have to make out an American among thousands, is very easy. His nose will be twitching, his eyes will be going like this, his hands will be going like that, of course not Sahaja Yogis, and it's very easy to make it out. The

reason is: he's all the time on tentacles. He doesn't know what his sister is doing, what his mother is doing, what his wife is doing or the other way round also for a woman. That's why the maximum number of breast cancers are in America. With all this advancement, if you see the statistics, the maximum number of patients are here.

So apart from ego and superego, the worst thing that has happened to these modern societies is that, that they have lost their innate understanding of purity. That innate understanding in Sahaja Yoga now you have got it. So try to develop it and flower it, so the fragrance of that innocence will make each other very happy and such a kind of a security. One feels so secure. And that's why it is a Raksha Bandhan, that the protection of a brother and a protection of a sister. All the time you know, my brother is there, after all, my sister is there. A kind of a very pure, beautiful feeling, that I have somebody to protect me. And this beautiful feeling, if it's nurtured, looked after, in a wider way in Sahaja Yoga, then you feel absolutely, absolutely secure.

Like one lady went to Sicily, she is a Sahaja Yogini and there's another one from another corner went down to Sicily. They were sitting apart from each other in a restaurant. And she just looked at her and she looked at her and they just felt they were both Realized Souls. So she just came on by, she said, 'By the way, have you heard about Shri Mataji Nirmala Devi?' She said, 'Are you a Sahaja Yogini?' She said, 'I am.'

'I'm also Sahaja Yogini.'

They hugged each other, kissed each other. See normally, if it is done with a woman, here they will call her something else. But, they described, 'Mother, we started crying. We both we are feeling lonely there, and we started crying.' Such beautiful relation. But if any such I mean I was surprised that ah.. maybe some people came to India and said, 'Oh my God, here all the girls are holding each other's hands!' I said, "Why? What, whose hands they should hold then?" First I couldn't understand and they were surprised. How are they holding each other's hand? So, I mean, at everybody is a target. Everybody is looked into as if he is a dirty fellow. Whether it's a man or a woman, whether it is a relationship between man and man or woman and woman. I mean it's filth. It's dirt. So we have to get out of it. And to get out of it we must understand that, relationship are only enjoyed if they are pure.

And also, say in a sap of the tree is rising. Now the sap has to give something to the leaves. Instead of giving that to the leaves, it starts giving that green chlorophyll, say to the flower. The flower will become green and the, I don't know if the leaves will also survive this kind of misplacements. So, whatever relationship you have to give to anyone, has to be pure and meticulous about it, that what relationship you have to give.

For example, I am your Guru. So, the relationship between you and Me is precise. So, supposing you say, 'What does it matter, I can go and sit in Mother's lap?' You cannot. You cannot do it. Though I mean, it's a pure relationship, still you cannot, or, 'I might put my feet towards my Mother.' I cannot, because these all relations must be understood in its pure forms. Even in electricity you see now, supposing this is a fan running here, and you got a plug, now supposing you put that plug in your nose, will it run? It looks absurd, but that is what it is. All these modern ideas are like this, that you are putting the plug into the nose. And the handkerchief, instead of the nose, it goes into that plug. It is so absurd and it is so useless. And it shows how idiotic people have become.

So, we should know what is the relationship we have with this, with each other, what is the relationship we have in the collective, how do we behave. Of course, in the collective way, always, the girls will pull the legs of boys and boys will pull the legs of the girls, is all right, and can go on among themselves also, is all right. But as long as there is purity, nobody will mind. They'll all enjoy. But as soon as it becomes perverted, then the problems start and, in Sahaja Yoga, these useless problems has taken away so much of My energy that I am now fed up with it. Really fed up!

Somebody writes to Me from there, 'Mother, I have suddenly fallen in love with somebody.' Now recently, there was a boy, he was married, from England, married to a girl, a girl from India. And there was a lady, who was married, maybe I don't know quite what should I call her, she's not a lady anymore, married to French man. She went to France, lived with him and came back. Now, he's an English boy. They, before marriage, they were just friends and all right, and after they got married, both of them started living together. And I can't understand. Before marriage, it never entered into their head. After marriage, why this has entered into their head?

'Mother, we don't know what to do now.' You see, that, that French boy is fed up, he said, 'I have nothing to do with this but for this Indian girl, what to do, what am I to tell her?' Because for her, he's her husband. Because Indians are not like this, to put the plug- in- the- nose- type, you see. So she cannot understand. And, she does not know what to say and I don't know what to tell her. How to solve his problem? It is such a funny problem now. This French boy found her out in no time, is just given up. But now, such a headache, such a ... This boy came to see Me, this English boy, discussing with Me till 2:30 in the night and then directly I said, "Now if you don't get away now, I'll beat you," so he ran away. He came inside, directly inside. "Now, it's 2:30, will you please get out from there?" And what he was telling Me, 'I know, I know. This is wrong. I know this is wrong. I know I am putting the plug into my nose.'

"All right then?"

'But, I have been struggling with myself for six months. I don't know what to do with myself.'

I said, "But are you possessed?"

He said, 'No, but I know.'

They think, in these Western societies, that once they say, 'I know, I am doing wrong, I know, I am doing,' then finished! You have confessed to God, you have confessed to everyone. 'I know this is wrong, but I am doing it.' But till 2:30 was just saying this to Me. I said, "But what is the solution?"

'I know there is no solution, I know, and whatever I did, I understand, I know.'

"What do you understand? Now, give Me the solution."

'I don't know.'

So I told him that, "Really I am so fed up with you that I have decided I'll have no more marriages, because you have no sense of marriage. Till you got married, you were all right. You were nice to her. You wrote one letter to her and suddenly now, how have you fallen together?"

He said, 'It was spontaneous, got spontaneous. This girl came to place where I was working for something and I met her. Finished. That's all.' He knew this girl before, they were together, everything was there, nothing happened. Suddenly, what has happened?

Now, what I gather that Western society is built up against marriages, against families. To be married, according to them, is a sin. And once you are married, to get out of the sin you must do something like that. Because they live together, for days together, and once they marry, immediately they think of divorce. Because marriage is now so much connected with property, money, this, that, nonsense. That the whole thing has become so gross, and after marriage, there's no question of love, because how much money goes, how much part of the house goes, how many things are mine, how many? The whole thing has become so materialistic, such marriages can never be successful.

But in Sahaja Yoga we marry for our ascent. And we have to respect our marriages and to respect our chastities with our brothers and sisters. Those people who try, to somehow or other ruin the purity of collectivity, I assure you, will be in very great trouble, henceforth. I think every sort of divine punishment comes after every period. And now, I've started feeling with My experience that any such absurd manifestation of impurity, I need not say anything about it. There is a divine punishment and of a very horrible nature. Now I've got three to four] experiences and I think it has already started. It's nice, there is today is a day when I can talk to you about it. I can't help it. I think periodically some new ideas of punishments have been started by this divine power. And for people who behave like this, I have seen there are terrible things. So, please do your soul- searching. Find out if there are any impure feelings, try to throw them away. And know that you are not possessed by such funny ideas.

If you start developing a deeper understanding, then you will not be attracted by superficial things. And you won't be distracted from your path. There was one girl in India, was very dark, say, I couldn't call her in anyway beautiful. She's tall but she's very, very dark. There's somebody who was all right for her age, so, I asked him, I said, "She's not suitable for you. But, you can have a look at her." He saw her and he said, 'Mother, I want to marry her. I feel so tranquil in her company. Such beautiful vibrations!'

So once you develop your deeper side, then you do not see all the superficial thing, but you see the vibrations of the person and once you start seeing the vibrations, you'll be surprised that if these relationships are not all right, your vibrations will stop. You won't feel the vibrations. You must know, that Chaitanya is a living energy which thinks, which knows, which understands,

everything!

So if you are getting wrong ideas about somebody and if you try to see vibrations, you'll get heat, automatically. It's a computer which thinks, the information that is filled into this computer, it refills itself. Such a computer. As soon as you start feeling the vibrations of such a person, immediately you feel that there are no vibrations or there's heat. But supposing you are unnecessarily suspicious and unnecessarily you are trying to trouble yourself, then also, same thing will happen.

You have got, of course Realization, you have got great qualities. You are not even aware as to what you've got so easily. You've got the knowledge also so easily and didn't have to go to college or anything and you are capable of so many things, but remember, that the power that is within you is cleverer than you and anything you try to do, which is not correct, which is not righteous, which is not holy, it will try to correct you. So, try to be a deeper person. Try to understand what is behind this person, what is the spiritual quality of this person and then only you will know that pure relationships are so fragrant and so beautiful.

I really enjoy you people because you have such pure relationships among yourselves and such understanding.

May God bless you.

Today, so much Puja has been done, but for this thing there is never a Puja as such. Today we'll do the Puja, so what we have to do is just a Ganesha Puja on My feet. That's the only thing we can do because it's the quality of Ganesha. The quality of Ganesha, which is expressed, and the protection of Shri Ganesha. It is He who does this. Even if your Brother may not be there, He'll look after you. Because He's the First One born to Me and He's your Brother. He's the Eldest Brother you have. So this is His purity, His innocence, which is giving you the protection. So what Puja you can do today is just a Ganesha Puja, it's sufficient because He stands for purity. I wish I could show you a photograph that I have of Shri Ganesha Himself.

Actually He's behind Me, actually He's there as He is, because you see it was a, it was a Shiv Puja, Shivratri and they had done all kinds of Himalayas and all that behind Me and this is the only photograph, He really appeared, so sweetly. See His eyes, when they said Niranjana. He is just so innocent and He has pulled out His trunk also little bit, so that I should not be in anyway hurt by any possibility. [Unclear word] I didn't see Him. But it's on (Mother corrects Herself) only in this photograph He is there.

1990-0811, Shri Mahasaraswati Puja: Vishnumaya a very fiery personality (Afternoon)

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11 August 1990

Vishnumaya A Very Fiery Personality (afternoon)

Mahasaraswati Puja

Lions Bay, Ashram in Lions Bay (Canada)

Talk Language: English | Transcript (English) – Draft

Shri Mahasaraswati Puja. Vancouver (Canada), 11 August 1990.

When they asked Me what puja we should have in Vancouver, I had heard about this ashram that it is placed in very beautiful surroundings of nature and, as nature is being created by the power of Saraswati, I thought best would be to have the Puja of Saraswati here. Another thing is that when people live in nature, they become extremely creative, their delicate feelings are preserved and they are never in a rush; or they are not what we can call too much modernized, because nature soothes them down. So also the creativity of Saraswati adds to artist, and I knew that there must have been many artist in this country created since long.

The Canada as such I feel is the Hamsa Chakra of the Vishuddhi, but the power of Saraswati becomes Mahasaraswati when it is manifested by the Mahabrahmadeva which is called as Hiranyagarbha. For that She has to cross through the Hamsa. She crosses through Hamsa and becomes the Vishnumaya Shakti. I mean She is the Vishnumaya Shakti. So Saraswati becomes the Vishnumaya. She crosses at two points - one at Hamsa and another at Vishuddhi - so She is the Sister of Shri Krishna. So Saraswati was born as the Sister of Shri Krishna, and when Krishna's mama name whose was, uncle was Kamsa, he came to kill Her, She just rose into the sky and became the lightning, and She declared the coming of Shri Krishna, that He is already there existing.

So the relationship between Shri Krishna and Vishnumaya is that of a brother and a sister, and surprisingly the other day we celebrated the Rakhi Bandhan, Raksha Bandhan, which is the same thing as the brothers/sisters relationship. So now here we are celebrating actually the Deity which is the Sister of Shri Krishna. Later on She was born as Draupadi, and that's why Shri Krishna went to save Her chastity, because is the brother only who is concerned about the chastity and the name of the sister.

So this is what yesterday happened that is the Saraswati Puja, so Vishnumaya, Herself, yesterday sixteen times thundered here; and I didn't tell anybody what was happening, but I knew She would do that. And apart from that, She has also threatened Washington. That's a good thing because Washington has to be awakened. Now these are very, very subtle things and very subtle relations, and only I can tell these things because I know them, that these relations exist. So I was not surprised that She was there, but exactly sixteen hundred times She passed it, this part of Vancouver, is to show that the time has come for you to understand that Sahaja Yoga is so important, and if we do not assert ourselves fully to Sahaja Yoga, Vishnumaya is going to take another form which may burn all your forest, may burn everything. Now you must know that lightning represents all the five elements in it - it has sound, it has light, it is in the ether, it acts in the ether. Also it has got what you called the water in it, and when the water goes into friction, which is the Mother earth, so all these things act through Her.

So this Vishnumaya yesterday showed us that "I'm here now. Please worship Me." And so far we have never worshiped Saraswati, and Brahmadeva is not worshiped anywhere because He created this world, He created all this woods and all these things and they created all the seas and all the lands, all the stars, universes after universes. But we are not to worship like we worship this tree or that tree. We are not to worship anything of that kind, only thing whatever is created by Mother Earth like swayambus, that's only we worship. And that, too, we worship now in a way that is an abstract way, because wherever they have appeared people are doing commercial religion, so we don't go to this places also as Sahaja Yogis.

So you can understand why all these things happened unexpectedly yesterday after My coming, that there was such a light of

lighting which never happened before and people were surprised. So is the Krishna's Sister who is a much more dynamic and [Shri Mataji speaks aside in Hindi] much more fiery personality - much, much more fiery personality. Shri Krishna's essence is that He is sweetness. Madhuria is His capacity and Radha is the Allahda Dayini Shakti, means the One which gives you that joy which creates [Shri Mataji speaks aside in Hindi], raises your hair with joy - so, but in Sanskrit it is pulakit, pulakita is the word.

So this beauty of Shri Krishna which is sweetness, the leela, creating beautiful feelings of oneness of communication - all that is in Shri Krishna. But She's the One Who warns, and that is how the warning came. And She's a very fiery personality which warns everyone. So on one way She has proved My coming here, that I'm here. Perhaps maybe to the people who are aboriginals they might understand that this is what was prophesied and that has happened, and also that you people have to realize it's a warning that you cannot just allow Sahaja Yoga to drift in such a manner that it takes its own course and works out, and you are just by the way there.

So this is a warning of Shri Krishna's Sister, Vishnumaya, which is Saraswati Herself, and that is what today we are going to worship Her. Only the Sahaja Yogis, those who are enlightened people, can worship Mahasaraswati. Otherwise people can only worship Saraswati because with worship of Saraswati you can read books, you can create dances, music, for the amusement of human beings, but actually the Saraswati Puja is meant for people of ordinary awareness, means ordinary or normal human awareness. But for Sahaja Yogis, it is the Mahasaraswati which is to be worshiped. As I have told you this Mahasaraswati becomes the Vishnumaya, and She is Vishnumaya so you have to be person that you should, yourself should inform people like the Vishnumaya does what Sahaja Yoga is with your fiery talks, with things of exciting them, telling them what are you up to. But what I have seen is that mostly when people speak they try to be very gentle and sweet like Shri Krishna.

We tried that in America, that it might work with Americans, but it did not. They like people like say that Graham fellow or somebody like that who talks in a fiery way. And I think this is what we have to learn from yesterday's experience: that you need really some fiery speakers and fiery people because they are not at all sensitive to normal sensations. You see they, all their sensations are dead I think they have become numb, and you have to give them some shocks. They like shocks, you see. Newspaper have to give them shocks, any event that is shocking - that can only attract their attention. Even the music has to be so much that so it should break the rocks. It should be such music that will just break their heads. So they have become really rocky people, and you have to understand that their rockiness can only be shattered by Vishnumaya. And that's why this puja that we have today in Vancouver has a very great significance - not only for Canada, but also for America.

Americans are taking for granted whatever diseases coming today, whatever drugs they are taking, whatever destruction they're doing to themselves is still not in their understanding. They don't understand what they're doing to themselves, how they're destroying themselves, how such a precious human life they're wasting just for their own whim and for their so-called freedom.

So it is extremely, extremely important that you should try to tell them in a fiery way, "What are you doing? Why are you deceiving yourself? Why don't you understand this is wrong? At least for the progeny, you tell them that 'We did this wrong, but you should not do it.'"

All this kind of talk has to be there and people have to get ready for such great speeches and things, but to say that people won't like it, I think is the other way around, unless and until you frighten them they're not going to be with you.

So you have to tell and warn them and that's what the Vishnumaya yesterday has suggested that now take to a new style of strategy and talk to people in a way that whenever you are doing - say you are doing a course, at the end of the course you have to say that "Now, you see, Sahaja Yoga is not only doing the course, but it's for your well being, for your benevolence. And you have to go further with it and you have to grow. Now don't leave it half way." It's not like just sprouting the seed, but it has to become the tree otherwise nobody can be helped.

So you see just tell them they - all the dangers of not being properly brought up or mature in Sahaja Yoga. It has to be told because all this lovey-dovey business doesn't help in America, I've seen that. You need really fiery people because recently I was listening to a speech of this Billy Graham, and I said, "It's such an empty-headed fellow talks through his hat," but still people were so impressed. And there was another one now I think he is behind jail. I don't know his name, some funny man. So I saw him also, I was surprised he was just talking something empty, like empty shell and people were all mad after him - thousands standing, singing, doing this, doing that.

So one has to understand that these people require shocks, and they're to be shocked and they're to be told that "This is going to happen." There's one other organisation which has gone into a kind of a shocking system is the [Shri Mataji speaks aside in Hindi] Brahma Kumari, Brahma Kumari, you see this Brahma Kumaris have become like lightnings and they tell people - now they don't tell that, "You are destroyed," what they tell, "This world is going to be destroyed, everything is going to be destroyed and you know you are not prepared for it, what's going to happen?"

Same thing Jehovah Witness is doing, the same thing. They are saying, "This world is going to be destroyed, and we are all going to be destroyed; so we should be prepared and we should take to God." But this is not reality. Despite that people are after that. You have to tell them the reality that "Not only that you're destroying yourself, but you're destroying the future." People are already talking that most of the people in America will be destroyed.

Now it comes from various reasons. We can say that there are no traditions and things - that's not the point, that's not the main point. One of the main points is that they destroyed so many people when they came and settle down in this country. That's one point. Now the bhoots of those people who died are still hanging around, and they want to see that they destroy Americans as far as possible. The amount of witchcraft, the amount of all negative techniques that are working in America, they're working nowhere. The gurus had to get out of the all the countries, but they're still very nicely settle in America. The reason is these bhoots are giving them ideas. It's not only that they need shocks, but also these bhoots give them this perverted ideas of destruction, so they go for their destruction.

Now the bhootish ideas are such that you see a person coming out of a pub, falls down. And bhootish idea is that "What's the harm? You also try, you will never fall. You go in, nothing will happen to you. You're perfectly all right. After all, doesn't matter."

Or else you tell them that "This is wrong. We should not do."

"All right, so we are bad. So what?" These are all bhootish ideas. These are not human ideas to talk like this or to say like that.

So to all these people, you see, the only thing that is going to bring round is the Vishnumaya Shakti, nothing else. I now realize that it's only through Vishnumaya people can be cured. So Vishnumaya Itself now has gone off to sleep, thanks to Christian religion, Catholic religion and also Hinduism, because in Hinduism also there is a idea of sin - that you have sinned this, you have done that sin. So give so much money to the Brahmin, so you'll be saved. I mean every religion has this nonsense. But this Vishnumaya Shakti, which is being absolutely subdued and is sleeping in human beings, if you can raise It and tell people to get up out of this slumber, this laziness, by involving them very much in a bigger way, by telling them that we are for peace, peace of the world. We are for the emancipation of the humanity, we are for saving people from blunders and from their destruction.

If you take a bigger platform and talk about those things, then it will be helped. For example, now it's a very good thing that I was with Mahatma Gandhi, and people have got great respect for Mahatma Gandhi. Of course and Mahatma Gandhi was very much impressed about Me no doubt. Even when I was a child, he used to consult Me, and the proof of that is that in his bhajans he has put the serial of the bhajans in different ways, starting from the heart talking about the Atma and then he's starting from the Mooladhara upward like that. So I mean that's one of the proofs that he must have consulted Me. But whatever it is, you have - can use him also that Shri Mataji is doing what Mahatma Gandhi said. He has talked about sarva dharma savanatma means all the religions are treated with same respect and same understanding.

Once you start talking like that, you see, then people will understand that it has some noble heritage behind it, because everybody wants to know from what book I've learnt. I have never learnt from any book, that you know very well. But you can say that "She is the One Who was with him" and that "He was very much impressed by Her," and the same ideas of peace and non violence and all that. "These are the same techniques and methods She wants to use." That's a fact, no doubt, but Mahatma Gandhi was a very fiery speaker. All people who followed him were very fiery. They were not just "All right, come along, have a cup of tea" and this kind of thing is not going to work out.

So Americans need challenge, and they need really a fiery person to blast them. So now if you go on this way - like the other day when we had a program in New York and there were so many black people and so many Chinese, and then there were so many Indians and very few were whites.

So whites came and say, "Oh, nothing has happened to me, you know."

So then what you have to do, "Nothing is happened?"

"Yes, that's what."

"Must be something wrong with you, or must be you must have committed some sins or something."

So then they get a shock. "Oh, it's something surprising you haven't got it. Oh it's very wrong, something wrong with you. You should get it. Try to get it, you know, it's very wrong. I hope you don't have cancer." [laughter] Or you can ask, "Are you suffering from AIDS?"

"No, no, no."

"Then what are you suffering from? How is it you didn't get it? You see this black man got it, this Chinese has got it. Why don't you get it? You are a white skin man, you should get it first."

Then things will work out. I have been thinking about it, why these Americans are so dull, because you see they are on the whole very dull people, extremely dull. Because this kind of a rock music, you see, if you play before anyone people would run away. "What is this going on?" But the way they like this rap music yesterday, they wanted Me to listen. The heart started beating the other way around.

I said, "What's happening?" And the whole thing started shaking. I sat on a bench and the whole bench was shaking. There, who sat with Me was, he was there and also Karan was there and we found that he - Karan and everybody was jumping like that, on - it was like a earthquake going on.

So this is what it is, that you see these people are very, very dull people and numbed out and they're numbed out because of their so call freedom. It's like you go and ask a bull, "Come and hit me," sort of thing, you see. They have gone out of the way to numb themselves completely; and this numbness may be alcohol, may be drugs, may be woman, may be marrying so many times. If you marry one time it's sufficient. If you marry five times, I mean you become - I don't know what, like a - I don't know if there's any animal like that. But something you become absolutely numb to things, you see. Because first of all marrying one wife, then you have attachments with her, you have children and you - I mean after all it's so much to do with your wife and then suddenly you divorce and you don't feel anything, you don't feel it.

It's great numbness and if you tell them, "Yes I know, I know, I know." They know but they don't feel. They don't feel that they're doing anything wrong, they don't feel they have done anything absurd and they don't suffer. Any other person would suffer. Yes, he has divorced his wife and it becomes really a person quite lost, should be normally. But here what you find very nicely boasting, "You know, I have divorced my two wives, and this third one is coming up. You can meet her." So that there's no shame about it, no shame, no feelings, nothing. I mean you married a woman, you lived with her, she was your wife and you have no feelings for her. Your own children also they have no feelings at all, no feelings. Of course they're not like English, where the English people kill their children, so that's not so bad. But here I've heard also they kill their husband, wife, kills each other and all that. And for what? For love. When they do not have love for one husband, how are they going to have love for another husband? I can't understand. Love is a quality of heart.

So this is what it is - if you see the whole character is numbed out because they don't behave like human beings. They behave like - I don't know, again I say I don't know like who because there's no comparison whatsoever. So it is not that only in America people are like that, it is all over. But in America it is too much, too much of it, and all such things rise from America. All such funny notions rise from America, and everybody takes them because they know how to advertise, they know how to make it very, very popular.

Once I was travelling by a ship and a pilot came over the ship, and he was talking to Me and he told Me that his brother is a very nasty devil.

I said, "What happened?"

So he said that he got hold of these four boys who were Beatles, and he became their manager. And he started this music and got some women, got them drunk, put them on the drugs. And the first music when they had that music, these girls started screaming, shouting, going mad. And it become popular. Normally the reaction would be that, "Ba, it's such a thing that when the music starts the girls go mad, so don't go to such a music." On the contrary, so many started coming. How do you explain this kind of a reaction? The more they shout, the more they scream, according to them it's something. Means behind it is one thing that it has touched them somehow; otherwise, why will they scream? Means such dumb people are been touched by something is something great and all of us should go. We are also dumb, so we should attend to it.

Now you may ask Me that "Mother how this dumbness has come into people and this?" Is as simple as that as I told you, that they've used their freedom to such an extent, their attention to such a wasteful pursuits, that they have become really numb. Their attention doesn't feel anything. Attention when you put it out it reacts, and it comes back to you as something. But if you all the time go on bombarding outside your attention, this some bombardment from outside just finishes all your sensitivity. There's no feeling, there's no attachment, there is no, no recording of anything that is happening. So for that I think Vishnumaya is needed, and that's why She's placed on the left side because Vishnumaya is the One in charge of people who have become absolutely feelingless. That's why She's there to give you the feeling.

So on the left side when She shines She gives you the feelings, and people start understanding. So now the only thing that they have is a kind of a mental idea that they're guilty, that's all. This is just mental. If it is mental idea, "Oh, I'm guilty," then you are not going to feel it. I mean if you are, say that you are mad, when you're not mad if anybody calls you mad you are not going to feel it. It's like this. So they don't feel it at all because it is all mentally accepted thing and they have become numb, "Now nobody can harm you, so what's wrong?" sort of an attitude.

I would now ask you people to go all out and become fiery, write in newspapers and say what's happening and how things are. I'm writing a book like that now. It's called as Meta Modernism, and as far as I could be fiery I'm going to be there to tell them what's wrong with them. And they should see to it that this is all wrong. No use trying to call it something great. Like now AIDS have come up. I thought with AIDS, they will be awakened. So now the AIDS have become a martyrdom.

Now the yuppies, the yuppies came up, I said, "The yuppies will suffer from a disease."

So now they said, "No, no, no, no. It's very nice to be yuppies. After all you see they are another heroes who died for their yuppism."

Like you see, every stupidity is made into a something, kind of a very glorifying thing, so just – and people accept it. That's the best part of it – they accept it. So it is important for you to be fiery, and to show them in that light what they are. They have to be shown. It's not just a little light of the Spirit will show them much, but it's the real dazzling, burning light of a lightening.

So today's puja is going to be especially for you all to develop that creativity of talking, behaving in every way in a fiery way. That is going to put them right, nothing else.

In creative work also, when we create something or we sing something and all that, if you go on singing, say, in our Indian style, some music which is "vilambit tala" [slow rhythm] you see, very slow "talas", that won't come up. They like somebody like Ravi Shankar who just goes on mixing up notes and just goes on playing something which is very, very unscientific according to Indians things, and is not at all entertaining, it doesn't open your heart and something like that. But, that is the thing that appeals

to them, to go into a big sort of a rock and roll sort – make it, sitar into rock and roll, and even worse than that. I don't know the new, latest one I don't know what it is.

So the second thing is that you can see how they try to shock people. Also they try to shock people, because they know that they are also like us. Like you go in the market, you find somebody, his pant is – not pant even, half pant – is all torn at wrong places, and it is just to shock people. They are supposed to, here at least, they are supposed to, in America it is supposed to be, you have to dress up decently. You should not be indecently dressed. That's what they want. But, what you find, whatever chance they can get to dress up in a way that you'll be shocked, they would like to do. Like they'll have only one part of the hair as white. I mean anything, anything is possible just to shock others, shock others and attract the attention. And what do you get? Nothing. You spend so much money to attract the attention of others, but what do you get? That attention doesn't give you anything, doesn't pay you anything, doesn't compensate. So it's such a joyless pursuit they get into. All these things spoil their attention, which destroys it to this extent that they're feelingless people. They have no feelings left. And then the worse thing that has happened is they have become absolutely money-orientated.

So the money is another side of Saraswati. Saraswati is different from Lakshmi, so the Lakshmi and the Saraswati never go hand in hand. This is the reason why when they get after Lakshmi, run after money too much, they get shocks. Because there's a - suddenly you find stock exchange has fallen, there's a recession, this business is gone, somebody who's very rich suddenly becomes a poor man. Is all the work, this is all the work of the Saraswati. And if somebody is too much in Saraswati - reads too many books, is an artist who is very ambitious, who tries to outshine other artist and all that - such a person also gets back a reward from Lakshmi that his things never sell, he never gets money, he starves, all sorts of thing.

So these two things are in balance only in Hamsa, or we can say they are in balance when you are Sahaja Yogi. So this has to be achieved and is to be put together in balance that you have the blessings of the Saraswati as well as that of Lakshmi. But it crosses only at the Hamsa point and at the Vishuddhi point. So what do we have to do to bring the balance is that whatever we are earning, whatever we are doing, we should not be in mediocre way. We should try to do it in a dynamic way, in a fiery way. These two things should be combined at the Vishuddhi level. So now, supposing you are going to give a lecture about Sahaja Yoga in a fiery way, and if you wear a dress that you look like a hippie or somebody coming out of a jail, nobody is going to take you seriously. But if you're properly dressed and you look respectable and presentation is good, and then you give fiery speech, everybody is going to listen. So this principle of Lakshmi Tattwa is to be used with the domination of the Saraswati principle.

Now another blessings of Saraswati is that you can have knowledge of Sahaja Yoga. I've seen many women especially in Sahaja Yoga, they're Sahaja Yogis, their vibrations and all that is there, but they do not know what is Sahaja Yoga. They do not know what these chakras are. They do not know that how these vibrations go out. Now today's lecture is quite a lecture quite complicated I would say, if you see to it. You have to listen to it at least four, five times to understand it with the paper and a pencil. It's not an easy thing because I'm telling you now it's all right, it's quite entertaining, but behind the entertainment there is a deep knowledge. So I've not seen the Sahaja Yoginis mostly sit down with a paper and pencil to know what is Mother saying, what is the knowledge She's giving us about the various things. To them Sahaja Yoga means to be nice, to cook good food and help the Sahaja Yogis, just as come to the pujas and all that and finished, also. So for them it is very important that they should also know what is Sahaja Yoga. They must listen to My lectures, sit down, study it nicely and understand it.

The other way around are the men. For them it is to do all the outside work, go round, see things and all that, But as far as relationships are concerned, or as far as emotional side are concerned, they're negligent. And that is why Sahaja Yoga by men is different; Sahaja Yoga by women is different. And in France specially it has gone very far away from each other. The women were on one side, men are on other side. Imagine in Sahaja Yoga you have such a nonsense as that, but then we discover the person who was doing it and we managed it, so it was settle down and now things are better. But women must know about Sahaja Yoga, but that doesn't mean that they should fight with them, or think that they also know what these men know. But it's very, very common. I've seen that men and women are having a different type of attitude towards Sahaja Yoga. One is an extravert, another is an introvert. But in Sahaja Yoga there is no difference between a woman and a man as far as knowing Sahaja Yoga is concerned. I'm a woman Myself and I know so much, so why not the woman shouldn't know about what is Sahaja Yoga?

So all the women who are here or all over have to know what is Sahaja Yoga. After all, look at Vishnumaya - She is a woman, is the Power that works. Brahmadeva doesn't work. He's created all these things because He has the Power of Saraswati, otherwise He could not have created. So everything is done through the Power and the Power is a woman, but if the Power doesn't know what is Sahaja Yoga, how is She going to work it out? So the women, though they have children, I know - they have to look after the household, kitchen - but it's such a pleasure, such a joy to read about Sahaja Yoga, to understand it, to know it. Of course some of them do also read. I'm not saying that they do not. But there are very, very few and they are very sensible, very sensible.

So this is My understanding of today's happening that in this natural surrounding, these natural surrounding where we are blessed by the work of Brahmadeva and Saraswati, and where we can feel the capacity of these Deities, to what extent They can create. The nature is absolutely one with the Divine. Now see, as soon as I came here the nature knew I'm there. It just started acting by itself. I didn't have to give them a lecture, they didn't have to do a puja, nothing of the kind. They know what I was doing. I went to Los Angeles, same thing. Anywhere I go the nature knows what is to be done, "Now Mother is in the town, what should we do?" And they do it. So this is the trouble, is that I have make you to do all kinds of deliberations for human beings that "All right, do this, do that, do that." But I would say that spontaneously it should happen, because now we are one. Just like the nature is one with Me, you are also one with Me. And that should start happening when you will really become absolutely drawn into Sahaja Yoga, surrendered into Sahaja Yoga then only it will happen. May God bless you.

Now Saraswati is the Goddess of learning and Mahasaraswati is the Goddess of knowledge, which is pure knowledge. Now the Goddess of learning, Saraswati, has got four arms. She wears white, white cloths because is a sign of purity. She's a virgin. Then She has in Her hand the vina, that is the instrument which was the first instrument that was created by the Gods to play the classical music, or you can say the music that was appreciated by the Gods. So that's one is vina, and two other hands are: one has got a rosary in the hand, in the sense a person who is learned should be a person who should be very much detached. A saintly person should not have too many attachments and should not be - it always happens a person who is a learned man, who is over-educated, who is not so much interested in the family, he becomes more aesthetic, is very discipline, self discipline. He's very meticulous, is very efficient, is very right-sided, as you can call it you see, so all that goes hand in hand.

And then in the left hand She has a book, so She - that means that the Power of Saraswati gives you the full creativity by which you can create books. That also means that, but must have in the books means that whatever you're doing now - supposing you're doing Sahaja Yoga, Sahaja Yoga is say concerning the Divine. So we must know what are in the books, means in the scriptures. We must know how it relates to the scriptures like it should not be something just coming like a mushroom knowledge, but it should be related to the books, means which is already written down, which is already being typed, being printed. But that doesn't mean that it is a bookish knowledge, but it is whatever you have found out, whatever you have discovered has to be related to the books. And that is the Power She gives us, that She relates. Like when you must have read many books where there are quotations, even I use many quotations, and I give you now this all this knowledge is already part of it, I should say not the all, but part of it from the books in the sense it is written about Saraswati and everything.

So one must learn how to respect the books, specially the scriptures. And She's the One Who gives you the penetration power into these books, to know what is the truth and what is not - penetration power to understand what is written between the lines, what is the subtle meaning of the whole thing - that is the Power of Saraswati. There's another Power She has is Vak Shakti, by which you give speech. She's the One Who gives you the power to speak. She's the One Who gives you the power to communicate, by speech, by your writings, by all the drama or plays you have or films you have - any kind of communications that are done through the Power of Saraswati has that intellect behind it, and that intellect comes from Her Power.

So even Shri Krishna has to use Her Power. Everybody has to use Her Power, because if you don't use the Saraswati's Power, then only Shri Krishna's one Power is that He is a diplomat and that diplomacy comes from the Power of the Saraswati. So everybody whosoever you find as brilliant is, actually has been endowed with this Power of Saraswati. The people who are worshipping Saraswati have to be detached people because those who are learned, those who are artist, those who are producing art and all those thing are not so much rewarded in their lifetime. So if they're detached from Lakshmi, if they're

detached from things, then they're just produce it for their own joy. They don't worry how much money we are going to get.

So the Lakshmi's Powers are to give you a great learning, to give you a great understanding intellectuality and to give you a kind of a personality that outshines others by your brilliance. But it may not give you money, it may not give you lots of possessions, but it gives you possessions which are - cannot be stolen, which cannot be taken away. And She is a person of humility, so the person who is a learned has to be humble. If he is not humble, then he's not learned according to the Principle of Saraswati. She has - the person who is very much learned has to bow down with the fruits of his learnings, so that a person who is learned and thinks no end of himself is a person who has not yet learned fully, is a half-baked person and that's why a egoist cannot be a learned man. Learned man is always extremely humble. That is the sign, because She is the Power which gives you humility, not humility of a businessman but a genuine humility She gives you. There are so many qualities and I think I'll be able to write one day about them.

1990-0811, The Knowledge of the Roots "Canadadesha" Program (Evening)

View [online](#).

11 August 1990

Public Program

Vancouver (Canada)

Talk Language: English | Transcript (English) – Draft

Some people who cannot sit can come down here if they want, could be comfortable. Please. I think Sahaja Yogis should give them way. Please come, there's lot of room here, on the stage please.

I bow to all the seekers of truth. At the very outset we have to understand that truth is what it is. We can not conceptualize it. We can not organize it and we can not know it at human awareness. If we had known that truth at human awareness there would have been no problem. There would have been no second opinion and there would have been no quarrel, no problems and we all would have been in the realm of peace and joy. But what we see today is that we are moving towards some sort of derailment and we do not know where we are going and what is the end of our civilization.

These are modern times and special times where so many are aware of this kind of a destructive force working on us and suddenly they have become alerted and they want to know what is beyond it. What is the truth? As I have already stated that you can not know the truth at human awareness. Of course, whatever I am going to tell you, you have to keep an open mind about it. Like Scientist you must listen to Me as if it's some sort of a hypotheses. But If I prove it then I am sure as honest people you have to accept because it is for your benevolence, it is for the benevolence of this country, benevolence of the whole world.

It's a understanding that I want you to be at, that we have to know something more about ourselves and about the whole collective problem that is today before us. So the knowledge that I am going to give you about is the knowledge of the roots. You have the knowledge of the tree that the civilization has grown like a very, very big tree and if we do not know our roots this civilization can be completely destroyed. In the eyes of the divine no body is divided like Indians, Canadians, English. They are all the same creation of the divine power. Now we talk of God, we talk of Love, I was reading God is love. But by saying that why should people believe you? Is there God or not? Is it true or not? We have to establish it. We have to prove it and unless and until we prove it, it is not going to be accepted by the progeny. Nobody is going to take it as if some sort of a blind faith. All right you were born in this religion so you follow it whether it is Christianity, Hinduism, Islam or anything.

So we have to awaken ourselves into that new awareness by which we can know the absolute truth and we can know that divine power which is surrounding us. All this compartments that we have made around ourselves will break and we'll see the dawn of a new era where we will know that all of us are capable of achieving that great height of awareness. Of course, you can not pay for it. Nowadays there are so many in the market who are selling divine gifts. You can not sell it. As Christians we have to realize that Christ didn't sell anything. On the contrary, he took a big hunter to hit the people who were selling things at the gate of the temple. So those people who are selling or marketing things can not be anywhere near divinity because divine doesn't know money. Money is a creation of human being and this is where I fail to see in the West a response to Sahaja Yog. I mean actually people told Me that we can not understand anything which does not require money. We have to little bit get out of this and understand that divine can not be purchased, can not be sold, it is just to be enjoyed.

There is a system built-in within us. I don't know if they have shown you ... yes, it is there. Inside ourselves there is a very beautiful system built-in during our evolutionary process. One by one gradually it was built-in within us and that is how now we have become human beings. There is a little bit more gap we have to cross over so that we jump into that new awareness. As they must have told you about, that there is a power within us, which is called as the Kundalini. And if it is awakened, it passes through six centers, piercing through our fontanel bone area and gives you Self Realization, meaning like this instrument is here and unless and until it is connected to the mains it has no meaning. In the same way we are to be connected to that force which has created us. And that has to be, that has to extremely simple because it is so vital. Like our breathing is so important, so it is

so vital and it is absolutely free. We don't have to go and read books for that. Especially happening of this Kundalini is an extremely easy thing and it works out very fast and in thousands and thousands of people it has worked and I am sure in Canada it has to work. It is rather the desire to become a Self-Realized soul than anything else that is important. If you have a strong desire to be connected with that divine power by which you know absolute truth. That's all is needed and it works so fast because this power is the power of pure desire. All our desires that we seek are not satiable, in general. One desire gets satisfied we run after another, another desire gets satisfied we run after another. So now there is a desire within us which if is satisfied then we get the satisfaction that we wanted.

With this awakening of the Kundalini, which has been worked out now for eighteen years because I have been working for the last eighteen years, I should say twenty years as such because I started my work in 1970. We have seen that people get cured of incurable diseases. How does it happen, that these centers which are the sources of energy within us are exhausted when we use them too much either on the left or on the right. As the result of that exhaustion causes physical, mental, emotional diseases from which we suffer. So now supposing you have any physical disease that physical disease can be cured if energy supplied to that part of the body. So when the Kundalini rises this center gets nourished which is being exhausted and when the Kundalini is connected to the mains, all the time the energy is flowing within you, you get all right. And there are diseases, which are somatic and there are diseases, which are psycho. That is the diseases are caused by, supposing you go to a wrong guru there will be a problem, a person who spoils your psyche. There are so many ways these days we spoil our psyche, drugs and other things that we do which spoil the psyche and the person start going into the habit of getting more and more dominated by those habits.

So when the Kundalini rises She brings the attention in the center, by which the left side habits are cured. And so your psychic troubles are also cured. Your habits are cured and then there is another type of disease we have, what we call as psychosomatic, these are the diseases like cancer, say Aids, all viruses, all kinds of multiple sclerosis and all such diseases, they are also caused by the imbalance in your attention, by the imbalance in your being. So when you come into balance these can be cured, very easily without taking any medicines, without going to any doctor, without doing anything special.

The whole system is built-in within you, which works it out. But you have to take it up seriously because supposing you have to go for medicine. I don't know what is the course here is. But in India if you have to do medicine you have to put in really fourteen to fifteen years, precious fourteen-fifteen years of life to get only a graduation. But for this you don't have to because once the Kundalini rises and you get balanced and then you feel the joy and the peace within yourself. Gradually you settle down and you become a master. You become yourself knowledgeable because on your finger tips you start feeling the cool breeze and you can feel it in another person, what's the matter with his Chakras or what is the problem he is facing, on your finger tips and it's all said in Quran, imagine, Mohammed Saab has said that at the time of resurrection your hands will speak, of course the Muslims are not worried about the future part, they want to just talk about the past and they don't want to think of resurrection, same about the Christians. Christ has said I will send you the Holy Ghost. But they are not looking out for the Holy Ghost. Same about Hinduism, in every religion it is said that such and such time will come when you will get your Self-Realization. But people are not looking for that because those who are in-charge are money oriented. And they want to mislead you by saying that if you don't do this you are a sinner, if you don't do that is a sinner but they don't give any solutions to the problem and there is a very big solution within us, this one and that really helps us to overcome all this ignorance which is created by the vested interest.

Now this Kundalini when it rises it as I told you it solves your physical, mental, emotional problems, also it solves your social problems because you start understanding the relationship of other people. Like, now, you are sitting here and there is no light. We don't know how we relate to each other. But when there is light we can see for ourselves how we are related, how we are trodding on another's freedom, how we are behaving and the whole thing becomes a very enlightening experience and that enlightenment is not harsh, it's beautiful, it is love. And, then you realize that you have got the power to feel like a computer the absolute truth. You can feel it on your fingertips what's wrong with you, what's wrong with others. Now if you know how to correct it you are all right, not only that but you become a powerful personality, a dynamic personality without feeling any tension about it. Tension comes because you have imbalances but when you are balanced and when you are connected to the mains and all the time the energy is flowing into you there is no question of tensions. We have no tensions and you are in a joyous condition because you become Self-Realized means you become the truth that is that you are the Spirit. You become the Spirit. And when you become the Spirit, the Spirit as it is said, it's a fact that is the source, first of all of knowledge. Like a person

comes, say, it's happened, I've seen many people who came from jail, they have no credibility of any kind, they wear some sort of a funny dress, appear in the square and people just start calling him a guru and such a guru starts minting money out of you and head along people go towards that person and think it is a very big thing. Another one comes and says that I am such and such and I have these powers and that power you just believe into that person, pay him money and get lost.

Like these there are no norms to find out what is the truth and what is not the truth but of course, you can find out one thing, that a person who takes money, how can he be related to God? How can he be related to Divine? Anything that works on money cannot be relationship with God. Of course, now for example, this hall has to be, say, hired, all right, the Canadian Sahaja Yogis, we have many have hired it. Formally, in the beginning I used to hire them but now they are hiring it, that's a different point but for Self-Realization you cannot pay. That happening is absolutely a living process of our evolution. And this evolution, that we are at a human level we haven't paid anything. So why should we pay for anything that beyond this. It is a living process, of a living energy, of a living God.

So one has to understand, first of all, that at a very ordinary level also that you can not pay for God. You can not pay for Divine. You can not purchase it and the second is you can not put any effort. It's an effortless happening, just like sprouting of a seed. It is an effortless happening which takes place and when it takes place, then you just know yourself, you certify yourself. You don't have to have others to certify that this is this, this is that. And you don't take false certificate. For example, somebody might say, "All right, I am born again." By taking such a certificate you do not become. It is not that any organization can give a certificate. It's a state of be-ing. You have to be that in that state, only, honestly you have to be that otherwise just to say that I am such and such, it's cheating yourself. What's the use? It's not going to help you. It's not going to help others.

So first of all you must understand that it is the becoming that is important. It's not what people are saying about themselves, talking about themselves. Like there are some people, the other day I met who were selling lots of Geeta. I asked what's the use of reading Geeta? It's all bookish knowledge. To read Geeta also you have to have Self-Realization. And then I met some people who were selling Bibles. Now we have been selling Bibles for ages. What's the use? To read Bible also, to understand Christ also, you have to have Self-Realization. Otherwise you can not understand what He said and all of them have said one thing that you must have your second birth. You are to be born again. But that again one can use it as a placard saying we are born again. So we should not cheat ourselves. What's the use of cheating ourselves? Tomorrow some disease comes in, some trouble comes in, tomorrow our children take to drugs or do something wrong, they go and murder people, all kinds of violence then who is responsible? We, because we have avoided to know about the truth and it's all there built-in within us, it's just there, which we have to have.

So now, the first quality of the Spirit is that you become knowledgeable, Knowledgeable about anything. For example, somebody says that there is no God. Say, in Russia I went, of course, the Russians are some or other, the government is horrible but the people are really their attention is so good that they just touched it, and thousands and thousands. You won't believe that in Moscow I never had less than fourteen thousand people or Leningrad same thing. In Kiev I had nothing less than five thousand to six thousand people. And the Government itself took it so seriously that, I mean they invited about six hundred doctors. I read it in the paper they have put it only three hundred, it may sound big but the fact is about six hundred doctors came in and two hundred great scientists who have done Sputnik and all that and they all surprisingly asked for one thing 'Mother give us Realization. We want to have our Self-Realization.'

So what I feel, whatever I've read about Russian writers is that there has been always a soul searching within themselves. If you read any one of them you will find there is a soul searching and they find out what am I doing? Is it correct? Why should I do it? What is the problem? And that soul searching within themselves is because they have no choices, like we have here in our countries all kinds of freedom. We waste our energy in finding out what breakfast we will have, what lunch we will have, what dinner we have, what sort of a blouse we should wear. I mean such a lot of waste of energy, it's a joyless pursuit. While they don't have that chance not that they are not well off, I would say they dress up well, they have good clothes. They live well. They have all nice houses. Everybody who is married gets a house. But they always felt that they are not free to get to their Spirit. And that's what they were struggling. As soon as they saw Me, there is no place for false gurus. Nobody wants them. When I spoke to them in one of the seminars they had a yoga seminar, when I walked out everybody came out and there were other gurus who had

come, nobody was there in the hall to talk to them. They are so keen and so alert that they know that you can not pay for it. And there is no hanky panky about it just telling stories this will happen that will happen. And now in all Eastern Block you will be surprised Sahaja Yoga is spreading very fast. Bulgaria we had fifteen thousand people, fifteen thousand people in Bulgaria, so you can imagine. I have to also go to Romania, I've not been there but there are, those Sahaja Yogis who went there have written to Me that they got five thousand people. Sahaja Yogis got it. So you can imagine how fast they are moving and the day may come they might become very powerful people than we are.

We have become weak. We have become very weak internally. Externally we have money, we have good roads, good telephones, everything but internally we are weak because first of all we can not get over our habits. Secondly there are all kinds of negative forces working on us. And we are so vulnerable we do not know how to fight it out. So it's better that we become the Spirit to know the knowledge, to have the knowledge about what is good and what is bad.

The second thing about Spirit is that when it comes into your attention you become enlightened, in the sense there is light and you see the truth. For example, you are standing with a snake in your hand and it's all darkness, you can't see, I tell you it's a snake throw it away but you will not listen to Me. You will say why, why, what's wrong. I mean many people have told Me what's wrong, what's wrong if you are doing this what's wrong, till that snake bites them they will hold it on. So you put on the light. As soon as you put on the light they will drop the snake by themselves. This is what I say that you become your own guru and you follow your own understanding with the light of the Spirit within you, which is your own. But this enlightened attention works, it acts. You can close your eyes and find out about anyone what's the matter with that person. And if you know how to cure that person it can work out. You do not know how this Divine power works. This, all pervading Divine power is the most efficient government, the most efficient, we can call the housewife, the most efficient father, mother everything. Anything that you need is done so beautifully that you are amazed and so many miracles happened that you are amazed, how, what have I done, why am I so much blessed.

I had asked people to write about their miracles because they used to write letters after letters and I've no time to write so I said you write to somebody about the miracles and let him take out a book. Now the pile has gone this way and this way and it lost in that pile. He said Mother what am I to do, is such a lot. So we have to know that we are special people. Human beings are at the epitome of the evolution and that a little more is going to give you the meaning of what you are. So this enlightened attention makes you aware of your powers also by which you can give Realizations to others. You can correct them, you can cure them, and you can give them peace and joy as you have the joy.

Now you see these people they are mostly Canadians here or Americans. Now to teach one sentence of English is very easy and to teach the whole of English also is easier but to teach one word of Sanskrit is so difficult to an English man. They ruled us for three hundred years and we tried our level best to teach them some English and whenever they would come up and speak something we would say what language are they speaking. We couldn't understand the language. So it so very difficult to pronounce this Sanskrit as well as the Indian languages. But the way these people sing, I mean in India people can't understand how they have picked up this difficult language, this difficult music, this difficult rhythm. How they have done it and they sing, if you hear from outside, you won't believe that they are Canadians were singing. You think they are just some Indians some very good singers from India singing. How have they got it?

It is because of the new dynamism they have developed in their creativity and we have so many artists and musicians who have really, as you say touch the roof, they have hit the roof, like in their fame, in their success, in their creativity. So you become extremely creative but you become very humble. You are not egotistical, you do not force your things on to others, but automatically because you are so good that you shine. There are so many artists especially in India musicians who have achieved great heights with Sahaja Yoga. And it has to work out everywhere that we should understand the essence of music and how it really soothes human beings by which you will, not for success but it is just for expression, work out but automatically it becomes successful. Now this is not only that I'm trying to lure you to some ideas. But what I am trying to tell you within you lies all these powers and if you have not utilize and if you have not make use of that and then you are unhappy no body can help it. It is all there which you have to have.

Now the Spirit gives you the knowledge of truth. Spirit gives your attention the light and Spirit is the source of joy, as if you were getting down in the waves of your thoughts and worries and problems. Suddenly you find you are in a boat and you are enjoying everything. You are seeing it. When you see your problem you can solve it better and there is the Divine power to solve all the problems that you have, then you learn how to swim. You can jump into the same waves, which have bothered you and save other people and so a new dynamic personality you develop because you become collectively conscious about which Jung has written that now human beings will become collectively conscious. It is the consciousness, which is expressed in our central nervous system by which you can feel the other.

Now my hand, this hand if it is hurt the another hand can feel it, the whole body will feel it and tries to help. Now who is the other when everybody is a part and parcel of the whole, who is the other? For example, we were going to have a program here and you will be amazed we have people even from Austria who just came, they had holidays so they just came running to help the Canadian people here that they are very few. So better run down and help them. We have people all over the world. Sahaja Yoga is working in forty countries. And when I went to Russia it is so gratifying to know that the first people who came to Russia to help the Russians were twenty five Germans. And the Germans were so gentle, so beautiful you won't believe that their fore fathers fought with that horrible fellow Hitler. No, they are so gentle, so beautiful and when I saw them working on these Russians with such love, with such attention, with such understanding. I felt that it's another world they're existing, which is so beautiful and so nice.

In one program I don't know how much I can tell you about it and we have here a proper Ashram where you can go. We have here people who have their programs where you can go. But their complaints are that Mother when You come, I don't know what happens they come to Your program all right but after that they never come and they get lost. I just don't know why is it so because you just what I can do today is like a sprouting of the seed but after that you have to grow into a tree. Unless and until you grow into the tree it's a myth as in your Parable of Christ some fell on the rocky areas. Some fell in the marshy areas like that. It should not be. It should be it fell into areas where people prospered and became great trees. Let Canada take over. I think Americans I'm quite disappointed. I don't know what's wrong with them. They only like falsehood.

All the false gurus are prospering there. All kinds of false things they like. A lady is there. She is been into lesbianism, put some sort of a drama and they are all attracted towards her, can't understand how can lesbianism anything to do with Kundalini. Kundalini doesn't understand these things. No where in the ancient books written like this about Kundalini. But this lady is out of the blue has started using all these ticks and there are so many running after her, paying her money. She has built up big, huge amount of properties and things like that, and this is not the way to do it. Why, when I say I don't take money they will immediately ask Me then what about who pays for your travel? Mostly My husband pays, no doubt, he has been paying. Well, you don't want Me to pay for your salvation, like if I go to Russia they pay for My travel. The government pays for Me, but otherwise wherever I go I have to pay for Myself, most of the time. But even then they come to this that even when you eat your food who pays for that? It is like this. So where they have to criticize they do not. Where they don't have to criticize they criticize.

And head along, thousands have gone to this TM business. Now this TM is another horrible thing that has killed so many people has made them recluses. I have got so many patients from there who are suffering from all kinds of troubles. But people go head along to such things which has money you have to pay such a lot they don't mind. As I belong to another life also, you must be knowing. Ah! In that life, I find I just keep quiet listening to people. They say, "Oh! That guru is good but you know he is very expensive but he is quite good. He is expensive."

So, a sort of a guru shopping is going on. We should not be stupid in life. Stupidity never pays, never pays. We have to be alert. God has given us brains to understand and we should not waste our precious lives this human life, like this. I have to just tell you that I feel sometimes so unhappy even when I went to Russia and Eastern block I saw so many people getting Realization and working it out, thousands of them. We don't know how to manage. The government is giving us all the help, everything still we don't know how to put them up, in a big, say in a stadium, always we have programs. So how to manage all that big group and how to create people who will go and work it out. It's such a problem for us.

But in the West I find people have no value for that, no value at all. It's such a beautiful life, just awaiting at your door but we have no value, no value, waste it on useless things. I have to tell you as a Mother that please be concerned about it. What's happening to our children? What's happening to our families, what's happening to our nation? This Ecological problem, all these can be solved in no time once you reach that state and we have to have more people to reach that state and to get to it.

So May God bless you, in this short time whatever was possible I have told you. I would like to also have some questions from you but the questions should be relevant. I have not come here to take any money. I have not come here to take anything from you. I am not asking for votes. I am not a politician. I have come here to give you what you have. This is your own. This is your own property, which I have come to give you, to tell you about it. So it should be relevant and sensible and I would like to answer your questions and then we can have the session of Realization, which will take hardly ten minutes. So please have patience with yourself. I have lot of patience but you must have patience and just ask Me questions which are sensible, not aggressive. Thank you very much.

Questions and answers - (Questions can not be heard but Shri Mataji is answering to a question.)

Ah! There is nothing to be done, just now. It will be all awakened just now. After that, once the Kundalini is awakened you have to see where you are lacking in, what centers are not all right, which you will yourself know. You have to come to our programs that they have here and you have to see for yourself what's wrong with you and you should correct yourself. Then gradually you become the master. To give an analogy I'll tell you like this, first you get into the car to learn driving, all right, so there is an accelerator and also there is a brake. So first you start accelerator, break both and you go I mean in every way wrong and then gradually you start improving on it. And when you improve on it you find it suddenly that you have become a driver. Now you can drive. You can balance both the things left and right side but still you are a driver. So there is the master sitting behind. Now that master is telling you do this, go there, here there. Suddenly while doing all that you become the master and when you become the master you see within yourself the driver, the brake and the accelerator and you know how to handle the whole situation. It's like this. So it is a gradual development within you, which you do it and you have to come to our center, carefully and pay some time, that's all. You have to give some time. Time is very important. But is the most important because you have to now use it for your inner development.

We have watches in the hand. All the time watching one minute, two minutes, three minutes and what do we do with it? Where do we spend the time? Either may be in the pub or in the ball or maligning somebody or doing all kinds of nonsensical, destructive things. But, if we have watches, it is for what? It is for us to save time for meditation. But meditation is needed only about five-seven minutes in the morning and ten minutes in the evening, not much time. But you must come to the collective, because it's a happening in the collective. Like, supposing My nail is broken and I take it out, then the body doesn't look after it. So, there is where people do not understand and they do not come back and then they get lost.

Next program I come in, they said, "Mother you cured me. All right, of this thing I was cured, but now I have got this problem."

So, all My life I'm curing them and all My time is wasted like that. So best thing is that you become the doctor; you become everything. Why don't you become? You all can become that; you all have that power. So you get it. So you don't have to do anything just now. You all have to ... I'll just tell you how we are going to nourish our centers and we are going to get our Realization. I am very happy to know that you are anxious to do something about it.

May God bless you!

Nice to see such people!

Question: For somebody who is not here and who is really sick, can You help them?

Shri Mataji: I can, but main thing is, you see, that such a person you can help him. First of all, you get all right. You know all about

it and then you can go and help that person, because the best thing is that your knowledge will improve as you help that person, gradually. It's very practical, and it all helps. All right?

Question: You talk about our habits and weakness and how to overcome that. Can You talk a little bit more about it?

Shri Mataji: See, we are weak because we are ignorant first of all. As I told you, we are holding the snake and there's darkness and in that darkness we don't see that this is going to bite us. But, when you become enlightened, you become a very powerful, dynamic person, absolutely. And you separate yourself from your habits. You see it very clearly. Then you don't talk that "I have this habit or that habit." You don't say like that.

Like a person would come and say, "Mother, you know, my Agnya is catching; this chakra is catching. That means I have too much ego."

But they don't say, "I have ego." I mean if you tell somebody, "You have ego," they'll hit you hard, isn't it? But if a person gets it, he feels it. And he says, "Mother, I have too much problem with the Agnya Chakra so please clear it up."

So, if you have any habits - say supposing there are people who used to take drugs. In the beginning I had horrible people in England, about seven of them, all drug addicts and things. Of course, very well-educated, professors and things, but all drug addicts, hippies and violent people, really. When they came to Me, it was not easy to handle them. But they are today the foundation of Sahaja Yoga. Wonderful people they are. Now what happened, they said, "We want to get rid of it but we can't. We just can't help it."

But you will be amazed, overnight they gave up, overnight. Just it happens because you see the light and you throw the snake, just happens. You don't have to think about it, just happens. I never tell them these Ten Commandments - don't do this, don't do that. Don't tell them. Just it works from within. Why should I tell them? Why should I give them a lecture? There's no need. They themselves become their own master and the mastery is that the master cures and gives you powers. You develop that dignity; it's remarkable what happens. To Me, it's not a surprise because I know what you are. You are so glorious.

It's like you take a small little, say a television to a remote corner of India and in some village and show them and say that "Here is a place, this box will show you all the kinds of music and all kinds of dramas and this."

They say, "What? This box? How is it going to work out?"

And, you put it to the mains and it starts working and they say, "It's fantastic."

It's like that. We are fantastic, we are glorious but we have yet to be connected, that's all. It just happens, you don't have to force yourself, you don't have to do anything. It just works. The inner force works it out.

Anything else?

Such nice people have come today, I am very happy. They are asking such nice questions. [Applause]

Really, wonderful! But you must promise that you all will prosper in a proper way and work it out because it's a waste then I feel. You know I was so enamored by the Russians and the Eastern Bloc people because not that they only come to My lecture, not that they only listen to Me, but they work it out. And they are moving everywhere. Now people have moved to Siberia and all these far-fetched places. They have taken the whole map. They brought the whole map before Me and said, "Mother, now tell us where should we go."

They have gone all out. So must understand the importance of it. It's not just like going to one lecture or to another lecture. This is one thing you have to promise in your heart that "Mother, we'll all become great trees." You have such great trees here. God

has created such beautiful thing here. Why not in Canada we should have some great personalities, great saints? Now, any other question?

Question: In order to develop realization, if you're not living somewhere close to where there is a center then what do we do?

Shri Mataji: There's no need to depend on Me. We have people here who are experts, who have really become masters. And, they will definitely help you so it doesn't matter. I am always with you. Whenever you think of Me, you'll know I am with you and you can always write to Me. There's nothing to feel that I'm away from you, that ... maybe that is the reason people don't go further with it. But as you trust Me, you trust yourself. You must trust yourself. You must have faith in yourself that you are quite capable and you can do it. You can do it and that there are people who will help you. They are very humble, sweet, beautiful people. You will like them and they'll all help you till you become perfect. Such love, I tell you.

Same thing [someone interrupts]. Children? Children are the best, children are the best for Sahaja Yoga. They take to Sahaja Yoga in no time. Most of the children these days are born realized and we have to just understand them. So many children are born realized. Children are the best to understand Sahaja Yoga, to work it out and they just of a very high level, I should say. Like the other day there was a child who was receiving a phone. He said, "Oh, it's all right. You are not a yogi." Puts it down the phone.

So I said, "How do you know?"

"Mother, he had no vibrations. How could I know? Why should I talk to him? Let it be, I put down the phone."

Question: Mother, is it a symbol of Your photograph that gives vibrations? The willpower [can't understand the rest of the question]

Shri Mataji: It's true. My photograph luckily has some sort of a coefficient that it emits vibrations. I mean, I would like anybody else's photograph if it does, because it's a good idea; but I don't think there's anyone like that, because none of the incarnations and none of the saints were photographed. It's very surprising, nobody was photographed. At the most, and also, nobody was portrayed in their lifetime, because you know what happened to all the saints and to all the incarnations: when they lived, everybody was after their lives. No question of having so many people. I mean, even Christ had hardly twelve people and how they tortured His life! Actually, if you see His public life, He lived hardly for three and a half years and they crucified Him.

So, this is what the world was. It's not so bad now. I mean, nobody is going to crucify Me, but still there were no photographs. So, the modern times has another advantage that they have photographs, and they will show you lots of beautiful photographs and things which will stun you. But that will be later on, you can see. But even this is such an advantage that I can talk to so many people. And aeroplane is such an advantage that I can travel all over the world. Everything is such an advantage today. The communication have improved so much that I could come to Canada. Can you imagine Christ coming to Canada? [Laughter]

So, I mean, see the whole advantage is there and in Russia I have given realization to people on television, on television. But they are extremely sensitive people, extremely sensitive. I mean, in the program when we had the scientists, one of the scientist got up and said, "But Mother, please tell us how You cure people when they only attend Your program when they are so many."

I said, "I don't know if I've cure people."

But they are so sensitive. Their spirituality is just there. It touches so fast. We can say that they are very, very ultra-modern sensitive instruments. Just touch them and it works. It's rather surprising. Their attention is so good. Their attention is so good. So, that's what it is, it works. But if they can get it, you can get it. You can do it. But also, another problem in the West is that we are very guilty people. For nothing at all, we are extremely - one side we are destroying ourselves, that's one way and another is all the time we feel, 'I've done this wrong. I've done that wrong. Sorry, Sorry!' English language is full of it.

So, we all the time start feeling sorry. There's no need to feel all that guilt and sin and all this nonsensical ideas. That really spoils

the game for Me also. I have seen Americans are the worst. They are guilty for this and guilty for that. What is there to be guilty? After all, you are human beings and if you have done any mistakes, doesn't matter. After all you're not Gods. So what? If you have done mistakes, all right forget it. Forget the past.

But this is also another problem of the West is: now their forefathers say came here and killed some Red Indians. Now, the forefathers are finished, they might have become Red Indians in this lifetime. They are not there. You are their children's children's children's children. Now why are you carrying on the jokes so far? But for everything they feel guilty - is another such a mental nonsense that please, before I start this program, I have to request you that don't feel guilty for anything. You have done nothing wrong.

[Shri Mataji speaks aside] Also, there is another two-three people.

Question: Is Gorbachev is a walk-in, which means that is he from some other place which is advanced soul?

Shri Mataji: He is a realized soul, no doubt, he is. That's why it's working out. He knows Me very well. He is a realized soul. That you recognized him, I'm very happy to know that. He is and look at them, how lucky they are to have him there. And, he is a very sensible man, no doubt. Even Lenin was. Lenin was a realized soul, you will be surprised, but he was forced by all his party members. He was alone, you see. And, all of them forced him to take a course of line which was really proved later on. But whatever was his state, talked about stateless state and all that was his dream and that's coming true. He was also a realized soul. But he went onto a wrong line and it took so much time for them to come back and they had horrible despotic people, no doubt but the way the Gorbachev is doing is great and I have a rapport with him and he is a very great man, I must say. And he has tremendous respect for Me. Because we are of the same style, you can say, the same line, that's why.

You, too, had in America. You had, say, Abraham Lincoln was a realized soul, no doubt. And, we had Mahatma Gandhi. We had many people, but they were singled out. They couldn't give realizations to others. They were singled out and they had to fight, but now you all can become realized souls. We have to have many more to get peace, to get joy, to get what we deserve.

[Question: A lady seems to have some illness that doctors can't diagnose and is asking if Shri Mataji can help.]

Shri Mataji: Yes, that's true. I am Myself a doctor. I've done medicine, Myself. I know that. It's difficult for them because they cannot raise the Kundalini. You see that's the problem is. Please sit down, I'll tell you.

The medical science is, of course has reached a quite a lot of height and have understood anything, but the problem with the medical line is this: that when a tree is sick, you see, we treat the leaves but we cannot get to the roots, you see. But Sahaja Yoga is a thing that gets to the roots, and I'm not telling you off-hand, you see, there are three doctors who got their Ph.D. in India in Sahaja Yoga that they have cured people. There are seven doctors in London who are now writing down about how many people have been cured with Sahaja Yoga.

But the problem is like this: like for in America, I cannot cure people because I will be arrested. If and if Christ goes there, He will be arrested. The medical science doesn't allow there, I mean, that anybody should cure anyone. Now, the problem is if you come to India nobody is allowed to come to India who suffers with AIDS and all such diseases. Big problem for the patient also. Even in England, you see, if we cannot say that we can cure them, lots of problems with the law. And, we cannot. But only thing those who get cured automatically, like we have the people who are Sahaja Yogis who had diseases, they have got their papers, everything, and then they are cured, then we note it down. India is the only place where I can start this curing business. But to be very frank, we are not in this business. We are not in the business of curing. What we are doing is to raise your Kundalini by which you get cured as a by-product. We are not doing curing. That's not our job. That's not what we do.

And, also I must tell you the Divinity has common sense. A common sense in the sense that: now these lights are here, we know that particular bulb is not going to work. So nobody wants to cure. The Divine doesn't want to cure people who are not going to give lights, who are not going to get to Sahaja Yoga, means that their Kundalini doesn't rise. If their Kundalini doesn't rise, then

how can we cure? That's the only way we can cure people.

So there are limitations also that your Kundalini has to rise and then you can get cured. But there are many miracles which have happened. I don't know how people got cured. And there have been many cures, no doubt. And, it sounds very, very much fantastic that it can be cured through Kundalini awakening but it has happened. We have to accept the truth. As long as it helps, what does it matter?

Yes, please?

Question: What would be the effect of increasing number of Sahaja Yogis on the economic system and the lifestyle of the country where the increase of Sahaja Yogis takes place?

Shri Mataji: Oh, it just triggers everything. For example, now what are our problems? We see the economic problems of this country is. I have understood it so well that we have so much of a, say, ores and all other things like silver we have here, and gold and all kinds of things we have, and the ones who are exploiting us are Americans and nobody sees the point. Nobody sees the point. While those who will get Sahaja Yogis, they will become so dynamic. They will put in their own industries here. Why send it?

Why make cars in America? Why not make them here? So many things can happen because you become so dynamic and there's so many people to help you all over that this is what should happen. After all, you have all kinds of things available here. Why should you send your aluminum to America, to be drawn into wires and beaten into sheets? There's no need. We can do it ourselves.

So this, you see, self-confidence that we can do it together and the collective feeling can give you such good ideas. And another point is that the way we are working out machines now. Now we have to understand that machines are for us. We have created machines and machines are to be used according to our need and we are not for machines. They are not to dominate us. So as much as we need we'll use machines otherwise we'll not use machines. And as a result, already it is happening that people don't like machine-made things and machine-made this thing. So they will go to the balancing state where they will take to more handmade things and handmade material. Now for a handmade things you don't have to have so many. Like, now we say in India, thank God, we are quite poor country, we can't afford to have so many machines. Thank God for that because now in a household they will have about, say, ten plates of brass or twelve plates of brass. Finished. We don't have to have so many crockery, cutlery, this, that, that breaks. Then, after that you have plastic. Because it breaks so you have plastics. So, you go on. The plastic is now mounting up, mountains after mountains we have created.

So, you take more to practical side, very much practical and more to the natural. And in natural, it's nice to have one natural thing than to have ten plastics. Now people are realizing, I'm not saying they are not realizing it. But still there are machines sitting on top of us. And then the entrepreneurs, the entrepreneurs are very clever. Today they start one fashions, tomorrow another fashion, third day third fashion. England is another one who suffers a lot. For example, in a place like London, which is such a cold place, people have pants which have holes in it. They call it holy pants, you see. And now imagine, they developed varicose veins with that. Or they'll have tight pants. They have to do something about it. They have to feed their machines. So they will start this fashion or that fashion.

Now, there's another fashion which is also very dangerous that people don't put any oil in their hair. Before taking a head bath, one can put easily some oil or before night they can put it. They are all getting bald. Once they get bald, then they'll sell their wigs. The same hair which are fallen off, they make wigs and sell it. They are befooling you. If you see little bit, you stand out and see how they are befooling you must, these entrepreneurs are. This is the fashion today, that is the fashion.

I was seeing the children, we are now producing clothes for children, for example. The clothes are such horrible clothes. I mean, they call them...

[Shri Mataji asks someone in Hindi, "What do they call such clothes now-a-days?"]

... trendy, trendy clothes. Children wear trendy clothes. They have no respect, respect for themselves. They don't respect themselves. If you give them trendy clothes, you see, they become like brats, and then you say they are brats. You make them brats from very childhood. You want them to be brats, you see. So, the whole system changes. Children become so beautiful, so dignified.

Dress makes a person understand what his personality is, isn't it? If you are just sort of careless about everything, you are not bothered and the way - I have seen also children and even the grown-ups walk as if you see them, it doesn't matter how you walk, you throw your legs this side, hands like that. That shows the personality, that this personality has no sense of dignity - how it has to walk, how they have to talk or things. So the whole thing has come down.

Now, for example, English language now. I never studied English language but when I went to England, I was surprised the kind of English they are speaking. I mean, you don't know what sort of English they are speaking. And, really is impossible. At least, in Canada people speak better English, I tell you.

You'll have a language problem, really. Because they, even people from Cambridge, they have developed such funny, funny intonations and funny pronunciation that it's impossible to cope with them.

So this is what I'm trying to tell you: that once you get this balance, once you get this knowledge, you develop a balanced economy, you develop a balanced ecology, you develop everything in balance because all these imbalances have come through human beings. What is the source is a human being. You see, in the jungle if you go there's no imbalance. Only where human beings live there's imbalance. So once you get into balance, when you have more Sahaja Yogis, there will be more balance and you'll be surprised how things will work out. And, above all there is this Divine Power which is going to help you.

Now, what do you want again?

Question: Can we meditate now?

Now, I hope you are finished with your questions, because if you finish with questions it's better because this mind, you know, is a funny thing. Suddenly, you're meditating, suddenly a thing will come, "Oh, I should have asked this question to Mother!" But as she says it's true that even if I answer all your questions, it's a mental acrobat. I can answer all your questions very well. I am good at it, but it is not going to raise your Kundalini. So no question, is better that you just see that what happens because it's a happening within yourself. It takes you without thinking about it. It takes you beyond the state where you become thoughtlessly aware. You are aware but the thoughts absolutely subside. And then ultimately you feel a cool breeze coming out of your head and you feel cool breeze all around you. This is what has to happen. And I'm very happy that she has pointed out that they are all waiting for it. And, there's no end to these talks and things.

So, if you have any questions you may write to Me or you may give Me in writing, if you feel that it is such an important question. Then, of course, these people will definitely try to give you an answer for that.

Now, I have I think in thousands My lectures are there and the tapes are available. But we do not give people the lectures and the books and things because once it starts the mental activity they just run into that. So, first of all develop yourself internally into that abstract stage and then if you read, it has some meaning. Otherwise, there are people who know everything about Sahaja Yoga but they can't do anything about it.

Still there are two persons. Now these are the last two persons, all right? Now, what's it madam?

Question: When do you feel the throbbing feeling when the Kundalini rises, when pulsation is there?

You see, actually, Kundalini in this jet age has become like a jet Kundalini. She just rises, She doesn't give you much throbbing or anything - normally, normally I'm saying. But if you have some troubles, some diseases, something, some obstructions, then it does throb a little. But you can feel it nicely on your head the cool breeze coming out of your fontanel bone area, very nicely, you see it, you feel it. So it is the throbbing of the Kundalini and all that are just like some sort of an obstructions or say, short circuiting but that can be corrected very easily. So, it's like a very nicely built, very efficiently built aeroplane, has a very smooth landing, like that Kundalini rises very beautifully. And, this is the blessing of the modern times, I think, that the Kundalini works out that way.

There's one more, there was one gentleman.

Question: The question is that once the Kundalini is awoken he's read that Kundalini can be if uncontrolled, if you don't know how to control it, can it harm you?

You see, these books are written by people who have no idea of Kundalini. It's not like that. You see, this is just to sell something. It's marketing. Sell anything, any nonsense, there's nothing. She is your Mother. She is your individual Mother who's waiting to give you your second birth. Why will She trouble you? When you got your birth, your mother looked after everything, she, poor thing, went through all the labor pains and everything, she didn't allow you to suffer anything, she never wanted you to suffer. Did she? Then this is a pure Mother, your own individual Mother; She knows each and everything about you. It's all recorded in Her and She is not going to trouble you, and you are going to be controlled by Her in such a manner that She becomes your energy. She helps you. So, all these false ideas people have given, written books after books so that they can sell it.

I haven't written any books so far. You'll be surprised, I've not written any books so far. Twenty years have past, I've written no books whatsoever. People have written about Me, people have written about Sahaja Yoga, they have written all this, but I have not yet written. I'll be writing. I hope so I get some time to write. But you see, what is important is that whatever written can be all nonsense. They can write anything about anything. First of all, you should know what it is. And now I have been going to various places, I have not seen it misbehaving anywhere or doing any harm to anybody. Of course, sometimes you do feel little heat in the body, that's all. That's the thing you feel little heat on your hands, that's all. But it's so little that it's negligible. So, be confident.

First of all, before starting I have to tell you few things and one of them is that have faith in yourself. Have faith that you all are capable of getting your Self-realization. Please have that faith in yourself. You have faith in everything else but in yourself, that's wrong. Please have faith in yourself. That is first point.

Now there are two conditions we have to fulfill before we get our realization. First condition is I have already told you, that not to feel guilty, forget the past. Not to feel guilty is very important because when you feel guilty, then the center here on the left side catches, Vishuddhi as they call it, and it's the worst thing that can happen because this is the center when it catches you get spondylitis, you get angina, all kinds of trouble with this center. But the worst thing is that the Kundalini cannot rise above this center. So, not to feel guilty. I assure you that you have done nothing wrong.

You see, there are so many norms a society has created. Even if you put the fork on the other side you start thinking, "Oh God, what did I do?" You feel you are not sophisticated or you have done something like a murder. It's not that. It is just all these norms are artificially created, all these are artificial things. Somebody is very thin, he thinks, "Why should I be thin?" Somebody's fat, he says, "Why should I be fat?" But this is life's, whatever is there we have to accept our life as it is and there's nothing wrong in it. Nothing guilt. Whatever is there, whatever we have been doing, we have been doing as human beings.

So, first and foremost condition is - absolutely you cannot compromise on that - is that you are not to feel guilty at all. Immediately, you'll feel better.

All right, the second one is that you have to forgive everyone, forgive everyone because whether you forgive or you don't forgive,

you don't do anything. You are living with a myth, all the time thinking, "Oh, I have to forgive this person, I have to forgive that person." There's no need to think like that. You don't also have to think about any individual, just in general you have to say, "I forgive everyone of them." And, that clears out this center, very clearly, this is the center of Christ, this clears out, and it's very easy for Me because this is a very constricted, it's the gate to the limbic area so that gate has to be widened and it has to be opened out. And so, just forgive everyone. And, you know it is a myth. You are playing into the wrong hands. So, this is another condition, you have to just accept. Then it's easier for Me to work it out and easier for you to get it.

So, first is just don't feel guilty. If you don't forgive, you won't feel it. Then, you will come and say, "Mother, I didn't feel it." And then I'll have to say, "All right, forgive, forgive, forgive." And then you'll feel it. So, what's the use? Just better do what I've told you, is very simple thing, just forgive everyone in general.

Then there are certain simple things: that we have to take help of the Mother Earth. Now those who are sitting in the ground are the best placed, that's all right, they can just take out their shoes, so they're not, it's better that their feet are a little open out. And, all of you should have to take your feet out, it helps a lot.

Those who are sitting, should sit more cross-legged it's better, better to sit cross legged. It's hardly will take any time and is ... you don't have to fight with your thoughts, you don't have to stop your thoughts, nothing, it just works automatically. I would say, like your attention is like this saree. Now, the Kundalini rises like this, goes up and She pushes all your attention inside automatically and then when it pierces through here, then the grace starts falling on your attention, on your sympathetic nervous system and it soothes down. Then, your centers open more and more threads of Kundalini rise. So, this is what is today's modern Sahaja Yoga, which somehow or other I've managed to discover, that let few threads of Kundalini rise to begin with so that you open your chakras gradually, and then more and more. And then one day I find you all have become great gurus, great personalities. So, may God bless you all!

So, let us now with all respect to ourselves, with all love for ourselves, we have to have complete faith in ourselves, complete faith. Have complete self confidence. Now please put both your hands like this. It's important to understand that these five, six and seven are the sympathetic nervous system endings and this side also are, these are sympathetic nervous system endings and they are the ones who are expressing the centers within ourselves. Like this, left and right meet and make one center. So, is very important that you, we have to put both the hands like this to begin with.

You can, now somebody will show you how we are going to nourish our centers. The left side represents our desire, not the pure desire, but our desire. And the right side represents our action, power of action. So, we will be using our power of action to nourish our centers, while the left hand will be all the time towards Myself. Before closing your eyes, you can also take out your spectacles because this helps eyesight also. So before, not now, just now when I tell to, because just now I'll show you how to do it and then we'll close our eyes. So somebody will show you.

First of all, you put your left hand toward Me like this. Of course, those who don't want to do it, should go because it is proper not to disturb others. You see, nobody should, those who do not want to do should try to do it because it's not proper and should not disturb others in between to get up and walk out.

So, now please put your left hand towards Me like this. And, with the right hand we nourish our centers. So, first we put it on our heart. In the heart, resides the Spirit, is reflected in the Spirit. Spirit is the reflection of God Almighty and Kundalini is the reflection of the primordial power, His desire which we call as Adi Shakti or we call it as Holy Ghost. These two have to meet, and the seat of the Spirit is on the fontanel bone area here, seat of the Spirit is here, but it resides in our heart.

Now, so first we put our right hand on our heart and then we put our right hand in the upper portion of our abdomen where is the center of our mastery. This is created by all the great masters like Abraham, Moses, Lao Tse, so many of them who were real masters. They have created this. Like Guru Nanaka, Janaka, all these people have created this great center within us.

Then we take down our hand in the lower portion of our abdomen on the left hand side. This is the center of pure knowledge,

pure knowledge that is the one which gives us the awareness on our central nervous system. It manifests a new dimension in our awareness on our central nervous system which is called in Sanskrit as bodh, bodh from where the word Buddha has come, or we can say it manifests in the word, vidh. Vidh is from where Vedas have come. That you feel the divine power on your central nervous system, you feel the truth on your central nervous system because whatever we have gained in our evolution, you feel it on our central nervous system. That is what is "to know." Knowledge is not mental. It is in our evolutionary process to know on your central nervous system like hot and cold. So now, this is the center which manifests that pure knowledge.

So, now we take our hand again upward and put it on the center of mastery which is on the left hand side in the upper part of our abdomen. Then we take our hand onto our heart, and here we know that Spirit resides here. Then we take our hand in the corner of our neck and our shoulder here and put it back as far as possible and turn our head to our right, we turn our head to our right. This is the center which as I have told you is always in trouble when we feel guilty and today also I feel it's quite a lot among the people who are here.

So, now please remember not to feel guilty at all. Turn your head to your right and just not to feel guilty, is very important. Now then we put our hand across like this on our forehead and pressing on both the temples with our small finger and our thumb on another side we put all the other fingers on the head and put down our head like this. This is the center, this is the center for forgiving others. Forgive everyone. Now, we take back this hand on the back side of our head on the optic lobe here, on the back side of our head and push back our head as far back as possible resting on our hand, and here is the center without feeling guilty, without counting any mistakes, just for your satisfaction to ask for forgiveness from the divine power.

Now, then we stretch our hand, stretch our hand and the center of our palm, we put it on the fontanel bone area which was the soft bone in our childhood. Now we put down your head, put down our head and press this area nicely by pushing our fingers outward. This is very important thing to do is to push back your fingers outward so there's nice pressure on your fontanel bone area. Now here is the limbic area, the opening of the limbic area is the fontanel bone area. So now what we do is to now slowly move our hand clockwise pressing the scalp, move the scalp, clockwise, seven times. Push down your head, it's better, then you can do it better, move it seven times clockwise.

Now, I think everything was done all right but we didn't push back the fingers nicely and the pressure was less but doesn't matter. Now, so, you have been already told what is to be done. Now please, again see that you put both your feet away from each other because they are two different powers. Put your left hand towards Me, put your right hand on your head. No, not like that, you can sit, I mean you can sit cross legged, cross legged is better, it's all right, for sitting down this cross legged is better. I am just telling for people who are sitting on the chairs. Just imagine people getting realization sitting on the chairs. Is something great, isn't it? Otherwise, we had to go to Himalayas and starve for so many days, work so hard, stand on your heads and still come back empty handed. You are specially blessed to be born in this era.

All right, so now we put our left hand towards Me, and right hand on the heart and now we close our eyes. We don't open our eyes till I tell you. Please keep your eyes shut till I tell you. Now, the whole thing works like a divine computer, so you have to ask a question. You can call Me Mother or you can call Me Shri Mataji, whatever you like. Now, put your right hand on your heart and left hand towards Me all the time. And, now sit comfortably, not bending too much nor in a stretched manner but in a comfortable, straight way. Here now you ask a question three times, "Mother, am I the Spirit?" This is the truth about you that you are the Spirit. So now ask the question three times in your heart, "Mother, am I the Spirit?"

Now, if you are the Spirit, then you are your master. So, now take your right hand in the upper portion of your abdomen and ask a question, "Mother, am I my own master?" Ask this question three times.

Now I have to tell you that I cannot force pure knowledge on you. You have to ask for it. So, now please take your hand in the lower portion of your abdomen on the left hand side. Here you have to say six times, because this center has got six petals. So, please say, "Mother, please give me pure knowledge." Say this six times because I cannot force on you. You have to ask in your freedom. I respect it.

As soon as you ask for pure knowledge, the Kundalini starts rising, so we have to nourish the upper centers so that it's easy for Her to rise. So, now take your right hand in the upper portion of your abdomen on the left hand side, press it hard. Here, you have to say with full confidence ten times, "Mother, I am my own master." Say it with full confidence in yourself, ten times, "Mother, I am my own master."

Now, raise your right hand on your heart. I have already told you that Spirit resides in your heart, so now here you say with full confidence, twelve times, "Mother, I am the Spirit."

We have to know this all-pervading power which has created us, which is nourishing us, which is looking after us, which organizes us and which loves us, is the ocean of knowledge and compassion. But above all, it is the ocean of forgiveness, and we cannot commit any mistakes that cannot be dissolved by the power of this ocean of forgiveness. So, now please raise your hand in the corner of your neck and your shoulder and push it back as far as possible on the spinal cord and turn your head to right. And here, with full confidence, please say sixteen times, "Mother, I am not guilty at all." Please say it sixteen times from your heart, please say it.

I have already told you that whether you forgive or don't forgive, you do not do anything, it's a myth. But, if you don't forgive then you play into wrong hands and torture yourself for nothing at all. So, now please raise your right hand on your forehead across pressing both the temples with your small finger and your thumb and putting all the three fingers on top of your head. And now, put it down your head properly, press it hard on both the sides. And here you have to say from your heart, not how many times, "Mother, I forgive everyone." From your heart, please say, "Mother, I forgive everyone." Please do not say that it is difficult. It's the easiest thing to say. Put down your head properly, press it hard and say it from your heart.

Now, without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from the Divine Power. So, now take your right hand on the back side of your head and push back your head as far as possible, on the hand balancing. Now here, you have to say again from your heart, now how many times, "Oh Divine Power, if I have done anything wrong knowingly or unknowingly, please forgive me." This is to be said for your own satisfaction. Push back your head as much as possible.

Now, the last center which is most important: stretch your palm as far as possible, put it on, put the center of your palm on top of the fontanel bone area which was the soft bone in your childhood. Now put down your head as much as you can, please put it down. Now, stretch your fingers. Please stretch them properly and put a nice pressure on your fontanel bone area. Here, again I respect your freedom and I cannot force Self-realization on you. You have to ask for it. So, now please move your scalp, slowly, seven times, clockwise, saying, "Mother, please give me my Self-realization."

[Mother blows in the microphone seven times.]

Now, please take down your hands, both the hands, and please place them towards Me and gradually open your eyes. Now, watch Me without thinking. Now, please put your left hand towards Me. Bend your head and see for yourself if there's a cool breeze coming out of your head. Please see with your right hand. Some people get it very close and some far away but don't put your hand on top of your head. Just see for yourself if there's a cool breeze coming out of your head.

Now, please put your right hand towards Me and bend your head again and see for yourself if there's a cool breeze coming out of your head. Some people get it quite far away. Please put again your left hand towards Me and see for yourself again if there's a cool breeze coming out of your head. Now raise both your hands towards the sky like this, push back your head and ask a question, "Mother, is this the cool breeze of the Holy Ghost?" or "Mother, is this the all-pervading power of God's love?" or "Mother, is this the Paramachaitanya?" Any one of these question you ask three times.

Now, put your hands down. You feel very relaxed and there's won't be any thoughts. You can watch Me without thinking. All those who have felt cool or hot breeze on their hands, on their fingertips or out of their head, please raise both your hands. That's

it. May God bless you. [Applause]

I am here only for tonight and I would like to meet you all if you want to meet Me, I would like to shake hands with you. Thank you. [Applause]

[While walking towards the car] Now you have to look after the new people, all of you have to look after the new people with care, with understanding. And, best of luck to all of you. It's a very delicate work. Whatever impression they get from you, that is going to work out. They must feel that "these people are very loving and kind" and you don't disappoint them too much. You must show your own discipline.

[Shri Mataji talks to individual yogis]

It's with very difficulty that we are building up Sahaja Yoga and Sahaja Yogis should not break it at least but they can build it up themselves such a lot. So, we have to be like them, compete with people who have done something for Sahaja Yoga, compete with them and not with them who are trying to destroy Sahaja Yoga. It's so important. One has to play one's own role.

[Shri Mataji talks to individual yogis]

1990-0817, Pre-Shri Krishna Puja Talk and 2nd Evening Talk

View [online](#).

17 August 1990

Talk to Sahaja Yogis

Hallowtree Scout Campsite, Ipswich (England)

Talk Language: English | Transcript (English) – Draft

On the day of Sri Krishna Puja, I'm going to tell you about Sri Krishna. But before that, we should know how the whole thing evolved from Sri Vishnu's evolutionary process. So, as you know there were ten Avatars, ten incarnations of Sri Vishnu. Now Vishnu is the one which grows to be the Virat, to be the macrocosm as they call it, and this Vishnu principle is very well established within us. As a result of that only, we also seek and we seek money, power, love, families, children, all kinds of things we seek. That is only through- because of the Vishnu principle within us. But the biggest thing about the Vishnu principle is that it gave us evolution by which we evolve. Also, we evolved in the social structure, the political structure, the economic structure. We also evolved. India, I mean, I would say, India was once upon a time, you see, a slave country. Then democracy came in, and the English had to give up India, because they learned that if they have to make a majority rule in India, then there are more Indians than English. So they had to give up in any case. So, wisdom came over and they gave up, you see.

So, what happens, that we learned gradually when we start facing the problems that we ourselves have created. When we start seeing what are the problems are, then we get that wisdom within us. And this is the greatest gift, that we achieve, I think, on our central nervous system, the evolutionary process creates the wisdom. While the animals, they have their everything built in within them, they are "pashu", they are under the control of the God's wish, we can say, or under the control of the All-pervading Power, the Paramchaitanya. They don't have their separate identity as such, or individuality to think that this is wisdom, this is not wisdom. They have no idea of wisdom.

But it's the human beings who have this great gift that they develop wisdom. And the countries which have been very ancient developed this wisdom, much more, because of trial and error, you see. They used to try something and it would recoil on them, and then they would find out that this was the reason. So there have been lots of souls searching among all these countries, especially Russia. I was surprised, and if you read their books there is nothing but the soul searching of people. Like that, they evolved and became to a state.

Now today is the way the war is we see that so many countries have joined together to fight this mad man. So, it was not so at the time of Hitler. There were people who joined him. Some joined the other side so we had two types of people, and it was divided, and after that also this division was there. But today, it's very different, that so many countries have joined, and so many Muslim countries have also joined hands to fight this. So, the circumstances are created, of course, by our own mistakes and by our own creations, but also by Paramchaitanya. It creates the circumstance, and then when you start seeing it clearly that this is what we have done wrong, and that's why we are punished, then you change and then you start taking another view. So the wisdom is the kind of a light that comes in our understanding.

But as human beings have evolved, even the deities have evolved themselves accordingly. So it was a fish, and then a tortoise and like that, it went on, till we come to the stage of Vamana Avatara where it was a small man, then a big man, a tall big man, a Greek, who we call as Zeus, Parashurama. And then came Sri Ram. Sri Rama was the one who was wise, extremely wise, cautious, careful, a very formal, beautiful person and he had forgotten that he was the incarnation of Vishnu. He was made to forget that he was an incarnation. But he knew about his powers, but he did not know that he was an incarnation of Vishnu. But he knew he had all the powers and he could do all these things, that he knew. So, the - because he was to become a Maryada Puroshottama means he had to become a man who was observing all the maryadas, all the boundaries of dharma, and that he had to be the best person.

Now this is a contradictory things, because the person who is successful in the world today, in this Kali Yuga, what we find is a man who has no maryadas of any kind, he behaves in such a manner, very atrocious manner, and in a very funny way that just before coming, you see, all kinds of abuses they were hurling at the Saddam, and King Hussein like that, and so many things they were saying.

So, you are surprised how these people become so important, at the helm of affairs and this and that. That also comes from human error because human beings, you see, start liking such people. Then there are people who are sadists and there are people who are masochists. So, the masochist people start feeling, "Oh, look at that", intimidated, and then they start adoring such people. "Look at him, how powerful he is!" So they are impressed by their physical power. And by that power then you become a country which is a slave under some sort of a despot or some sort of a horrible king.

Then something happens, and people realize that this was wrong. We should not have neglected at the time of Hitler. Now, Germans were saying that it was a political mistake, and they started understanding that what Hitler has done is wrong. So this kind of a wisdom then comes up because of these incidents and things.

And now in my lecture, which I've sent to Australia, I had said very clearly that now the political problems are not there so much as there are the fundamentalists who are going to give problems to the world, and that's what has happened. This fundamentalism has entered into politics. And now, by this happening, whatever is going to be the outcome of it. Definitely, fundamentalism is going to be stopped by people, because there is such a fear that people from Algeria told me, people from Istanbul, they informed me that, "Mother, please stop this fundamentalism". But this is not only among Muslims. It is everywhere. Every religious, so-called, people are fundamentalists. What is the reason for that? The reason is this, that it is not based on truth. Whatever does not have the base of the truth falls off, to some side. So either it will fall off to the right or to the left. And when it falls off to the right then they become fundamentalists. When it falls out to the left they start becoming sort of, they start committing suicides, and doing all kinds of things. So this fundamentalism is basically there because the religions are not based on the truth. Truth is what it was propounded.

Like the other day in the interview in Toronto, the lady interviewer asked me: "What do you think about caste system in India?". She thought it was a Hindu sort of a thing. So I told her it's not, and then she asked me, "Mother, what do you think of caste?". I said: "It's horrible, it's a curse". So she said: "Then, why do they have caste?". I said: "I'll tell you what, in the beginning, there was no caste system according to the birth but according to the work you did". Because Sri Rama's life was written, well written, written by a dacoit who became Valmiki, a Saint, and he wrote. But he was a fisherman, he was not a Brahmin. So a fisherman became a Brahmin when he got his Realization. And the second one was the person who wrote Gita, was Vyasa. Vyasa was an illegitimate child of a fisherwoman. So how could an illegitimate child of a fisherwoman, could become so capable as to write the Gita? But in the Gita they have put wrong things. In the Gita they have put that caste is according to your post-natal personality, means after your birth. So, they changed it, definitely, but the point is, how they have changed? Because the one who was written was not like that. Then I said, they all try to do something against their own religion. That's the best part of it.

I said: "Now see Christianity. Christ has said that thou shalt not have adulterous eyes. In the Ten Commandments it is: 'Thou shalt not commit adultery'. So, what he said that, a very subtle thing. He said, "Thou shalt not have adulterous eyes". Because he is on Agnya Chakra so he has to talk of the eyes. And I said, asked her, "Can you show me Christians who do not have adulterous eyes in the west? Please show me." [Shri Mataji laughs] She did not know how to answer. She was nonplussed, and she wanted to have me only for ten minutes. She was thinking it's some sort of a Hindu jargon, and then she kept me for forty-five minutes and she was not going to end it. I gave her Realization also. [Big laughs] But all this is what I'm saying, is learning through experience, through experience.

Now in Sahaja Yoga, we have got, we had the experience, definitely. We had the experience of the Divine. Then we had the experience of joy. Then, we had the experience of leading a very beautiful, collective life, and we really feel we are of one family, born of one Mother, one common Mother. We are altogether as one. We do know that, and we feel that way, and we feel very confident about it.

Then we have had many other things which no other Incarnation could do, was, one of them, I've really outlasted all of them. They all died by the time they're forty years of age. Nobody wanted to exist, you see. They thought: "Have enough of it." [Shri Mataji laughs] Now: "You better look after Mother. It's beyond us. We are going." So they all disappeared very soon. [Big laughs] Even a person like Gyaneshwara. He took a Samadhi at the age of twenty-three years. Can you imagine? He said, "Had enough of it". With these human beings, nobody can work out. Christ got Himself crucified, Mohammed Sahib got his poisoning, and he too was not very old when he died. He was, they say so, that he was not more than forty-five years of age when he died. So, if that is the situation and that is the position of an incarnation that as soon as he sees the world he tries to bundle up himself and is about to depart, then I think I have been very brave. I'm still continuing. [Big applause]

And the responsibility is also of a different nature. They didn't have to give Realization to anybody. Just to give speech, that's all. It's very easy to give the speech and then get out of this world. [Big laughs] That's all they did. Nowhere it is written that they gave Realization to anybody or they did anything for anyone, like that. Now, what I find that our canvas is very big. First of all, we have so many countries who are involved with Sahaja Yoga and who are working it out for themselves. Now, the first canvas we have is that we have people of all types, of all nature, of all levels, with all kinds of conditionings and egos, and, I mean, it's, every time I find a new variety, see this, then I start wondering, "Now what is this?". [Big laughs]

Sometimes, I go off to sleep when they, it's so boring, that you don't know what to do. Situation is sometimes so much beyond my understanding. So, I just give up. But, on the whole, on the whole, I must say we have done well. And now we have so many countries with us. We have all the Eastern blocs and Bloc people and also the Russians, we have, and we have really so many people. I never expected to get them Realized, because with other gurus it is very simple. Even with other incarnations, who were really true people, and they did everything that was truthful and good, they didn't have the responsibility of the Sahaja Yogis with them or anything that they taught. Nobody bothered. They had to leave their families, children, everything behind, and they had to get to work. Even Shankaracharya had his disciples. He told them: "You all take sanyasas. You can't have your families on my head. Better get rid of them and come". Even Christ disciples, the same thing. I mean, you take anyone, Buddha, Mahavira, they all had to become sanyasins. They did not want to carry the families and their loads and things, and their wives and children, and their servants and all sorts of things, never.

Now, that cannot be done in Sahaja Yoga. First thing is that we want to show that human beings can get self Realization when they are living in this world. They don't have to give up everything, take only two clothes, and go to Himalayas, and live there and then get their Realization, settle down there only and one day finish off there. They have to live in this world, they have to work in this world, they have to establish their Sahaja Yoga and they have to grow in this world. This is a very difficult thing. But we managed, and we managed this by one simple thing, and that simple thing is compassion. Without compassion, it could not have worked out. Whatever you may try, whatever discipline you might put, whatever regimentation you do, it would all fail. It's the compassion, and compassion which is enlightened by wisdom.

So, in the evolutionary process as we are today, we have to weigh how much compassion we have in ourselves, not for only our family, our relations, our country, but for the whole world. How much compassion we have within ourselves. Secondly, we should also know that all other people who came on this earth didn't give any positive proof of their Divinity. Nobody did. But you have got the proof of My Divinity, and your divinity and of this All-pervading Power. Not only that, but you have seen the photographs and you have seen how things are, have been, and have been working out in the abstract world that photographs and the cameras are catching, which you don't see with your eyes, but it is happening here.

And recently there was a photograph. I hope they are going to bring some copies of that. Actually, Sri Ganesha is projected out of me and is actually Sri Ganesh, actually. You may see Christ also one day. So many people, they saw in one of the photographs there is Christ here. It is very small, but it's there. So, I mean, you may see all of them one day, but despite that, the evolutionary process has to work out within us, and that is that it should become a part and parcel of our faith. It is not a faith which is blind, but faith like as you see the flowers here, like that, it is. And still you don't want to believe there are no flowers, then we would say that. You are taking a sort of a pretension that you are mad, but you are not.

So, now the main problem we have is, how to imbibe this within our personality, how to know within our personality, that we are facing this kind of an incarnation, that we are born in such and such era, which is very important, absolutely. It is a very special times that we are here, and that we have risen very high through our evolutionary process, which was sort of accelerated by the Kundalini awakening, and we are residing in the space now beyond time and beyond sin.

So, still we are not assuming our positions, that's what I feel. We must assume our position. And though I look so simple, maybe, and I talk to you in a very simple manner, there should be no awe about it. I don't want that awe about me, but to be aware that you have got that within yourself. You are that special personality who God has given all these gifts. Of course, Divine gifts cannot be given with money, as you know, cannot be given with anything else. But it is the compassion of the Divine that has given you this gift, but thinking, judging you to be capable of doing something great, that you will work out the plans of the Divine.

That's why this power is given to you.

So, in the evolutionary process, when Sri Rama worked out as a human being, who was full of wisdom, and was the benevolent king as described by Socrates to show how the king should be, all those things he worked out in his lifetime, but still one more evolution was needed in him. And that was, is the, they say, the Sampurna, is the complete incarnation of Vishnu, came in as Sri Krishna.

So the, what is the complete form of Sri Krishna? Is that he said that the whole world is a play, that you don't have to take things seriously. But first, we Sahaja Yogis should know that first you have to be Rama. Even Vishnu had to become Rama first. He couldn't just become Sri Krishna, saying that it's all a play. So for us, it's still that state of Rama is there, and he had to go through lot of sacrifices, through lot of sufferings, lot of insults, and to such an extent that he had to give up his wife and after that they never met because she also disappeared after that. So, the whole life of Sri Rama is before us. He had to go through that penance. Sri Vishnu had to go through that penance. I'm not saying that Sahaja Yogis have to do it because you are given your birth beyond the Sahasrara, so you don't have to go like Rama, you don't have to worry about all these things through which Christ had to go, after Sri Krishna's incarnation also. Christ had to do the tapasya, complete penance, and all that he had to do. That's how he works. But you are beyond that.

So, you are blessed by everything. You are blessed by family, blessed by all kinds of comforts, jobs, money, whatever you say, you are blessed. But these can be temptations also, and when these temptations come in your mind, fall into a trap of temptations.

So, one should understand that if you have to be Sri Krishna, then it's not only fun, it's not only enjoyment. To say that Sri Krishna established the Leela, but first if you remember his life, how he was born, his parents were arrested, then how he was taken to Golpur, from there how he killed so many rakshasas who came to kill him, and how he went back to kill Kamsa, and after that he said, "It's a Leela". So like that we too have this problem within ourselves that we have to first of all kill the Kamsa within us. We have to kill the other rakshasas within us. We have to do all these things, and then we can say, "It's a Leela". So he [unclear: may be had or has] a double life. One side with the Gopis he was playing Leela and also with the Gopas he was playing Leela. Like there was a rain one day that Indra got jealous of him and he wanted to destroy all of them with rain because they were all looking after their cows in the fields, and it started raining very, very heavily, and they thought that they would be all finished. Suddenly, Sri Krishna lifted a mountain, and under the mountain these all Gopis stood. They were hardly from about, at the most, from about sixteen years of age and they also put their little sticks to show that they are also helping Sri Krishna.

So that is how it was done to show how everything is a play, in one side of the life when he was a child, and then again he showed that how he had to fight the rakshasas on the other side. That he did on his own. He worked it out on his own, and he never bothered others, the Gopis and all of them. Even he had to fight the Kaliya, the great serpent. He also did that. But as far as his friends were concerned, he was playing ball with them, and when the ball fell down, then he went and fought Kaliya.

So, Sri Krishna, of course, was fully aware of himself, that he was the full incarnation of Sri Vishnu and that he had reached the highest point and he has to establish the Leela concept and that's how the Leela started. In the same way for Sahaja Yogis, it has becoming a Leela. So, at one side it is a Leela, but on the other side we have to know that we have a responsibility. We have to work out Sahaja Yoga.

First of all, the Sahaja Yoga must be worked out on yourself. The one who doesn't feel happy in Sahaja Yoga must know that there's something wrong. You have to feel joyous and happy. If you don't feel happy, if you cannot laugh out, then there's something wrong with you and that should be corrected. First sign of a Sahaja Yogi, that he has glow on his face and that he is always joyous and happy. So, this is one point we have to remember,, that we have to be joyous people, happy people. At the same time we should be responsible. For example, what I always hear from the leaders that there are five per cent people who take up responsibilities and all the rest are just there doing nothing. Now it has increased, five to ten per cent has come, now it is coming to twenty per cent, but all of you should, because that's the only way you can ascend, not by just enjoyment, by calling it a Leela and all that, but by really working out Sahaja Yoga upon yourself and upon other people.

So, we have to work out first of all upon ourselves to find out what's wrong with us. There has to be a soul search and many people just put a big curtain on it and just don't want to see, it's all right. Of course, I don't say you write to me long letters of confessions, it doesn't mean that, but you see for yourself, "Why? Why am I doing that? What was the need for me to do that? Why didn't I take it up like that?" Oh, small, small things. We are very sometimes very petty minded. Like I heard from somebody that somebody didn't get a present. I mean, there are so many people here, and if somebody doesn't get a present, I mean, it is quite possible. I mean, if everybody gets a present, I would say it's a miracle. (Laughs) I would call it a miracle. Even the Divine can't promise that. So it's beyond the Divine, something great, that everybody gets a present. So then to complain that, "I didn't get a present, so I'm not going to do this". Is a present, is a token, nothing more. It's just a token, and is given to you just with vibrations, and things, but if you don't get it, that doesn't mean in any way that you are discarded or you are being ill-treated or somebody wants to insult you. That's not the point. But from this base level we have to come up. I mean, there are people of that level also that they say things of such a base level things, very low level things.

Now, this level varies in different people, so what we look into normally was, as I told you before also, it is easy to be bad than to be good because we have to work hard for that. So, we see somebody who is at a baser level and then we start following that person instead of following somebody who is higher than us. Because you are supposed to be My followers. Supposed to be. May I, you know you are My followers, but if you are My followers, then you have to look up. How can you go to baser things and to cheap things like that? I have seen things which are so stupid.

So, to understand, first of all, the expanse of Sahaja Yoga, to get the whole view, vision, it's beyond the horizon, so great, and you are working it out. You have got the powers to do it. You are especially chosen for it. I mean, imagine, you should visualise yourself also, what you are, and that once you understand what you are, and relate yourself to the great vision, then I don't have to say anything because then you just say, "Mother, you are doing everything. We don't do anything. It's all working out." You just don't say it with your mouth, but in your heart, you feel that way. "Yes, Mother, it's you who is doing it". And then you go on enjoying. Every time you do something, you enjoy and enjoy. If you think you are doing some work for Sahaja Yoga, then give it up, absolutely give it up. But if you think, "I am just doing it because I enjoy it. I am not doing it. Mother is doing it", once such a feeling come in, then you understand that the wisdom has come in, and this wisdom is the one that is really going to give you the light, and in that wisdom, then you will understand that what is the Leela, and how we have to enjoy ourselves. We have to know that's the Leela, and we have to also know that it is the work of the Divine for which we are chosen and that we have to work it out.

So, Sri Krishna never said, "Don't do karmas". He said Karma nivadhikarastam. You have the right to do the karmas but not the right to think of the fruits. But he said you have to work. When first I came to England I met some Sahaja Yogis and one of them very sensibly said to me, in his own wisdom, that, "Thank God, now after great efforts I have become unemployed." I could not understand this, I mean to become unemployed, that he was so very happy that he's unemployed. (Laughs) So, now, this kind of attitude has to be given up, that we are unemployed. Very good, we are unemployed, we don't have to do work.

Because the quality of life, according to the western standards, is so funny. The amount of money you can spend on cruising. I have seen in Switzerland people just standing on those little... I don't know what you call them ... rafts, on the water.. For hours together. What do you call them? Surf, surf? No, no, no, surfing. No, it was not going round, it was just stationary in one place, they were balancing, just holding on some ropes, standing there, like the [unclear: may be danoodaras]. (Laughs) I said, "How long?" "Oh, they'll go on, three or four hours, five hours". They'll be tired? What are they doing there? Meditating, I believe. I mean, then, spending time over Grand Prix, you see standing there, and enjoying how many people are killed. Oh, killed nicely. See this is, all kinds of funny ideas. Then, how many holidays you have been to. These are all entrepreneurs who are befooling us, we should know. And the sign of the thing, your skin should become yellow or, no, brown, should become brown and they [unclear] such stupid things, I tell you. Such stupid things these are.

Then, you go to the hairdresser and they make your hair dressed with a pokey thing and spend fifty pounds for that. This is a quality of life. Nowadays, there's a new fashion I've seen, is all of them, ladies, are having their hair here. So, C.P.'s a simple man,

you know. He was watching the television. He said, "These days, what is happening to them in the forehead?" I said, "Why?" He said, "Their hair do not grow here at all." (Laughs) I told him, "No, no, no, no, no, it is deliberately cut." "But why?" I said, "There's no answer for why". [unclear] "Why they do stupid things?" You know, and everybody, you see, all ladies on the television were talking about news or anything, all of them have hair like this. Tomorrow, I don't know, they might have it from here. I don't know. All these ridiculous ideas, you see. How people accept so easily, I just don't know. Any ridiculous idea, you put it, that immediately they accept. It is a sign that there's no wisdom, there's no wisdom, and that's what I feel that in the west we must develop our wisdom, which is really missing somehow. Wisdom is missing, because how can you be fooled by these things?

Now these tight pants started once and I remember I was waiting in Oxford Street and one girl with such a tight pant, couldn't raise her foot up to the bus. So, actually, they pushed her up. It's terrible, I thought. What a tight pant! And then they develop varicose veins. And then in England to have holes in their pants, to call it "holy pant". Imagine! So, this is the quality of life. "How long have you been?" "Oh, I've been to a holiday", they tell you, as if, as the Indians are, you see, they might boast about, maybe in Bengal, they do boast that today I ate some nice fish or something, but this is stupidity. It is a joyless pursuit. At least you eat something, you eat it, you see, taste it at least in the mouth but this kind of thing that we do, this bouffant, and this, that.

Then the men are, another stupid things, men do. Nowadays, you see, some people went to buy bangles, big size, I said, "Bring it for the foreigners because they do not have hands like ours, so they need bigger ones". So, they came back empty handed. I said, "What's the matter? I told you to bring this thing. I telephoned to you". "Mother, we went to buy, but they said they're all going to America because now the American young people, boys, want to wear bangles. Boys." In India, if you want to insult anyone, back in 1942 we took, the women, took a very special courage to fight the British, you see. We were women, and the boys were saying, "Now, don't do, don't do that." So we had taken bangles and we said, "All right, take bangles. You wear the bangles and we'll do the work", and that was the greatest insult for them. So here, the bangles are sent to them. They are putting these, these in one, one kind, one, they're the one. So, I mean, I don't know, what's the matter. This is idiotic, absolutely idiotic to behave like this. So all the bangles from India are now going to America and all the men are going to come with the bangles in their hands. Instead of having swords, now they are having bangles. Just laugh at these nonsensical things there. The quality of life that they call it. What is the quality in this? See, such pretentious, such artificial ideas about things that if you do like this, then you are all right. If you don't do like that, then you are... All these are very pretentious, unsymbolic, has no, no meaning to it, nothing. And we are all drawn into it all the time.

So, Sahaja Yogis have to know we are wise people, we are not stupid, we are not idiotic, and we are not going to take idiotic methods and idiotic ways. So now, if you go higher than this kind of stupidity.

Now, the another great ideas about quality of life is, how many times you are divorced. They really boast of it. I mean, it's so shameful. We went one day to see one house. Just for a short time we needed a place. So the owner of that place was staying upstairs. He came down and winked at me like this. "Why", I was wondering, "what's the matter with this fellow?" Then he sat down and he started telling Mr Srivastava, of course he had all the exaggerated courtesies and all that, "Sir, see now, this is my house. You will enjoy it, and, I'm divorced, I know. I'm divorced twice but I have a woman now with me and she can look after you very well". C.P. immediately got up and he said, "Let's go."

So, this is quality of life. How many times you are divorced, how many women you have, how many women you run after, I mean, this is ... There is no word in English for such a, they call it, womaniser, but we have very derogatory description of them, there . I mean, to run after women is something so low. The other way round, where the women run after men, this is the quality of life, is prostitution. So we have to see that these norms do not apply to us at all. If we have to take out of our countries, our people, that we have to have a much higher value system of all, and we should rise above all these things.

So now, from this level if you know that you go another level of people who are very particular about their dress, about their spoon and forks and things, I mean, what I call the table culture. But I was surprised that the French have their own style, the English have their own style. The French put the fork like this and the English put like this. Thank God the nose and all these things are fixed, otherwise, ...(Laughs) That's a good thing God did. He glued us down. (Laughs) And on that there's a big quarrel and a big fight. So the level of table manners and table things and then what you eat and what I eat and sit down for hours

together to decide what you are going to eat. This has ruined our attention completely. So what I'm trying to describe to you how our attention has become so weak that we cannot bear spirituality. These stupid kind of ideas we..., pretentious, artificial, not related to reality at all. So they come up, then it's all right then, these table manners, then bathrooms.

So, another is bathrooms, another big place for the modern people. Now, I won't be surprised that they'll have bathroom for people to come and sit down like Turkish baths and the drawing rooms will be on the back side of the house. May not be drawing rooms. What is the need? We can have a bath, sit down there in the bathroom nicely talking to each others. Very good idea.

There was a crazy fellow who went from here, inspired by Pierre Cardin, can you imagine, who started a movement in India, and wanted to have a discotheque or something and he used the bathroom seats for the chairs. Imagine! So this sort of a thing, you see, "Oh, novel idea. What a novel idea it is." You see, so this is the kind of a level our attentions goes and we start seeing these things. "Oh, what a novel idea he's got". There will be no good invention in this kind of thing. Maybe people are trying to please you by this kind of a stupidity, that kind of a stupidity, do this, do that.

Like one day in India we found that all the baskets that are sold in the market are missing. So, we said, "What has happened? Where are the market baskets gone?". So they said, "They have gone to America. America is the best on all these things." So, it has gone to America. And, for what? He said, "No, they have taken a fancy. They want to make big hats with it". Baskets with the hats? Yes! And when I went to America I saw them sitting with it. I was surprised and they had put grass on it. With the grass on it they were sitting, you see. I looked at them and said, "What's this?" They said, you know, "This is, this is being, very, we are now with the nature".

I said, "How?" He said, "See, now, is a natural thing, hand made. And the grass is God made, or hand made". He said, "See, we put the grass on this and this". - I thought that some birds would come and pick it up and make, make it into a nest for themselves, or in the night you might find if you put the hat one side it's, there is a little bird and then little, little birdies saying something. See? This is, this sounds so idiotic to you, but is done as a craze, you see, and a craze is a good word to suggest. It's a craze, you see, it's madness. But they do it, and that's how our attention is ruined all the time, all the time.

So we go to a higher level, you see. We start anti-culture business. No, this is not good. This is not this. So, the other day, walking in America I was surprised. Most of them had their pants all torn, especially in this part near the groins. They were all torn. Such big, big openings. I was wondering, "What's the matter with these people?" And they were specially made. It's called stone washed, this washed, but cut, absolutely cut like that. Imagine! Worse than beggars. I mean, if you do not have respect for yourself, do not wear proper dress, means you have no respect. And, where is your attention? It's making yourself ridiculous.

Then we went to a shop to buy something for the children and they were all trendy clothes. Nothing classical, nothing beautiful. All trendy, horrible dresses. Then I was wondering where they must have discovered these dresses and I was meditating and I found out these are the dresses worn by some people, long, long time back in very primitive stages, and that must be coming to them through their subconscious area. Very primitive when they were, they had no clothes properly done since they used to wear this kind of trendy nonsensical dresses. And that's what is coming to them and that's what they are producing. And then I just thought of Jung who said that they worship some sort of funny people in Switzerland, some sort of funny images in Switzerland, and he said that these images come from the subconscious, and that's what they are worshipping as something like gods, because they have not seen gods. So this is another level of things where people come in where they start wasting their energy on the subconscious level and try to become more subconscious and try to work it out.

So, then, comes another type of funny evolution where people think, "Now this is a UP business". So they have no jobs, nothing. They just wear striped coats and pants, nothing else. You see, they are just ordinary people, have a small little briefcase with them. They walk like this and this. So you ask them, "What is it?" They talk as if they are some sort of general manager of such and such company and something. And you find out they have no money and once I remember one fellow like that met me and said, "Can you lend me some money?" I thought, "What's the matter with this fellow? Why is he asking for money?" I said, "Why are you asking for money?" He said, "You see, I have no change and I have to buy some tickets on this". So I said, "All right." I gave him but we went into the train and we were on the same. He travelled by First Class. Can you imagine? And I said, "Where

are you working?" He said, "I am unemployed". "Then why are you wearing this dress?" I couldn't understand. So it's another kind of a pretension people want to put up these days and some of them are really work alcoholics and some of them are without any jobs and this is all a drama they are playing, all the time, deceiving themselves, deceiving the whole society and living with this kind of deception.

So now our canvas goes to the higher level of people who are so-called higher where I have moved quite a lot, and in these elite societies, I mean, you find the same people coming up. There isn't much difference in their wisdom. They don't know what they are talking, scandal mongering, all the time. The ladies, you see, the Lady this and Lady that and the Lady that, and what they are talking, these ladies, are, "Do you know this man? He flirts with his maidservant". I said, "How do you know?" She said, "We all know. You are an out of date person. You don't know these things. Very important." I said, "Really, I don't know. I'm sorry, I don't know the man at all". "No, no, but you must know. You know, he's the one he winks at that this one and he does that". I mean, such low level things they talk that you just don't understand how they are ladies.

Then they will start talking about somebody's dress. "Oh, you know, that's a borrowed one. That's not hers." "How do you know it's a borrowed one?" "I know. I had borrowed the same the other day". What a level! I mean, there's no depth, there's no spirituality. There's nothing noble about it. So ignoble, so ignoble all these things are. It's repulsive, I tell you. But, if they are at that level of supposing at the helm of affairs they are there. You hear anybody, "What do you think of this man?" "Oh, he's all right, but you know he had affair with his secretary and then something happened. The Prime Minister said, 'You can't carry on with your secretary'. So now he's all right". Then, somebody, "What do you know about this person?" "He's all right, but you know, he is very sneaky". You ask about anyone, you see, and you'll never hear a good word about that person, and even if you hear something good, it will have some sort of a stigma with it. So that people and people and people who have lost all the beautiful attention by which you can adore, to admire, because they said there is nothing to admire these days, there's nothing to adore, there's nothing to be seen in people that we can say something great.

Now, we have to do that. We have to give good images, ideals, believe in ideals, that we enjoy ideals, we enjoy our virtues, we enjoy our wisdom and this is what we have to say to ourselves, "Have we got that wisdom or not?" Are we above all these things? We can see the joke. I was amazed to hear the other day that our new Bishop of Canterbury, I mean, Archbishop of Canterbury, is appointing homosexuals as the priests. God save the young boys, I must say. Can you imagine such a thing happening? These are modern times. Such garbage! Horrible! Out of this garbage we have to create people who are like lotuses, but for us we have to be lotus. We should be fragrant, we should be beautiful, we should be generous, and we should know what we have got from the Divine as the gift.

Then it becomes a Leela. When you have that power of Sri Krishna, it becomes a Leela. Not at the stage of Sri Rama when he had forgotten that he was an incarnation. When you have these powers within yourselves, then you enjoy your virtues and you emit virtues to others. People see you and say, "That's it! They are the people, something great, something to learn from them, something to know from them." This is what it is, and each one of them is quite capable. So, when we see all these things around and when we see all this madness around us, we have to rise above and see that we are very wise and we have the wisdom of our spirit and we are enlightened people, we are Buddhas, and what we have to do.

So, even now sometimes I find very petty things coming up and very petty things happening in Sahaja Yoga. It is surprising. You know everything is a Leela when we become part and parcel of the whole thing. Then it's a Leela, not before that.

So I hope we are preparing for Krishna Puja . We have to work it out for America now, which is the silliest place you can think of. I mean, the silliest place! The most idiotic people live there, actually, and the way they have producing funny things and we are accepting. The best part of it these days the idiots can dominate any country. Like we had Idi Amin, we had that Botswana fellow, all these people are dominating. So, especially for American Sahaja Yogis it's important to rise very much above the rest of the people. Why not like Martin Luther? We could do it. Why not we create people of that kind who speak of something great, who bring the attention of people to something higher, raise their necks upward to see that they see with their head higher than the others and see, see something great in us, something so idealistic, so impossible for them to understand. We have to have such unique people. And that's what we have to work out in our ascent, individual and in collective ascent.

So, I am happy that you all are here and we have spent such nice time together and so many people have come all the way. It's so nice, and also, I would like to meet you all tomorrow sometime. If you have any personal problems you can come and see me, but tomorrow we want to have Havan, say, start at about, say the earlier the better. Whatever time you are ready after breakfast we should have the Havan done, but this time please do it with the full devotion. So, Havan has a double thing, is that we are evoking the Vishnu Tattwa. Tomorrow we will be having Vishnu's day, and also, that is evoked in you, evoked in the whole world. So we have to be very solemn about it and to get to that state where the whole thing becomes a Leela because you are so powerful, like Sri Krishna, then the whole thing becomes a Leela. May God bless you.

1990-0818, Shri Krishna Havan

View [online](#).

18 August 1990

Havan

Hallowtree Scout Campsite, Ipswich (England)

Talk Language: English | Transcript (English) – Draft

Shri Krishna Havan, 1990-08-18

So we have today a special day for America and Canada this Havan I was thinking we should specially dedicate to the awakening of American and Canadian people. On one side all modernism has given us so many things for Sahaja yoga for example, this loudspeaker, this one, then we have little planes that I can travel, at the time of Christ nobody could think of that. Then we have television and one can give Realization on television. So many things there are. So, the quality of communication which is the quality of Virata of the Vishuddhi Chakra is being manifested and we are using it and is of a great help to Sahaja yoga. This is on one side.

On the other side I find there are certain recognitions which we have got from America which we could not get anywhere. For example, we have got these procession of a church, which is the highest as a religion in America. That we could not have got anywhere else. I mean, in England you cannot even think of it. In England only there is only one religion and that is [unclear text] and the situation is on the other side now. So, the freedom which we have used has given us lots of benefits and also whatever things we have used which have come out of their communication advancement has helped us a lot. But these things are also used by other people so there is no discrimination. There are people who are using the same things for spreading something very evil. Also, the discrimination about this church, there are witchcrafts and satanic churches and black magic and everything is being sanctioned. Of course, they don't have the procession of a church though but still that is there. So, everything goes whether it is bad, evil, or good or real. Everything goes hand-in-hand. That's the kind of a country it is. So, people are very much confused and the confusion has reached such a state where they don't know who is a real guru and who is not a real guru.

Because of this freedom that they have, they have gone into a chaos which has no radar, which has no direction. Like these ships were here, I don't know, these are all sailing vessels. If they do not have a radar they do not know, where to go. So they have no direction and because of that they got lost. They got lost in the way that they have a very superficial attitude towards life. Even for their seeking is very superficial attitude. So they have fallen into drugs, aids, . which are self-destructive and they can't see that it is self-destructive. Also, they believe that unless and until you destroy yourself you cannot reach God. All these absurd ideas have come into them and they cannot find out, that is the sad part...pausing ..at the right time on the top of our head.... All these things that we are using for a right purpose could have been used also for the right purpose if they had understood the discrimination between right and wrong. Now they need lot of support because they are fighting a devil and materialism is another devil that is eating them of. For example, I was passing through this Kuwait at that time there were already these Iraqi military people had already lined up there. And if they wanted all these American's and British's who are there who are getting a very big pay and lot of money could have left. They could have just gone to Saudi Arabia. But because of their materialistic attitude they were waiting till the end. But they could have gone and come back. But they have purchased houses and they got their properties and all that so attached to it that they could not leave and now they are in mess. So this materialism also is another problem that is eating up America.

The third problem is immorality. They have no discrimination as per the morality is concerned. And they don't understand that morality is so important that if there is no morality, if there is no idealism human beings cannot be nourished. That's the only way they can exist if they have morality. Morality is nothing but a proper guideline for leading a healthy and wealthy life. Because if you are immoral then you fall into all kinds of physical problems and also economical problems. Because I have known people who has spend thousands and thousands and thousands of dollars on immoral behaviour. Also long as they get to drink and as long as they have women to play with they are very happy. So, this superficial life has given them nothing but a kind of a

pleasurable life they think pleasures are everything, pleasure is fun. Also, it has created a greed for money to such an extent that there are children of twelve years of age carry their guns and sell drugs get about 10,000 dollars in a week and they don't care for their lives as long as they can carry on. So this spoilsence is also telling upon the society of America, of course, Canadians are better off that way. But they are very much exploited by Americans because all the raw material they get from Canada and use it in their own country and sell it back at a high price. This is not dharma. This is not balance. This is no humanity. This is how because of this freedom they think oh what's wrong in it, what's wrong. Lots of sins have been committed. And these sins because it's a collective country are collective.

On the other hand, they are responsible for starting these world organizations for helping world organizations and also they want to be popular with people also they want to follow certain ideas for the time being I would say like they want to support democracy. But if it helps them, well and good. If it doesn't then they don't mind helping at this point. Like India is a democratic country and is a very large democratic country. But they would never help India but they would always help Pakistan where there was a very short lived democracy. Because that's also another problem with them is that they do not know whom to help and whom not to help. Because if you have certain principles like democracy then you must help democratic country whatever it is. So they do not stick to any principles. It's all adjustable whenever they want they can go to this side and that side.

Why I'm telling you this is that is a country of Shri Krishna. And for Shri Krishna everything is a play, leela but He is powerful, He is spiritually so powerful, His spirituality I should say. And then if He says it's a leela then it is alright. But these people are spiritually beggars, absolutely beggars and then they want to have a whole thing as a play as a joke. They have missed the point. First, they have to be something like Shri Rama and then only they can achieve the status of Shri Krishna. And we have to also pray that they now take seriously to things which are important. But very surprisingly, I myself was surprised I have never seen any American being nude or anything they are always covered. That's one thing. Now there is a law that even those people who swim should wear decent clothes. But you will find in England say worse in Switzerland all these places where women are half nude. You don't find that in America at all in spite of the freedom some or the other they kept it up. And they respect the families and they respect the children. So because of Shri Krishna's blessings perhaps that they are understanding what is important. But also because they think they are free they are allowing all other things to come in. So, it's in a state of confusion. You can say they are very confused people. In that confusion, they have lost lot of valuable things they could have given to the whole world.

First of all, it's a very rich country and produces everything for itself. And whatever may happen to it, it's not like England or Switzerland where they import everything. It's a country which is very self-sufficient. God has blessed them very well, so they can never become a poor country as such. They will always have food to eat, they will always have everything. But if they do not develop discretion after some time people will just take to drugs or take to something else and finish off. So, as if now, there is a movement about it and people are saying that all the white skin people in America might be destroyed. Most of them. Only the ethnic people will remain. Plus, the black people are taking to drugs so much that they may also be destroyed. So they already set the theory is going on. But nobody is frightened with it. Nobody is thinking on those lines. Everyone thinks that oh it is just a story like Saddam's aggression [unclear text] I don't know when they will get out of it. They are just like till Saddam's gets hold of them and push them into some sort of a terrible situation.

So, one thing we as Sahaja Yogis we should pray that they should get full idea about reality. They should know what they are facing and what are their problems. They should know and they should care for it. Because you see they live individually, they have no idea of collective destruction into which they are going. This is the biggest problem. If their collective becomes active then they will see that this is happening to our children, to our progeny, to everyone, to our neighbours. They are least bothered about it; they are just thinking about themselves as long as I get the money so it is alright. All this behaviour is little absurd I think for any human being that he cannot see his destruction.

Then all their attitude toward life is sometimes out of freedom goes absolutely out of bounds may be that they do not wear decent dresses but they wear ridiculous things and they take to ridiculous behaviour. And this ridiculous behaviour shows that they are not yet matured enough. All of us have to pray that they should mature. If they mature, they will take to Sahaja Yoga. Otherwise they are very good hearted people. They harm themselves. They don't want to harm anybody. They are being harming themselves. Those who try to harm themselves, have no time to harm others. So, they are not that kind of people that they will

harm others. And also, I don't think there is so much of rationalism there as we see in other parts of the countries. But one thing is they must have discrimination. And the power of discrimination or we can say the chakra of Hamsa is in Canada. So, if they stop exploiting Canadians and if Canadians know that this discrimination power they have got. If they are awakened to that I'm sure the combination of these two countries will work out the collectivity much better and they can do a lot for the emancipation of human beings. It's a very very important country for us because it is Vishuddhi. And Vishuddhi is the controlling part of the whole body of our work and everything which you will see now, and you will see in the Vishnu Sahasranama you see how many qualities Vishnu has and how many things He has to work out in this world. And this is the thing they have to work out. That's the instrument, America is the instrument of Shri Vishnu. So, it has to be awakened. Shri Vishnu sleeps a lot and He is sleeping again I think in America. So, we have to awaken him and once He is awakened I'm sure He will work out through His instruments and something new will come. That's why we have arranged this today's Havan also we will try to burn off all the negativities that we think are troubling this world. That's how we will continue with the burning off all the negative things. If you people have any problems, you can also write it down on a piece of paper, which we can put it at the end of it.

So, now the arrangements are such that nobody is near the fire. So, now you have to get some wooden things to sit down. You didn't plan for something.

Question: Would you like the Americans to perform the Havan of Shri Vishnu?

Mother: See leaders should come. All the leaders, it is better and I would like to go nearer that fire. Alright. You can pull it out a little bit still it can not be very near.

1990-0819, Sir CP Presentation and Shri Mataji short talk

View [online](#).

19 August 1990

Talk to Sahaja Yogis

Hallowtree Scout Campsite, Ipswich (England)

Talk Language: English | Transcript (English) – Draft

[Starts at 12:12]

Shri Mataji: I must say mister Srivastava's speech was so embarrassing that I got frozen into the chair.

[Big laughter]

I don't know what is the program now is, but I would like to know how many are going back this evening to the airport? Hardly very few. Of course, you see, what I was thinking that you all could have your lunch and then we could come for the puja. The puja is going to last for about three hours, at least two and a half hours, so you'll be free at about five o'clock if you don't mind.

[Laughter. Applause]

So I have not consulted doctor Spiro but I'd better ask him.

[Laughter]

It's one thirty already, you see, thanks to the sahaj method of the nature, the rain starts a long time. Alright, doesn't matter, now it has stopped and everything is fine but still, I would say, let them have their lunch and then we can have the puja later on. There are hardly three, four people who are going this evening. So, it's nice we can spend more time together.

[Laughter. Applause]

There's a – one thing is that we are beyond time, "kalatit": we are beyond time and we adjust everything according to our own rhythm, we are not bothered about this Swiss watch. I hope it's Swiss.

[Laughter]

Mine always is out of order, so it's alright.

[Laughter]

So let us be in a very relaxed mood and we'll be [?]- because what Krishna has said, we have to prove it in our lives also we have to be relaxed and I 'm sure it will work out better if we are absolutely in a relaxed way. And so I think you all have your food now and then we can come back at- so what time we start puja? Three o'clock?

We can start at three. And there are certain things which are missing also. Some artists are busy creating something new for you so let them have a full time.

So a puja can last for three days or can last for one hour is alright, just the same.

[Ends at 15:37]

1990-0819, Shri Krishna Puja: Awakening of Shri Krishna Within

View [online](#).

19 August 1990

Awakening Of Shri Krishna Within

Krishna Puja

Hallowtree Scout Campsite, Ipswich (England)

Talk Language: English | Transcript (English) – Draft

Shri Krishna Puja. (UK), 19 August 1990.

We have arranged this Puja specially in England so that many more can come and work out the awakening of Shri Krishna.

Gita was written long time back, and it has been translated into so many languages, and lots of commentaries and criticism has been there. So this bookish knowledge of Gita has ruined many people, and even today you find there are many people who are selling the books of Gita all over and making it into a bookish knowledge. I don't think Krishna ever thought that His knowledge will be sold out like this to every Tom, Dick and Harry. As now, as you know, the Jehovah's Witness, they also selling Bible. So it has become a marketing company for Shri Krishna's Gita.

There have been lots of horrible things against the real religion of ascent, and Krishna has said, "Whenever there is the decline of religion," which is true today very much, "and whenever there is the saints being tortured, I come on this earth to save the saints, and to destroy all the negative forces and the devils," as you call them, rakshasas. Pushtas they are called as, cruel people. So awakening of Krishna is very important, that within us He should arise and He should manifest His qualities within us. Then only the forces will work out.

Krishna, as a child, killed so many rakshasas. Then He played with gopis just to open their Kundalini; He had the rasa by which to make the energy of Shri Radha to pass through them. After killing Kamsa, the main rakshasa who was ruling, who was actually His uncle, He killed him. That means, your relations, if they are devils and they are rakshasas, they have to be killed. Because he is your relation you should not try to save him and try to bestow his evil on Sahaja Yogis or on Sahaja Yoga.

So Sahaja Yoga is the only organization in the whole world, whether you call it spiritual or whatever you may call it, is the only organization that it is also anxious to throw away many people from Sahaja Yoga. There is no organization - I mean we are not organization, also. But there is no spiritual movement, there is no movement in the whole world that not only allows people to go out of Sahaja Yoga but throws them out, because it is bound by the divine laws and it has to abide by the divine laws. Shri Krishna's style was that: what is the need to throw them away? Just kill them, finished. So He killed His own uncle, making His own aunt a widow. His own uncle He threw away, out of the world, sent him to hell directly, finished it off. But in Sahaja Yoga we give a chance for such people also who are very devilish types, who are very detrimental to our growth, who are against spirituality, who are against God, we give them a long rope to hang themselves. That's the Mother side of this incarnation, but the Krishna side is a very fast-moving one.

Krishna did not live for very long. In that short time, how many rakshasas He killed! He fought on the side of Pandavas and He killed all the Kauravas. He didn't kill, He said, but He did. So the style of Krishna on one side also is extremely sweet, extremely nice. He is like honey, that's why He is called Madhava, Madhu. He is like honey on one side, only to the bees, only to the people who want to be blessed by Him. But to the evil people, I think He's one of the most dangerous personalities. Of course Shiva also does that, He has killed so many rakshasas. And also Devi has killed many rakshasas, but She went into wars, actual wars, and She went into discussions and arguments and things like that; but Shri Krishna, He never argued and He knew how to get rid of them, one by one, and He played some tricks on them. One of them I'll tell you.

There was a rakshasa who by pleasing Shiva had got a blessing that he is sleeping and in his sleep anybody wakes him up, such

a person should be made into ashes, Bhasmisat. Must be a good sleeper, I tell you, our neighbor, the camper, gets some sleep like that. And he said, "I should not be disturbed if I am sleeping."

So, Shiva thought, "It's a very simple thing, you see. Why should anybody disturb this old Johnny? And he would be sleeping in some cave somewhere, so it's all right." He didn't think it would be quite dangerous.

And he had also blessings that nobody can conquer him, and he cannot be, he cannot be disturbed by anybody who tries to conquer this boon on him. So actually he was a saint, in a way, because he was meditating and all that, but some saints become ascetic and become really, like you should say, very right-sided. So I would call him a rakshasa only because this kind of people are of no use. They just go on cursing people, saying things to them and just finishing them off. So then you, of course in Sahaja Yoga language there are only two things; there are Sahaja Yogis or rakshasas, there's nothing in between. So we could find he was a very right-sided, horrible, ascetic fellow who got this boon from Shiva.

There was one rakshasa, actual rakshasa, I mean that was no saintliness in him at all. This is a mixture, half-baked sort of thing. You see, if you see the canvas of Mahabharata you will be amazed that all kinds of peoples are described in that. So now, this second one was a real, real rakshasa, born out of rakshasas and was of a rakshasa quality. He, too, had another boon from Shiva that nobody can kill him. Unless and until somebody who has got Your boon that he can kill somebody, nobody else should kill him.

Imagine poor Shiva, you see, He thought, "It's a very sensible thing, after all, so that he won't cross Me." He said, "All right." He's very easily pleased, Shiva is, the problem is that.

So, this second one, the real one, the real rakshasa was torturing people, and he started a big war and Shri Krishna also went in for that war. He was the one, that's the only war He fought Himself and they were all fighting there. So Shri Krishna knew that this Shiva is not going to let this person down at any cost, because he knows, "I am all right," so He would not allow him to be lost. So what should we do?

So, He played a trick. He started running out of the battlefield. Now is regarded as something very cowardly to run out of a battlefield, you see. I mean a person, if like that goes to his house, his wife will refuse to have him. It's a very cowardly thing and it's very disgraceful, but what is for God, it has, it has - They have no sense of grace or disgrace, you see. So He ran out of the battlefield which we call, that's why He is called as Ranchod das, it means "the one who runs away from the battlefield." Ranchod das. It is His name. One of the names of Shri Krishna, is Ranchod das. So He ran out, He ran out and when this rakshasa discovered that Krishna has run away, he ran after Him. But Krishna was running very fast, you see. Rakshasa, being so bulky, could not run that fast, but still he was running, you see. And Krishna was seeing that he sees Him running up to that, was keeping it. So He went there and He entered into the cave where this another half-baked rakshasa and half-baked yogi was sleeping. He took out His shawl, Shri Krishna, and put it on that yogi and He hid Himself. He covered his face - he was fast asleep so very gently He did it.

Now came the number one rakshasa, he entered into the cave, couldn't see Krishna anywhere but he saw this man sleeping, He saw this is Shri Krishna, "Oh, so now You are tired and now You are sleeping, now I'll see how You can survive, I'll see to it." And he just went onto his throat, so this half-baked fellow who was granted this boon, got up and he looked at him and with his third eye he burnt him and he became This is the trick.

So that is how He killed so many rakshasas, and also He told tricks to others in arguments, also He killed half-baked people, quite a lot of them. So I must say He was so powerful that He could work out any trick on people, sitting down in one place. And there are so many stories about Him which I cannot tell in one lecture, that His killing process was so smooth that nobody objected to it.

There was a woman who was a devil, was sent by Kamsa to kill Him. And she had poison, she had put poison in her breast and she came and she started nursing Him, and when He started sucking her (when he was a little boy of three, four years, or maybe

two years) her breast, she started becoming big, big and she died. And then they saw that she was Putana, the one who was the devil, known.

And once He knew that there are two rakshasas who are camouflaged as two big trees. So His mother tied Him once with - she was angry because He was stealing her butter so she didn't know what to tie so she tied Him with a pounding - that we have got for rice pounding, a kind of a wooden thing, big thing. It's quite heavy. So she tied Him to that. It's such a heavy thing, I mean, you need at least five-six people to lift it, but when she went away, Shri Krishna just walked with it with His small, little feet, you see, and went near those trees and hit them both on both the sides and both the trees fell down and the rakshasas died.

He was so knowledgeable and so clever, because you know that He is the brain. He is the Virata. He did it without any compassion whatsoever. All His love, all His compassion, all everything, duty, was only meant for His gopis and gopes. And then, when He became the king, also His life is very mysterious for people to understand, but Sahaja yogis can understand it. But when He became the king, He had to have wives, so He married five wives. Imagine, more than Mohammed Sahib. These five, why five? Because they were five elements. So they were the causal of the five elements so He married five wives. Now he had sixteen thousand powers.

Now you see a man, he may be old, even about ninety years of age, if he wants to keep some women around him, they will say he is a bad man. Not with a Mother, no, Mother can have as many as She likes, nobody is going to say anything about Her character, because Mother is Mother. But a man, see, he might be absolutely jumping into his grave, whatever it is. And there also, in India especially, if a lady tries to help him out, to be out of the grave, they will say he had bad relations with her.

So, it was such a bad situation at that time that He didn't want to have bad name. So He said, "What should we do about these powers, because they'll be women? If they have to come on this earth, they'll be women and I don't want to have bad name," because He came for dharma. So what He did that these women became the princesses, and one king captured all of them. All these sixteen thousand women were under the capture of this man and this man was about to abuse them, so Shri Krishna invaded that man and got hold of all these.

So, the sixteen thousand women which were captured by this camp - imagine why should it be sixteen thousand? Imagine sixteen thousand women, it's no easy thing to do. This man had sixteen thousand women who succumbed to his aggression and were there. And then He attacked this man and captured those sixteen thousand women and brought them and legally married them to show they were married. But what's the question of marriage because they were His powers? And He used their powers, you see. For what? For creating so many things.

Like, if Shri Krishna had not come we would not have known really the significance of spiritual life. He was the first who talked of spiritual life. Rama did not talk of spiritual life, though there was an undercurrent in India. People knew there is spiritual life because there were saints, there were lots of what you call the seers. All of them were talking about it. But no incarnation [of Shri Vishnu] talked about spiritual life. We had Rama Avatara, then we had Parashurama. We had so many of these people. Never, never they talked of spiritual life, never. It was Shri Krishna only who first started talking about spiritual life, and only to Arjuna He talked, because you see what was the condition. People were not prepared. So, those people, Sahaja Yogis, who feel frustrated today because there are not many Sahaja Yogis or there is an obstruction, there are certain problems, must know that at the time of Shri Krishna He could dare speak about spirituality only to one person and that one was Arjuna. So, I mean, we are much better off, you see, aren't we?

Then, of course, of course after Shri Krishna, who took the lead was Christ and He started talking about spirituality. Even you'll be surprised that Abraham or Moses did not talk of spirituality. They talked of God, but not of spirituality. Till Christ came, nobody said that you are to be born again, even on the other side of the world, only Shri Krishna said this thing. Shri Rama was taught by His guru that He should be born again, in the sense that what is the Kundalini and all that, not that He should be born again. But He had become a human being, as I told you. So he taught Him about Kundalini, he told Him about Kundalini but it was a very secret science followed by only very nath pundits as we call them, as the Adi Nath and all that. Very few people were given Realization.

In Rama's time, as we know of one, Nachiketa, and His father-in-law was a Realized soul, so compared to that, imagine how many of us are today here who know about spirituality. Not only we feel our spirituality, we are spiritual. If you apply law of chance, I don't think there could have been after Christ even thirty people available, because if you see Christ died only two thousand years back. From Krishna's time to Christ's time it was six thousand years, and in six thousand years Krishna had none and Christ had twelve, so now calculate only two thousand years after that, how many could be?

So, we must know that it's now in a new explosion, that's why I call it as "blossom time," that we are definitely spiritual people, we have got spirituality and that the Divine is working. So the Kali Yuga is finishing, now it is Krita Yuga and the Krita Yuga is acting and this acting of Krita Yuga is responsible for giving us so many Sahaja Yogis. Krita Yuga means in the time when this all-pervading Power has started acting. Nobody before felt the cool vibrations, can you believe that? They felt the cool but not the vibrations. It was never related to any science; it was never related to physical science specially.

So, I must say the achievement of Sahaja Yoga is tremendous. Also, thanks to this evolution in the acting of Yugas, also, that the all-pervading Power has started acting as I am on this earth. But you could say that "Mother, why didn't You come earlier?" That was not the time. Even today you find stupid people all around us. I mean the percentage of sensible people seems to be quite low in the western countries, though high up in others, but in the western countries very low, as far as the wisdom is concerned.

So, we have these obstructions, these small things going on, doesn't matter. Sahaja Yoga will now prosper. It will flower and whatever people may say, you shouldn't worry, because once they start finding joy and happiness, once they start finding the truth, and if they are honest, they will not leave Sahaja Yoga. And many people know that they just don't want to leave Sahaja Yoga. I mean, say there is a husband and wife, and the wife is a horrible woman, supposing, or the husband is a horrible person and he obstructs the wife from coming to Sahaja Yoga, the husband will say, "All right, you go ahead, I will be with Sahaja Yoga because I have now felt the ambrosia, I have felt the beauty, the joy."

Now imagine at the time of Shri Krishna, He talked to one person about the spirituality, only one person, Arjuna, which was heard by Sanjaya and which he related. It is so written by Vyasa, but He didn't tell to everyone, didn't show to anyone. He appeared in His Virata form on the battlefield but He never showed, but now you have got photographs to see, even if you can't see with your eyes. Some can see some things also, I've seen that some are feeling it. So you are developing, you are growing into it. So this is into a new realm. It was Shri Krishna Who started talking about it. Of course these nath pundits did believe in all that spirituality, but they did not talk about it, till the time, I think, of Gyaneshwara, perhaps would be. It was first the Gyaneshwara only who started talking about it. Before that it was a secret kept. Of course after Gyaneshwara we had other people talking about it, like we had Mohammed Sahib, we had Nanaka, we had so many other people like Shirdi Sai Nath and some Sufi people and they started talking on spirituality.

So, we have to be historically very much thankful to Krishna because He is the One who has broken the first knot and that's why it's called as Vishnu Granthi and the Vishnu Granthi to knowledge has been first opened by Shri Krishna and He wanted that gradually it should work, gradually. So, His Gita is not so clear cut, but is diplomatically written. So now we can find that the only person who first tried his hand on Gita was Gyanadeva and Gyanadeva, when he wrote on the sixth chapter, everything about Kundalini, they just said, "This is banned, you are not to read this one," because they could not deliver the goods. People knew about Kundalini, but they didn't want to read because they were told, "No, No, don't read, this is very wrong," and all that.

So, spirituality is a subject absolutely unknown to the western people, though Christ was there but they have been only crucifying Him. If I see the Christianity, if I see Christ, it's so organized. From Christianity nobody can get out. Whatever sin you may commit, you are still a Christian. I know there was a fellow who murdered someone and he was taken to the courts.

They said, "What are you?"

And he said, "I am a Christian," though he had murdered.

Then they gave him the Bible, "All right, put your hand on the Bible and say you are a Christian."

He said, "I am a Christian, I believe in Bible." But why didn't they ask, "Why did you kill then?" Thou shalt not kill.

So, even these religions which were formed did not have any rules or regulations that "All right, if somebody does like that we'll throw him out of our congregation or he is no more a Christian." On the contrary, you'll be surprised that when My father joined Congress in India to fight against the British, they threw him out of the congregation because according to the missionaries there, Christ was born in England. He must be an Englishman, so how dare My father join the Congress? Such an absurd idea!

So, all these ideas which are so absurd, against God - against religion, against spirituality - became very prevalent and useful and convenient for these organized religions. That's one thing good about Hindu religion is there is nothing like a organization. So they can be agnostic, atheist, they can be anything. They could be Buddhist, they could be Jains. They could be anything and they could be Christians, but they could be Hindus also because it's not organized and because they are not organized, there is no restriction on them that "Don't do like this; don't do like that." But despite that I have seen, I'm surprised that Hindus are very meek people because the responsibility is left to themselves, not on an organization. If you have murdered somebody you are not to confess to the priest but confess to yourself and face yourself all the time. But so many filthy things crawled into this religion, also, of caste system which is just against Shri Krishna. They have no business to take Shri Krishna's name and do all these nonsensical things because Shri Krishna Himself has said that, "In everybody it resides." But they changed it a little, saying that, "Your caste is according to your birth." How can it be? As I told you the other day.

Now this is another story I would say that they have tried to, Christ look like something very ordinary or even Shri Krishna look like something ordinary. These are the intellectuals. So, on one side, we have the stupid followers and the another side, we have those stupid intellectuals. So the message of Krishna never reached Hindus because He said, "In everybody resides the Spirit and you are part and parcel of the whole." Now a cell in the hand, is it an outcast because it is not in the brain? So what a wrong thing they have done to Shri Krishna and that's why when they suffer from racialism, I say, "You did the same to the caste, through your caste system you tortured the Harigans, you tortured the lower caste of people. So now you have them." It boomerangs, whole thing.

So, Shri Krishna's life, if you see, is the beauty of it is that He said that "Life is a lila" - for Him, not for everyone, because He is so powerful. And this leela part was taken over by Americans very nicely because they were born in the land of Shri Krishna, that it's all 'lila'. "What's wrong? Do what you like, what's wrong?" Whatever you are doing is just a lila, is just a play. So what? Marry as many as you like, leave your children to dogs, do all kinds of things with your morality, destroy yourself morning till evening, behave in the same manner as if they are animals. So what? Study the animal behavior because it's as if we have no sense of behavior, so we study the animal behavior and behave like the animals.

So are we going to become now snakes or some sort of worms or I don't know what they are up to, and whole system is just the opposite of Shri Krishna. So this stupid movement of Shri Krishna's consciousness reached there. I don't know how they understood that Shri Krishna is the deity of America, but somehow some bhoot must have told them that "You go there." And they are another stupid people who are selling Gita, selling this bookish knowledge, but now of course it has boomeranged on him and now they are all right. Now they are frozen. But the way they have been talking about Shri Krishna, they do not realize they have missed the point. He said, "It's a lila." So then why are you wearing these dresses, why have you become a sanyasi? Why are you giving up - not to eat this food, not to eat that food? And then they are taking drugs, they are selling drugs.

Whatever is not based on truth will go to something that is destructive. Truth is the only thing that is constructive. All these ideas sometimes confuse us, what is this, in the name of God, in the name of Shri Krishna, in the name of Christ, in the name of Mohammed Sahib all these things are done and also some people do it even in My name, "Mother said; Mother said so." It is prohibited for Sahaja yogi to say that because I've had enough of it in last lives. So this life nobody is going to say, "Mother said it."

"I say." Have that much confidence and responsibility to say, "I say." I am a Sahaja Yogi, you are a Sahaja Yogi, why can't you say?

So, now from today's puja onward we have awakened the Shri Krishna within us. So, his powers of sweetness as well of destruction will act and you don't have to worry, you are completely protected. He has already said that, "Yoga kshemam vahamyaham." "I give you yoga" and the "kshema" means your benevolence, He looks after. So, you don't have to worry, but it will act and it will work and nobody can harm you. It will all boomerang on them. There's like divine punishment and you don't have to worry. Of course, as a Mother, I never feel of punishing anyone, as such, but they just get punished, what can I do? And now this awakening can be very dangerous, so I think we have to accept it now within ourselves that we have to be extremely sweet, nice, collective. If you are not collective then Krishna will be after your life. If you try to destroy collectivity, He will be after you, I mean He is a tremendous person, I tell you. He is so tricky. He is so clever, and He is a very smooth worker, I tell you. So, be careful. If you are collective then He'll strengthen you, He'll nourish you, He'll do everything, He'll give you butter to eat. So you have to be collective, that's the main part. And those people who just come to the program and then disappear should know that it won't work out. You have to be collective and if they don't want to be collective, we don't want to force them. But if they are not collective they are not Sahaja Yogis. And nobody should recommend them to anyone and Sahaja Yogis should have nothing to do with non-collective people nor with people who are not Sahaja Yogis.

We have very beautiful children here, we have beautiful families. We have everything so beautiful, such beautiful people to love each other and enjoy each other. So we should not get entangled into the mess of other people who are blind. It would be like we have a nice organized place where everybody is sitting in the light, suddenly you want to go to the place where there are many snakes inhabited who are biting everyone. So go ahead and then you shouldn't say that "Mother, you punished me." You wanted to go into the hell of the snakes, so you go and have it. I never punish. But maybe Shri Krishna might lure you there, you see that's His style, just to have a little bite of a snake.

So according to Shri Krishna, we have to be very playful. Now we are all realized people, and you are very happy and you are all very playful and joyous and also now you are so capable, you have spirituality, you can give Realization to others. Even I was told that in the streets people ask for Realization, some people went to Eastern Blocs and they got five thousand people. Somebody went down to Argentina, got so many people. So it's very good, all these, My hands are extending and the work is taking place. Everybody should take it up.

Select a place and I'll go there and work it out. Select one place and work it out, all of you can do it because you have now got the powers, better work it out, use them. If you don't use the powers, you'll become blunt, so use your powers and believe that you have power and that only thing you have to keep in the bounds, in the maryadas of Sahaja Yoga, that you have to lead a very moral, good life and you must feel your vibrations properly and keep good health which you can easily do. If, as they say, I can work like this, days in, day out, you can also work. You are all very young, everybody seems to be younger than Me. I am the oldest person here. So if I could do so much, why can't you?

So one thing you must ask in your prayer in the evening when you are sleeping: "What have I done for Sahaja Yoga?" One sentence, all of you, just ask this question: "What have I done for Sahaja Yoga?" Like persons like Me or Shri Krishna or anyone, We don't even feel We are doing anything. So what can We ask? If I want to ask Myself, I'll fall into an ocean I think, I don't know, I'll be lost. If I want to analyze Myself, I get lost. If I want to think about Myself, I get lost. It's beyond Me, then let it be, doesn't matter. I don't want to know Myself. But you better know yourself. You can't be Me.

So as far as I am concerned I only think that as long as I live - I don't know, I may live forever, I am living forever maybe, you might say that, but whatever it is as long as I'm on this earth I will see that Sahaja Yoga is fully established. This is My promise to you.

[Maharathi]

He comes on this earth again to establish the religion, but not only religion but Vishwa Nirmala Dharma, which is a much higher

religion than the ordinary religion of human beings. within themselves, is the Vishwa Nirmala Dharma we'll establish in a very short time, I'm sure, on this earth.

So may God bless you!

So today the children are sleeping now - if they can get up for a while they can come and wash My feet. How many are awake? Some are awake. You can sing some Ganesha song instead of Atharva Sheersha.

(break in recording)

.... no provision for this kind of acceptance of these ornaments, but when he came he just tried to take everything that was in that temple. At that time the story was created, I don't know how far it is true, but a story of Indians, you see, Indian style. The story was like this: that when Mahadeva was attacked by him, He started running away from the temple. He was running, running, running, running fast and then He found Bhairava sitting there. So Bhairava and Hanumana both were sitting and They said, "You are the Devas of Devas, You are the Mahadeva of Devas and why are You running? After all, what is he, this Tamolang? Why running? He was lame with one foot and why are you running away from him? You can just finish him off; what is the need to run away?"

No, he was Mohammed Ghazni. Sorry, he was Mohammed Ghazni who did it, but Tamolanga also attacked but then Mohammed Ghazni. So this Mohammed Ghazni was running after Mahadeva, and first Tamolanga has looted but he couldn't go to that far, so this Mohammed Ghazni came in and he started looting that temple. So then when he started running after Mahadeva, Mahadeva told him, "You don't know, you don't know this Mohammed Ghazni, who is. His name is Mohammed Ghazni but he is somebody else."

Said, "Who is he?"

"All right, come, you hide here, I'll show you."

So behind Mahadeva was running Mohammed Ghazni, so they hid themselves on one side and they saw this Mohammed Ghazni came and he was very tired. He sat down near one tree and he started just relaxing, and suddenly they found it was Shri Krishna. He said, "This valundar," means this, this cunning fellow, "is running after me, now do you think I may escape him? Of course I should have punished these Brahmins who were misbehaving. I did not so, he has come, but now I cannot help so I am away out of it, you see, because this one has come after My life and now you cannot save yourself."

So, this is the story the people, the general public, created there. So it has happened many a times because He was the brother of the Shakti of Shiva and because He's so clever, he's so intelligent that Shiva was quite afraid of Him, and overactive. So you see Americans are extremely active people and now, of course, England, we need not say. It's a little lethargic, little bit, not much. So now the awakening of Shri Krishna is going to work everywhere, and you are all going to be extremely active about Sahaja Yoga, I think so. This is a new thing that has happened, and I'm very happy it has happened and that the Americans also agreed to come here. By this we take a little bit of the qualities of Shiva to America, that is of magnanimity and also of laziness a little bit, and give some qualities of Shri Krishna to this country. This exchanges it.

Shri Krishna Puja 1990: Shri Mataji speaks about the music to be played by the musicians. Below is a transcription of the relevant details.

Now the last raga is Bhairavi has to be played under all traditional ways and is a raga that is in praise of the power of the Spirit, because it has such beautiful notes and notes which are ... it's a complete sampurna, is a complete raga. All the twelve notes are in it. So you see it is such a complete raga and it has to be played in all due respect to it. It's a ragini, regarded as.

Now as you know that the Heart Chakra has got twelve petals, and the Durga resides on the Heart Chakra. Now the Durga's qualities are that She is protective of Her children, She's very gentle, very soft with Her children, and She's extremely horrifying to the satanic people, to the negative people. So in this raga I think because there are, the notes are spaced out. So either you could

play it slow or you could play it fast. Nothing in between. That's why it is on a Durga's style. You see, either She is extremely gentle or She is extremely horrifying. So because She has a double function: is one to look after Her children, and another is protect Her children from the devils. So She has to be very quick about it, to fight them, and to, in every way to frighten them and to be alert about it.

So in the second part you all became very alerted I saw. In the first part you were having a lullaby because it was the Mother's love that was playing. The second part you became alert, because She has to fight. Now, this is such a nice raga because it gives you a better sense of security within yourself, builds up sense of security, and also as you know medically that it's important to build up this chakra because that gives you antibodies created. So to fight all the diseases, to fight all the foreign things which try to attack us.

So this raga is so apt, absolutely apt for today's atmosphere and for today's need. That we have to have the security of the Mother and the protection of the Mother and that all the evil forces must be finished from this world, and that's how this raga has a very great significance and I thank him very much for playing this raga.

This is, now the last five minutes he would like to play is the Bhairavi which is a complete raga as you can call it, is the complete purnima. All the notes are there. And it is played in various ways and various styles and is used for so many expressions of your feelings and thing. But in this also there's a beautiful song as you know, the Anhi Bhavani, is the one which is a song about the Mother Goddess. And in this Anhi Bhavani, I think there is a little mixture in the ... I don't know if it is absolutely pure Bhairavi or not.

Shri Mataji asks musicians: It is to be played absolutely in Shuddha Bhairavi?

(Shri Mataji and musicians discuss together a little then She asserts ...)

It should be played in pure Bhairavi - this is the best way. Because Bhairavi is the name of the Goddess.

You see the purity of it creates that feeling and that, I mean, it awakens that deity so that you get that effect with the Bhairavi.

(Shri Mataji and musicians talk together then She continues ...)

Indian music has such a lot of freedom, such a lot of freedom. You can do what you like with it. But only thing is you have to keep to the ragas and you have to keep to the Swaras and everything. You cannot just go crazy from one to another like that. So it is like a big aeroplane which is going in the air with everything completely fixed properly. You see, so it can go anywhere. Unless and until it's fixed, has it's own maryadas it cannot go. So that has to be there. So first the ragas are built, and built in such a way they are absolutely perfect and then you can go wherever you feel like. Nothing will happen.

(More discussion with musicians.)

(Raga begins. Shri Mataji continues ...)

First, he will play all the twelve notes which are built in Bhairavi and then you will see how he keeps to that. He keeps to that

Wow, wow! It's the Heart Chakra. It's the Heart Chakra of Shiva.

(Musicians continue to play.)

The surrendering, you see. Islam is surrender. Islam is the surrender.

(Musicians continue to play.)

Musician: In India it used to be different about thirty or forty years ago, this is the kind of music we used to have, when people would sit like you are, here, so nice, so beautiful, a family.

Shri Mataji: Absolutely a family rapport.

Musician: Absolutely

Musician: You bring out that from us.

Shri Mataji: You see what he's saying is this. You know I am such an old woman of sixty-seven years and I think of My childhood and also of My family. My father was a great, great connoisseur of music and he supported music, and musicians left and right, and we heard all the musicians because they would come to our house, stay with us and he would go all out to spend for them, pay for them; I mean, do all kinds of things. So in the family the music came in and then My sister took to music and everybody in family took to music quite a lot because of My father because he was fond of cricket and also of music very much. But the best part of it, what I am feeling, all the family would sit down and then My sister would sing or anybody, you see the rapport. Then he would give the, what you call, the impetus, he would give us the feelings of: "Now, this is it now coming up."

There's such a rapport in the whole thing between the musician and all, and with such relaxation everybody appreciating it and just like waves after waves of a big ocean coming over and that sort of a thing it was. And then only you can enjoy music. But if you are worried about time, this, that... we give up all that to listen to music. And even if you carry all that load with you, what's the use of listening to music? You have to come to music with all these things left out and then you really enjoy the whole thing. And that is what today I feel that our whole family of Sahaja Yogis are enjoying this rapport with him and enjoying the whole beauty of the whole music, it's something so great. But see the surrendering, you just develop the feeling what you get out of it, you see like....

(Music continues.)

1990-0821, Letter to Mr. Mikhail Gorbachev

View [online](#).

21 August 1990

Letter / Poem

(Location Unknown)

Talk Language: English | Transcript (English) – Draft

Chairman of the Presidium of the Supreme Soviet (from 1988 to 1990) and President of the Soviet Union (from 1990 to 1991).

My humble plans for a future global system:

These are certain ideas I have for individual and social transformation after Sahaja Yoga has established awareness of 'collective consciousness'. (This is the state one achieves as a result of his internal transformation through Self-Realisation. He also feels the All-pervading Power of Love that does all living work. As a result one sees the world as one nation, one sees one truth about human beings and their different ideologies. One develops a truly global perspective.

I believe that you are very much a person who can have this perspective and that you can plan for our common future. The state of 'collective consciousness' that I refer to will give us the sustaining strength and wisdom that we need in pursuit of Global Government. Through this state of consciousness we can easily develop:

- 1) A political system that will easily secure effective participation in decision-making, not according to selfish Interest, but in accordance with the laws of Truth.
- 2) A balanced economic system catering for the essential requirements of human Consumption based on the barter system. A truly global system would provide the machinery for evaluating the right ratio of distribution according to supply and demand, but even more importantly, on a truly humanitarian basis.
- 3) A social system based on righteous and noble values can be developed without any problems or disharmony, because with collective consciousness each individual can feel contented only if the whole collective is contented.
- 4) The manufacture of machine-made goods should be balanced with hand-made products, with full consideration given to Mother Earth and ecological problems. If more artistic goods are produced, the consumption of matter will be less, because people will want to preserve such things.
- 5) Technological systems can be worked out by truly benevolent scientists to provide for the essential as well as the highest human needs according to the law of benevolence, instead of enhancing so-called progress which is fuelled by the human weaknesses of lust and greed.
- 6) A global system can be set up to preserve all those cultures that are benevolent in nature and to foster mutual respect and co-operation between all kinds of races and cultures.
- 7) A global educational system can be made simpler for children and concentrate more on making them compassionate and dynamic, proficient in their own language, as well as one or two international languages.
- 8) An administrative system can be developed that is run by mature, saintly people, who are flexible and have a capacity for self-correction.

These idealistic ideas may sound fantastic and impracticable but with the dimensions that we touch in our awareness of collective consciousness, I have found from my personal experience that, they are in fact very easy to execute. In Sahaja Yoga we have thousands of Yogis from at least forty five nations and I have found out that these ideas are working very smoothly amongst them on a very down-to-earth level. Thus the ideals have become concrete truths in the light of glorious reality.

The door of Sahaja Yoga is open to everyone and every human being can achieve collective consciousness. The only problem is, that the freedom of choice of the individual has to be respected because he has ultimately to enter the area of total freedom. Thus there may be many who may not sincerely seek their salvation. But if later on they see the multitude of Realised Souls enjoying the bliss or collective consciousness, they may also desire to get into their higher evolutionary process. This is how all evolutionary processes have worked in nature.

The guiding and controlling force that acts is the Spirit. This is the collective being within us which manifests in our attention and

makes us collectively conscious. We can then feel our subtle centres and those of others – on our finger tips. Once we learn how to correct them, we can easily overcome all our physical, mental, emotional and spiritual problems. In this way we are creating a new angelic society which ultimately solves all man-made collective problems: Immorality and poverty, violence and corruption, destructive personal habits of human beings like alcoholism and drug abuse, problems of ecology, of economic exploitation and aggression, narrow nationalism, religious fundamentalism and the scourge of war. These are the cancers of modern times, because so-called human freedom has allowed man to blindly jump into a greater darkness of ignorance.

My humble suggestions for immediate measures: –

Privatisation of the production of consumer goods in bigger factories by making the workers shareholders. In smaller factories give full freedom to the workers to open new factories. For very big industries that are not producing consumer goods, foreign collaboration should be secured with regard to technology, management and capital investment.

There should be an announcement of global policy, with the government concentrating on improving the infrastructure: transport, communications, energy, water, special courts for industrial arbitration and conciliation.”

H.H. Shri Mataji Nirmala Devi

1990-0825, Evening Program, Eve of Shri Ganesha Puja

View [online](#).

25 August 1990

Evening Program Ganesha Puja

Lanersbach (Austria)

Talk Language: English | Transcript (English) – Draft

FIRST VIDEO

Shri Mataji: So, should I get down?

Sahaja Yogi: If you don't mind.

Shri Mataji: All right. Just it's all right.

[Evening program with performances from Sahaja Yogis]

53:22

Sahaja Yogi: All the children should come to get chocolates from Shri Mataji.

[Applause]

[Cut in the video]

53:41

Wolfgang: And let's try to be in silence when She is coming.

[Nishat Khan is playing on sitar]

[1:02:00]

Nishat Khan: Give me a little more treble [high pitch] in that part, treble, sharp.

Shri Mataji: Now first, you see, you saw all the- how all the clouds were coming taking all kinds, like big elephants nicely walking. And then the second part is played, if you see, listen to it properly, it is that people are asking for water; just asking that, "Oh God, let it rain ". So, the second part is like that. So, [Hindi]. Let him – you see now how he is asking, this is just asking.

And then the third part would be when it starts raining, and how people are happy.

Nishat Khan: Difficult part for me.

[1:03:04]

1:09:37

[Applause]

[1:10:17]

[Cut in the video]

[Conversation in Hindi with Nishat Khan]

Shri Mataji: He is touching everybody's heart, I'm telling him. Isn't it true?

Sahaja Yogis: Yes!

[Applause]

[A string has broken]

Nishat Khan: Your listening of music is so beautiful. I was just telling Shri Mataji that She has actually, prepared all of you. I would even go as far ahead as saying that it is much more satisfying to play for you. I'm not saying anything further than that.

But I would say, it's much more satisfying to play for you than ...Because our music is very much based on the silence, as you know. And silence is something which some of us don't like very much.

Back home.

1:14:12

1:21:09

This is my grand-father, he started [unclear]. He started [unclear].

1:22:22

[Cut in the video]

1:54:25 [Nishat Khan tunes his sitar]

1:56:54

[Shri Mataji and Nishat Khan talk; unclear]

[2:00:43]

Hello. This raga, you see, is very similar to Marva, which you know very well. But it is at 'dha', you see. It stops more in Marva, he doesn't stop, you see. Just the first strings, I thought it is Marva. But it is the right hand for Sohni. Now the beauty of Sohni raga, is this that it is coming from the heart. It's absolutely from the heart. It comes from the heart and it expresses a feeling of, to Me, it expresses a feeling of love and joy. Both things are in a very deep way, that is what I feel about it.

And sometimes like you get frustrated to express this love, you see. So, you feel that suddenly it comes out. I feel that way because it's a – I don't know how the artist is painting it himself, if he's is feeling this way- But the, sometimes, you cannot express your love. It's just [Hindi]

2:19:50

[Applause]

[2:20:30 Cut in the audio]

[2:24 Nishat Khan speaks in Hindi]

[2:30:36 Nishat Khan sings the bandish]

[2:46:55]

...And to enjoy again and again such a rapport, and such new dimensions I've seen today of music also. And the way he created today a new tune. I think in Bhairavi's tune was newly created. I never heard this before. What we call the beginning of the tune is we call as the 'mukh' is the 'mouth'. And I never heard this before. So, maybe I may be wrong but I think he's created it today.

[Hindi]

That's correct. Yes. He's humble and he said it's an old one. I've never heard this before. So, and the whole thing was that, today he's got his Realization.

[Applause]

Shri Mataji: So, he has technique no doubt, but the creativity knew no bounds. You could see that creativity went into all kinds of dimensions, and even when his one strip was broken, he was playing with it.

Now in the Indian music, as you know, one has to have tremendous balance and pose. But this is different style, where the balance pose is so spontaneous. There was no tension at all on his mind at all, I could see clearly. Just it was coming out so beautifully flowing. I would say that he was just feeling that he is playing and it is played. He was not thinking about it. Just he was playing, beautifully made today, and all My tribute to him.

Now of course this little present from our Sahaja Yogis to him is there. But apart from that, I wanted to give him some present but I'm in lost in this place, where I don't know what to get and when I went to buy something, also the shops were closed. So, it's a little present from Me, especially for his today's creativity.

[Applause]

He has brought such cheers and such applause from you, and I think this music has to spread quite a lot, all over the world, as it appeals to your heart. See, just see the way- I would say, when we talk to people, you see, we can just play the notes as they are. But then we can make it into a melody also, so that it becomes melodious and beautiful.

The third way could be to pull your strings and make it even more beautiful. And the fourth way could be to mix up sweet little, we call them 'kadah', means sweet little additional notes, little, little, bit here and there. And make it really, really, absolutely, what you can say a great fun, you can say a great fun. Or there is no word to it, because we call it 'niranand' that's what it is. You understand about 'niranand'. So that is just joy, nothing but joy, such mirth, such mirth.

So all these little, little things, if you remember in our lives: how to deal with things, that how to talk to people, how to be sweet, at the same time dynamic, expressing yourself fully. But under current is extremely entertaining and sweet. I think Sahaja Yoga will spread very fast. May God bless you all.

Just see the tabla also ...

[End of recording]

1990-0826, Welcome Talk before Shri Ganesha Puja: Fundamentalism

View [online](#).

26 August 1990

Talk to Sahaja Yogis

Lanersbach (Austria)

Talk Language: English | Transcript (English) - Reviewed

Talk before Shri Ganesha Puja 1990-0826

So we have all gathered here today in this country of Austria, which in Sanskrit we call it Astra. Astra means: The divine weapons. And the greatest credit, I would give to Austria is this: That you don't find any fundamentalism of any kind, whether it is Islam, or whether it is Christian, or Hindu any kind of fundamentalism operating in this country. Which is a very, very, very rare thing. Right from Russia to England you find everywhere there is a subtle fundamentalism existing. And this country has this speciality that there is no fundamentalism. And also racialism you don't feel here at all. In every country I have felt that there is racialism. Of course, in Russia, there isn't. But otherwise. So this country seems to be a very open minded country and perhaps because they have such beautiful nature with them. In this beautiful nature they want to enjoy the nature and for that you have to have an open heart. Or maybe the vice versa, the nature must have opened their heart.

So, this land has a speciality: And I am very happy you all have from all the way from so many countries, even from America, Australia, India, such far-off countries you have assembled here for this celebration and yesterday we actually saw ourselves, with our own eyes, the grace falling on this country. Cause this country deserves it. Any country which has fundamentalism behind it, will have to go down in this modern times. Any kind of fundamentalism is out of date and they cannot survive. They will be thrown out. Out of the evolution of the societies. So: One has to open yourself to everything. Moreover, Sahaja Yoga encompasses all the great religions and all the great incarnations, prophets and saints.

We respect all of them equally, like the jews respect Christ as they respect Moses, the Muslims respect Moses, as they respect Muhammed Sahab, the Hindus respect Muhammed Sahab, as they respect Shri Rama. This kind of a mutual respect, that we have, is not by blind faith, but by understanding through Sahaja Yoga, what we call on our central nervous system we can feel the divine power, and our whole being works like a computer and we can find out what is the truth about all of them. And that is how through our enlightenment, in that light, we worship all these people equally the same. But when it starts going to the fundamental bases, everybody is ruining, everybody's name is put into shame and all these great people are looked upon as some sort of trouble-makers. So, today's thing speciality is that if we have any fundamentalistic ideas within our head, first of all, we should drive it out. In a way, whatever is happening in modern times is the exposure of all, that is wrong, evil and destructive. And all that is today shown to us, very clearly.

We see it so clearly happening, that those people, who are against unification of the world, oneness of the world, and love for each other, are just getting exposed. So, our main power is our love. And that love is so effective, so kind, so tender, so beautiful, it has to be felt and to be enjoyed. So I am here for a very short time with you but I'll be coming back. Because they want to shoot me down there but after some time I'll be here to talk to you and I hope, you'll enjoy this beautiful place.

Have they arranged there? Have they arranged the other place all right? Can we go now? Ask them. In case they want, I can go and come back here, so I could be here for a longer period.. So let them go first, I will join. Yet there are some more to arrive, has it? All of them not yet arrived they believe. Are we expecting more people? French have not. French? Few of them have come. They are expecting about 800 people.

1990-0826, Shri Ganesha Puja: The Glow of Shri Ganesha

View [online](#).

26 August 1990

The Glow Of Shri Ganesha

Ganesha Puja

Lanersbach (Austria)

Talk Language: English | Transcript (English) – VERIFIED

Today we are celebrating the birthday of Shri Ganesha. You all know the story of His birth and I need not repeat it. But, as He was created by the Mother only, by Adi Shakti, in the same way you are all created after Him.

So, you are on the path of Shri Ganesha already. Your eyes sparkle the same way His eyes sparkle. You all have the beautiful glow on your face as He had. Whether you are small, big, or old makes no difference. All the beauty comes to us through the glow of Shri Ganesha. If He's satisfied, then we don't have to worry about any other deities, because the power of all the deities is Shri Ganesha. He's like a vice-chancellor sitting on every chakra. Unless and until He signs, Kundalini cannot cross through, because Kundalini's the Gauri and is the Virgin Mother of Shri Ganesh.

Now we have to understand that we are here in the Western society where so much has gone wrong because we never bothered to look after Shri Ganesha. Christ came and His message spread all over the world. He talked of things which are not practised by Christians, not at all. Because whatever they started is not based on truth. The truth is that Shri Ganesha took birth as Christ. If that is the truth, then they have to understand in the light of Shri Ganesha this great incarnation of Christ.

That is, He has told people that, "Thou shalt not have adulterous eyes." Actually, for a saint, He doesn't know what are adulterous eyes, because He just sees. He just sees. As Shri Gyaneshwara has beautifully said, "Niranjanapani": to see without any reaction, just to see. That is the quality of innocence, which was brought to light by Christ, our Lord. But we did not imbibe any one of these qualities.

Now supposing you are worshipping today Shri Ganesh. So why are you worshipping Shri Ganesha? You are worshipping because your Ganesha must be awakened—that you should have the qualities of Shri Ganesha within you, that you should feel that innocence in your eyes. Otherwise, you are a hypocrite. If you are sitting here and worshipping Shri Ganesha and you are not trying to put your attention to your ascent as Shri Ganesh, then it is useless.

And then He is an eternal child. He doesn't have ego, He doesn't have any conditionings. So He's an eternal child. We have to become eternal children of our Mother. To get to that state, what do we have to do is simple: that to raise our Kundalini, fix it up, to do meditation, and keep our attention inside more, and not to react.

Now, to say not to react means just to watch. And when you watch without thinking about it, then the truth, which is really poetry, comes out. That's why a poet sees much more than an ordinary person can see. The inner's beauty just starts penetrating your vision and you start seeing it.

So, you have seen children, whatever may be their origin, from whatever country they might be coming – whether it is Japan or whether it is England, India, Australia, anywhere – see the children are normally very beautiful.

Once I went to Japan and there was a shrine they wanted Me to see. So I saw some ladies coming down – three, four ladies. They're Western ladies.

They said, "Don't go. Don't go. There are some children – horrible."

I said, "Why?"

"They call you 'witch!' They called us all, 'witches, witches, witches!'" – the Japanese children.

I said, "How do you know? They must be saying in Japanese."

"No, we asked the meaning, so they told us it means 'witches.' We look like witches to them. So better not go!"

I said, "It's all right. Let Me go."

And when I went up, they all came running, clung to Me, kissed Me, this thing. They wouldn't allow Me to go to the shrine. And then they walked all the way to the shrine, they came back. I didn't know their language or anything. So sweet: kissing My sari, kissing My hand, so sweet they were. And I was surprised, that how is it they call the other ladies as witches, and to Us, to Me, and My daughters were also with us. And My daughters are very fond of children. So then they said, "You see, why to go to the shrine? We'll play with the children." I said, "No, let's go to the shrine, after all."

So when we went up, these children also came with us and walked down. And their mothers were so surprised, you see, they said normally to all the foreigners, to all the foreigners they say "witches" or even to men they say they are devils: "Devils are coming!" Because Japanese are short people, you see, and the sizes of our Western people are quite big and perhaps maybe that is the reason, whatever it is – or maybe something else, I don't know. And they wouldn't, I mean, even talk to them. They all ran away, calling them "witches, witches" from the windows and from every corner.

Then I realized, you see, these small little children, their Ganesha is awakened in them. Everybody's Ganesha is awakened when you are born. All the animals have their Ganesha intact with them, especially the birds. We never think how birds, all the way from Siberia, go to Australia. What direction comes to them, from where. They have got a magnet within themselves. That is Shri Ganesh. The magnet is Shri Ganesha.

So this magnet, which is within us, can attract innocent people and repel cunning, horrible, as they call witches and devils and all those. So this magnet has both the qualities: that it repels those who are not all right and it attracts those who are innocent. And that is why in Sahaja Yoga we find that we cannot tolerate some people somehow or other: "We try, we try, we try. You see Mother, some are a bit difficult, you know." They don't know what is the reason. The reason is Ganesha.

Now, in the Western society, as you know, not that they've not paid any attention to their Ganesha quality, but they have talked too much about the perversion of Shri Ganesha. They talk on the television, they talk here, there, in every way. The children see it and so many small little children are suffering from Shri Ganesh problem, very small children. How do they get into these problems is because the atmosphere is full of it.

Now, in Sahaja Yoga also we have some people who just stick on hypocritically and they have Ganesha problem. And there are some who support. This fellow can say, "Oh, I was such a sick man, I have no wife," or "I've had no love from my parents," or anything, and others start supporting. This kind of sympathy is very dangerous, is extremely dangerous. First of all, this sympathy ruins that person, who cannot get over his problems, and gradually you also pick up these problems. Instead of helping him—that: "You do the meditation of Ganesha, you just sit on the Mother Earth, say Atharvasheersha, use the candle, your problem will go away"—instead of that, they start sympathizing. This is not sympathy. It's sym-pathy. "Sym" means "to share"; "pathy" means "pathos." So you share all the problems of that person yourself. So never support a wrong thing. If you really love that person, you care for that person, you have to tell that person: "This is wrong. This is wrong. This is wrong."

Moreover, in Sahaja Yoga, I've seen people of seventy years also want to get married. I can't understand, you know. After all, loneliness is not possible in Sahaja Yoga, you have so many Sahaja Yogis. Where is the loneliness? I never feel lonely. I would love to be sometimes. If you are not with Me, My family is with Me. I'm never alone, and I'm never alone when I'm alone, really. I enjoy Myself best when I'm alone because I have time to reflect back as to what we have achieved, as to how these moments were beautiful moments of meeting you all, all those beautiful places I visited with you, all the enjoyments.

So all such people who are explaining their problems of Mooladhara have to know one thing: that this is a sure certificate for them to go to hell. Absolutely. Because either from the Mooladhara, you know, all kinds of diseases come in which are incurable,

according to the doctor. Say, you take multiple sclerosis. From multiple sclerosis through all the disabilities of the muscles, even cancers could be started by Mooladhara problem. Why is it [there is] so much cancer in the Western countries than in any other countries? Everybody has an explanation. Somebody said there are not so many doctors of cancer, that's why there are. It's not so.

Now, you see the disease of schizophrenia also can come from Mooladhara problem. Of course, you know AIDS is nothing but Mooladhara problem. But still, if you want to make a martyrdom out of that, that: "We are AIDS soldiers walking to our death," then what can you do to such stupid people? And stupidity comes also from Mooladhara, because He is the giver of wisdom. How do you get the wisdom? Only by awakening your Shri Ganesh. He is the giver of wisdom.

Now, all kinds of people do stupidities, unbelievable. Unbelievable. Like in India recently I asked them for bigger bangles, for the ladies have bigger hands here, and they came back to say that these days all big bangles are going to America. I said, "Why?" Because the men have decided to wear bangles in America. Now in India, if you give one bangle to any man, means an insult to him, that "you are not a man."

All such stupidities, hundred and one, I tell you, you see all over the world now because you have come out of it. All kinds of things come because their Mooladhara is not all right. In India now, for example, we all wear saris. Nobody knows. I mean, logically also we should wear saris because saris are made by villagers and they earn out of it and that's how we support . . . this thing. Culturally, we like it also because it suggests we are shy women, we don't want to expose our body too much. And thirdly, it's very good for the mothers, that mothers can nurse the children and look after them.

So, it has various aspects, but nobody thinks [about] the logic of it. They think it's very practical and it has been there for traditions. Now, supposing you say, "All right, come along, give up your saris and wear something else," they'll say, "Now, tell us another! No, no. Nothing doing." Nobody would accept it. Nobody would accept it, because they think that saris are more gracious, they make you look like a woman; there's so much beautiful dress and it does give chance for the artist to express themselves. But this . . . only some intellectuals might be thinking. But normally in the villages, if you tell them that you change over, they say no. So nothing like a fashion can work out. Nothing like a fashion can work out because traditionally now they have reached a certain stage of wisdom: "Now, this is the best suited for us." So they won't accept any nonsense. Ha, if it is something sensible – which is never so, I would say, from the West – they may. But because the Western people have lost their wisdom, there is nothing sensible that comes to India, nothing. And whatever sensible [thing] they have, that is also going out.

Yesterday you heard such a beautiful waltz. I mean, who plays these days a waltz? Thousands will gather at some sort of a noisy pop, hard music, which can penetrate into your ears and can make you deaf. There's no wisdom in all these things. They want all the time some sort of a sensation. I was told people come here for skiing. Now some, I saw people jumping with a parachute. Ask an Indian, he'll say: "You better do it. I'm not here to break my legs." That he understands the wisdom that, "My body is more important than anything else. What is this sensation for?" The skiing, so many people have seen, they've lost their kidneys. They have lost their legs. They'll have artificial legs for skiing. This sensation comes as a great attraction for people who have no wisdom. It doesn't appeal to the wisdom.

So, the people who are wise don't take to stupid things. Though Shri Ganesha is the child, but He is the giver of wisdom. So we can say our children are the givers of wisdom if we keep them on the line of wisdom. You listen to them, how they talk, how wisely they talk. Sometimes they have a conference with Me and they tell Me all about you people, what you are up to, and they take Me into confidence completely and say that, "Don't tell uncle or auntie, but we'll tell you this." And small, small things they say, that, "Auntie was wearing the sari You gave her and then, you know, she put it on the ground!" All little, little things they know; so sweet they are. See yesterday how they came rushing and kissed Me, so sweet. Without them the world would have been like a desert without any flowers, you know.

So, Shri Ganesha has created you. Because of Him, you were born. He's the one who looked after you when you were in the womb of the mother. He's the one who saw to it that you are born at the right time. He's the one who has looked after your nourishment, everything. He's the one who has looked after your development of the foetus, of the brain and everything. All is

done that by this great personality, Shri Ganesh. How much we owe to Him! Apart from that, He gives us the basic wisdom.

I mean, a villager, supposing you talk to a villager who is not exposed to all these nonsensical sensations, you'll find him extremely practical and wise. There's a story that one villager was travelling by train with other boys who were very flamboyant and thinking that they were very smart. So, they were trying to tease the man. So, a boy asked a question to him: "Now, if the butter is selling for one pound, for a quarter of a pound, what will be the price of the egg in the next station?" He looked at him. He said, "All right, you tell me what. Then, you cannot tell the price of the egg, then can you tell me the price, can you tell me my age?"

He looked at him. He said, "You must be twenty-two."

He said, "How do you know?"

He said, "I have a brother who is eleven years and he is half mad, but you are full mad."

So, an ordinary villager answered this smart fellow and the smart fellow didn't know where to go. So, all this smartness and cleverness finishes off when it comes to innocence.

Now, many people have a feeling also that we have lost our innocence. That is something, an eternal quality you have got. You never lose your innocence. Maybe, as clouds can cover the whole sky, maybe your ego and conditionings and your mistakes might have covered it, but it is always there, always there. Only thing [is], it is for you to respect it, to behave in a manner that you respect your innocence. Not to feel shy about your innocence, never. Your innocence itself is a power and your innocence will definitely give you that wisdom by which you can solve all the problems without any difficulty.

But in a deeper way, if you see who is Shri Ganesha, He is the child of Adi Shakti. She created Him from the Omkara. Now, Omkara is the Logos, as you call it, is the first sound when Sadashiva and Adi Shakti separated, for creation. That sound is used as Omkara, which are vibrations, which have light in it. They have all the causals of all the elements, only on the right side. Then the left side, it has the power of your emotions. In the centre, it has the power of your ascent.

So it's a very powerful Deity we have. And He's playful. Children are seldom cruel. He's not cruel, but if anything is done against the Mother, then He goes all wild. Then He punishes, and that is how the divine justice is brought to people.

Thus, if we surrender to Shri Ganesh, He protects us, He gives us wisdom, He gives a proper understanding [of] the protocol of the Mother. He does not know any other deity but His Mother. He doesn't bother about any other deity but His Mother, and He knows that She's the most powerful Deity. And this is His wisdom, which must be imbibed. When you pray, you must try to imbibe that.

For many people are still, in the West, anxious to copy other people, fall back into the wrong ideas, which have really kept them away from the truth. Thank God you all have come out of it. And when you see the hell into which the Western society has fallen, you try to understand and enjoy that you are at a different state altogether.

But still among you there will be some who will be dangling. Try to pull them out, not to throw them inside and go also with them. If you sympathize with them, you'll go down with them. Try to pull them out and tell them that, "You have to come out." It may be a little painful to them; doesn't matter, but they'll be saved. So you are here as saviours and you have the power of Shri Ganesha, which is to be used.

So today's puja is specially to be done with a prayer in your heart, that:

"Shri Ganesha,
please be kind and merciful and forgiving,
that You manifest within ourselves.
Let all these hypocritical things,
all these conditionings,

and all the wrong ideas we have,
or all the wrong life we have had,
should just disappear like thin air,
and let the beautiful moonlight,
of your soothing qualities of innocence,
be manifested through us.
Let us manifest these qualities.”

This is what is to be asked.

Today is a great day. I'm very happy we are in Austria, which I call is the country of divine weapons. It's a very wonderful country; as I told you before that there is no fundamentalism here. It's very surprising, but I have discovered that in Austria there have been people from all over the world and they have been married here. It's a small country, so they all kept together. It's a very nice place, especially this place where we are. I heard that it's called as the holy land of Tyrol. And we also saw lots of grace falling down with our eyes. Everybody could see them, the grace coming down. There was no rain, but you could see the grace.

Moreover, yesterday, the villagers remarked that this river overflows. The whole glacier comes down and this river overflows, but it did not. It kept to its maryadas. They are quite surprised how it has happened, that it kept to its maryadas. This is one thing. And the second thing is they said that they have never heard such great, absolutely volcanic, roaring of the clouds. They've never heard such reports before, and it was really remarkable: it rained so heavily, everything happened, and we are all right. Only in the central path of Sushumna it cleared out. Maybe because I had to walk through that, so it cleared out that part.

But on the whole, all our programs went off very well and we all enjoyed the last night's program, and the musician also lost all count of time—he played for four hours on his own. I thought he'd just play one raga. He went on and he wanted to play more, but then, thank God, he thought of the puja perhaps and he stopped it.

So, let us try to be innocent within ourself. Be proud that we are innocent. We need not be smart people. Smartness is your mental attitude and innocence is your innate quality, which is connected with this all-pervading Power.

So, may God bless you all.

At least during the puja there should not be any movements outside or nearby. If the children are sitting, well and good, otherwise you can go out. But you shouldn't disturb others because their attention goes to you. So, all those who are having any movements, all of you also should come and sit with your children. Why can't your children sit down? They will sit; bring them in. Or if they are not sitting, you go behind the curtain. Because they get disturbed, you see, there are Sahaja Yogis still who get disturbed very easily with the slightest movement here and there.

So, the first thing is to open your heart for Shri Ganesha. As you see a child, how your heart opens. In the same way, please open your hearts.

All right.

See, one thing is that He has got a hunter [whip] in His hand and, if you remember, Christ used a hunter to hit all the people who were selling goods near the temple. He could have used any other weapon, but He used a hunter.

1990-0829, The Blossom Time: A New Era of Enlightenment and Transformation

View [online](#).

29 August 1990

The Blossom Time: A New Era Of Enlightenment And Transformation

Public Program

Frankfurt (Germany)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: I bow to all the seekers of truth.

At the very outset, we have to know that truth is what it is. We cannot change it, organise it, or describe it. Unless and until you know it, whatever one may say about the truth, one need not accept. Then another difficulty is that at human awareness we cannot know the truth. It is only knowledgeable once we reach a higher state of self-realisation. At the human awareness, as we come, we do not (unclear) truth. If you had truth, then there would have been no problems. We all would have felt the same way if it was the absolute truth. Like you see a candle for example, or the (unclear) here. All of you can see. It is so. There are all the (unclear).

So something has to happen to human beings, by which they have to know the absolute truth. We see so many problems around us. Say for example ecological problems, political problems. Because we do not know how to behave with each other. We are here and we are all sitting together, and we don't know (unclear). And so all these complications come in.

For example we do not know how we relate to materialism. Simple things is that machines are for us, we are not for machines. Now in the beginning when we started making machines we went out of bounds, without any knowledge of balance and created so many nonsensical things on this Earth. And we made this ecological problem. If we had a sense of balance and the collective understanding of it, there could never have been such a problem.

Now the political problems are there because we do not know that God has made only one world. That we are part and parcel of the whole, of one personality. We have formed so many cliques, like [the] League of Nations, United Nations, all these things. But there is no truth behind it. I know all these institutions very closely also, and I find that those people who talk of peace have no peace within themselves. It would be like many blind people trying to paint something for the future.

So first of all let us open our eyes. That if we are part and parcel of one great personality, then let us feel it that way. It can only happen if you become the self. Because the self, the Spirit, is the universal being within us. When the light of the self comes within us with that light, we feel another person and we can feel ourselves. We can feel what is wrong with another person, what is wrong with us. People end up in lunatic asylums. They end up with cancer. They end up with horrible diseases. But they are not aware that they are making all these (? diseases). Because we do not know what is happening within ourselves. We do not know what is wrong with us. And instead (? any method) by which we can see what is wrong with (? others).

Is there any way of finding out that we are inside like this and there is something happening in our roots? And that is extremely simple. Because a special timing has started. I call it as the Blossom Time. Where so many people have to (? ascend).

When we try to find the self, we have to know that it has to be a living process. It has to be the living process of [the] evolutionary style. As now we have become the human beings, we have to become the higher self through this living process. So the possibility of achieving that breakthrough is there.

But as we are living in this materialistic world, we think also that all living work can be done by paying money. Like this Mother Earth, if we have to sprout a seed, how much do we pay (? them)? This Mother Earth has got a built-in quality to sprout the seed and the seed has the built-in quality to get sprouted. In the same way, you too have the same built in quality within you to get

your self-realisation.

Now the logical conclusion of people (unclear) to understand that any kind of ideology doesn't get you to perfection. Take for example now the Russian style. They have not thought that they have gone too far with their communistic ideas. But what about democracy? Even democracy becoming demonocracy. If you go to America you will be amazed. You can't walk on the street alone. It is so violent. The whole place is infested with such diseases that you are afraid of touching anyone there. Sometimes I feel that out of ten people six people are schizophrenic there. They all the time twitch their eyes, noses, they never steady (unclear).

So America, which is the epitome of democracy, is like this. All this money orientation has led them there. Ultimately to diseases, to mental problems, to social problems. Socially they are horrible because everywhere I go I find a new wife (unclear). Socially they are horrible, every year I go there I find a new wife with a gentleman. This is so – so troublesome, it is such a turmoil in their lives. So full of stupid ideas. That you can't understand, where is this wisdom? Where is that wisdom gone which Abraham Lincoln had? So the materialism, also, is to be balanced.

So then we go to the religion and we see these fundamentalists. Whether they are Muslims, Christians, any religion, they are all fundamentalists. The best part of it, you may be a Hindu, Muslim, Christian, anything – you can commit any sin. There is no restriction about it. So the religion is something outside like – it's like a social party or something, that's all. And the whole thing is based either on power or on money. Nothing on Spirit. But the essence of all the religions is that you see the eternal. And whatever is transitory is to be used in its own understanding and discriminations. But what we are doing is we are losing the religion for a kind of a groupism. So this fundamentalism that we see today is – has been with every religion, so called.

So now where is the truth? One gets lost and doesn't understand that – this kind of anarchy in every dimension you find of human life, so you feel frustrated. Then you have to do some soul searching. Every prophet, every incarnation, every saint has said one thing. That you have to be born again. We talk of that, we do not know the truth. So immediately they take the label, "we are born again". It's not a label, it's a state. And in that state you have Spiritual powers.

Now whatever I am telling you, you have to listen to it as with a scientific mind. You have to treat it like a hypothesis. And if it is true then as honest people you must accept. Because it is for your benevolence. Benevolence of the progeny. And the emancipation of the whole world.

For your information I would like to tell you that through this awakening and through Sahaja Yoga we have been able to create three doctors who pass – got their MDs in India. And there are seven doctors in London who are trying to record all the people who were cured by Sahaja Yoga, physically and mentally. In Russia they have officially accepted Sahaja Yoga as a medically curing process.

I must say, [the] Russian government might have been (unclear) whatever you may say. But the people are extremely wise. I mean I never have less than fourteen thousand, twelve thousand people in Russia. It is really surprising how these people who talked of materialism have such pure intelligence in their head to see that you can't pay for Spirit. None of the false gurus who are taking money were successful there. Nor the Orthodox Church which was just making money there, and all these churches as we are finding out (unclear). They just wanted the pure experience of Spirit. And this is what I don't understand, when we do not talk of materialism in a democratic country and more of democracy, we are greater materialists than them.

So now there's something missing, we have to know, in our democratic system, that it has just pampered our ego too much and has given us chances to decide about things. Small, small things we start deciding. And we waste our precious human life into very small stupid things.

In my own life I have another life which is supposed to be with the "elite" people. In my own life I have another life where I'm supposed to be with the "elite" of the society. Now if the French have invited you for dinner, for forty-five minutes they will only discuss what they will have. And if the English have invited you they will discuss what sort of spoons you are using. Same thing

with everyone. That we decide the personality of a person by what they are wearing, what they are eating, how they are moving about. In what car. I sometimes fear that all mafia leaders will become prime ministers of democratic countries.

The other day I have met a lady who has been to a guru who had been taking Rolls-Royces from the disciples. So she said (? he has) not only Rolls-Royces, he's got [a] helicopter, he's got [an] aeroplane, all these things he has. So she was very much impressed. I said for this kind of impression you'd have to pay. How did he get all this money? From where did he get it? So in – about seeking also, we do not have a proper idea (unclear) that it cannot be paid for. It's a living process. In the elite society where I move people talk like this, "Oh that guru is expensive but he's good."

So first of all I want to tell you that it's a living process and already God has built in you this system. And it is the simplest way of getting it. Has to be the simplest. Because it is so (unclear). Like our breathing. If you have to, for that, pay to some guru, how many of us – of us are going to exist? So it has to be Sahaj, it has to be simple. And this is what – today some people were telling me, "Mother, make it very difficult, otherwise we won't understand the value of this." Like somebody had made a tunnel of I think five hundred metres, through which everybody had to walk through, called the "Rebirth". And how (unclear) join that? They were paying any amount and they were allowed to steal what you like but you can commit any sin, kill anyone, you have to just pay and walk through that tunnel. And you'll be amazed, many educated people joined them. All depends on these pretensions, somebody is giving you a diamond, you (unclear) doing this, all these pretensions. Can not be truthful, we must understand this. The tunnel is within yourself, you have – if you see that is the tunnel, what we call as the centre path of ascent. It cannot be longer than three to four feet at the most.

So first of all we must know that materialism so called, that we have, has really made us money-oriented and because of that there are lots of stupid things which are important. And we cannot even enjoy the matter. As you know, in economics, principal is that (? nobody) juggles (unclear). (unclear) see this beautiful carpet, I just see it, just see it. I don't think about it. And the joy of its creation just flows through me, soothing me down. But if I was a person who (unclear) owning this and also was thinking about it then I think "Oh God this is mine, it might be spoiled, must be insured", all kinds of headaches. But if (unclear) belongs to somebody else also I would think that "Oh when will I go and buy it?" This is the common human reaction. So any amount of things we acquire, whatever we want to have, we can never be satisfied.

So this power, that is the Kundalini about which you are being told, is the power of pure desire. And when it rises through six centres as you see that we have – six centres, seventh one is (unclear) – six centres, it pierces through your fontanelle bone area and you get the actualisation of baptism. Like this instrument has to be put to the main, our instrument has to be put to the main also. And as this rises it nourishes all your centres, and it cures you, it gives you mental peace and ultimately you become a man or a woman who is an enlightened person. And the Spirit, which is the Universal Being within you, starts shining in your attention, by which you know what the problem is with your centres and what the problems are with others'. So you become collectively conscious, you become, it's not lecturing. Becoming, that means you develop the awareness of this new dimension. Then if you know how to correct yourself you get all right, and if you know how to correct others they are all right too.

What is the difference between us and the real saints, the sat gurus, not these – all these horrible money-makers, but the real ones? That they never told lies. They never cheated anyone. They never enlightened other candles also. Only thing, you have to have self-confidence. That's all, that you all can get your self-realisation.

I am sorry, I was told the program started late and that's how today, for the time being I have just given you the introduction of Sahaja Yoga in a way, but I would like you to ask Me questions, which are relevant. Because I have come here not to take anything from you. I am not a politician. But I have come to give you what you are. And the truth is that you are the Spirit. And another truth is that there is a subtle power of divine love that has – (microphone cuts off and audio is unclear until 36:46).

There was one gentleman who was (unclear) had written that Kundalini is in your stomach. What can you do about it? Not to be (unclear). Now, the Kundalini is your mother. Your individual mother. And She knows each and everything about you. Like a tape recorder, everything is within her knowledge. And when you were born your mother (unclear) she didn't give you any trouble, did she? She just played with you. You might sometimes be a little (unclear). Sometimes.

Ah, this one gentleman.

(A seeker asks about whether Shri Jesus Christ has a big role in Sahaja Yoga, in German.)

Shri Mataji: Oh very much, very much, all of them. Very much so. Tomorrow I will tell you all about Him, without Him it can't work out. All of them. Christ has said that those who aren't against us are with us. Who are those?

All right. It will take about ten minutes at most.

(A seeker asks a question in German.)

Shri Mataji: You should not. You should not rely on the thoughts. So by this action when – by this process you go beyond thoughts, in a thoughtless awareness. And then wherever you really take in the light of the Spirit, so you know the absolute truth.

(A seeker asks about the meaning of life in German.)

Shri Mataji: The meaning of life is that you have to enjoy yourself. And the Spirit is the reflection of God Almighty on your heart. But first (unclear) and first you know it. And it's better to know about it later on. For example here there are so many lights, and we come from outside and there is a (unclear) all the lights come in because they are built in here. But first if I have to tell you that this theory of electricity, that how it has come to Frankfurt and how it has come here and who has done it in the darkness, you'd be bored still. So the best thing to be, first to have the light. As a mother I would say I have done the cooking for you. If you are hungry then (? you have to) eat first, then I'll tell you how I got it.

(A seeker asks a question about what Shri Mataji meant by light in German.)

Shri Mataji: So it is awareness. I am talking about awareness. Light. You can say. Now for example if there's an animal say, like a horse or a dog. If you want to take him through a dirty (unclear) he can walk through no problem. But if you ask a human being to do that he can't. (unclear) because in [the] evolutionary process your awareness is such that you understand, feel it what is dirt, you understand what is beauty, what are aesthetics, so many (unclear) you have got which are expressed on the central nervous system.

So this light I am talking about is the higher awareness of collective consciousness. In that awareness you become a personality which can have the wisdom, which is a divine wisdom of the absolute truth. For example if you have say, children who are realised souls. And you tie their eyes. And put somebody before them and ask them to tell us what is wrong with this fellow. They will raise the same finger, supposing they raise this finger. That they will ask the person "Do you suffer from a throat trouble?" The person will say "How do you know? Are you a psychic?" This is how. Your fingertips (? get enlightened). There are five six and seven centres. I've shown here, you can see clearly. And that's how first you can make out what is wrong with other people, physically or mentally. Also you go beyond thought and become peaceful. You (unclear) your peace within yourself. And when you cross over and establish your connection nicely, then you get the powers to raise the Kundalini of others, to cure others.

You will be happy to know that first time when I went to Russia there were twenty-five Germans who went there to give realisation to (? them). And these Germans, as I find them, are extremely gentle, extremely (unclear). I just can't understand how beautiful they are. And they are born (unclear) (? to save them). Very (unclear), very kind people. Very compassionate. Very honest. So all this beauty is growing within us. Just we have to manifest, that's all.

(A seeker asks a question in German, I think about whether realised people will go to Paradise and what will happen to the people who do not get their realisation. She is worried that not a lot of people have gotten their realisation.)

Shri Mataji: A sweet question, very sweet question. I am myself worried about that. But see now in Frankfurt, we've done so much work here, how many have come for their realisation? See you have to come, I cannot force on you. Isn't it? It cannot be forced. So this is the problem. I am sure after some time more people will come. But the progress is very slow. In India of course we have thousands. And also in Russia, in Bulgaria. Romania. But otherwise people are more enamoured by nonsensical things. They (? have) pretentions and funny things, I really don't understand, why don't they use their brains?

(A seeker asks a question in German.)

Shri Mataji: Yes, yes. That I have said but the questions are coming in now. (unclear) that's going to happen now, that's very good. (? There has been seven.) Now there is a question again now. (unclear) we must do that now. All right.

(A seeker asks a question in German.)

Shri Mataji: I think the enjoyment is pure enjoyment. (? Without question. I think it's better to experience within you.)

(A seeker asks a question in German.)

Shri Mataji: I (unclear) you will become a Sahaja Yogi, you will have to do the job that is (unclear). They know I am already sixty-seven years of age. And every day I am travelling. And I am (unclear). And the more people are coming to Sahaja Yoga and take it seriously, they can help also. (unclear), only one. Then a few people. And then (unclear). In the same way, once some people (unclear) and they see your lives and your styles, and then (unclear) will come out. I started Sahaja Yoga with one person, now we have thousands. Now.

(A seeker asks a question in German.)

Shri Mataji: Now first of all you get your realisation. I have to say one thing, that now we (unclear). Like in Russia I give realisation to people only on television. So many people have got their realisation only on television. Just a bit try first of all to listen to me. Then all right (unclear). Now all these people in every (unclear) thousands and thousands in Russia getting realisation. Here your television never called me (unclear). (unclear) very lucky people (? usually). Gorbachev himself is a realised soul, (unclear). And he understands the value of Sahaja Yoga. They are lucky people (? to have) such a great leader.

(A seeker asks a question in German.)

Shri Mataji: Now better not be too (unclear).

(A seeker asks a question in German.)

Shri Mataji: (unclear) it's not like that. As I told you (unclear). Some (unclear) are so (? cruel) that you – for sure they really get (unclear). But some are not. If you are told (unclear) also (unclear).

So that's what I'm saying, if you ask me questions I'll answer. But I cannot guarantee realisation. Just a bit, just a bit, really listen to me what I say. Because that is mental. Questions, answers are mental. Mental activities. But I want you [to] ask me questions because when this process is on I don't want your minds suddenly to jump up like a jack-in-a-box. You have to understand (unclear). That's why I answer. But by my answering you will not – I cannot guarantee your realisation. Because you have to go beyond the mind. And if there are too many thoughts all the time then Kundalini may not rise.

So I would say, for the time being, if you could just to allow Kundalini to raise it would be a better idea. And then you will see if some people are left out, you see them, what the problem is. Because you are all mental people, quite a lot of mental activities

going on. So you cannot settle down with yourself. It's all bubbling, you see all mental activity is bubbling, I can see it.

So I wanted to give an outlet. An outlet (unclear) a little bit so that you are settled down. Otherwise [the] Sahaja Yoga process is extremely comfortable. Formerly, people had to go to Himalayas. Walk for miles. Stand on their heads. No questions, no answers. And sometimes took beatings. But today Sahaja Yoga is coming from a Mother. So it can be done in a very comfortable way. And that's why let us now settle down to have the realisation.

Now – first of all, I don't know how far he has told you about these two nadhis, left and right. The two sympathetic nervous systems. I don't know. Because in such a small time you cannot explain everything. But we, we will say that left side we have the power of desire. Normal desire. Not the pure desire which is the Kundalini. And the right side is the power of action.

So what we have to do is to put your left hand towards me like this, comfortable towards me, comfortable on your lap. And we have to put the right hand for nourishing our centres on the left-hand side. Very simple thing. I hope you don't mind that we have to take out our shoes before we start, because – (audio cuts off).

1990-0831, Shri Hanumana Puja: Electromagnetic Force

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31 August 1990

Electromagnetic Force

Hanumana Puja

Schwetzingen, Schwetzingen Palace (Germany)

Talk Language: English | Transcript (English) – Draft

You can sit here also, some of you, it's good... I think you can come here, there is room. Some of you can move here so that they can also come here, so it won't be a problem. You sit in front here. They are better, you see. Good. Open this door, would be all right. It's all right, you can open the door if you like. It's all right. Better open – these doors cannot be opened? They don't open? Oh, my God! You need a tall person. You need Hanumana! Take His name and He'll open! Keep a chair in front of that.

Today we have come here to do Hanumana's Puja. Shri Hanumana is a great character in our being and He runs all the way from Swadishthana to your brain and He supplies all the necessary guidance we need in our futuristic planning or in our mental activities. He gives us guidance and protection.

As you know that Germany is a place where people are very active, very right-sided, use their brain too much and they are very machine-oriented also. It is very surprising how a deity like Shri Hanumana, who is an eternal child, because He was like a monkey. His head was that of a monkey, if not of an elephant.

So He was an eternal child and He was the one who was used to run the right side of human beings. He was told that, "You must control the sun", to begin with He has to control the sun, that the sun in the people, if there is too much sun then He must try to control it and make it cooler or smoother. So, He was a child after all, so as soon He was born, when He knew that He has to look after the sun He said, "Why not eat it off?" so He ran up the Virata's body and ate up the Surya. There He had to be told, "No, no, no, no. You have to control Him, You don't have to put Him inside your stomach", because He thought that this sun will be controlled better if He has it in His own stomach.

So the beauty of His character is that He's a child, and the child-like behavior of Shri Hanumana has to control the right side, if there's a right-sided mother or a right-sided father. Normally right-sided people don't get children, normally. They're over-right-sided, then even they get children but they are really not liked by the children, because they have no time for children, they all the time are very strict with the children, they shout at them, they don't know how to handle the children. Or they are over-indulgent, because they always think that, "I never got this, so let me give it to the child." So these extreme type of people who are right-sided have got this Hanumana who is nothing but a child.

He is very anxious, very anxious to do the work of Shri Rama. Now, Shri Rama is a character I would say, which is full of balance, absolutely. He's the benevolent king which Socrates has described. So He needed somebody with Him all the time to do the work or to supply Him or to help Him, like a secretary you can call Him, and Shri Hanumana was the one who was created for this purpose.

Now Shri Rama [Shri Mataji may mean Shri Hanumana] was such a assistant, I mean, you cannot have such a word for him, you can say, such a servant of Shri Rama. Even the servants, you see, don't have that much of dedication for their master. You can say, like a dog or a horse, but that also doesn't have. Such dedication for Shri Rama that by the time He grew up He got nine siddhis, navadha siddhis. Nine siddhis He got. These siddhis are like this that He could become big, He could become so heavy that nobody could lift Him, He could become so sukshmana that nobody could see Him, He could become so subtle that nobody could see Him. There are nine siddhis that He got. So, a person who has got the right side too much in him, He controls him with these nine siddhis.

Now, how will He control a man who is running very fast in his life? What He does is to control his movement, He makes him in such a way that he has to put down his speed. He makes his feet very heavy, now he can't do that much. Or He makes his hands very heavy so the person cannot work very much with his hands. So He can give a tremendous kind of a lethargic heaviness to a person who is a very right-sided person.

He has got another siddhis, which are very interesting is that He can extend His – He doesn't have many weapons, He has only one gadha in His hand and He can extend His tail to any extent and He can handle people with His tail, He does not have to use His hand. Sitting down here, He can put the tail around anywhere. If He wants He can just make a mountain of His tail and sit on that. Like He has all these monkey-tricks as you call them, you see, and all these tricks He has within Himself is to control a person who is extremely right-sided, to begin with.

Then He can fly in the air. Just...He doesn't have any wings, but He can just fly in the air. That means He can become so big that the amount of air He displaces has much more weight than His own weight - just the same principle Archimedes, if you know the Archimedes principle - that He becomes so big that His body starts floating in the air. Like a boat, you see, you can call it. And He can fly in the air, and by flying in the air He can carry the message from one to another through the ether.

Now, the subtle of the ether that we have is under the command of Shri Hanumana. He is the one who controls, or is the Lord of this ether, the subtle of the ether. Or say, the causal of the ether. And through it, it communicates. All the communications that you find like we have within ourselves also - ductless glands, which our pituitary is using ductless glands is through Hanumana's movement, because He can go into a nirakar, He can go into a formless state.

Also the communications, we know for this communication that we have, maybe we can say that there is a... we have got a loudspeaker, but we have a television, we have got radios and all those things. Where we catch on to the ether, anything, is all the blessings of Hanumana and are available to people who are right-sided.

Only the right-sided people discover these things of the space which we call as a cordless telephone or a thing without... we have also telegraphs where we don't use any wires. So, without any connection through the ether He can manage. So, all the ethereal connections has been done by this great engineer, Shri Hanumana. And it is so perfect, it's so perfect that you cannot challenge it and you cannot find faults with it. Maybe your instruments may not be all right, but as far as His ethereal work is concerned He's perfectly there.

Now the scientists discover it and think that it is in the nature. But they never think, "How can it be?" We say something in the ether and how is it, it is received on the other end? They just take it for granted, that it is so that we say something here or we relay something on the television and it is seen the other side. But they never even think or search out how it is done, what is the way, and this is what is the work of Shri Hanumana, who has done such a beautiful network and through that network all these things work out.

So, even on the right side the vibrations we get in the molecules, as you know that we get molecules like sulfur dioxide, if you have the sulfur has two oxygen and the oxygen goes on pulsating like that.

They are asymmetric, symmetric type of vibrations, you all must be knowing about it. So, all these things, symmetric and asymmetric vibrations are created by whom? Nobody wants to know. Nobody wants to find out, because after all in an atom or a - imagine, in a molecule that deep, who does that job?

Is done by Shri Hanumana in His subtle ways. So, He has another great siddhi, which we call as anima. Anima, anu, anu means a molecule, and that means it can enter into a molecule or renu is the atom - it can enter into molecule or into atom. Now, many scientists think that in the modern times they discovered the molecules. It's not so, because it's already in our oldest scriptures description of anima is there, is of anu, renu is there. So, is already described there.

Now then, wherever you see the electromagnetic forces working it is worked through Hanumana's blessings. He's the one who creates electro-magnetic forces. So now, we can see that as Ganesha has got the magnetic force in Him, He's the magnet, He has got the magnetic force, then we can say the electro-magnetic is the one which we call as Hanumana's force, on the material side of it.

But from the matter He goes up to the brain. So, He rises from Swadishthana up to the brain so, in the brain also He creates the co-relationships of the different sides of our brain. So how much He gives us, I mean, we can say if Ganesha gives us the wisdom, then He gives us the power to think. He protects us also that we should not think of bad things. That is we can say that, that if Ganesha gives us the wisdom, then Shri Hanumana gives us the conscience. I hope you understand the difference between the two. Wisdom is where you do not need conscience so much because you are wise: you know what is good, what is bad. But conscience is needed in a personality where he is to be controlled and that control comes from Shri Hanumana which is the conscience in the human being.

Now, this conscience, which is Shri Hanumana, is the subtle form of Him, which gives us - is in Sanskrit called as satsatvivekabuddhi, means, sat means truth, asat means untruth and viveka means the discrimination and buddhi means the intelligence. So, intelligence to discriminate between the truth and untruth is given to us by Shri Hanumana.

In the Sahaja Yoga system, if we say that Ganesha is the one who gives us, He's the adyaksha, means He is the, I call Him as the chancellor of the university. He is the one who goes on degree to us, "Now, you have crossed this chakra, that chakra, that chakra." And He helps us to know that what state we are in. So, the Ganesha gives us say, nirvichara samadhi, which we can call it as the thoughtless awareness, and nirvikalpa samadhi. He gives all that and also He gives us joy.

But the understanding that "this is good, this is for our benevolence" - mental understanding - comes to us from Shri Hanumana. And it's very important for Western people because it has to be mental otherwise they won't understand.

If it is not mental they cannot come into abstract, it has to be mental. And so the mental understanding of whether it is good or bad is given to us by Shri Hanumana.

Without Him, even if you become a saint, you will be - of course you are a saint and you will enjoy the saintliness, but whether this saintliness is - all right, if you live on Himalayas, or is all right when you go across to people to give them realization - all the scanning, this vivekabuddhi, all the scanning, all this discrimination, all this guidance, all this protection is given to us by Shri Hanumana.

Germany, being a country, which is very, very much, I should say, an essence of right side. And because of it being such an essence of right side is important to get the protector of right side here worshipped.

But in all that vivekabuddhi, in that discrimination, He knows one thing, that He's absolutely subservient to Shri Rama. Now what is Shri Rama? Shri Rama is the benevolent king. He works for the benevolence. And Shri Rama himself is a formal king, like sankocha, we call it, I mean, English words are not so good to explain this, but Shri Rama is the one who will not push forward Himself. He keeps back. He's very balanced, He is very poised person. So the Hanumana, you see, He is the one who is always anxious to do the work of Shri Rama, always. If Shri Rama says, "All right, you go and get the..." He told Him, "Go and get the sanjeevani", is the kind of a herb that was needed to bring Lakshmana to life. He went there and He brought the whole mountain with Him, "Now better have it." It's like that sort of a person, you see. So, He brought the - that's childlike behavior of His. And the discrimination in this is that, "That if Shri Rama has asked for, whatever He'll ask for I'll do it." So, is a relationship of a, I would say, like a guru and shishya. But even more than that, that the shishya is just like a subservient servant, absolutely surrendered to God. Absolutely surrendered to God and His main thing is surrender. Now see this surrender itself shows that all those who are right-sided people are surrendered, to God. Not surrendered to their bosses. Mostly all those right-sided people are very surrendered to their bosses, surrendered to their jobs, sometimes surrendered to their wives also, but they are subservient to wrong people, they have no discretion. You'll always find that, they have no discretion.

But if you take the help of Hanumana, then He tells you that you have to be surrendered to God Almighty and not to anybody else, or to your Guru like Rama. Otherwise you are not to be surrendered to anybody else and then you are a free bird and you have all the nine powers within yourself. Hanumana's whole thing is to antidote your over-activity, to antidote your too-much-thinking, to antidote your ego.

Now, how He finishes the ego of people is very sweetly shown when He burnt the whole of Lanka, is the capital of Ravana. And the way He made fun of him, because you see, anybody who is egoistical, one must make fun of him, then he's all right. Like first He went and when Ravana saw Him he said, "Who are you? Who are you, the monkey." So He just pushed His tail towards him and tickled his nose with His tail. So, He's the one who makes fun of egoistical people.

Now, if somebody egoistical tries to trouble you He's the one, He'll make such fun out of him, that you'll be amazed how this fellow was jumping like a Humpty-Dumpty has fallen down and has broken his crown. So, see it is the job of Hanumana to protect you from egoistical people. And also He protects the egoistical people by showing them down.

Like say, Saddam, in the case of Saddam I just asked Hanumana to do the job because I know He'll do it.

Now, how He has put this Saddam into different circumstances that he doesn't know what to do. He doesn't know how to go because supposing he says, "All right, I'll have war." So the whole of Iraq will be finished, he'll be finished, Kuwait will be finished, all petrol will be finished, all right, everybody will be in trouble. But what about him, he won't be there, too. Because if the Americans have to fight they'll go in his place and fight. They won't fight in America, he's not going to go to America to fight them. Few Americans may be dead. So now, in this Saddam's brain also Hanumana is working and telling him, "Now see, Mister, if you do like this, then this will happen." He works into the brains of all the politicians, all these egoistical people. And then they get sometimes stunned, sometimes they change their policies, they come round and that's how they manage.

Also another great quality of Hanumana is that He makes people - sort of an arbitrator He is. He makes people meet each other and two egoistical people, He will make them meet and then He'll create such situation that they both become friends and become mild. So, His whole character within us acts us to see our ego, discriminate that, "Oh, this is my ego that is working", and then to become childlike and sweet, mirthful and happy.

He's always in a dancing mood, all the time He's dancing and before Rama He's always bowed down, and always wants to do whatever is the desire of Shri Rama.

So if Ganesha stands behind Me, Hanumana stands here at My feet. And He's there. In the same way I would say if Germany, as Philip, he has asked Me, that if Germany can become like Hanumana, then what a dynamic force we have, if they become so subservient.

And the subservient nature of Hanumana is seen to such an extent that as you know the story of Sita when She gave a necklace to Him and He wouldn't wear it, because inside there was no Ram.

Once Sita felt that all the time He is around and so He's sort of cutting out His privacy... Her privacy. So She said, "Now, You can be there only for one work, You should not to do every work." He used to do every work of Shri Rama. "Except for one work You should be there, choose whichever work You want to do."

He said that, "Only, you see, I would like to be with Shri Ram, that whenever He sneezes I should do like this." [Finger-snapping] You see, in India, when we sneeze, we have to do like this with this because the sneezing, you see, to avoid all the negativity to go out [in?]. So we do like this, if you sneeze. Or, if you feel sleepy and you yawn, then also we do like that, mostly.

So He said, "Whenever He'll yawn, You allow Me just to - this we call as chutki, I don't know what you call this - chutki. "Allow Me

to do this.”

Sita said, “This is something very little work, you see, this fellow then will be out of sight.” So He stood there. So She said, “Now, why are You standing here?” “I am waiting for that. So how can I go?”

And that’s how She granted, first She granted, “All right, given to you this job.” Now She can’t take it back because She’s granted this job. So He is always there like this, standing, just to do this to Shri Ram. So, I mean, the sweetness of the whole thing is that every time, every minute He is subservient, He’s attentive, He’s there.

Also in Sahaja Yoga I have relationships with you as a Guru, as a Mother, and I don’t know, unlimited. But still, these two relationships we know of that I am your Mother and I’m your Guru. Now, as a Guru, My main concern is that you should learn all about Sahaja Yoga.

You should become experts of Sahaja Yoga and you should become yourself the gurus. It’s the only concern I have. But for that complete surrender is required. Islam means surrender. So, you have to surrender. If you are surrendered then only you can learn what is the way you will handle Sahaja Yoga. Now, even this surrendering is done by Shri Hanumana. He’s the one who teaches you how to surrender or makes you surrender, because egoistical people don’t surrender. Then He puts some sort of hurdles or some sort of miracles or some tricks by which then a disciple surrenders himself to the Guru. Otherwise he’s not surrendered, he finds it difficult to surrender and the force that acts to make him surrender to the Guru is also that of Hanumana.

So not that He is only surrendered, but He makes others also to be surrendered, because only of ego you cannot surrender, so He’s the one who fights your ego and He puts it down and makes you surrender. So, in His own expression I would say that what He has shown that there’s a very beautiful area of right side.

If it is to be perfectly enjoyed then you should be completely surrendered to your Guru as if you are the servant of that Guru.

Whatever you have to do for that Guru, you have to do it. Of course you must know that your Guru has to give you Realization, minimum, otherwise that’s not a guru. But anybody who has given you the Realization, you have to be so surrendered that you should be just like a servant, not to feel shy about it.

Like I would now sometimes, you know, I am going by say, I’m going by aeroplane and sometimes I cannot wear My shoes, because they are so swollen up. So normally I would take the shoes in My hands and walk about. But I have seen Sahaja Yogis they pick up My shoes also and walk with it and they don’t feel shy about it. They feel so proud that they are carrying My shoes. So one should feel proud that you are doing all these things, that you have a chance to do all these things for your Guru and that you are surrendering to that Guru, you are absolutely only bothered as to how you can serve the Guru, how you can please the Guru and how you could be closer together. It doesn’t mean physical closeness but a kind of a rapport, a kind of an understanding. Even those who are away from Me can feel Me in their heart. And this is what it is that we have to get this power from Shri Hanumana.

Now, He’s the one who protects also all the deities, He protects. Now, there’s a difference between Shri Ganesha and Him. The Shri Ganesha gives energy Shakti, but the one who protects is Shri Hanumana. So you’ll find that when Shri Krishna was the chariot[eer] of Arjuna then on top of the chariot was sitting Hanumana, not Shri Ganesh. Hanumana was sitting there looking after Him. Also in a way that Shri Rama Himself becomes Shri Vishnu, so He has to look after Him.

He is an angel as you know, according to Christian, we should say, according to Bible, that He is the angel called Gabriel. Now, Gabriel is the one who brought the message, because He’s always a messenger, to Maria and surprisingly the words He used were “Immaculata Salve”. That’s My name. My first name is Nirmala, means Immaculata and surname is Salve. He said those words to Her. And today also, I was surprised when it came to giving Me a present they found a tea-set and dinner-set which is called as “Maria”.

So Maria has to do quite a lot with Hanumana all Her life. That means Maria is the Mahalakshmi. Mahalakshmi being the Sita, Sita, then Radha, Hanumana has to be there to serve Her. And that is why, you see, sometimes people say, "Mother, how did You know? Mother, how did You come to know? Mother, how did You send the message? Mother, how did You work it out?" Can you imagine?

This is Shri Hanumana's headache, He does it. Anything passes through My mind He just takes it up and it's done, because as I told you that His whole organization is so well planned, all these messages from where do they get? Many people say, "Mother, I just prayed to You."

There was a gentleman whose mother was very sick and he went to see her and she was just going to die, with cancer. So he said, "I didn't know what to do, so I just prayed to You, Mother, please save my mother." Now, the sincerity of that person, the depth of that person as a Sahaja Yogi, Hanumana knows. He knows what is the weight of this person is. And immediately, you'll be surprised, within three days, the woman who was going to die, survived, she got all right. He brought her to Bombay and the doctor said, "She has no cancer."

Many things which you call miracles are done by Shri Hanumana. He's the one who is the doer of miracles. He does miracles also to show how stupid you are, how foolish you are, because He is on the right side, see He goes to the ego-side. Now, with the ego a human being is always, becomes stupid and that's, I mean, inevitable. With ego they become so stupid, "Oh, what's wrong?" And that's why you'll find many people doing such stupid things we can't understand why they do it. They say, "What's wrong?" What's wrong is that Hanumana doesn't like it, is the point, and then it recoils. When they act stupidly it recoils and then they know that we have done such a big mistake or it was all stupid.

But sometimes it could be extremely, extremely difficult to retrace back like the diseases, as I call it the "yuppie's-disease" which is now impossible, because Hanumana has taken away the electromagnetic force from these people and doesn't work, it doesn't relate to your conscious mind, so your conscious mind cannot act, it just goes off. Only these people if they worship Hanumana with the same devotion, then maybe they might be saved. But it's not an easy thing to convince these stupid yuppies, you see, about anything. They say, "We don't believe, so what." So what, you die, what else? That's the only life left for you. And you do that.

There are so many aspects of Hanumana which I could have told you, but for example, for His body, you see, like Shiva is covered with the 'geru', what you call 'geru' is a - that's a kind of a, you know that 'geru' is, it's a red-colored stone which is very, very, it is very hot and supposing with the cold sometimes you develop those rashes. So if you put 'geru', those rashes are corrected. Or you get, due to baddha, sometimes some sort of skin-diseases, which are cured with 'geru'. Because it is the one which is very hot and it soothes you down.

On the contrary, Shri Ganesha is covered with lead-oxide, with a red lead-oxide, which is extremely cold. Lead-oxide is a very cool thing. If you touch lead, you see, is a very cool thing. So, that lead-oxide is used to cover all His body, is to balance the heat that He has or the effects of heat He has. So we call it, in Sanskrit language is called as sindhur, and also in Marathi or Hindi called shindhur. So, you must find always, this is the color of that thing. So, luckily I got this sari in Vienna and I have it very nice for this occasion. So He's always covered with that color, what you call this sindhur color.

And lead-oxide, though they say it causes cancer, people say that lead-oxide can cause you cancer, but it is the lead-oxide which is very cool, it can cool you down so much that you can go to the left side and cancer is a psychosomatic disease and that might be the reason, it might cause - in a very far fetched way, we can say, can cause cancer, too, because if it is too cold and all that and then you go to the left side and on the left side you can catch the viruses by which you can get into troubles.

So, but the same lead-oxide is all right for people who are very right-sided. For them if it is put on their Agnya it cools them down, they are cooled down. And it's very good for them to put on their Agnya so that they are cooled down. Their anger goes down, their temper goes down and it's a very good thing. So, He is the one who cures our anger, He's the one who cures our hastiness,

our speediness, our aggressiveness, He's the one who does it.

Now, He played a trick on Hitler. How? Hitler was using Shri Ganesha as a symbol. So this swastika was made in a clockwise manner. Then Hanumana played a trick on him. What He did, He made the stencil which they were using for making the, what you call, for making the swastika, He put it somehow or other, lot of... I mean, He made it in such a way that they said, "We should use the other side." As soon as they used the other side, it's Hanumana's trick. I suggested to Him but, I mean, He played the trick.

They started using Ganesha from the other side. The same Ganesha about whom Shri Hanumana was worried, how can He surpass Shri Ganesha?

Because He is the eldest and how can you go beyond Him? And He is a deity and Hanumana is an angel. So, as soon as the trick was played, then both of them put together stopped Hitler from winning. This is how the trick was played. So, all these little, little tricks, you see, are there.

Once, I remember, I had My Puja in Germany and Germany is the place where these tricks are played very much by Hanumana, because I've told you, that they are the ones who require Him the most. So there was, in Germany, there was a puja and in the puja by mistake they put it the other way round, by mistake. I didn't see, I normally, I always watch very carefully, but I don't know why that day I didn't see it - must be also Hanumana's trick - and when I saw I said, "Oh God, where is it going to now hurt? Where is it going to work out? Which country it is going to hit? It did not hit Germany, it hit England. Because England, I've worked so hard there and they have been so negligent about Sahaja Yoga, so lethargic about it, that it just went and hit there.

So, He is the one who goes like a torrential rain or can go like a speedy, very speedy tempest and destroy things. So He works out all these things through His electromagnetic forces. So all the matter, all the matter is under His control, all the matter is under His control. And He's the one who creates rain for you, who creates sun for you, He creates breeze for you. He's the one who does all these things, just to have a proper puja, to have a proper meeting, everything He works out so beautifully and nobody even knows that it is Shri Hanumana who has done it, and we should thank Shri Hanumana all the time.

For the today's thing, I mean, if I have to talk about Him I'll take hours together, but only thing I have to say that it's such a blessing I feel that we have this in this palace, Shri Hanumana's Puja.

Because He was always a very majestic deity or an angel and that, in a place where it is so majestic and beautifully done, everything is there, and... He would like that. He is not a sanyasi type of a person, He's not an ascetic. Normally right-sided people are ascetic, they become Bauhaus, they'll make right-sided people, they all will have everything simple, they would like to shave off their nose also, if possible, on the faces.

So you see, the other way round, Hanumana is not doing, Hanumana likes beauty, He likes decorativeness and He makes people non-ascetic. So, Hanumana gives you this kind of a thing. But many people who are worshippers of Hanumana always say that those ladies should never go and take the darshan of Hanuman, because Hanumana is a brahmachari, is the one who is... who doesn't want women to see Him because He doesn't wear full clothes and He has very little clothes on Himself, so He doesn't want women to see Him. But if women think, "He is just a child", then it's just the same. But this idea, I think that people don't have, that He is a child. What is for a child, how many clothes he wears or doesn't wear, what does it matter? Then He is a monkey: monkeys are not supposed to wear clothes. So whatever He wears is quite a lot and it doesn't give you the feeling at all that He is in any way nude or anything, but you just see such a sweet form of Him, such a sweet form.

I wish, sometimes you get His photograph also as you have got the photographs of Shri Ganesha, then you'll really fall in love with Him, He's such a sweet thing. And though He is so huge and so big and though He has nails but when He caresses My feet, He pulls back His nails, He is so gentle, extremely gentle and very beautifully He caresses My feet. And I've seen Him the way He handles everything, it's extremely gentle ways.

So that's what I feel that now Germans are becoming very gentle in handling things, in handling people. This change is coming and I think is the blessing of Hanumana on them.

So may God bless you.

Now, so today we need not do Ganesha Puja though once you can wash My Feet with some song. Because always before every puja one has to do Ganesha Puja, but need not be that elaborate.

Where is Barbara? Ask her to get some hot water bottle because Ganesha's cooling Me down, Hanumana is cooling Me down completely. It's Hanumana you see He's cooling Me down completely here from the back. And just now see how cool it's becoming, the whole place, talking about Him.

This is the present from Russia and here, see now, the color of Hanumana is exactly like My sari. And this is Hanumana, the Gabriel, just imagine: this is a Russian folk story, so Russians knew that He used to wear clothes of this color – just imagine. And He's sitting on a horse, and also it is said that it is Gabriel who told Mohammed Sahib about the seven... He gave a horse to Mohammed Sahib to see to seven Heavens, you see, He gave. Yes, to see God Almighty on His greatness, that is the seven chakras, so Hanumana gave Him. It's correct. Because Mohammed Sahib was on the left-hand side, He had a Chandra-Ma; so He gave Him. So this is a beautiful piece. You should keep it there... But it's made in Germany, made in Germany.

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10 September 1990

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1990-0912, Shri Mahakali Puja: Purity and Collectivity

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12 September 1990

Purity And Collectivity

Mahakali Puja

Centre Culturel Thierry Le Luron, Le Raincy (France)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mahakali puja, "Collectivity & Purity". Le Raincy (France), 12 September 1990.

We have had Bhairava puja in Belgium and now I thought today let us have Mahakali puja because yesterday's experience, last night's experience, was the work of Mahakali.

She has a double role all the time, she is at two extremes. On one side, she is full of joy, giver of joy, she's very happy when she sees her disciples are joyous. Joy is her own quality, is her energy. And yesterday you must have been amazed to see so many middle-aged ladies of France smiling and laughing. I had never seen them smiling! It's very surprising how they were so joyous and so very happy. And this is the energy of Mahakali, that gives you all that joy after Realisation, and the joy you enjoy among yourselves. All these are the qualities of Mahakali. And when they will read out the names of Mahakali you will know how her powers manifest in Sahaja Yoga and how it has helped you all to get drenched into the ocean of joy.

To begin with, I have to tell you one thing that Mahakali puja, when you are doing, you have to feel a joy within yourself, and joy from other Sahaja Yogis. If you cannot feel that, that means you are not yet grown and there's some problem, maybe with your parents, maybe with your children, maybe your family, with your country, whatever it is. But there's some sort of a conditioning which is working out that doesn't give you that joy.

And to grow into Sahaja Yoga is very important, which I think people don't understand, even if they live in ashrams. They don't understand one thing that you have to be collective. If you are not collective then you are thrown out, gradually.

Now this Mahakali power has got seven strings, you can say, on this. And these strings are there to throw you out into collective subconscious areas. Like, as in the sitar, you have seen, for the resonance, there are other strings, also. So, once you start getting out of the collectivity it is the Mahakali Herself [who] picks you out and starts throwing you out, slowly, slowly, to the subconscious area and where you just disappear. And all kinds of problems start there. I have seen this happening in every country – that people do not attend the collective meditation. For France, I have the same report. And I think the people who do not grow, will be thrown out.

Sahaja Yoga, as you know, has a double action, as the Mahakali has a double action: She's extremely loving, full of joy, full of happiness and She's the one who is extremely cruel, wrathful. She's the one who is the slayer of all the demons and the evil, and those people who try to do evil.

So, once you are thrown out into the Left Side then, you can imagine, you can develop any kind of left-side diseases to begin with, Mooladhara diseases are the worst, you develop diseases like myelitis. You must have heard of the disabilities caused by the muscles getting degenerated. All muscular degeneration comes from this problem. So at any cost that must be avoided.

But if you are not in the collective, if you do not understand the collective, and if you are out of the collective, you will be surprised that negative forces will join together and they'll pull you out. So this is one of the things that happens, so be very careful: don't avoid the collective programmes.

The another problem about Mahakali is that She's the one who gives you the feeling for your wife, for your husband. She is the

one. Now there also, the same problem: if both of them are all right, She is all right. But if She finds any one of them going astray, She'll throw that person out and out and out. And the another person, if that person is attached to that person also, will be thrown out.

So this business of falling in love, this nonsense that we have here, that you 'fall in love'. But the word is all right because you 'fall', really, in love. There's a real falling happens. So what happens, when you start falling in love, there's a kind of a maya of this Mahakali. And you just get infatuated, your ego gets pampered, or something like that, or you have certain ideas of a wife, or something. And then you think, "Oh, that's the one for me!" So in these cases, only two things can happen. Either you can be lost completely because of your wife or your husband whom you adore and admire! And you are finished, I mean, your personality is finished. Or else, the another thing which is even more serious is that, that you will completely break forever and hate each other. That's why they say that there's a love and hate relationship. How can love be hate? But it becomes [that], because of this quality of the Goddess, that She is on one side extremely loving, extremely kind, extremely soft, she goes up to a point, and then She throws you on the other side. And that is why in these countries where people always fall in love, they don't marry otherwise, unless and until they have fallen in love. In that, they cross all the maryadas also. In falling in love, they will marry somebody who is already married or they'll carry on with somebody who is not yet divorced. Or also they will have marriages among themselves in the same household or something. All kinds of things they do! And an old woman marries a young man, or an old man marries a young girl, like that; all nonsensical things, without any maryadas. And they do not stick together, they have no maryadas. To marry is to create a maryada, maryada of your behaviour. And this is the maryada which, if you do not keep, then this Mahakali gets into it.

So, first of all, one has to be collective. The ones who are not collective, who do not attend, every time a collective programme. You might give suggestions, that you would like to come for such and such thing. For example, I have already explained, that you shouldn't talk — put my [tapes]. There are so many tapes which they have never heard. Let them listen to my tape then go into meditation and then do the aarti and finish it off. Because these tapes are to be heard again and again.

Now those who get any questions out of those tapes can, next time, discuss it before starting the tapes. That's a very good thing and that works. In India, nobody speaks, they just put my tapes on or show my video. After that, they just have meditation and aarti — finished. After that nobody talks. But before starting it, [what] they do is to talk to each other and discuss the problems or discuss anything that they felt about the previous programme.

Because you have not come here to marry someone or to fall in love into something. You have not come here to get after some woman because she's your wife or some man because he's your husband. You have had so many husbands and wives in previous lives. But you have come here for your ascent. And if you have come here for your ascent you have to keep a watch: how is your mind working? Supposing I say that you should have good married life - of course, I do say, you should have good married life, but not at the cost of losing your ascent! It has happened with people. And we have lost a complete city like that. Such stupidity comes up over people. So be careful not to get lost. You have not come here to have only a happy married life but happy married life is just one step. But if that step is taking you away from the real path of your ascent it's better to be careful. Also, we must understand [that] the innocence means purity, purity of thought, as I explained yesterday. I hope you understood the meaning of purity. Purity is to be understood much more by Europeans — very important — especially French. Because the whole society is suffering. Society can only be pure if the family life is pure, not only that, but [if] your relations with each other are pure.

Like, I was told that somebody fell in love in Ganapatipule. I mean, you go for a pilgrimage! It's like you have to go to buy a sari and you end up with a shaving stick. It's that stupid. You are coming to Ganapatipule for what? You are coming there for your ascent. It's a pilgrimage. But in the pilgrimage, I have never heard anybody falls in love with each other and goes to marriage.

So this bhoot of falling in love must be given up in Sahaja Yoga. That is one of the biggest loads. And, and must understand that purity means chastity. Innocence means chastity, not only physical [but] also mental chastity. You have to have mental chastity. If you don't have mental chastity you cannot ascend. Actually, in the West it is more mental than physical, is a fact. And that's why their brains have gone off, and they are becoming just like potatoes now, I think. Because if you go on mentally imagining

and playing around and working it out this way, it's going to be absolutely dangerous because it's all imagination: it has nothing to do with reality. The more you get into this kind of a nonsense the more you become away from reality. That never means you should be dry, it never means you should be negligent of your responsibility. It does not mean.

(Mother coughs and asks for Khadiradi tablet from Her purse: "Majhi purse madhye, khadiradi bati ye ti kadh")

As I have said that the sap in the tree rises then it purifies, it nourishes every part of the plant separately in a different way. Like it's a mother, so mother, father is a father, sister is a sister, brother is a brother. The brother-sister relations cannot become husband-wife relations! How can it be?

"Don, de! Ha Khadiradi bati." (meaning: "Give me two Khadiradi.")

Now what happens really is that such a confusion in the mind and it has created tremendous problems for us.

Then the sap nourishes all these things and comes back. It doesn't get attached to something, "Oh, she's my wife. So the first priority is my wife." Because I have said, of course, [that] family life has to be all right, you must look after your family life. But that doesn't mean that you make everything suffer, that doesn't mean that your ascent should be finished. It cannot mean that. You are not like ordinary people, you are saints. And for the saints the main thing is their ascent, not their family life, not their material possessions, nothing. Nor their children, but their ascent, once they ascend everything will ascend with it.

Now the understanding of chastity should be there. It can come to you very easily if you ascend. It's such a vicious circle. It is such a vicious circle.

Now first of all, you get your Realisation, all right. Now you must know that Kundalini itself is the Mahakali shakti because she's the primordial. Mahakali shakti is the primordial shakti within us. And it's the Kundalini [which] is the Mahakali shakti. And She remains as a virgin within you — means She's purity. She has a power to purify. All that happens when you get your Realisation. She starts manifesting Her all beautiful aspects on you. Now the one who is sitting there is Shri Ganesha. Now people don't understand what innocence is. Shri Ganesha is sitting there and He is the one who presides [over] all Mooladhara: even over his Mother, because He's like a guard. And He's the one who tells whether She can ascend or not. Unless and until He gives permission She cannot ascend. So Shri Ganesha gives the ascending sort of an OK: "All right, you can rise." And he stops all his work. You have seen me sitting for hours together. I don't have to go even to the bathroom or anywhere because Ganesha stops all his work. He's only worried now about the ascent and on every chakra he checks your purity and then, accordingly, the Kundalini tries to purify you.

But when it reaches the mental level - mental level has all these funny ideas of romance; this nonsense, that nonsense. I was surprised the other day, there was a girl who was having a trouble with her husband of expressing her love to her husband after marriage. Before marriage, she was all right. So I told her, "Read some book where they have described the romance between husband and wife." So she said, "There is no book I have known." Then I asked one professor to find out, he said, "There's no such book!"

In Sahaja Yoga, the romance starts after the marriage, but also with maryadas: not at the cost of Sahaja Yoga, not at the cost of your ascent. So all these ideas people have in the West, I know you are so much conditioned about it. So, you say now, "Let us see, this is samayachar after all, we have to give all the benefit to them."

Now we select people, we do everything: it's all the work of Mahakali. Because you have to work on the vibrations. It's all the work of Mahakali. And after marriages also, some marriages do fail. The reason being they do not know what is the purpose of their marriages.

So the first and foremost thing of Mahakali is that She is purity, absolute purity. And that purity if we cannot imbibe within us, we cannot be Sahaja Yogis. Now this mind is so much conditioned, I know. Our children will be much better off than ourselves

because they won't have these conditionings as we have had. And so many problems can be just avoided if you really become pure people.

I see, in the other society in which I move, nobody seems to be safe! Somebody's wife is running with somebody's husband, somebody's daughter is running with somebody's father, somebody's running, a boy running with somebody's mother. Next day, you find somebody else standing there [as] husband and wife. Or sometimes it's so funny that you can't believe it! How can it be? And everybody's endangered: a man goes to the house, he finds his wife run away with another man, or a man goes for his work, he's run away with another woman.

So She's the one, She gives you 'stithi' — the state. 'Stithi' means consolidation. Without your proper consolidation — into your purity, not into your romantic life — you cannot rise. Like when we make the aeroplane, first we have to consolidate it — fix it up properly, work it out — so that when it goes in the air, all its parts do not fly away with the passengers. In the same way, when we are ascending Shri Ganesha does that, he just stops the action of excretion completely and the ascent starts.

They [the Deities] are doing their work all right, despite the fact they have been insulted, they have been neglected, we have misbehaved, whatever we might have done. They are doing their jobs all right. You can see it, so many people getting Realisation. But what are we doing about it? We cannot be even collective! We cannot attend collective things. And look at them how generous they are! They are extremely collective. They are extremely collective. To such an extent [that, if] somebody, supposing, worships Shri Krishna, his heart will catch. Why? Because you must also worship Shiva. They are so collective and so much connected with me.

So they are all collective. In the same way, you are also 'devas', you also should be collective. As soon as you become collective, all these nonsensical things will drop out. All these ideas will drop out. You do not become collective because you have not dropped out all these things, or else you are afraid of dropping them out.

So let us know what is our purpose: our purpose is to ascend. And what is the Mahakali power doing for us? She is giving you your ascent through Kundalini. She is purifying you. She is giving you all the powers. She is protecting you all the time. She is giving you joy. But what are we doing for Her? Her only, only desire is that my children should be saintly, that they should have beautiful qualities of a saint, that he doesn't fall at every woman, fall at every man. He's not so cheap, you see. And mentally specially, I mean if the Sahasrara is spoilt, how can Sahaja Yoga work out? The whole play is of the Sahasrara. And that purity should manifest. Through you we are going to change the world, through no one else - it's the Sahaja Yogis who are going to change it.

Now look at the generosity, even my body is so generous. Yesterday one lady came, I think she had a very bad liver. She came downstairs and my liver started pumping vibrations — terrible. She had a very bad liver though; she had taken drugs, I mean she had taken drugs and all that [but] suffering was done to me, by this liver of mine. It didn't think that, "Poor Mother, she's come all the way after suffering so much." It started just pumping for that woman. So generous it is. And they are so generous themselves the way they bestow blessings on you people. How they are hard working, how they are running about. What are we giving them? They give us joy, they look after us, they look after our children, they look after everything, they manage everything. Now what are we doing for them?

Also, I have heard that people don't help, when they have to do postering. Very few people come up. This is being ungrateful, very ungrateful to those. All the deities are present when you are having those collective programmes and surprisingly the old Sahaja Yogis are more difficult than the new ones. I mean this is surprising. I mean are they becoming now out of date or something? Christ has said, "First will be the last." I hope that's not going to happen. Sort of a confidence they develop, "Oh, we are old Sahaja Yogis!" We have had a horrible results in London of this consciousness that, "We are old. We'll do whatever we like. We may attend the collective or not!" : a kind of an ego. Please be careful. Christ has clearly said, "First will be the last." And I have seen so many of them, just getting out like that. Even I don't know how they get out, in such stupid ways that [it's] unimaginable for anyone! Like one gentleman in Italy was an old Sahaja Yogi just got up and said, "I am Maha Mataji!" Everyone started looking at him. "What do you mean?" "I am Maha Mataji! And I am going to do all this myself!" So they said, "All right, so we are going out

of ashram!" "No, no, no, I can't manage the ashram, I am getting out!" And he went and stayed with someone, that lady, who heard against me, and got cancer and died.

In the collectivity, supposing you have one problem, another one has some problem: it just works out, balances. As one finger is cut out, it is useless then, or a nail which is taken out is useless, it dies. So that is how we are organising our spiritual death and ultimately I don't know what else. And then they come back that, "Mother I have got now this trouble so I have come back. I was out of Sahaja Yoga for three years." I say, "What do you mean: 'out of Sahaja Yoga'?" "I didn't attend any collective programme." I am thinking of the collectivity of the whole world, that's my vision, and if Sahaja Yogis cannot be collective who is going to be collective? Who is going to fulfil my vision?

So all of you – those who call themselves Sahaja Yogis – must attend the programme. And the second thing is that there was a little problem of generosity of people. Of course, that's also a character of Mahalakshmi: She's very generous. And when you are generous in giving vibrations, in looking after people, this and that, then Mahalakshmi's principle works out. But Mahalakshmi doesn't give money to people who are miserly – will never give. They may have money in the bank but they can never enjoy.

So if there is need, people have to give money to Sahaja Yoga. I have been supplying lot of money, as you know, from the very beginning. Those who are early Sahaja Yogis will know how much I have been able to pay. But now we are growing, and everybody should know that we have to pay. After all this is our responsibility. Where are we going to spend our money? In what? I mean, my family feels that, whatever money I am spending for Sahaja Yoga is the best: they get punyas, is the best for them. Only with punyas you get more wealth, health and prosperity. If you do not have punyas you cannot get it. It will come, and go away. It will disappear into thin air.

So, I was surprised that people are not generous. We have to know that we are so much better off people than many others: like the Eastern Bloc people are not so good in money matters just now. I am not saying that we have to help them, but we have to think, "Can we send something for them as presents? Can we do something for them?" The matter has the value, which is again Mahakali's power, is the power of Mahakali, that the matter carries the love, expresses.

So many times I have seen how, very sweetly, they gave me something. I mean, I really don't take anything and I don't need anything. But certain things which show such concern, such understanding, such love. How will you express your love to those people who are so far away? You just try, try to give. Try to give for Sahaja Yoga also and you will be amazed how it will work out.

For collectivity we have to know that Shri Bhairavanath and Shri Hanumana and Shri Ganesha – these three principles that work within us – all of them have parallel work to do, parallel: they do not interfere for each other. But if it comes to help, they'll go all out, there's no quarrel with them, no quarrel between the two, no. If Hanuman needs Bhairava, he is there. If Bhairava needs Hanumana he is there – all out.

So this collectivity comes only by understanding one thing: what a great work we are doing today. People are not conscious of that, they take it just by the way. In the war, you have seen how people fight, even if they have the fear of dying. Formerly nobody was paid also in the military. But they went and fought, maybe for their country, for anything. And they used to join together to fight, they allowed themselves to be killed, they helped each other, they did this. All these qualities are there when we want to hate someone. But when we want to love someone why shouldn't we have those qualities emerging out of us? These are the qualities of Mahakali because She is the expert of war affairs. She's the One who makes people one, and She's the One who makes them fight, because it's the desire. They have nothing there just the desire to do something, and then they join together and then the Mahasaraswati helps them act. But first the desire is so strong.

Now the desire has to be very, very strong within us, that we have to be for the emancipation of the whole world: we are the people, we are the special people, we are in the foundation. Nothing is more important than our own personality being completely dedicated for Sahaja Yoga. This desire has to be extremely strong and very pure. Those who actually desire it, actually, they get their Realisation like that, they reach their depth like that. And they enjoy doing work of Sahaj – they all the time

they enjoy it: for them nothing is more important.

As we say in [India] — there's a saying that — when you get the water of Ganges to drink, why should you take water from dirty rivers? So the whole attention is that side. All the joy you get out of this romance and this love and this and that becomes zero before it because it's nirananda — only joy. In the marriage you see, if wife says like this, says that, all this is so conditioning. Any joy.

You have different joys on different centres, they are all given by Mahakali. But the greatest of all you have got after Realisation is the 'nirananda'. That state you must reach, to nirananda state. If you are in that state of nirananda, then all other pleasures and joys are zero. I mean, so many people who told me they were very fond of cricket in India, they said, "Mother, we don't see nowadays cricket." I said, "Why?" "Because the enjoyment is not there now. You see, sort of, that enjoyment is lost." Otherwise Indians are mad after cricket! Even in the forest if you go they'll be listening to the cricket. It's a game played by English, who are not so much interested, but Indians are. And now if you ask them they say, "No, we're not interested now." So many people who used to read seven, eight newspapers said, "We never read newspapers. It's never good news — finished." And still they are managing. Because the whole focus of your attention is now on Sahaja Yoga because you only enjoy Sahaja Yoga. You like to meet Sahaja Yogis, you have to be with Sahaja Yogis.

We had a puja in England [1990]. It was raining and quite a vibrant puja of Shri Ganesha. But nobody was bothered. It started pouring down through the pendal (tent) they had put up, nobody was bothered. "All right, water has come, let the water pass this way, we'll sit that side." Everybody adjusted, because first thing was to enjoy. They didn't want to give up enjoyment at any cost. And it continued, the whole night. One was worried because somebody has threatened that the police will come. I made the police sleep also and the man who was to report also was sleeping. So, the whole night we enjoyed ourselves. Now this enjoyment cannot come to you if you do not have purity of your mind — nirananda. You can get other 'anands' of other things, other chakras.

How to bring the purity? Just by developing thoughtless awareness and looking at things without thinking. For that you have to be collective. If you are collective, I am there. Wherever you are collective, wherever you gather, I am there. And nothing gives me greater pleasure to hear that all of you are attending this programme. You will be amazed that, in Australia, we have so many centres in every city but they all attend the programmes of collectivity, because they know collectivity is the ocean of nourishment. This is the simplest thing we have to do.

But the bhoots are much more collective, much more collective. Bhoots can go to such a length of fraternity that you will be amazed. There was a lady in France only, she was an old lady and her daughter was in Sahaja Yoga. She had become absolutely mad, I mean absolutely bhootish, and so she put her in the elderly home. And in the elderly home she only knew how to go to church on Sundays. She would dress up and go to church. That's the only sensible thing she used to do. So she put her in the thing and there was a church, and she told me this, her daughter told me, that, "It is very amazing that all of them get up in the morning, dress up well and go to church. And inside the church there are graves of people who have died, out of those half-mad or full-mad elderly people." Otherwise they did not know even how to wear their dresses, they didn't know how to eat their food, they didn't know anything but when it came to going to church to that bhootish place, where all the bhoots were there, they all would get up in the morning, dress up properly and go to the church, sit down, sing hymns and come back, as if like possessions. Such a fraternity of bhoots there is. As soon as one bhoot comes in...one bhoot came now recently from Australia. Now he is gathering all the bhoots round him. He went to Pune, there he gathered, all the bhoots — immediately. Then he came here, now he's gathering those bhoots. People are getting friendly with him. Exactly who are bhoots you can make it out by just seeing a bhoot sitting there and who is sitting next to that person. They are so attracted like a magnet. While the magnet is the quality of Mahakali. Bhoots know me better than anybody else can know because they know my past, they are in the past. And they know who has got bhoots and how they attract each other, and how they act on a bhootish person. That is why the positive collectivity has to be there.

But when it comes to positivity, they do not get collective. All those who do not get collective will gradually go into the fraternity of bhoots. Because today we are dealing about Mahakali. She is the One who knows everything about these bhootish things.

She's in charge, I mean. She's the Lord of all these bhoots and She knows and She looks after them and She manages them. But when Sahaja Yogis want to go into that realm, what has She to do? She has locked them up on one side. But Sahaja Yogis want to go there, just enter through back doors into that area, what can you do?

Of course, She protects, She doesn't want anyone to go there. She's just kept them out and told the bhoots not to come this side. But Sahaja Yogis only go there. That's been reported.

Under these circumstances, Sahaja Yoga has gone very far, very much in so many other countries. In France, you have seen yesterday how this Ananda Shakti of the Mother acted on people. It was wonderful to see that. Everybody came to me and they were full of smiles, I have never seen any French woman of that age smiling! Never, no question, even if you tickled them, even if you certify that this is a joke they'll not smile like that. [Laughter]

I've never seen their teeth. Yesterday the whole face was lit up, so many of them, something so miraculous it was. This Anandini Shakti of Mahakali was acting so beautifully yesterday and you are the people who will now guide or misguide them. If you become, all of you become, higher personalities, if you become collective all of you, and if you become generous, and if you become absolutely pure, they will say, 'Now look at these people, how beautiful they look.'

You already look very beautiful, your faces shine, but it will all disappear. And the effects of disappearance are not very simple. So be careful, I of course bless you, with all the qualities of Bhairava, as He is the greatest disciple of Mahakali. And He is the One who is running up and down, morning till evening every time, specially in the night, He is working so very hard killing these horrible rakshasas, this, that, and achieving such results. We have to join Him, all of us, and work it out.

May God bless you.

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First We Must Feel The Reality

Public Program

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Public Program. Hammersmith Town Hall, London (UK), 14 September 1990.

I bow to all the seekers of truth.

At the very outset we have to know that truth is what it is. We cannot organize it, we cannot mold it. Also we cannot know it at the stage when we are human beings, with human awareness we cannot know it. So we have to become a super human being, a higher personality. What is said that you have to be the Spirit, you have to be the Self. In all the scriptures, in all the religions it has been said that you have to be the Spirit. I mean we see the turmoil and the problems of the world that are completely show us clearly that there is so much of a mess and most of them are the problems created by human beings. We have to do some introspection and some soul searching and we have to find out, after all, why we human beings have created all these problems for ourselves. We have had philosophies, we have ideologies, we have so many kinds of enterprises but despite that there are so many differences and the differences are having larger and larger gaps. If it is the truth, it has to be the truth for everyone. Everyone has to say: "This is The Truth". But it has to be the Absolute Truth. If it is not the Absolute Truth then what we believe into is not the reality. And this is the main reason why everything in the name of God, Divinity, everything has failed so far because it is not substantiated by reality.

First we must feel the reality. And what is the reality, and what is the truth? The truth is that you are the Spirit, you are the pure Spirit. And that there is All Pervading Power of divine love which does all living work. Now we see all these beautiful flowers, beautifully arranged, everything, but we never think how so many flowers have come out of one seed. How it has worked? This living work is done by whom? We will say: "The Mother Earth". But the Mother Earth seems to be just... just a thing... it is just a matter. Then how these flowers have sprouted from a little seed, who has done this work? We don't even think who has done the job of making us human beings from ameba stage. So for a hypothesis let us think there is something, some power that is doing it. As scientists you must keep your minds open. There is no use having blind faith in Me, in Sahaja Yoga, in anything because blindness will never give you reality. But you should be open like scientists are and whatever hypothesis I am putting before you, you have to feel it on your central nervous system.

This is what is the Bouddha, is what is Buddha preached about that you have to feel the All Pervading Power on your central nervous system. And the time has come. Time has come for all of you to feel that. You all can feel that All Pervading Power, the power of the Holy Ghost, power of the Primordial Mother. And then, once you are in connection with that, like this instrument when it is connected to the mains it has a meaning, your self-knowledge will tell you what is the meaning of your life. Otherwise, there is no meaning. We are without any connections to the reality and that's why we do not know where are we drifting, what is happening to us, where are we going. Now, I verily say to you that within us lies this instrument. And this instrument is very well intact in all of you.

Now, there are some people who have written books after books which have really shocked Me saying that is very dangerous to raise the Kundalini, some people have said that Kundalini is in the stomach - shows they are unauthorized people or perhaps they do not want you to have your self-knowledge, they want to deviate you. Also you will find people who will tell you that you should not do this Kundalini awakening and all that because very dangerous and this brings problem. Not at all. This Kundalini which is in three and a half coil is an energy of Pure desire within you. All other desires rise within us and once we achieve them we still are not satisfied we are going from one desire to another. So the law of economics is that in general desires are not satiable.

So this is the only power which has to rise and give us that Pure desire that once we achieve it or once we manifest it then all the desires become absolutely of no value. Then this madness of desire goes away and we understand all this transitory things, all this pleasures of life with it's full limitations and we know how far to go with them.

But first we must seek the Eternal, we must seek this All Pervading Power which is very subtle and is all around us. But as human beings are as you must have seen here also, on top of your head here is on one side is the yellow ego; on the left side is your superego - is your conditionings. We have so many conditionings in our mind. To say that I am an Indian and you are British or you are this and you are that is a conditioning. God never created world like that, He created only one world. We have made it like this. This is the one world, this is another world, this is another nation. We human beings have done - created problem for us. Of course, I mean He did create rivers and mountains and He did create different type of people otherwise we all would have looked like some military junta. But no He made us differently to look different. That was His idea to create beauty. Why we have such conditionings, from the very childhood we have conditionings of this kind, then we think we are born in a particular religion. So that is one another horrible conditioning we have that we have got we are in this religion so we must follow this religion. But in Sahaja Yoga when you come you will be amazed to see that those people who started all these religions are the real people and once they started it after some time is drifted into something extremely nonsensical and now running away from religion also you can not solve the problem or running towards is just the same. So what is it that you have to go beyond all these conditionings that are there and also beyond your ego.

Now, the ideas about ego are also prevalent and people say that these are our karmas, we must suffer. I know of so many people who say that: "Mother what about karmas". Now, the yellow stuff that you see there is the ego, is the only human beings think that they have done some bad karmas or good karmas. Animals don't think. They are under the complete control of God that's why they are called as pashu means paash - completely controlled. A dog is a dog, a scorpion is a scorpion and tiger is a tiger. They behave the way they are, but human beings are everything in them. You may find somebody as a very nice dog and suddenly becomes a snake. From where does it come in? It comes because still all these conditionings that are within us are built in and then also this ego that has come into us that I am doing this work, I am doing that work. Now, see we have a beautiful hall of course to be appreciated very much and we should say that it's a very good piece of art or whatever it is. But something like a tree was dead, so we have made this platform from dead to dead. We have done no living work whatsoever, we cannot do it. But when the Kundalini rises you will be surprised in many people who have problems on their centers you can see with naked eyes the pulsation and on your hand you can see the pulsation of the Kundalini rising and you can feel the pulsation on top of your head here. And when the pulsation disappears you feel the cool breeze coming out of your head, out of your own head. All these things are to be verified. There cannot be pretensions about it, reality stands by itself, it does not need any support. So when all this happens to you, what you get- the self-knowledge.

And what is the self-knowledge is to first of all to know about your own centers. Now, a person gets lunatic without knowing that he is getting lunatic, a person gets cancer without knowing he has got cancer. Whatever happens to him, he does not know what is happening to him. He has to go to doctors, spend lot of money, everything and then the doctor certifies no you have these ten diseases in you and that now you will die after one month or so. You don't know how it has developed in you, how it has come suddenly to you but when these centers are out of gear then you feel this is wrong with you, that is wrong with you. Because you are realized soul and you can feel it on your fingertips when the centers tell you that this is wrong with you. This is not only on physical side, physical side is the minimum that you get, but you find out about emotional side, you find out about your spiritual side also very clearly that spiritually where are you. Just to certify yourself that we are twice-born people or we are this and this is misleading yourself. You've not been kind to yourself, I should say, and not honest to yourself.

We have to be honest, we have to find the truth and we have to get to it, because it is our own, this is our right to have it as human beings and you cannot pay for it. One thing if you understand you cannot pay for it, you will understand what is reality. Like the seed you plant in the Mother Earth. How much do we pay to Mother Earth? How much did we pay to Christ? How much did you pay to Rama or Krishna? To any one of them how much did we pay? But those who are now commercialized all these ideas we are just getting lost into it. So we have to, little bit, have a soul searching and find out: "Where am I?" I have to find the

truth and I must get to it.

This is the time when the whole world has to emancipate, this is the resurrection time or we can call it this is this Last Judgment. But you will be judged by your own Kundalini who is your Mother. She doesn't trouble you. When you were born your mother took up all the trouble, all the labor pains upon herself, she didn't trouble you. In the same way this Kundalini doesn't trouble you and she is anxiously waiting. I'm Myself amazed the way these days the Kundalini is rising. Of course today we have so many people I am sure you all will get realization. But in a place like Paris where I never had such hopes thousand people getting realization I was amazed at that and all of them full of joy, laughing, I have never seen French women laughing that much. They never laugh normally. I was amazed that all there cheeks were up there, up to their eyes and I said: "What's the matter?"

They said, "Mother, we don't know from where this joy is pouring".

That's the quality of the Spirit that you start feeling so joyous and the joy doesn't have the duality of happiness and unhappiness. It's singular. You just feel it from within yourself, you enjoy yourself. Then another quality of the Spirit is that when it comes into your attention- the light of the Spirit comes into your attention. Let's supposing this room is completely dark, we don't know how we relate to each other, where we are sitting, if we start walking we might tumble over other people, we may try to trample some people. But if there is light you see, you know where you are sitting, where others are sitting, what is your chair, what is their chair. So in that light of Spirit you develop a new awareness, a new dimension which we call as collective consciousness, which is described by Jung very clearly. Jung has talked about this and that is what happens to you, it is not a false thing that, 'Oh! I am collectively conscious'. No, it happens to you. Means you can feel the chakras of another person, you can feel what's wrong with him and you know how to correct it. Under your hand itself the Kundalini will rise, you get the powers, you get your own powers to raise the Kundalini, give realization. I mean, now I cannot go all over the places, Sahaja Yogis are doing this work. You all get those powers of raising the Kundalini and giving realizations to others, so that they find their own self, their own Spirit. So, the absolute knowledge can be only known through self-realization, because whatever you want to ask like a computer, the answer comes in.

There is somebody who met Me in Paris. He said: "I don't believe in God".

I said: All right, you ask a question to Me: 'Mother is there God?'. Stretch the hands towards Me, ask the question three times.

"Mother, what's happening? This cool breeze coming"

I said: "The answer has come, there is God".

So absolute knowledge is only possible when you know the Absolute Truth and to have the Absolute Truth you have to go to the Absolute Being within you which is your Spirit. So, it gives you the Truth, it gives you the collective consciousness. The main thing is that you become extremely peaceful personality, you become peace, you emit peace. It's like the wheel, the wheel at the periphery moving very fast but in the center of the wheel is the axis, it has to be silent otherwise cart won't move and you jump onto that point within yourself where you are completely peaceful with yourself, completely integrated without any tension, without any problems. And these other ideas of removing tensions, this thing, that thing are all artificial and mental. It cannot be mental, it is beyond mental. When the Kundalini rises as you see there this is the center in the optic chiasma - Agnya chakra. When it crosses that center then these two institutions are sucked in and she passes through the limbic area and comes out of your fontanella bone area, which is the actualization of your realization. So, now for it is absolutely evident for people to see that we have to get to that stage and you have all the properties, all the possibilities, everything within yourself to get to it.

So, now you'll have to close your eyes. Before closing the eyes, you can take out your spectacles but please don't open your eyes till I tell you. Nobody will have any problems. May be, some of you might feel the cool breeze coming out. Some will feel in their hands; some will feel out of their heads. Some will feel little heat coming out. Doesn't matter, let the heat get out. Doesn't matter! It's very simple. So, what I have to ask you is that you are entering into the kingdom of God and you have to be very pleasantly placed towards yourself. First of, forgive yourself. Don't say it is difficult. It's the easiest thing to say. Just forgive yourself. And,

don't feel guilty. Actually, forget the past because it's finished. And, the future doesn't exist. You have to be in the present. So, just forget about it. Some people might be feeling guilty: 'Why I read this book?' 'Why I read that book?' Forget it! Done is done! Finished! So, have confidence. All right!

Now, please put your left hand towards Me, like this. And, now the right hand on your heart and please close your eyes. Here now, you have to ask Me like you ask a computer - a question. You may call Me Shri Mataji or you can call Me Mother - whatever suits you.

Mother, am I the Spirit? Ask this question three times. In your heart.

Now, you should know that if you are the Spirit, you are your master. So, please take your hand on to the left side of your body in the upper portion of your abdomen and press it hard. Here, ask another fundamental question three times.

Mother, am I my own master? Ask a question. Please ask three times.

I've already told you that I cannot force pure knowledge on you. I cannot force! So, now take your hand down in the lower portion of your abdomen and ask six times a question. Or, you have to request. Six times because this center has got six petals.

Mother, please give me pure knowledge. Six times as this center has got six petals.

As soon as you ask for pure knowledge, the Kundalini has started moving upward. You may not feel it but it is moving. So, now we have to nourish the upper centers with our self confidence to open them out. So, now raise your right hand on to the upper portion of your abdomen on the left hand side. Press it hard and here, you have say with full confidence.

Mother, I am my own master. Just say it with full confidence. Ten times because this center has got ten petals.

Now, raise your right hand on to the heart where resides the Spirit. I've already told you that you are not this body; you are not this mind; you are not this conditionings nor your ego but you are the Spirit. Pure Spirit! So, now raise your right hand on your heart and say with full confidence twelve times.

Mother, I am the Spirit. Twelve times! Mother, I am the Spirit. Which you are!

I've already told you about this Divine Power and this Divine Power is the ocean of knowledge; is the ocean of compassion; is the ocean of blessings. But above all, it is the ocean of forgiveness and whatever mistakes you might commit, the power of this ocean of forgiveness can dissolve all that. So, now raise your right hand in to the corner of your neck and your shoulder, as far back as possible. Press it hard and push your head to the right fully. Now here, you have to say with full confidence in yourself.

Mother, I am not guilty at all.

I've already told you that whether you forgive or you don't forgive, you don't do anything. But if you don't forgive then you play into the hands of wrong people and you torture yourself. So, you have to forgive everyone, in general. So, raise your right hand on to your forehead and put your small finger and your thumb on two temples and three fingers on your head and put down your head. This is the control of the sympathetic and the parasympathetic. Now, put down your head. Put down fully! Now here, please say - very important - if you don't forgive, I can't forgive for you. You won't get your realization because this center is a center which is a very, very tight one. So, you have to forgive everyone in general. Just say that! Just say that!

Mother, I forgive everyone. In your heart, say it in your heart. Not how many times; from your heart. Say it from your heart. Not how many times; that's not important.

Now, please take back your hand on the back side of your head. Push back your head fully as far as possible. Hold it. Now here,

you have to say for your own satisfaction without feeling guilty; without counting your mistakes.

You have to just say: Oh Divine Power of Love, if I have done any mistakes knowingly or unknowingly, please forgive me. Oh Divine Power, if I have done any mistakes knowingly or committed any wrongs knowingly or unknowingly, please forgive me.

You say it from your heart. Not how many times but from your heart.

Now, please stretch your hand or stretch your palm fully and put the center of your palm on top of the fontanel area which was the soft bone in your childhood. Now, please bend your head as much as you can. Push back your fingers as much as you can. Please push back your fingers. Put a good pressure on the fontanel bone area. And now, again I have to tell you that I respect your freedom. I cannot force Self-Realization on you. So, you have ask for it in your freedom. So, now move your scalp seven times slowly; seven times slowly clockwise saying: 'Mother, please give me my Self-Realization'.

Now, please take down your hands. Slowly open your eyes. You can wear your spectacles. Put your hands up like that. Watch Me. Can you do it without thinking? Watch Me.

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The Truth Cannot Be Known At Human Awareness

Public Program

Fêtes de Thônex, Thônex (Switzerland)

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I bow to all the seekers of truth.

At the very outset, we have to understand that truth is what it is. We cannot organise it. We cannot regulate it and we cannot conceal it. Also, we have to realise that truth cannot be known at human awareness. Truth has no pretensions and no drama. Whatever I am going to talk to you today, you have to listen to it with a scientific mind, with an open mind. If whatever I am saying is the hypotheses and if it is the truth then as honest people you have to accept it. Because it is for your benevolence. It is for the benevolence of your country. It is for the benevolence of the whole of humanity. Whatever he has told you about the eternal system which is built-in within us is our last breakthrough. This last breakthrough has to work out in a way that it is a living process. From amoeba, we have become human beings. Spontaneous. That is Sahaja. Sa means with. Ja means born. Yoga means the union with the all-pervading power of Divine love. You are the spirit. This is the truth about you. You are not this body, you are not this mind, you are not these emotions, you are not this ego or your conditionings but you are pure spirit. But there is another truth that all living work is done by a very subtle power which exists in all the elements and exists everywhere which is the all-pervading power of Divine love. We have this eternal guide before us. And has to be spontaneous, effortless as we have become human beings, we have to become the spirit. Whether you believe in God or not it does not matter. It is not a question of blind faith but it is a question of discovering yourself through this ascent, of the kundalini. This kundalini is the power within us of pure desire. Economic says that desires are not satiable in general. We jump from one desire to another desire and never satisfied. So this desire which is the kundalini is the desire that makes you completely satisfied. For example, this is an instrument which has a beat and unless and until you put it to the main, it will not have any meaning. In the same way unless and until you are connected to this all-pervading power which is the experience, we do not know the meaning of our life. This is the actual representation of baptism. It is not something artificial. It is not a mental process but it goes beyond mental but somehow we live on our mental level. We read books in all scriptures and every day we go on reading, reading, reading. But we are just reading the prescription. We have to take the medicine. If you just think that by reading you will become Divine you are sadly mistaken. You can become a book worm but you cannot become a spiritually enlightened person. So this happening within us of this kundalini rising and piercing through your Fontanelle bone area, you can feel all your hands the cool breeze of the holy spirit. You can feel it on your fingertips the cool breeze of the Holy Ghost. You can feel it out of your Fontanelle bone area the cool breeze of the Holy Ghost. Even in Quran Mohammed Sahab has said when the resurrection time will come your hands will speak. Everyone has talked of the resurrection time whether you call it the last judgement or by any name they all have talked about it. And now is the time of last judgement. Your own kundalini is going to judge what's wrong with you. So when the kundalini passes through your six centres and pierces through this fontanelle bone area it then enlightens your spirit. The spirit resides in the heart but the seat of the spirit is here on the Fontanelle bone area. So as a result of this awakening what happens? The first thing that happens is that the centres which are on the left and right-hand side who are exhausted by overuse get integrated. This kundalini purifies the centres and then nourishes the centres. So you get rid of your physical, mental, emotional problems. You receive a kind of bliss that you feel extremely peaceful within. Like the bee is moving. The centre of the bee the axis is caught as if your attention jumps on to that axis from where you see everything but you are at peace with your self. I have seen many people who have got a noble prize for peace, have got big positions in the foundation but they have no peace within. So it is just an artificial assumption that you are in charge of peace. After this not only you feel peaceful but you feel that your attention has developed a new dimension. Then when you feel another person you can on your fingertips can feel the seven centres and feel five, six, and seven centres. The left side is for emotional side and right is for physical and mental side. Mental means the mind

that works. So you can feel another person. That means you develop a new consciousness, new awareness called as collective consciousness about which Yung(UNCLEAR) has talked a lot. Many people I have met who are supposed to be disciples of the Yung(UNCLEAR) have missed the point. You have to be. Is the 'Becoming' is the point. If we have to live with falsehood and hypocrisy we are free to do that. But if we have to have the truth this is the time. Now, this happening when it takes place gradually you develop yourself but at the beginning of it only, you feel a new state of your mind which we call as thoughtless awareness. Thoughtless awareness in Sanskrit is called as nirvichar samadhi. Like your thought rises falls, another thought rises and falls down. We jump on the cusps of these thoughts. We live either in the past or in the future. We cannot live in the present. If I tell you to pay attention to yourself you will not know how to take your attention inside. So a person can become mad. He will not know he is becoming mad. He develops a sickness, he doesn't know he is developing a sickness. He goes into something wrong which is against nature but he doesn't know that he is doing something like that. Because we are in darkness and darkness is the creator of ignorance. The advantage of being thoughtless is this. Just say I look at this carpet and I look at it in thoughtless awareness. There is no thought. Only the joy of the artist who created this beautiful carpet, it's just pouring down soothingly. But if one can think thoughtful nature then I start thinking it is an expensive carpet I must insure it if it is mine. Or if it is someone else's I might start thinking from where did they buy. I should buy one like that or funny thoughts, which has nothing to do with the joy of the creation. In the second state when we arise, we become what we call as doubtless awareness. When we become absolutely doubtless, we become masters. To give a simile we have a car which has got wheels, a brake and an accelerator. First, we try to balance left and right side then we balance the accelerator and the brake like that and then we become a driver. But the master is sitting behind. Then we become the master. Then we see within ourselves the brake, the accelerator and the driver and we handle all of them. So in that state of doubtless awareness, you can handle this power which is such a vital force. It is a life-giving force. So far we have done no work which is life-giving which we can call as live work. Something is there, the tree is there we make a platform and we think we have done a big job. So we go from there to there but after self-realisation, you can raise the kundalini of others. You can make the flowers grow in abundance. You can get the crops ten times more. We can solve the ecological problem also. So we become superhuman beings away. But because of collective consciousness we all become part and parcel of the whole, Microcosm, which is the microcosm, becomes the macrocosm. And you know the truth, the absolute truth on your fingertips. We cannot make out what man is, truthful or not, whether he is a cheat, what he is talking is truth or not. But only after self-realisation we know the absolute truth. Even children will know. And all of them say the same thing. There is no problem with ideologies, and different opinions, no problem, because everyone sees the same thing. We have now I think Sahaja yoga is working in forty-eight nations in a much bigger way. And we have people come from all these countries to India once in a year. You will be amazed by how beautiful they are. How happy they are. Not only but there are no quarrels, no fighting, nothing, such joyous existence. I went to Russia and you will be surprised to know, and happy to know that twenty-five German Sahajayogies came to give them realisation. And they were so gentle, so beautiful, so compassionate that Russians just fell in love with them. But one has to be sensitive to spirituality also. Whatever you may say about the regimes they have in Russia, I must say they are very wise people. You will be amazed to know in my programs we have fourteen thousand and sixteen thousand people for my program in a stadium. Can you believe it, in Russia? And they do not go to false gurus. They just don't go. Even I went to Bulgaria and there were thousands. And some people came selling books and CDs and what you call them, UNCLEAR, Hare Rama and all that and they told them, you are just book worms. You are good for nothing. Go away. So we have to face ourselves. We have to know our selves because we are very beautiful inside. This human ugliness is very superficial. Once you get your self-knowledge you will be amazed at your own glory. You have to just tap that's all and then the greatest achievement of self-knowledge is joy. And the other day I never had such nice people and I have never seen French laughing. I never mostly I would say about sixty per cent of people were above forty years, these English I tell you, known to be very snooty people we call them means they never smile, they never show their feelings, you see. They have a stiff upper lip. And I was amazed they could not control their enjoyment and they were just bubbling and their faces were all shinning and their lips had gone up like that only. Unbelievable things are happening I tell you, in countries where I never thought it will work out. Even the Sahajayogies were looking at them surprised because they were English, Sahajayogies and they couldn't believe they were English and behaving like this. And the first time I went to Paris they told me, Mother, you don't smile. You smile too much. They will think you are ignoramus, they will think you don't know what tragedy means. They are all suffering from deep tragedies which according to me is absurd absolutely, all false nothing truthful in it. So I started my lecture with Leningrad and then I saw the Leningrad the other day, I was surprised. So with all of us whatever country they may belong there is a beauty to express themselves to manifest. If it is there and if it is our own why not we have it? But you can't pay for it. You can't talk about it. It's not a mental feat. If you ask me questions I am quite good at answering but that doesn't guarantee your awakening of the kundalini

does it? But it works. Only it works, the way it works. (UNCLEAR) I must admit. I think the banks have an effect on them. The bank. (Mother laughs) Still, these banks do not give us joy. On the contrary, they give headaches all the time. Financial problems also can be solved through Sahaja yoga. Tomorrow I will tell you how all the social problems, family problems, all these problems can be solved, if once you get your self-realisation. Because they are all man-made problems. If all human beings become saintly then all these problems will be solved automatically. But we don't need too many. As many as can come. If they are sincere it can trigger. Now whatever I have said again to be taken as a hypothesis. The only thing you have to have faith in yourself and believe in what I am saying that you all are beautiful people. Also, believe in me that you have done nothing wrong which cannot be dissolved by his power of love. We have never used the power of pure love. Only we have used the power of hatred. Now the time has come for us to get the capability to use that power of love. Now we about ten minutes altogether to get this realisation at the most. And if you have any questions you should write them down. Tomorrow I will be here early and I will answer all your questions and I will explain to you many things. Now at the very outset, I would say that you can not force self-realisation on anyone. You can not force. We respect your freedom that has been given to human beings. Because ultimately you have to go through that total freedom were no bad habits, no diseases, no problems can not meet, because of that we have to respect your freedom. So it cannot be forced. Those who want to have self-realisation should only stay in the hall. There are no complications, no problems with kundalini awakening as some books have described. She is your individual mother. And as your mother has taken all the trouble of labour when she delivered you as human beings, this kundalini also takes all the trouble herself. So those who want to have self-realisation are welcome to be here. But there are two conditions. First is that you are not to feel guilty at all because it is a myth. Whatever wrong you have done is finished now. And your kundalini will decide. Why should you judge your self? If you feel guilty then the centres here catches very badly on the left-hand side. And you get diseases like spondylitis, angina, and all the other diseases which come from lethargic out of this. So the first request is not to feel guilty, but to be very pleasantly placed towards your self. If you have done anything wrong you would not have been here but you would have been in jail. That is very important, otherwise, the kundalini won't rise. Another problem is that here is the optic charisma when the nerves to the eyes pass through called the optic nerve where they cross each other. And this centre is called the Agnya chakra. To open this centre you have to forgive everyone in general. Don't think about the individuals whom you have to forgive. But just forgive everyone in general. So that it opens like this then. Its very simple. But some say that it is difficult to forgive. It is a myth. Because if you forgive or don't forgive what do you do. But if you don't forgive then you play into wrong hands and torture your self for nothing at all. So the wisdom is better to forgive all of them in general. These are the only two conditions. I have to make a humble request, that we will have to take out our shoes. Because we take help from mother earth. All the elements help us, especially the mother earth. It will be very helpful if you can take out your shoes. Keep both the feet away from each other. Because this is the depth. This is the (UNCLEAR) energy. There is a kind of a diffidence also that lurks behind this. You have to have self-confidence. That is extremely important. I verily say to you that all of you are going to get your self-realisation, but please have faith in yourself. So now somebody will show you how we are going to nourish our centres. How the kundalini that is how the kundalini will rise. First, you see that and then we have to close our eyes. Very simple. Anybody can do it. Put your left hand towards me sitting on the chair. Self-realisation is made so easy that chair sitting in the chair you can acquire your self-realisation. Comfortable. On your lap. You should relax. You don't have to push back your neck too forward or back. Just relax. Now with the right hand, we are going to nourish our centres on the left-hand side. So first we have to put our right hand on our heart because here resides the spirit. Then we have to put our right hand in the upper portion of our abdomen on the left-hand side. This is the centre of your master., which is seated by great masters. Then you have to take your right hand in the lower portion of your abdomen. This is the centre of pure knowledge, that manifests all your central nervous system. Whatever we achieve in our evolution we feel it on our central nervous system. Now we take back our hand again on the upper portion of our abdomen. Then we take our hand on our heart. Now we take our hand in the corner of our the neck and our head and our shoulder and put our head to your right. This centre we catch when we feel guilty. So please don't feel guilty at all. Now take your hand on your forehead across in such a manner that you put your small finger and your thumb on both the sides of the temple and put three fingers on top of your head and bend your head. This is the centre of forgiving others. Now you have to take your right hand on the back of your head, and you have to push back your head as far as possible. And here you have to ask just forgiveness for your own satisfaction without feeling guilty, without counting your mistakes. You have to stretch your hands. Stretch your palm fully and put the centre of your palm on top of the Fontenelle bone area, which was the soft area in your childhood. Now please put down your head as much as you can. Now push back your fingers. Push back your fingers so that you have good pressure on your scalp. Now you move your scalp, slowly seven times. Very slowly seven times, clockwise. That is all we have to do. Now please close your eyes. You can take out your spectacles. And till I tell you, you don't have to open your

eyes. Put both the feet apart from each other. Please put your left hand towards me on your lap. Now please put your right hand on your heart. Here you have to ask me a very fundamental question. Three times ask the question. You can call me Mother or Shri Mataji. Mother, am I the Spirit? Ask this question three times in your heart. Now if you are the spirit you are your own master. So now please put your right hand on the upper portion of your abdomen on the left-hand side and press it. Here again, you ask another fundamental question. Mother am I my own master? Ask this question three times. I have to say that I respect your freedom and I cannot force pure knowledge on you. This pure knowledge manifests on your central nervous system. So you have to ask. Now please put your right hand in the lower portion of the abdomen on your left-hand side. And here you ask me six times because this centre has got six petals. Mother, please give me pure knowledge. Ask this six times. As soon as you ask for pure knowledge your kundalini starts moving upwards. So now you have to nourish the upper centres with our self-confidence. So now raise your right hand in the upper portion of your abdomen on the left-hand side. And here you have to say with full confidence, ten times, Mother I am my own master. Ten times, Mother I am my own master. I have already told you the truth about you is that you are the pure spirit. You are not this body. You are not this mind, you are not this intellect, your emotions, or your ego or your conditioning but you are pure spirit. So now raise your right hand on the top of your heart. Here you have to say twelve times with full confidence Mother I am the spirit. Devine power is the ocean of knowledge. Of absolute knowledge. It is the ocean of compassion. It is the ocean of bliss and joy. But above all, it is the ocean of forgiveness. So whatever mistakes you might commit the ocean of forgiveness is so great that he can dissolve everything. So now raise your right hand on the corner of your neck and your shoulder and push it back as far back as possible, and turn your neck to your right. Here you have to say sixteen times with full confidence, Mother I am not guilty at all. I have already told you that whether you forgive or don't forgive, you don't do anything. It is a myth. You can not forgive, but if you don't forgive then you play into the wrong hands and torture yourself. So now raise your hand on your forehead and put your small finger and your thumb on both sides of your temple and three fingers on your head. And now bend your head as far as possible and say with full confidence again, Mother I forgive everyone in general. This you have to say from your heart. Not how many times. Now you have to take your right hand on the backside of your head and push back your head as far as possible. Here you have to ask forgiveness from the Divine power for your own satisfaction. You are not to feel guilty or count your mistakes. Here you say, O Divine power if I have done anything wrong please forgive me. Say it from your heart again. It is not how many times. Now stretch your palm fully, and put the centre of your palm on top of the Fontenelle bone area and bend your head and push back your fingers as far as possible. Here again, I can not force Self-realisation on you. You have to ask for it. Now put good pressure on you scalp and moving clockwise seven times slowly saying, Mother please give me Self Realisation. Push back your fingers, that is important. Now take down your hand. Open your eyes, please. Raise both the hands and watch me without thinking. Now you put down your head and see with your left hand if there is a cool breeze coming out of your fontanelle bone area. Put down your head. It could be hot also and don't place your hand on top of your head, but away from it. Don't doubt yourself. It could be very far away also. Sometimes it is like a jet. Now please put your left hand towards me and again put down your head, put your right hand on top of your head to see if there is a cool breeze coming out of your head or hot breeze. If you have not forgiven you will get a hot breeze. Now again with your right hand. Put down your head and see for yourself if it is a cool breeze or a hot breeze coming out of your head. Bend your head. Bend your heads. Now please open your eyes properly and put both your hands towards the sky and push back your head. And ask questions three times. One of the questions, Mother is this the cool breeze of the Holy Ghost? Or ask, Mother is this the all-pervading power of God's love? Or, Mother is this the Brahma Chaitanya? Now put your hands down. All those who have felt the cool breeze with their hands or out of their heads any hot breeze please raise both your hands. The whole of Geneva. (Laughing) May God bless you. Those who have not felt today will feel it tomorrow. And I will tell you how to use this power now. But it is beyond the mind. If you think about it then you will lose your vibrations, lose your coolness. So now you require to take your food or whatever it is and sleep off. You can call your friends tomorrow and we can have more people for this. But you can not argue it out. And if you have not got it doesn't doubt your self. You will get it tomorrow. Tomorrow I will explain to you as to how we can use this power and also I will teach each and every one of you tomorrow. May God Bless You. Also, I hope you will bring your questions tomorrow morning. Tomorrow at the beginning of the program so that I could answer them. But only now you have to have a mantra to say, 'don't think and just enjoy'.

Thank you very much.

1990-0919, How to make out a real guru?

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19 September 1990

How To Make Out A Real Guru?

Public Program

Fêtes de Thônex, Thônex (Switzerland)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2. Geneva (Switzerland), 19 September 1990.

I bow to all the seekers of truth. For those who have come for the first time today I have to tell them that truth is what it is and it cannot be organized and it cannot be understood or felt by this human awareness. Now the first question that is asked in practically in every program I have is this: how to make out a real master or a real guru. The first thing to know about a guru is through the disciples. You should find out if the disciples are righteous people, if they are compassionate or if they can raise your Kundalini. Also, you should find out if they are wise and what are the relations of these people among themselves. They have to have the full knowledge of the Kundalini and the Self-realization.

If they ask you to say some mantras then you should ask, "Why this particular mantra for me? What is wrong with me? Why this one?" But the first thing you should see that have you to pay any money for the Self-realization or for anything. You cannot sell God. And we have known that all the saints who lived on this earth or all the incarnations who lived on this earth never charged in any money for their knowledge. You cannot earn your living on this knowledge. You have to do your own work, whatever you have been doing, and you have to live happily with that money that you have. But those people who try to make money from you or ask for money, you must know are not real people.

Like for Sahaja Yoga in modern times, I must say, My husband had money. He was quite generous and he paid in the beginning for about four, five years for everything, for even My travels, for halls and everything. But when it grew up from a very few people it grew up into a large number of collective people, then they said that, "Mother, you shouldn't pay for the hall," and still I used to pay for My travel quite some time but they said, "You shouldn't pay. We'll pay for the hall because we are so many, because it is not in our self-respect that You should pay for the hall and for our salvation." Paying for the hall is all right, but paying for the knowledge is wrong and I [will, do] not take a single pie Myself. And also somebody has asked how do I exist. Because, see, if you do God's work then God helps you.

My husband had a very good job and I had a very generous husband also. It's all God's gift. So everything works out. So that is the second thing you should find out: if they are interested in your money. Then you should also find out if the guru treats people who have money, who have position, with greater interest and the people who are poor he pays no attention to them. And is said by Nanaka, "Sat guru wahi jo sathi mile hai." The one who is, you're the sat guru, is the one who just makes you meet God, means he just gives you realization. So they had very few disciples because they could give realization to very, very few people. And Christ's disciples didn't get their realization till He was there but then, as promised by Him, the Holy Ghost, the cool breeze came and gave them the realization. When you enter into the Kingdom of God it's a fantastic world. It's very different from what we human beings have created. It's full of love and beauty and compassion and it is so efficient that it is impossible to believe how things work out. I mean, now we say that in Sahaja Yoga we, the miracle has lost its meaning. How you are helped and how [you, we] are looked after is the most wonderful thing to be seen when you enter into the Kingdom of God.

Then there are another questions about the chakras, that why we have to use the different numbers. Because, you see, the petals of the chakras are of that number. So we have to use so many numbers because all these petals have got numbers. If any chakra is blocked it can be cleared out. You shouldn't have any fear about it; it can be cleared out. As I told you, we have a left side and a right side, and both of them need together to form the chakras. So the left side manifests the left sympathetic and the right side the right sympathetic. And the center one is the one which looks after the parasympathetic. If you, say, want to increase the beat

of your heart, if you run fast, that is using sympathetic; you can increase it. But if you want to decrease you cannot. That is done by the parasympathetic. So these chakras that are there have got a limited energy in them. So when you move too much to the left or to the right this energy gets exhausted. But if something happens to break them then the control with the center is lost. That is how all psychosomatic diseases like cancer, we can call them, multiple sclerosis or AIDS and all these, virus-oriented diseases are psychosomatic, are manifested. And the human nature is, is not to keep to moderation. He goes either to the left or to the right. And that is why he either develops physical diseases or mental diseases, and all kinds of problems come because he goes to extremes. So when the Kundalini rises and she passes through this center of Agnya, as you have seen there, when it passes it sucks in all these two institutions which we call, on the left and the right side, as one is the ego, another is the conditioning, the superego.

Now somebody has asked Me that, "Have we to suffer for spirituality?" Not at all. Christ has already suffered for you. All the saints have suffered for you. Everybody has suffered for you. Now for you there's no need to suffer at all. When the Kundalini passes through this center as [I, I've] told you, all your sufferings and all your karmas and all your conditionings [they] are all sucked [in] inside like this. Now Christ resides on that center, and that's why it is said that He died for our sins. So all our sins are sucked in. Those people who tell you that you are sinners know that they must be the sinners. And those who want you to suffer, it is only because they must be wanting some money out of you or something like that. Like some people tell you to fast and say, "All right, whatever money you save out of your food you give it to me." Or else they will ask you to suffer because they don't know what to say, because they cannot give realization. They are false people; so they say, "You better suffer. You have to still cleanse. You have to do this," and what are you doing there? There are some gurus who have big, big boxes kept, you see, on the way to the guru and you have to put money in there. And then you go and tell the guru, "I have paid so much money. So far I am still suffering", will say, "You have to pay more." This is all commercialization. But it is a simple thing that the Kundalini has to rise and she passes through your centers, and she purifies you and she nourishes your centers and you are all right. But people don't want to do simple things. If you have to eat your food it's easy to eat like this, but if they want to eat this way what can you do? You see, Self-realization is so vital today, so important, that it has to work by itself. Not necessary; it is vital. Because supposing if you have to breathe and if you have for that to go to some guru for breathing, what will happen to us? But in Sahaja Yoga you have to get the light from somebody who has already the light; that's all. Like one candle which is enlightened has to enlighten other candles.

Now the questions are, somebody has asked about Me, "Who you...?" who I am. Now I must tell you that I've learned a lesson that one should never tell who you are. Christ said He was the Son of God. He was Son of God, no doubt, which we can prove also. So they crucified Him. They tortured all the saints because they were real saints. Because they didn't have a certificate. So I don't want to get crucified. It is better you get your realization and know Me. Because I have to do lot of work[s] still.

Then the questions are more about the sickness, and most of the sicknesses can be cured; but by your own power. Your own Kundalini will do [it]. There's no obligation at all. On the contrary, there's so much joy in giving realization to others. And once you get your realization in you, become a Sahaja yogi. Then you'll go all out to give realization to others. You will never feel that it's a trick for some, you are obliging someone, but you'll enjoy it. You are bubbling with compassion and love. And you don't know whom to give the compassion now. So there is no question of any obligation. It's your own which you should have it.

Yesterday I told you there is no danger at all in Kundalini awakening, no danger at all. She is your mother. She is your own individual mother[s], loving mother, and as your mother when She gave you the birth took up all the trouble upon Herself. She takes up all the trouble upon Herself. She doesn't give you any trouble. So as I promised yesterday we have to know that once we get this cool breeze flowing into our hands and the cool breeze coming out of our fontanel bone area, then we go beyond the state of mental activity. In the beginning very few strands, very few strands of this energy come up like the hair, come up and get your fontanel bone area, we call as Brahmanandra in Sanskrit language. And when the grace starts flowing on your sympathetic nervous system, your chakras get relaxed, and then more strands starts flowing in, and that's how you start growing. For that, one has to remember that this is a collective happening. Like, supposing I cut My finger, then it doesn't grow. It's out of My body. So you have to come to collectivity, to follow on programs, to meet other people. All you don't have to pay, again I must say. Like some gurus will have introduction program free and then they start [pinching, clinching] money.

So then you start growing [in, with] the collective because your chakras, if they are in trouble, if there has been a problem on your left side or right side, it gets corrected. Also you learn how to, how to correct your chakras, how to raise your Kundalini more and more and how to get into meditative mood. Then also you know on your finger tips what is the problem of another person and how to help the other person. Then the compassion and the joy starts flowing and you help[ed] another person with your just hands like this: don't have to do much; you don't have to touch. Because you get the power to raise the Kundalini, you yourself get the power to raise the Kundalini. You become a master and you enjoy it. You enjoy the collectivity.

Every chakra which is now nourished gives you a new manifestation. First chakra is a chakra of pelvic plexus which looks after our sex. Now please notice that the Kundalini is above the sex chakra. So when the Kundalini rises your innocence starts acting and the lower chakra is closed completely, doesn't work. That's why it is said that you have to be like children to enter into the Kingdom of God. Sex does not play any part at all in Kundalini awakening. All those who have taught these nonsensical things have taken people into a lower consciousness. This they did to enslave people and make money out of them to buy Rolls Royces. But you develop a very sane attitude towards sex. And many diseases, many problems of sex are solved just like that without any, any medicine, without anything.

The second chakra is for your creativity. You become extremely creative. If you have the technique, say there were some musicians in India who just played before Me and they are today world famous. You can become a great artist, you can become a great painter, anything, a musician, an actor, anything on the art side, and you can really make a name, and people would be amazed how you can be that creative. But there are so many other advantages of every center that your financial problems are solved, your mental problems are solved, your social problems are solved, your political problems are solved, your ecological problems are solved. All these problems are man-created, man-made. And if the human being gets its transformation all problems [will, get] solved automatically. We have seen people overnight giving up drugs and alcoholism, overnight. I never tell, "Don't do something," never. In the light of the Spirit it just happens. You become very wise, righteous, mature people and endowed with the power of pure love which acts, which acts. I think in the questions, whatever were there, I've told you most of the questions, answered to them, which were worth answering, and I don't think there is any more questions left that I've not answered as such, and only thing is that the best thing is to get your realization.

This knowledge has, know [is, it's] a [fabulous] knowledge, and has no end to it. I must have given only in English language at least four thousands lectures. So no use telling all that in this short time. Like if when I come in this room and there's no light, they tell Me that there's a switch, you just put that switch and [that] all the lights will come. But if I have to tell you all about the electricity, its history, everything, you will be bored still. So the best thing is to have the lights on, because it is built in within you. All this is within. So why not have the manifestation of it? Will take about ten, fifteen minutes for the awakening of the Kundalini, and I hope all of you will. Like yesterday so many got their realization. Today all of you will get their realization. So may God bless you all.

Now there's one thing, we cannot force on anyone Self-realization, because I respect your freedom. You have to go to the total freedom, where nothing can dominate you, neither your bad habits, nor your temper, nor any disease. So you have to remember that I respect your freedom.

Now there are two conditions for Self-realization. The two conditions are that you have to forget the past. That means you are not to feel guilty for anything whatsoever. Why to feel guilty? It's just a myth. And if you feel guilty, do you know? You catch on the center here on the left side. When you catch that center then you may get a disease called angina or you might get what you call spondylitis, or all kinds of diseases that come from a lethargic organ. So you have to be pleasantly placed towards yourself.

You have to respect yourself, because you are a human being, because you are the epitome of evolution. And this is the last breakthrough. Are you going to miss it because you feel guilty? So there should be no guilt at all. Moreover, this All-pervading Power of love is the ocean of forgiveness, and whatever mistakes you may commit it has the power to dissolve all your mistakes.

And the second condition is that you have to forgive everyone in general. Somebody has said that, "Mother, it is very difficult to forgive people who have tortured us." Whether you forgive or don't forgive, you don't do anything. But those who have tortured you, you are torturing yourself now for them. By not forgiving you are playing into wrong hands. So what is the logic of not forgiving? You have to forgive. Otherwise the center of Agnya which is closed like this on the optic chiasm[a] won't open. But when you forgive it opens like this nicely. You just have to say, "I forgive everyone." Don't think of every human being who has tortured you. It's a bad thing to think about it. It is better to think [missing part] and [you, who] have been kind to us. All right.

So these are the two conditions. Now all of you have to do it. If you do not want to do it you can go. As I've told you, you are free to leave. There will be no problem, nothing. It's very simple. To begin with, we have to take out our shoes because we'll take help from the Mother Earth. Put both the feet on [the] ground properly, separately, because these are two energies. So please put both the feet separately, left and right. Now, left is the power of desire and right is the power of action. So when you put your left hand on your lap like this it is symbolically that you desire to have your Self-realization. You have to be very comfortable. I told you the modern Sahaja Yoga is extremely easy and is done sitting on chairs comfortably. It has been made easy, I should say. So please put your left hand towards Me like this and right hand [will, we'll] have to use for nourishing our centers, on the left hand side. So now first of all [I, I'll] show you and then [will, we'll] have to close our eyes. You sit comfortably but not slouching like this or too straight but in a centered way.

Now, please put your right hand first on your heart. Here resides the spirit, but seat of the spirit is in the fontanel bone area or the soft bone which was in your childhood. Now you take your hand on the left hand side of your abdomen on the left hand side in the upper part. This is the center of your mastery. Now you take down your hand on the lower portion of your abdomen on the left hand side and press it hard. This is the center of pure knowledge, which manifests on your central nervous system. Whatever we have achieved in our evolution has been manifested on our central nervous system. This is the word, bodha, for it or a vidha. All these means freely on your central nervous system. Then we take our hand back on the upper portion of our abdomen. Then we take our hand on our heart. Then we take it in the corner of our neck and our shoulder, on back side, as far back as possible, and we turn our head to our right. This is the center. This center is blocked when, when we feel guilty. Now we raise our hand to our forehead with the small finger and the thumb on our temples and the three fingers on our head. And now we bend our head. This is the center for forgiving everyone in general. Now we take our hand on the backside of our head and push our head upward. Now this is the center where, without feeling guilty, without counting your mistakes, for your own satisfaction, you have to ask forgiveness from the Divine Power. Stretch your palm fully and please put the center of your palm on top of the fontanel bone area which was a soft bone in your childhood. Now please put down your head and now push back your fingers nicely. This is very important because there should be a proper pressure on your scalp. Now move your right hand fully clockwise, moving the scalp. Move the scalp actually seven times, slowly, clockwise. Slowly. That's all we have to do.

Now please close your eyes. You can take out your spectacles, and till I tell you please don't open your eyes. Please now put your left hand towards Me and both the feet on the ground, separated. And now put the right hand on the heart. Here ask Me a very fundamental question. You may call Me Mother or Shri Mataji. Please ask Me three times, "Mother, am I the Spirit?" in your heart. Now if you are the spirit you are your master. So now please take your right hand in the upper portion of your abdomen on the left hand side and here you have to ask a question three times, "Mother, am I my own master?" I've already told you that I respect your freedom and I cannot force pure knowledge on you. You'll have to ask for it. So please put your right hand in the lower portion of your abdomen on the left hand side. Now this center has got six petals. So you have to say six times, "Mother, please give me pure knowledge." As soon as you ask for pure knowledge your Kundalini starts rising. So we have to nourish the upper centers with our[s] self-confidence. So please raise your hand into the upper portion of your abdomen and here you have to say ten times, with full confidence, "Mother, I am my own master," ten times. I have already told you that you are not this body, you are not this mind, you are not these emotions, you are not this ego or your conditionings but you are pure spirit. So now raise your right hand on your heart and here you have to say with full confidence twelve times, "Mother, I am the spirit."

Now the Divine Power is the ocean of pure knowledge. It is the ocean of absolute truth, it is the ocean of compassion and love, it is the ocean of bliss, but above all it is the ocean of forgiveness, and whatever mistakes you have committed can be easily dissolved by the power of this ocean of forgiveness. So please forgive yourself and raise your hand onto the corner of your neck

and your shoulder and turn your neck to your right, and here you have to say sixteen times, "Mother, I am not guilty at all." Say it with full confidence. Turn your head to your right. I've already told you that whether you forgive or don't forgive, you don't do anything. But if you do not forgive, then you play into wrong hands and torture yourself. So for you, best thing is to forgive everybody in general without thinking about every individual. And now please put your right hand in such a manner on your head that the left and the right, left side and the right side are held by the small finger and the thumb and the three fingers on top of your head. And now bend your head. And here you have to say, "Mother, I forgive everyone." Say it with full confidence. Now you have to take your hand [to the] back side of your head and push back your head as far as possible and here, without feeling guilty, without counting your mistakes, you have to say for your own satisfaction, "Oh, Divine Power, if I have done any mistakes please forgive me." Not how many times but from the heart. Now stretch your palm fully and put the center of your palm on top of your head, and remember that you push down your head as much as possible and push back your fingers to give a nice pressure on your scalp. Now here again, I cannot cross over your freedom. I respect it. So I cannot force Self-realization on you. You have to ask for it. So now move your scalp seven times, slowly, clockwise, asking Self-realization, "Mother, please give me Self-realization." Now press it hard, seven times. Bend your head down; bend your head down. Don't fold your [head, hand]. Just move it, carefully, seven times. Bend your head; don't move it.

[Sound of Mother giving vibration]

Now please take down your hands, both of them, and please open your eyes. Put both the hands towards Me like this, higher, and watch Me without thinking. Now bend your head and see for yourself if there's a cool breeze coming out of your head. There would be hot breeze also, maybe; doesn't matter. If you have not forgiven there will be hot breeze. Now please put left hand and bend your head again and see for yourself if there's a cool breeze coming out of your head, please. Sometimes you get it [closed, close] to your head, sometimes little far away. Don't doubt yourself. Now again with the right hand, put down your head, please, and see for yourself if there's a cool breeze coming in. Now, please raise your both the hands towards the sky like this and ask[ed] Me a question three times, anyone of the following: "Mother, is this the cool breeze of the Holy Ghost?"; "Mother, is this the All-pervading Power of God's Love?"; "Mother, is this the Brahmachaitanya?"; "Is this the Paramachaitanya?" Ask any one of these questions three times. Now please take down your hands. All those who have felt cool breeze in their hands or on their fingertips or out of their fontanel bone area please raise your hands, both the hands, both the hands. Aah, look at that.

May God bless you all.

Most of you have felt it. Some of you did not. It's all right. I would like to meet all of you who have felt it, and those who have not felt can come this side and the Sahaja Yogis can work on them. Must be you did not forgive. You got it. You got. No? You two didn't get? All right, you come this side. You came today only? Is it?

1990-0921, Talk to Sahaja Yogis: Be careful about your own children

View [online](#).

21 September 1990

Talk to Sahaja Yogis

Givrins Ashram, Givrins (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED

Talk Arzier, Talk on Children at Givrins Ashram (Switzerland), 21 September 1990.

And so there are many hunters who are trying to find out this castori, this musk, and they are looking they are looking for the deer. So please keep your deer, that is the innocence, you see.

The children's innocence is now attacked, under attack, and there is such an attack coming on innocence that you have to care, be careful about your own children. Harane means those deer, because deer is a small thing, so be careful about those deer, look after them. The full term is keep them clear, keep them safe.

A time may come when we will feel our own breathing as something stranger as if they are not our own, stranger, that's why keep your hands into each other because it is very dark. Very nice message for all the Sahaja Yogis. And this is what one has to understand that you must try to understand your leader.

I wanted to talk to the collectivity here today about what has happened in Switzerland, also that, you see, we had Arneau here, and Arneau became a very right-sided and this and that. So as a result of that, Swiss people have become the other way round, I think. And it's a kind of a feeling that as Arneau was, there's a pressure I think, on the new leader who is a very good man and he is very good. So if you pressurize, then nothing will work out. So please remember that you have to listen to your leaders, till I do something about it. Even about Arneau, I stood by him out and out, and when he was wrong we removed him. So nobody should challenge the leader, otherwise there cannot be any one of My authorities - nothing can flow. It's like stopping completely the flow of Kundalini. So don't challenge your leaders. I find that there is a big, I find here very clearly, the Agnya is rising in people. People are developing Agnyas, and that is coming only because one thinks, "Oh, that was Arneau. He did like this... and now Mathias. So Mathias must be also like that, for he is authority." That's not the way. You have to accept his authority. If you don't accept his authority, your Agnya will be caught up and you will become very right-sided people. Be extremely careful. I am noticing that the Agnya in Switzerland is quite high and I must tell you, warn you, that be sensible. My whole energy flows through your leader, till he stops it. So I am in charge there to look after that point. Now you people have to learn to surrender yourself. Otherwise your ego will go up very much and you will all, I am sure, if you go on like this, one by one become very egoistical.

Now, how ego comes so much to the West, I have studied it and I have found out the reason for this why these people in the West are so ego-oriented. What is the reason? The reason is like this: a child till the age of five years is ego-oriented. He plays with his own, you give them toys they will all have their own toys, they will play with them and they will not trouble each other. But if they trouble each other, then they become violent or they could be quite brutal also. They are always living in a parallel way. You do your job; I do my job. If you leave them, "This is mine. This is mine," they'll all play alone. And they are at that time absolutely ego-oriented.

If you ask a child, "You are standing there, now what do you see?" so he'll see this chair, he'll see Me, he'll see this and that. From there, if you ask, he won't say that he sees something else - he will say same as he sees here - he is standing this side, but he will never see the point of another person. That's the child. Say, for example, there is a wall here, the child is standing here and there is something in between. So you ask the child, "What will you see from the other side?" He will say the same thing from where he is standing. He won't be able to say what the other person is seeing. So that is this ego-orientation, is very strong.

And because you people, I must say this is a very, I think, a statement I have to make very clearly that in your culture whatever is - so today's culture of these countries, today's I am saying - is that it just develops your ego. Parents are very happy if you are busy with yourself. They don't want to take up any responsibility, they don't want to correct you, they don't want to tell you, "Don't do this, don't do that," and whichever way the children are going, they are going. They don't want to worry. Even, what I have noticed in the ashrams also, if somebody corrects the child, they have a big objection. They are very sensitive about their children, and this is very bad because this will make the children extremely ego-oriented. And in the West I have seen people are extremely sensitive about their children. Nobody dare say anything to them.

But the other way round, I must say that Indian culture has still kept very sensible ways. That's why their society is the best in the whole world. Their economics is horrible, their politics is worst, you can call them absolutely useless for many things, but on society level, they are the best. The reason is that the women have taken over the responsibility of looking after the society.

Now I'll tell you we were quite grown up, I was in college, my sisters were also in college. One day we were coming by, walking down, and we were just, there was some joke so they all started laughing, there were some friends also. And one lady was going by car - my mother's friend. So she went and told my mother that "I saw your daughters with other friends and they were laughing on the street." As soon as we went she shouted, "How dare you?" We got a fright, and we didn't know this lady was coming from that side. She said, "How dare you? How could you do?" - at that age. And anyone of her friends could scold us, anybody. Can say anything to us, "Don't do like this. Why are you doing like this?" So this ego breaks.

But if you do not allow others to correct your children, their ego will never break, and that is the reason why in these countries - Western countries - people are so ego-oriented. They have not grown out of it. They have not grown out of it.

First of all, they never want to be corrected, never. Even at this age, if My mother was living she would have corrected Me. And I would never have felt bad - anybody, anyone of our friends or anybody - because I know that it's for My benevolence why are they doing it. But a kind of a, you see, thing that happened here, that Arneau went too much on one side. He got possessed, went too much, and this is also by some other people also. Also Patrick is having the same problem there, and everybody is having the same problem in every ashram.

Now it is not that you should dominate your children or anything, but if they are doing wrong, immediately the person who sees he's doing wrong can correct it. There should not be that, "This is my child. How dare you say like that?" or feel bad about it. Once you start developing that kind of "my children, mine," children then become absolutely ego-oriented, and you'll never allow them to grow out of it. They can never see what is the other's point of view.

Now say, for example, we learnt it through, not only through our mother, father, but through everybody else. They said, "You should not do like this." So many things we know - little, little things. Like these girls told Me - not these but from another ashram, not in Switzerland - that, "Look at them. They come from the heat and just take the water, drink it." In India nobody would do. How, how do we know? Because if anybody sees us doing that, he'll say, "No, you should eat something, take some carbohydrate, then drink water. Why did you take it?" And nobody will object.

So the whole society is training the children. Nobody has any objection. Guido had a problem also, same way. He tried to correct the children, the parents used to comment - In India nobody dare say anything to the teacher. That's why the teachers are respected. If teacher said so, all right. They have no respect for their teachers.

They have no respect - after all, they don't even have respect for their parents. because they discover that we are ego-oriented. Here, the way children talk to their parents, the way they behave, they have no respect for anyone, and then they have no respect for themselves. They become absolutely shameless people. So, to make your children grow properly, allow them to get into collectivity completely. I mean, now My husband's family, we have got hundred people at least. When we come together for any marriage, festival or anything, we are at least minimum hundred people living under one roof, one kitchen. And everybody knows how far to go. Nobody feels bad. I mean they, of course, love children also, they do everything for them - but if it is to be

corrected, it is to be corrected, and nobody feels bad.

And this is why the children get attached too much, and it's impossible to penetrate into their ego shell. It goes on, you see, growing, growing, growing. And even if they get realization later on, even if they feel, the ego is still there because it's already bloated out by the parents, parents have already put that ego into their heads that, "You are something special." And this is how it is. I mean, the other day, I mean, my younger daughter - she is quite big and all that - she was in there and she started scolding her daughter. So Worlikar came and said, "Please don't scold. I will not listen anymore of this." She just kept quiet. She didn't feel bad about it. She didn't feel bad because, you see, we Indians understand this. Anybody can correct us, and we take it as good thing.

Thank God there is somebody to correct us. Otherwise we will be hanging from the trees. Like Avdhut once asked Me when he was small, he said, "Supposing we leave our parents, then the bhoots go away - what parents have - their bhoots go away?" I said, "No, they will go with you." So he said, "Then why do these people leave their parents? Because supposing I go away from my parents and tomorrow I feel like smoking, who will correct me? There is nobody to correct me if my parents are not with me." I mean, that is regarded as something, a great blessing that you have parents, your elders, to correct you, to tell you something.

And when my daughters got married, we were big people - I mean, we were not young or anything, CP was the Chairman of Shipping Corporation and all that - his sister, she is about eight, nine years older, she said, "For this marriage you have to paint your nails." Now imagine CP painting his nails. He did paint. He painted, and then he had to wear dhoti ten times. He had to do this, he was quite (inaudible). We went to another marriage in the, something. He said, "Look at them. They are also wearing suits and everything." I said, "Thank God we have, you have a sister." Somebody who will tell you what is to be done.

This obedience you must learn. Unless and until you learn obedience and anybody corrects your child, don't say anything. Just don't say anything. Let your child be handled by everyone. Otherwise it's going to be very bad for them also. Though they are born-realized, you are not giving them the right training, no. "My children" should be dropped out immediately. They are children of everyone. Now Anand came and stayed with him. Ask him what sort of a boy he was.

Sahaja Yogi: A gem.

Shri Mataji: Gem of a person. If, if he tells him, "Anand, don't do like this," he will never feel bad, never. We feel it's a blessing there is somebody to tell us.

And then this is what I find later on that ego is like a balloon. If the balloon, if you do not blow at all- it is not blown out, then it's difficult to blow it. That's why those who have not developed this ego are very easy. That's why Indians don't get into this ego trip easily. Their balloon is never allowed to grow. But those who are in the West, they are nothing but ego. You do something, you know, balloon starts.

Then we had one (inaudible) with us, and whenever he got into the car, he used to become very funny, you know, very bumptious. So I asked somebody, "Why is he so bumptious?" He said, "Mother because he is driving Mercedes." I said, "What? Mercedes? This is neither his nor Mine . Why should he be proud of it?" I mean, something stupid.

So an ego makes you stupid. That's the main thing: it makes you completely stupid. And there is a big story about it in Ramayana. how a person can become stupid. And that's why you people are stupefied very easily.

Recently somebody told Me, "Mother, the new fashions have started that they take, all the ladies take their hair like this on their forehead." I said, "Really?" She said, "Yes, you see, Mother." I saw all the Sahaja Yoginis having their hair made like that. Yesterday also in the program all of them having hair like this. I mean, they have no personality. Anybody starts anything, they'll do it. They have no individuality. They do not have any traditional basis. "No, this is modern dress. I am not going to wear something like this. This is how I dress up, this is how I live. Why, why should I do it?" Now, tomorrow they'll say that you have a bouffant. So everybody going with a bouffant.

They will say men should have, women should have put no oil. So they will become bald-headed, - finished. But, you see, about twenty years back every man you see in the films used to put the hair, oil in the hair, properly comb it, and used to be a smart fellow. Nowadays, everybody is so casually dressed there's nothing smartness about them. If you become casual, you'll also in life will be casual. To wear some sort of a casual thing, some sort of a baggy pant or a tight pant or this and that, this is because there is no personality. Is only ego. There is no personality; there's no wisdom.

To allow your children to be corrected by others is the first thing you, good thing you do to your children. Let them have respect for others. Let them feel, "They are also my uncles. They are also my aunties. They can correct me." Then, to obey and not to question too much.

I mean, here every child there was, once I was traveling with a Sahaja Yogini. Her son was all the time asking, "Why this? Why that?" and she was answering him. I said, "You shut up now," to that boy, and after that he never asked her why. As if they have a right to ask you, they go on asking questions. How dare they ask you questions? You are parents. We don't ask questions to our parents - never, never. We are no way less than anybody else in this world. On the contrary, I must say that in that culture those people who have come up are very good Sahaja Yogis. They are very sensible. They understand how far to go, what to do.

So what is we have to understand that our Sahaja Yoga culture is such that we have to learn certain things. First of all, at least please don't make your children so much what you call ego-oriented. Don't make them ego-oriented, please.

See that your children respect all of them the same way, they say "Namaste" to everyone, and they are very, very obedient to everyone and even if somebody corrects them, what's the harm? I am really surprised because in the West I used to think that the children are not attached to their parents or anything, but it's not so, because they are glued to parents. Not only glued, but as soon as they get a chance they run away from the parents, because you dote too much on their heads, you see. That's why. There is no freedom. All the time they are jealous. I have heard also of ladies who are jealous of Me because I am the Mother. Yes, so stupid. I find, I mean if supposing somebody mothers my child I will look after that lady. I'll send her a sari. I'll send her a present. I'll be very happy that you have looked after my child. Reactions are so funny, isn't it? Why such responses and reactions?

Like supposing you have music program in here, your neighbors will come, go to the police, call everybody. Otherwise, even if you are dying they will not be bothered. On the contrary, in India supposing you have a music, "Oh God, they are going to have the music." It's all right. Bring everything, carpets for them, everything. Give them food - "What will you have?" and the whole area will be there to help you and this and that. And they'll sleep nicely, if they want to sleep. Their collectivity is very good and you see their children, anybody scolds any child there, anybody. Because you are ego-oriented, please be careful don't make your children also ego-oriented. It's so difficult for you to get rid of your egos, you know that. Anything, you know, like a snake is there, again back. Then I used to wonder how is it their ego comes up? This (inaudible) told Me, "My husband, you know, Mother, what is this ego, ego, ego?" I said, "What?" "He always tells me I have got ego, ego, ego. What is this?" she asked Me. "What is this disease, ego? Ego, ego, ego?" I said, "You see, it means Ahamkar." She said, "Then why does he boast of it?" Ahamkar is a sin. Even to say "I hate you," it's a sinful thing to say. I mean, in Hindi language if you say, "I hate you," they'll say, "Are you mad or what?" They think you must be mad. You cannot say that I commit this sin. So this is what it is, and anybody who is treated like that, even in India, can become bad - even in India - pampered too much by parents or sort of made too much of them and all that.

But we know our parents love us, they care for us. My mother was such a strict person as far as strictness, but today why I am cooking so well? Because of My mother. She used to tell Me even how to hold the - what you call - the spoon. When I was a very small little girl about five years old, I know, Then we have this tawa, is a very black thing, round, where we make rotis. She used to tell Me, "Clean it." And we had so many servants in the house but still, and I remember My small little white hands all becoming black like this, you see, and I would clean it. But I am very good at cleaning. I am very good at everything. How? It's thanks to My mother. Nothing doing.

Now at least make your children get up in the morning. We have to give something better to our children better training.

Same I have seen with ladies. Now ladies must understand that those who live here or in any ashram, they are the housewives and they have to know. I was surprised when I asked the people who have come from all the way, "What did you have?" They said, "Nothing. We had those samosas and something to eat. That's all." I mean, that they are guests in the house. Nobody had anything. I was having all kinds of food but I never knew that they are making like this. I mean, not to feel bad. Otherwise if I say something you'll catch on Center Heart, not for that. This is another specialty because of ego only. This is because there is nothing goes inside the head; nothing goes inside the heart. It goes into some center, you know. Mother said so? All right, Center Heart is catching, or my Left Vishuddhi is catching. Baba, but no, why don't you correct your brain? Because we don't want to face it. We don't want to correct it. So put it in the Left Vishuddhi or in the Center Heart.

Now if some guests come to your house - Gregoire will tell you, one day they were all there, about twenty-five of them, sitting in the gallery. My daughter was there. I went and told her that, "They are there, they may stay on longer. So you better cook for all of them." She had done the cooking. When we finished - remember, Gregoire, we finished our program - I said, "Let's have dinner." So they were surprised. They said, "How?" I said, "I told her. She must have prepared." "In such a short time?" I said, "Yes, she must have prepared." She said, "Dinner is ready." We were all there. She said if you tell somebody that twenty-five people are going to come, the women will be finished, like that. They'll be thinking, "Now, I have to go for shopping..." They start ... And there is no confidence.

There is no, because no personality, no personality. My husband, I told him yesterday that I have made pulao for people, hundred people, that's all. I didn't do too much. He said, "Hundred people is nothing?" I said, "No, nothing. Five hundred would have been more, but -" but not only Me, My daughter can do it. You have seen her in Pratishtan. My daughters can do it. So we have self-confidence, you see, about anything you tell us.

Now all of your programs you have seen, you go on the tours, how Indians arrange everything, in jungles, in anything. But here first we start thinking, thinking, because we don't want to face the problem. "We have to do it now. Let's do it." "That's not so. Let us sit down but plan out," you're finished then.

Now I have studied you too well. I have been here, I am amazed, also. And there is no training because your mother also avoids to train you. There is no training - nothing. They don't know anything, I would say. They are still like little babies. There has to be, a girl must know how to stitch, a girl must know how to cook, a girl must know how to look after a household, and shopping, and she must know what is good meat, what is bad meat. She must know about what is a diamond, which is not a diamond; which is silk, which is not. All this is taught in the family. Whether you are a career girl or not - you are a career girl, all right - but this is the main thing. This is the basis for a woman to know. We are women without being women. And then a kind of a fondness, to do for others, to give something.

I will tell you about my granddaughter. When they were young, both, three of them, I asked them, "What you want to be?" They said, "We want to be a nurse or to be an air hostess." So I said, "Why these two?" She said, "You know, Grandma, only in these two professions you can give food to others to eat." See how, how they feel.

And recently about a year back - she is only 18, elder one - she invited twenty-five people for dinner. So I thought she is going to tell the servants or someone. She said, "No, I am going to do the cooking." And she did it and she fed everyone and everybody started praising. She said, "No, no, no. You know, they are just saying it because I have cooked but I know it's all insipid. It's all insipid. It's nothing good. But they are just saying it because I have cooked." For twenty-five people she cooked alone. Because they feel happy to do it, They're happy to give things to others. They are so happy, you don't know.

It's just you are so affluent, you are so rich, you have everything, but still there is no generosity. My husband is extremely generous but the other day there was a gentleman - a Sahaja Yogi. An elderly gentleman who was a teacher of art came to do a little drawing for Me. I said, "What to give?" I told C.P. "C.P., have you got any suit with you spare?" He said, "Maybe. Let's go and

see." I said, "I've seen one. Will you see that?" That's an excellent suit he had. "Oh!" he said, "please give this one. Is very good. I have only used it once but I have never used it outside; just I have tried it. So if he likes, please give him." So he took the - and when I gave him he was very happy and he said, "Mother, I was looking out for a suit and I've wanted one suit." C.P.'s eyes were filled with joy, and his tears, He said, "You know, he wanted the suit, do you know? How nice we gave him what he wanted." See the delicacy of character - so overjoyed that he wanted the suit - and because I am very good at what one wants, you see, but he, he was so charmed and was so happy, and after such a long time I saw that joy in his eyes. "Oh God! So what he wanted, we gave him."

It's such a, after all, you see, what is there after all? What is the use of all these riches, these (inaudible) and things? What do we get? Nothing, no joy, nothing. First of all we think we are husband and wife, then to quarrel all the time, all right.

I don't think there is much love also there. I don't know about Sahaja Yogis, but otherwise, I don't know about Sahaja Yogis also.

Then that quarreling is over. Then "my child, my children." Then they also quarrel, they also fight, they also run away. By the age they are sixteen they are thinking where they are going to run away. Why do they run away? But our children stick like leeches. We have never made them like that but still they stick. Why? They are not ego-oriented. Because you are separated. You are a different identity. "I. I like this. I like that." I mean, it's a sin to say like that. Who are you to say, "I like"? "I" means what?

So all these things we have to change and we have to understand. Only possibility is in ashram life. How you respect, how you live, how you greet each and every person, how you behave: this is a culture we have to imbibe. If we have to give our children a very good time we have to imbibe.

I wouldn't say that in India we don't have funny people. We have people of loose characters, we have all kinds of things. But the number is so little that they do not influence. Here, the number is of the others are more than these. So they influence too much.

Everybody is putting their hair like this now. So you don't have your hair, you'll also feel like putting your hair like this. It's a, it's, I don't know why, and also this is a false idea that we should have our hair very disheveled. You see, I being this Goddess business I have to keep My hair open, but I keep them all right. They are not disheveled. I have to keep Mine because you know, Muktakeshi - keep Her hair open because of vibrations to flow. But I never, you would never find My hair jumbled up like that. Because then the bhoots catch you. They see, "This is the head. Oh, good one! It's a jumbled head. Get into it!" Bhoots catch you much more in modern times than they used to catch because we live like bhoots. You know, on the street you go and find so many women, men dressed up just like bhoots. So bhoots can go. "This is the bhoot!" Why not they catch in India so many bhoots? Once somebody gets his realization, I have not met many those who catch bhoots. Because we dress up like that, we are ego-oriented, so the bhoots come in. I am not saying you should go to hairdressers and all that, but one should not have a face or a hair like a bhoot. Now if you want how a bhoot looks like, I will show you also.

So this is what one has to understand that there is something missing in our upbringing, which we have to change, and the change has to be that to make a good family, to have good children, we have to have certain ideas whom to respect, how to respect, how to understand.

I mean, like Gupta got angry with Dr. Talwar. So I told him, "You go and touch his feet." Immediately he did it. "He is elder than you, and you have no business to get angry. Go and touch his feet." Immediately he did, and he said, "See now, he provoked me, Mother, and I have got the bad name." I said, "You go and touch his feet," he touched his feet immediately, no question. Anybody answers anybody - a child, a younger person answers to anyone else - the father, mother will all the time, "Go and fall at his feet. Come along. Nothing doing." That's how they learn respect.

You are very good seekers. You are seeking the truth and all that but with that, to bear that truth, we have to have a kind of a culture that you can bear it. Otherwise, this ego will always shoot out, right side. The right side is the problem of the West. This you agree?

Sahaja Yogis: Yes, Shri Mataji.

Shri Mataji: But you will find this with your leaders, not with yourself. This is the problem. The one who has the authority to assert, you will find it with him, not with yourself, that you have this problem, isn't it true?

The wives of leaders also should know they are the mothers and they have to have an extremely sweet and a humble nature and they should tolerate lot of nonsense; not only that, but always try to soothe their husbands. I'll tell you, in My husband's office in Shipping Corporation all the people there depended on Me. If anything goes wrong, if C.P. is angry with them, they'll come and tell Me. Then I would slowly tell him, "Why should you be so angry with them? After all, you see, they are humans beings and they have done-" "Oh! So they come to you?" "Yes, they did." Then I would tell him, I would tell him, "Because they think I am more generous than you are." "All right, I am also more generous." Then he would be doing. So she should not think she is a leader - no, never.

She should think, "I am the mother of all these," now she should see the people who have come here: have they got food or not? Have they been attended to or not? These are guests, and guests are to be treated like gods.

And the trouble here is that everybody walks into your house like a guest, or stays with you like a guest, you see, like - you will be surprised, I had a house in Hounslow. So many Sahaja Yogis stayed there, never paid a single pie. I had to pay for electricity, gas, everything. From the very beginning since I have been in London, I have been paying for all that. Even Shudy Camp, most of the money I have paid, but there were twenty-five people living there when I went, not paying a single penny for anything. But Indian won't do that because of self-respect.

Now I am telling Mathias, "I have used your telephone this time many a times," and he has to take the money. If he doesn't take money I won't be able to sleep. So, use somebody's telephone as much as you like, use anybody's things as much as you like, stay there in their house so carelessly. It's so common in the West. I never knew. I used to think, "They are very upright people. They will never come to your house like that." Gregoire will tell you the whole story about it if you want to hear.

So now this ashram where you are living, even if you are coming from outside, you are Sahaja Yogis. You find something dirty, try to clean it. This is your house. So it has become like nobody's house now. Actually, it is everybody's house. Recently it has become nobody's house. So, not to feel bad, not to feel upset, not to feel that I am in any way trying to put you down, but I must tell you that this will develop your children's ego and your ego, too.

To live together, enjoy together, we have to have certain type of culture which is not in the West. West are very individualistic, extremely individualistic people, and they have this problem and they have suffered because of that. We want to create a new world of people who love each other, who will enjoy each other and who understand each other; not only that, but those who have collective consciousness manifested in their own lives. And also to tell somebody, "You are a bhoot, you're caught up like this," it's not proper. That shows you have no understanding how to deal with people.

Never say, "You have a bhoot," or anything. At the most you can say "this chakra is catching," if it is needed, but there is no need to tell that. Is, as we, you see, as we say that "If you become the king you have to wear the crown".

So if you become a Sahaja Yogi you have to wear this culture. You cannot be like bhoots, cannot be. Not that you have to be something different like Hare Rama, Hare Krishna. I am not saying this, but you have to be something special. And the speciality doesn't come by becoming punks or anything. Punks think they are very special people by making that kind of a hairstyle. Speciality is within yourself. It's a kind of a culture. So first of all, look after your ego.

Soul-searching has to be there. Because when I read Russian people, their books, I found out that every book, whether they describe romance, they describe anything, there is behind, is all soul-searching. They are trying to find out, "Why I am doing this? Why I am doing that? Why am I like this?" Soul-searching is there. So we should search our souls. So all the time say, "Why am I

doing this? Why am I like this? What is the reason?" This is what has to be done. Then this ego will drop out. It's a funny thing because it's already grown so big, you see. So you push it down, it comes back up like a rubber, push it down, again with the slightest thing it comes up. Arrogance, talking loudly and misbehaving, all that, right Vishuddhi catches so badly. All right?

So now it is not in any way to correct you but to guide you. And not to feel bad and Center Heart or something catching there, nothing of the kind. It should, it should catch nowhere but it should correct you in the normal way.

Now the problem of Indians are different and I, when I deal with them, I talk to them. But at least they do not have cultural problem; that's one thing. Of course, I mean, if they come from stupid families, if they have come with nonsensical things, then it's all right. Normally ninety-nine percent, one percent could be bad, also, I am not saying they are not bad.

And everybody must work - not that three, four people are working. You must learn every day. You can learn so many things, and you are seekers. Not only that, but you are Sahaja Yogis. You have so much of dynamism. You can do such a lot.

So any idea about yourself - you are so great or something - should be given up because we are Sahaja Yogis. So we are already great. Those who are great are already great.

I mean, supposing somebody says You are Adi Shakti. Now, I don't think it's something great because I am that. So what? If I was not that I would have felt, but I am Adi Shakti. So what? If I am Adi Shakti why should I feel proud of it? Because it is just there. What to do? And whenever you are saying, "Jai" and all that, I feel you are saying somebody else's "Jai". Sometimes I am afraid I might start saying with you. It never goes into My head, and you know, I don't know how it goes into your head. I said perhaps the hole is too big, so nothing stays. But you see, that's what I am saying.

Now for you, if I am the model and if you understand Me, then you must understand My culture. How, like Mathias was surprised that they were putting some balm on My feet or something on My feet, and I said, "Now, put some towel because I don't want this sheet to be spoilt." I mean, this is very, nothing great to Me but he felt that I was extremely - what, humble or what. But what is there? A sheet will be spoiled in any case, whether they are My feet or anybody's feet. That's how it should be.

So culturally, though I mean, we are very rich, I have never realized how rich Indians are. Now I am realizing.

Now supposing somebody is leaving. A little pencil is left - so little, you see - in the house, but that belongs to somebody. That will be kept like a precious stone, you know. Till you meet that person and give that, everybody'll say, "Have you given that? Have you given that or not?" "Baba, that person has not come as yet. He's gone somewhere." As soon as he'll come, first thing we'll go with that pencil and he'll say, "What? This pencil you've brought for me?" He will feel so bad about it, but no, the pencil belongs to him, all right, keep it like a precious stone. I mean, they are poor people compared to you.

Even the servants don't do any thieving, nothing. These politicians must have picked up from somewhere. I don't know from where they, must be from Warren Hastings. But normally there is no thieving in the house. Everything is left open. Everything is there, no thieving.

Government is corrupt - there's all horrible things are corrupt, that's there - but as far as the society is concerned, we are very honest.

I wish Sharat Chandra was translated for you to understand this beauty of this culture. Lot of such good points of this culture. We had that, you have that thing of Shrikanth, film of "Shrikanth"?

Sahaja Yogi: I am not sure, Shri Mataji.

Shri Mataji: English are coming. Ask them to bring it. It's one of the best films you will see.

Sahaja Yogi: They are Shri Mataji. They are already at the airport, Shri Mataji. The English, are arriving.

Shri Mataji: All right, next time.

Sahaja Yogi: They are coming over here.

Sahaja Yogi: Diwali, Diwali.

Sahaja Yogi: Thank you, Shri Mataji.

Shri Mataji: May God bless you all.

1990-0922, Evening Program before Navaratri Puja

View [online](#).

22 September 1990

Evening Program

Arzier (Switzerland)

Talk Language: English | Transcript (English) – Draft

1990-09-22 Navaratri Evening Program

[Note: Here the dotted lines are depicting the Sanskrit phrase]

So when the Gods are fighting because you are present they were so emboldened by your presence that they create this big Noise and all this brings terror and astonishment in the heart of their enemies. And you keep all of these gods in the state of excitement and you proceed to battle showing great anger on your face and lift your arms which holds the deadly weapons (all the weapons are deadly weapons in the hand of the goddess to strike the demons)

Shri Mataji: This is only the one side of the goddess... you see ...

Sahaja yogi: And this is again one more of the goddesses on the battlefield and you can see it

Shri Mataji: This is the description of the Mahishasura's killing and that's why it is more than how she kills the demons to protect her children from the invading evil this is why more of her warrior-like capacities are described ...

Sahaja Yogi: This is for another 3 overs after that it's the description of the Goddess as the mother and Ocean of Compassion.

So...

When you by your own powers simply say "Hun" that itself makes great volumes of smoke and bright light emanate from your mouth and these 2 demons" dhuma & vilochan " They just got completely [unclear 01:51 /emulated]

"Shonit beej" is same as Rakt beej and in the battlefield, you sucked out the blood of the terrible demon and whenever any drops falls of this demon on the earth from your mouth more such "rakt beejas "came up...

So this means that these demons are the "rakt beejas" and "shumbh nishumbh " who are the other demons you kill them all and on their blood all these ghost and ghouls that go round lord shiva saying shiva they have a big feast of that blood. So You as the mother of Compassion you even look after these ghosts and ghouls because they say the name of Lord Shiva...

This means that on the battlefield, Dhanur is your bow and your arms are moving so much together. You are so absorbed that your arm is moving continuously shooting arrows at the enemies & yet your whole body is moving as if you are dancing and your anklets I mean your bracelets are going "Natak katake " so they are also making a musical sound ...So the Goddess, even though she is fighting the demons she is doing it with such grace and beauty.

You who destroyed this demon "Vatuk "(is a demon) from your arrows in the battlefields flashes of gold and yellow and light come out and sounds which are very pleasing to the ear...

Here "batuk" is bhairava and the Gods are also filled with great enthusiasm and they see you fighting and they are fighting beside you that the quivers on their backs shine forth with new colours and seeing all this Lord Bhairava who is dancing in front of you starts dancing in great ecstasy. And I am sure he must be saying -Jai Mataji, Jai Mataji!

So when we say your name and say it again and again then we come into great meditation, and then there is no need of any more sounds or language and immediately we come and {unclear prostate } for ourself before you, You who is the queen of the whole

universe Or who you bring to the salvation to the whole universe.

"Bhoot pate" is the lord of the "bhootas" ie-Lord Shiva ...& when he hears your ornaments which is "nupura" making the sounds like "Bhan Bhan Bhinjimi Binkriti " He who is beyond sound but when he hears this he leaves his own meditation & he wants to hear that sound again and again.

So, Once you take the form of a great goddess of Shri Ardha Narishwara(half Shiva, half Shri Parvati) & when you dance in the company of other dancers including Lord Shiva who is supposed to be the Lord of the cosmic Dance your dance puts them all to shame ...And when you dance your divine dance the greatest musicians and singers accompany you ...There is something for you ...

Shri Mataji: Word "suman" ...

So "suman" could mean the one who has the beautiful mana (The mind)

or "suman" is also a flower(like also a soft beautiful flower) or "suman" is also the combined form of Shri Parvati and Lord Shiva and "suman" also means that your whole being your form is so beautiful ...

And " sumanohar "...And seeing all this you make our mind who are your devotees absolutely pure and beautiful ...And "Kanti yutey" all kinds of light emanate from you because you are totally fulgent.

This we have seen

[Shrit Rajni].

Shrit Rajni is the night ...Rajni here means night or darkness ...The darkness takes refuge in you because you are the light, the darkness dissolves in you. Rajni also means that you are very beautiful, Rajni means also the one whose arti we do ...Ra+ajni also means the one who has no birth who is totally eternal ...and Rajni is also a lotus and colours in the hands so you hold lotus in your hand ..." Vakravatay" your noble face shines like a full moon

[Sunayana rabhram.....]

Even the..."Bhramara" actually means the black bees ...So, many times this black bees also have been her ganas and ...

Shri Mataji: No no, ganas can be made into "Bhramaras "

Sahajyogi: The goddesses' ganas have been made into black bees and have been sent to destroy... And her name is also "Bhramramba"

And also black bees because the bhramara means the black bees are the ones that pollinate (goes from flower to flower) so they are the ones who gave the realisation from person to person giving them power ...Then the sound of the "bhramranda" The buzzing of the bees is like the sound of the Kundalini rising in the Sushumna Nadi ...And the bhramara also When the clusters of the Bhramara when we see...Sunayana means the beautiful eyes ...and vibramhara there ...It means that your dark eyebrows are like clusters of black bees and she is also "brahmaradi patey " because as I mentioned earlier that by moving her eyebrows up and down the three lines on her forehead are the 3 worlds themselves and she creates and dissolves these worlds simply by moving her "brahma randra"...

Sahit mahlav mall matalik.....

This I will I think hand over the mike with your permission to Shri Mataji :

Shri Mataji: I mean I can't praise myself ...

You better read this ...

Mallas are the great wrestlers who fight with their own arms they don't use any weapons so, these mallas come into the battlefield This is in the first line ...and You battle with them in the same ways that they fight and you tire them out and you become totally absorbed in the battle and you plan to fight them in the same way and they arethey have been harassing the bheel tribes ...Bheels are the "adivasis" (the aboriginals who lives in the forest) So, Whole Bheel-tribes have been harassed by these mallas but you fight with them and destroy them and Bheel -tribals are very happy that you are doing this ...Then continuing of the forests similes it says that your actions are so beautiful like ..."Sal lalitey " is also that you have done all this with great fine art ...and you see the rising of the sun...the rays of the sun in the morning as it rises ie -"sitarun" or the "Tallaj pallav " would mean the trees and the leaves of the forests as well and all this ...The "sita krita" is where you have your own actions are such that you

have completely cooled us or they created the cool shiver of the Goosebumps you feel...

Shri Mataji: With the cooling, they get the shivers...And its a poetry you see ...that all these ...I am always worried about aboriginals ...you must have heard many a times saying that what this praise did and why did they try like that and I am always concerned because they are "adijana" ...They are the primordial people & they have been ruined by so many peoples so, that's what they are saying that when she kills those demons who have troubled these "bhills" means the people who live in the jungles than all the leaves and all the trees are vibrated by her joy and they shine that's what it is ...

Sahaja yogi :

[Avind.....]

So, here "gajraj patey" is again the lord of all the king of the elephants rather the king elephant himself ...Dignity with which he carries himself and the way he holds his neck and his movement and also that his throat is filled with nectar and this means that the goddess ...your neck is lifted up like that the King of elephants with dignity and prestige ...Your carriage is very regal ... And your speech is like...Is filled with nectar.

[Tribhuvan]

So, You are the ornament of all the 3 worlds. That is, you are the most beautiful, shining ornament or jewel of the ...It's difficult to do an exact translation into English...

That which brings the beauty the Bhushan is that brings to the glory, so, "Bhut kala nidhi " ...You are that ocean of various arts of creation and you are" roop payonidhi " that means you are the ocean of beauty ...

"Rajsutey "... you are the daughter of the king or you are a great princess

Shri Mataji: It means... Ocean of many forms.

Sahaja yogi: "Roop payonidhi " is the ocean of many forms, each one more beautiful than the other...

So, the children of "Dhriti " (the children of demons) by your many forms and by your beauty they become pure and the baser self is not excited but they become the people with pure minds So those who are not good you can make them completely pure ...

As in today's drama, Shri Mataji mentioned it to us.

[Kamal dalamal.....]

So Kamal is a lotus, dalamal is a cluster of lotuses Komal Kanti means from these lotuses you make them emit the beautiful, gentle kind of light and you have the art or you have the power to make them blossom and when they do that you take these lotuses and put them in your hair means that by your own power of desire you can make the Sahasrara lotuses blossom and when they do these clusters of pure lotuses then illuminate the beautiful light of self-realisation.

[Sakal Vilas Kala]

So, the swan can discriminate between the milk and water or discriminate between good and evil these heavenly swans are around you and when they recognise your great work which brings a joy, they get filled with joy and they move around in an excited manner ...This is also your connection as it is ...Because you are Shri Saraswati and you are at the Shri Hamsa chakra is the one you open up ...

[Alikul sankul]

So, clusters of bees as they are attracted to groups of flowers the same way the stars and all the planets...They are attracted and they come and take the abode on your forehead ...

Now, this is also the tribals and the forest's description of the Goddess there...

[Karmurli Rava]

"Manjumatey "-It means you are very mild or intelligent and is music personified ...So Your intelligence is total as music

personified and when you in your hand take the "murlī" (which is the flute)even the whole forest is filled with that beautiful sound and even the nightingale is put to shame

[Milit]

"Milit Pujit " Means you are very being around us gives that static feeling which we know we feel in all our hairs strands and on ends on we get goose pimples the same way this name gives the "Manohar gunjit "..."Gunjit" is the sound of Bees Buzzing ...So you have the beautiful sound very pleasing to the mind of the bees buzzing which is rising of the kundalini & you who lives on the mountains on the "Shaila " ...You make the whole mountain very excited "Ranjit " ecstatic that all the shrubs (in the same simile that hair on your handstands up ... same with the shrubs get vibrated and blossoming)

Shri Mataji: Hair on the mountain ...You are sitting on the mountain The mountain feels so happy because you are there ...Mountains are so happy so the hair stands on their ends means they have become "pulkit " and when they get that feeling also the shrubs which are the hair in the body of the mountain have also...They also become 'pulkit'.

"Pulit " is a Sanskrit word or Marathi also we have mean when you are filled with feeling this means how your whole body starts getting these beautiful feeling of hair raising (is not a good word)

(again line in Sanskrit)

So here,

Shri Mataji: On the mountains, there are these aboriginal women who have got their original good character and original and very natural life ...They are very natural ones you see... and so when they get these shrubs being vibrated they also get into a very playful mood. It is to make them happy ...Because they are living in the jungles... nature ...

Sahaj yogi: Now we have the form of the goddess when we have done her puja ...and we are ready for her darshan
So,.....

So "chandra ruchey" is one 21:03 who is fond of the moon ...You are the one who is fond of the moon because of the spirit...Or Also moon because you are Shri Shivani so you have moon in your [unclear].You wear cloth...yellow cloth around your waist emanate multi clouded lights even put the peacock to same ...And they are so brilliant about the clothes that you wear. In the next line, is the multitude of gods and demons all of them prostrate themselves at your lotus feet and that many jewels of the crown give off very brilliant lights...But the light emitting from your toenails is so great that those light from the jewels is not even the smallest particle of the light from toenails ...And the next line is translated that your entire front when we decorate the goddess is covered with gold ornaments. And the garlands reach down to your feet and they worship your feet making it more beautiful and your entire form is ...

Shri Mataji: ...is that you feel as if you are absolutely secured ...You look like as if there is -You are standing without support absolutely equanimity.

[Sahaja yogi : [sanskrit phrase].....]

You are victorious over demons, thousands of demons who have 1000's of hands and we all devote who are so many ...With our thousands of hands, we bow down to you ...

Shri Mataji: And with the 1000's petals

Sahaja Yogi :

And with the 1000's petals of our Sahasrara, we bow down to you and prostrate ourself before you. You who is the one with 1000's arms

[[sanskrit phrase].....]

So the "tarakasura" is a demon and he fought with the guards that the goddess sent her son ...brave son Kartikeya ...into the battle and he saved them.

[Sanskrit Phrase.....]

So you ...This effort that one can make which is really the effortless samadhi because of your compassion and saman samadhi is you put everyone into the collectivity, into samadhi which is totally collectivity ...And samadhi means you are finally the samadhi of samadhi ...Samadhi means very deep intense meditation and sujakartey means you work very hard for the benevolent and auspicious second birth of others ...

This is about Sahaja yogis

Padam Kamalam[sanskrit Phrase].....

Whoever puts complete attention on your lotus feet every day all the time you who is shivay and of ultimate compassion and surrenders there that person is blessed with salvation.

[Sanskrit Phrase].....

So, I too if I will put all my attention on your lotus feet which are the form of Shri Laxmi and the home of Shri Laxmi I too will get all my wealth and prosperity ...Why will I not get wealth and prosperity if I put my attention and pray to your lotus feet ...

Shri Mataji: Feet are the abode of Laxmi ...

Sahaj yogi: Because the feet of the goddess is the abode of Shri Laxmi ...

[Sanskrit Phrase]

So only your divine feet are the ones that can give salvation ...So If I will surrender myself then surely I will also get salvation

Shri Mataji: The highest state ...

Sahaja yogi: The highest state I will gain ...

[Sanskrit Phrase.....]

So this is the Mahalaxmi tatwa that the golden ...and all these golden waters of the ocean are offered to you ...

Shri Mataji: When the waves rise, and there is a golden line on all the cusp of the thing, that's what it is ...

It's a poem

Sahaja yogi: And this golden ...the glow of the water which is used for doing your worship they give the colours to your palaces of those who are worshipping you so that they become much richer...

[Sanskrit Phrase]

So those who offer the complete prayers to such a Goddess who is so bountiful is bound to attain the highest happiness ...

[Sanskrit Phrase]

So Why Should I also not take enjoyment at your lotus feet? And say your prayers with all my hands in great humility and sing your praises ...

[Sanskrit Phrase]

So, Your clear face without any blemishes is like a full moon and there is absolutely no blemish at all on your face. And you have been radiating beauty and it removes all the evils and misery from this world ...

[Sanskrit Phrase]

And you're whole ...This is the description of the Sahaja yogis that your family of the Sahaja yogis is so beautiful that you don't turn your face away from the city which is full of the people who are the Sahaja yogis, your children, who have the faces like a full moon

Shri Mataji: From your own families your ...

Sahaja yogi: You will never turn your face away from your own family

Shri Mataji: In the city which has got no blemish on their faces, no blemish in their character ...

Sahaja Yogi: So no blemish on the character ...

[Sanskrit Phrase]

So please oh great goddess Please do not delay any more ...Please give me the self-realisation Give me the fruit and wealth which is obtained by constantly saying the name of Shiva ...So Please do that action which gives me complete salvation ...

[Sanskrit Phrase]

Shri Mataji: It's not easy in Sanskrit ...

I can't read the roman language.

Sahaja yogi : [Sanskrit Phrase]

So you are the great Uma who is Shri Parvati and the compassion that you show to the poor and the affected please shower that compassion on me also, who is your devotee...

[Sanskrit Phrase]

So you are the one who gives the highest experience please oh mother of all the worlds you are the essence of all that is best...Please give me Salvation.

[Sanskrit Phrase]

So my attention which keeps wandering and the heat that is there inside me & the obstacles and all that You know best how to remove it ...You know best how to take care of my spiritual growth so please without delay make me grow spiritually.

[Sanskrit Phrase]

Sakshat Shri Mataji Nirmala Devi Namoh Namah!

Sahaja yogi: Shri Mataji when did Shankaracharya leave how long ago?

Shri Mataji: Century, but before that was Markandey 15000 years back.

I have seen Markendey took the birth [unclear 32:18]

Just the bit part of it. 32:18

Alright, now I think with this knowledge tomorrow's puja will be much deeper for all of you ...May God bless you!

[Transcript from 1990-0922 Translation of Songs 1990 audio]

May God bless you!

"Tujhaa punji "

You sing so well without knowing the meaning. It's rather embarrassing but I would say. In youryou should get completely engrossed in your puja and in your worship. And Oh Nirmala! We should always remember your name, this is the main thing.

"Tujha Pujni" is –in your puja in your worship we should get "leen vhavey" means we should get completely engrossed...

"Tujhya darshanala amhi roj yave" -We should come for your "darshan" every day "roj" means every day ...

"Tujha mandiri Geet amhi marnave"- And in your temple, we should always sing songs about your praise.

"Tujha kirtini ratri rangun yave" – In the night we should get completely ...What do you say about "rangun"

Sahaja yogi- colour means great enthusiasm

Shri Mataji: ecstasy ...We should get into the ecstasy of the "kirtan" in the night time...

"Tujha kirtini ratri rangun yave"- "Ratri" means in the night.

"Tujhe Nirmala naam amhi smarave"-We should remember your name Nirmala ...

"Amhala visava prapancha madhye tu"- In this world ...In this worldly affairs, you are the only refuge and the restful place for us.

"Amha pathi rakha bhavishya madhye tu"-And you are the one who is the ...Like a shepherd the one who looks after us in our future ...

"Amhala visava prapancha madhye tu, Amha pathi rakha bhavishya madhye tu"

"Tujh charnachi"- We should become the servants of your feet...That what important he says...

"Tumha Davila mukticha marg amha"-You have shown us the path of "Moksha" or "Salvation"...

"tuva Davila bhakticha swarg amha"-You have shown us the heavens of bhakti ...of devotion. So far the devotion is not the feeling of paralyse. I mean the paradise of bhakti ...You have given the paradise of bhakti ...When you sing you seem the feel of as it is...Isn't it?

"Tujha Kitiche gorve nitya gave"-We should sing the praise of your glory all the time. "Kirti" is what -of your faith, of the glory of your faith...

We should sing all the time we should remember your name all the time.

This is what I am saying as what Shankaracharya has said.

What Adi Shankaracharya described so beautifully Baba Mama has put in his own simple style.

Durga Adi Shakti:

Which is the Bhairavi do you sing?

Sahaja yogini: Bhawani Dayani

Shri Mataji: Do you sing? Everybody cannot sing ...

"Nirmala tujhi varna vi tujhi ga Stuti" " tujhi ga Stuti" not "tujhi ka Stuti"...

Ka means you are my brother and he addresses me in a singular way -Oh Nirmala! How much should I describe ..."Varnavi" means describe your praise. How can I describe your praise...

"Manvala detes devacha "-You give to a human being the experience of God

"Devachi Anubhuti"- "Anubhuti" means experience and "devachi" means God ...that's why anybody giving to a human being the experience of God.

So how can I describe your praise ...How can I praise you? Describe your praise ...Because you give to human beings experience of god "Devachi" means god's "Anubhuti" means experience.

"Muli cha swarat tu"-You are the notes that are played out of the flute.

"Tujha spandhanacha layeet tu" - The heart that beats ...You are in the rhythm of the beat of the heart. Rhythm means heart and the "Spandhan" means bating and "laya" means the rhythm ...So you are at the rhythm of the beating of the heart...

"Anandachya sarit tu"- The joy that comes in ...No no, in the rays of joy you are there ...

"Sagaracha bhartit tu, Anandacha sarit tu"- The sea gets happy at the ...What's "Bhartit" ...happiness... bhakti means when the tides come up you are there ... Means even the love of the sea is you when it becomes full ofWhen it gives you tide ...The English language is absolutely unpoetic.

"Premacha sapeksh tu"- "Sapeksha" means... through you, we know what is love ...understand like that.

"Dharmacha apeksah tu" - Through you we know what is the Dharma. "Sapeksha" means you are the meaning of.

"Karmache moksha tu" - You are the one who gives us liberation from the Karma

"Marmache lakshya hi tu" - "Marma" means the principle ...You are the aim of all the principles.

"MANavteche tatwa tu" - You are the principle of humanity.

"Nirgunache satwa tu" - You are the essence of "Nirguna" means promise.

The truth of formless ...You are the truth of formless...

"Kartutwache kartutv tu" - Kartutv means? ...power of action or the power which we achieve work ..."Krtutv" means to achieve.

The one who achieves you ...

"Jiwancahe astitva tu" - You are the existence of life..."Astitva" means existence "jiwan" means life.

"Sangeetacha sur tu"- You are the notes of the "sangeet" or music.

"Premacha mapur tu"- Mahapur means? Floods ...You are the floods of love ...Your love flows like floods ...

Like that, "Mahapur" means floods. Great Floods!

"Devya sathi atur tu"- You are very anxious to give to others.

"Anandacha Sagar tu" - You are the ocean of the Ananda...

This is my brother singing to a sister...That's what it said ...

1990-0923, 10th Day of Navaratri, The deities are watching you

View [online](#).

23 September 1990

Navaratri Puja

Geneva (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED Navaratri Puja, "The deities are watching you". Arzier, Geneva (Switzerland), 23 September 1990.

According to the calendar, this year there are ten days of Navaratri, not of nine. Nine are the days, in the night, when the Goddess had to fight the demons and to save Her children from the effects of negativity. On one side She was ocean of love and compassion, and on the other side She was protecting them like a tigress; because the times were such that nobody could meditate, nobody could take the name of God, nobody could think even of Self-Realisation. But those who are sitting here today, you have been there also in those days, and you were all saved for today, for this day, so that you can achieve your Self-Realisation.

The form of the Goddess in those days was not maya swarupi. She was in Her real form and that created a great awe, even among the disciples. So the question of giving them Self-Realisation was not there. First of all they were to be saved.

So, like nine months the mother has to keep the child in her womb, for these nine months or you can say nine yugas, nine times, you all have been saved properly, and on the tenth month you are given your birth. Also this birth is always after seven days of nine months. So we had to wait for some time till it matures.

Now the tenth Navaratri today is to celebrate actually the Adi Shakti. So today we are really going to worship the Adi Shakti. On one side the Adi Shakti is Mahakali, on the other side She is Mahasaraswati, in the centre She is Mahalakshmi, and also She is the Amba, the one who is the Kundalini. But She's also beyond that. She's Parashakti, She's beyond all the powers because She is the generator of power, so She has to be beyond all that.

So today when we are worshipping Her, we have to worship Her in all these forms. So you understand that the tenth day that we are having Navaratri for the first time in the calendar, is because today is the day when we are worshipping Adi Shakti.

Adi Shakti was never worshipped before, never. But this time when I went to Calcutta, I told them that "You better worship Adi Shakti today." And they were surprised, why today Mother is asking for Adi Shakti to be worshipped? So when I went back to Pune they told Me that – Adi Shakti, as you know, is the Saptashringi, means "the one with seven peaks." She rests on the seven peaks: means on the Sahasrara, on the seven, seven chakras. She rules all the seven chakras – they told me that when we had the puja in Calcutta, same time, that's the only time when those who follow Saptashringi which are very few people, all of them come there. And there they come, first of all the people from Her mother's side come down. So the mother's side of the Adi Shakti are regarded as Vaishnavites, the one who follow Vishnu; so they come first there to worship Her. And then the father-in-law's side, that is Shiva's side comes in, Sadashiva's side. That's exactly that time when we had the puja, they have these two groups together to worship.

So now we have among ourselves people of two types. One are, we can call the one who worship Brahmadeva on the right-hand side, and the people who worship Shiva on the left-hand side.

Both sides have to meet at a point and that point has come, that we have to worship the complete integrated form of all these powers, which has manifested within us.

Now when they say there is only one God, all right, there is one God. But one God has got a head, He's got His liver, He's got His stomach, He's got His nose; He's got everything just like as human beings are, because they say so, that God made human

beings in their own image. So then He has different parts in the bodies, and He has to run those different parts. And for these different parts He has to have deities, and these deities are to be understood. And unless and until you understand and worship those deities, you cannot awaken those deities within yourself. But they all are part and parcel of the Adi Shakti, are completely under the control of the Adi Shakti.

Yesterday you heard about the powers of the Adi Shakti. It's like a tortoise takes his whole body inside his shell; in the same way I have withdrawn all these powers within Myself. I mean, you cannot discover them easily, you cannot find them out easily – except for these modern cameras, which are trying to cheat us. They are the ones who are giving My forms and things to you; because there is light in these vibrations, and when these vibrations are emitted, you start seeing them in these cameras even if they may not be very sensitive, but somehow people catch it.

There have been so many miraculous photographs, as you know. One photograph you must have seen where Shri Ganesha Himself is standing behind Me. Now you don't see anyone standing just now here, but you don't know what's happening. And this is what one has to understand, that we have entered into a new realm of God's magic, and His magic works in so many ways. Of course, sometimes you also get lost. Because of your previous problems you get dragged down, you get tempted. Sometimes you get also dominated by negative forces, and you fall down. And this is a very sad thing that should happen to any Sahaja Yogi; because perhaps you do not know the your past and you do not know how you have struggled, how you have worked hard to come up to this level. And after coming to this level if you do not try to go higher, then either you'll be stuck on the same place, or may be that you may be thrown down.

So for you to know that you are a Sahaja Yogi: you are not a wife, husband, mother, father, you are a Sahaja Yogi. Like I'm the Adi Shakti, like that you are Sahaja Yogis. So the My main job now is to give realisation to others. And because all My relationships are already fixed properly, I don't have to worry about any deity, about any god, they all work out very efficiently everything.

Now the description yesterday as you read of the Goddess, that Her hands were throwing all the arrows with such a speed that as if one felt that She was dancing. Is a fact, no doubt, but you don't see that. You cannot see that every hair of Mine is like an arrow, and it works so tremendously. But to you I am just sitting here quietly, just like you as you are sitting. But it's not so; it's something much more. Now when they show a lion or a tiger as My vahana, then you have to understand that they show actually they are – actually they are. It's not that they are symbolically, actually they are. So the dignity of a tiger, I have told you many a times how dignified it is. Because I sit on him, he's so dignified. If he has to eat the meat he'll kill one cow or anything, eat the meat, leave it for others. He's so dignified. And once a month he eats. So even to get a vahana of this kind, this was to be evolved from amoeba stage to this stage; otherwise he would not have been here.

In the same way you are evolved, and in you are these, all these vahanas also there. And they work out very quickly all that you want. You desire something; you'll be surprised, immediately you'll find it works out. You ask for something, immediately it works out. But there should be a complete dedication in Sahaja Yoga. When I say Sahaja Yog, you know that is the yoga of your attention with My Feet – that's what it is. But if you are still moving with your egos, and if you are still thinking on those lines that "We are something and we can start our own Sahaj Yog, we can work out this way and that way," or "My wife is like that, my child is like that, my husband is like that" – you have to give up all these problems on one side, otherwise you will not ascend.

It was not difficult for Me to give you realisation, because you were just ready for that. But to keep your light on, you have to work hard. Now tiger remains at its own position, he doesn't change, lion remains at his own position, and they are all available all the time, in their own position. All the devatas and gods are in their own position with their own qualities, they are there. Nowhere, none of these gods are described that they give you moksha, except for the Goddess. She's the only one who gives you realisation, because She's in charge of all the seven chakras. She holds all these seven chakras, and on these seven chakras She can work it out.

So there's a big history, evolution of all those things even in the Virata's body, and also in you people; so you have to cope with it. If you cannot cope with it, then it won't work out. Now the problems we have in the West, as you know, are stupid problems which are not suitable to any Sahaja Yogi.

Attachment: first they were not attached to their wives or to their children, now they're attached like glue. I do not say you give up your children or your wife, but your attachment should be with Sahaja Yog. Once the blessings of Sahaja Yoga comes to you, they will flow to your children, to your wife, to everyone, to your country, to the whole world.

Now supposing this is the attachment, a very simple electrical thing. So if its attachment is not to the mains and anywhere else, what's the use? It cannot give electricity to anybody else. Is a simple logic that you should be attached to the source of energy first – simple logic, and then that energy can flow to others. If you yourself, you are not attached to that source of energy, how can that power flow anywhere? It's a simple thing we do not understand in Sahaja Yoga, and so our attachments start getting rusted, and we don't understand what has happened to us. You are not attached to the main source! And that's the only attachment you need, and then the whole thing will flow to the other end.

So we have these kinds of attachments. Then we are attached to so many miserable things we like, which make us miserable. For example, we are attached to, say, some sort of a stupid entrepreneur fashion. We're attached to it. Whether it is in Sahaj culture or not, we are attached to it. And all these attachments are not to the source, to the source of joy, to the source of knowledge, to the source of energy which ascends you. This is the reason why our situation of collective ascent is poor.

Now the Adi Shakti's work is to give you realisation first, second is to give you life, to comfort you. If you have physical problems She will look after you, She'll go all out. If you have mental problem She'll try to solve. So She's a comforter, She gives you the comfort; at the same time She protects you.

I have seen many people even now get frightened very soon, at the slightest thing. Why should you be frightened? There's a tiger standing. You can't see him – maybe today he might be in the picture! And your Mother is so powerful. You have to understand how powerful She is. This is, the understanding is not in your heads. Sometimes your wives are more powerful or your children are more powerful. When you know that your Mother is so powerful, and She's your Mother, then you should be absolutely secured. And then things work out.

I'll give you an example of one gentleman whom I met in Madras once, not many years back, about I think two or three years back or so. Was such a seeker, immediately he recognised Me. And then he went down to Bombay, posting was there, and he received a letter saying that his mother on deathbed, so he went down. The doctor said that she has a galloping cancer and she's going to die in no time. He knows, "My Mother is Adi Shakti." He just took My photograph, sat before Me. He said, "Mother, I've nothing to say. Whatever You think proper for my mother, please do that." Just he said so. He's connected. They said, three days after she's going to die; three days after, she got out of the hospital. He took him down to Bombay, showed him in a hospital, in cancer hospital. They said, "She has no cancer, nothing, she's completely cured."

If the energy is not allowed to flow, you are still worried about your wife, you're worried about your house, you're worried about your children, you're worried about this, about "my children, my house, my wife." This "my" when it drops, then I can work. But it should not be taken that I say that you become ascetics – no way. No saints were ascetics, they all had wives, they all had children. But all their attention was at the Lotus Feet of the Mother.

As Guru Nanaka has said, that a little boy is playing with his kite, the kite is going all over and he's talking to his friends, joking, this thing, but see the attention is on the kite. There's a lady who is cleaning her house with a little child on her waist, and she's cleaning the house and brooming it. She's doing everything, but her attention is on her child. Then there are ladies in India, as you know, they have three, four pitchers filled water and they walk with both the hands like this. They know how to balance it. They're talking to each other, laughing, making fun, pulling legs, but the attention is on the pitchers.

My attention is always on your Kundalini. You cannot play tricks in Sahaja Yoga, take it from Me. Anybody who tries to play any trick will be very badly punished. So please be very, very careful not to be dishonest, and not to play tricks in Sahaja Yoga. I won't do anything, but here they are – you see all ready, with all his teeth. They're all fixed quantities, I have told them, they are fixed

quantities. They know what to do and they will do it. So there is no need to play any tricks in Sahaja Yoga. This is another mistake of Sahaja Yogis that they think they can play tricks with Me, or with Sahaja Yoga. And when those things come into your head, I would say these are demonic ideas, because they will destroy you completely.

On one side Sahaja Yoga is a blessing, absolutely blessing on the ascent. You go ahead like that, you go to a height. But you must know also you have reached the height, you have to be very careful to be there, because once you fall from that height, how deep you'll go – is logical again to see that you'll fall very low.

So here you are having the blessings, all the beauties, all the love, all the joy, all the knowledge, all the friends, all the care. And there, if you don't want to be here, just because you are playing tricks, you want to be here and play tricks, that is not possible. That doesn't work out. You are immediately thrown out, and once you are thrown out God knows where you'll go, that's not our lookout, but you're thrown out by these.

So one has to know that the deities are extremely alert. And they're watching all of you, because they have to guard you, they have to look after you, they have to help you, they have to do everything for you. They have to work out everything for you. They are the ones who create flowers for you, they are doing all kinds of good things for you. But at the same time they are only attached to Me, all of them, not to you. Because you are My children, they are looking after you. Once you try to misbehave you are finished, and you go down.

But the compassion of your Mother is so great that She always tries to forgive, give chances, and tells those deities to keep quiet. Of course they obey – up to a point.

But if you want to be nasty people, if you want to be cruel, if you want to be sinful and stay in Sahaja Yoga, you cannot. It's not like any religion, as you saw yesterday, that you commit any mistakes, do what you like, kill anyone, cheat anyone and still be there. It's not like that. Here you have to be Sahaja Yogi in the real sense of the word, and this is why one has to understand.

[Shri Mataji to some Yogi]: There are some Sahaja Yogis have come, they can't get in. I think the doors are closed.

So, now such a tremendous Power, so alert, so affectionate, so kind is there. And a Mother who is your teacher. Mother teaches children with love. Not only that, but you never even felt how I taught you Sahaja Yoga, you just learnt it like that. It's a child's play for you. It's such a difficult and subtle subject, you picked it up without any difficulties.

So artfully it was done, beautifully it was done, built in within you: now you know this is Sahaja Yoga, this is not Sahaja Yoga, all this knowledge came to you so sweetly. The way you sing Indian musics, you see, even the Indians are surprised, they can't sing like you. Sometimes those who had come to My programme, they saw you, some musicians. They said, "We were really ashamed. How could these people sing so well, and pronounce everything so well?"

And you have to trust this Power fully. Those days when people were in difficulties, they were always attacked, they had not got their Self-Realisation – they had to put their trust into the Divine Power, they had to put. But now when you have got realisation, you have got your freedom, should never forget that you have to trust this Divine Power all the time, that it will look after you.

Now, how do we play tricks in Sahaja Yoga? Some lazy lumps come into Sahaja Yoga, absolute lazy lumps – means they must be left-sided or whatever it is. And if you tell them, "You'd better do this work" – "No, Mother, I won't do this work because my right side will come up." Very common trick, is a very common trick, "I can't do this work." When it comes to work they'll just run away. How many people work? Very few. The other day I went to the kitchen and I asked these Indian girls what's happening. They said, "They are all running away. Nobody's here to help us." Nobody wants to take responsibility. But the trick is that it is played on Sahaja Yoga, that "if I do this thing I will become right-sided." But if you become left-sided, this one is there. Is very nice you have put him here, I am very happy!

So all lethargic people, lazy lumps, always do that way. Now somebody is told that "You have to get up in the morning." They feel

terrible about it, "Oh, how to get up?" But if you go back into your own background, you'll say you must have taken drugs, you must have taken alcohols, you must have taken all these left-sided things, that's why you cannot get up in the morning. Now, how will you finish or neutralize those bad habits that you had, how will you do it? If you start getting up early in the morning, slowly the habit will be formed, and you can get rid of it. It's just to make yourself available when the morning sun is about to come.

Alcohol itself is such a left-sided nonsense. So much so that once the Goddess drank all the alcohols of the world – you won't believe, all the alcohols. Saints like Sai Nath smoked all the tobacco of Maharashtra, but still they are smoking. Like Shiva drank the whole of the poison, because He's the giver of life. Whatever they have worked so much, so sincerely, earnestly, with complete concentration; you see Me working like that, but they have also worked the same way. So don't take things for granted.

I have told many of you to write down, "What have I done for Sahaja Yoga today?" For myself I'll do everything: I'll paint my house, I'll paint my kitchen, everything, I'll have a nice sari done up, blouse done up. Myself, what have I done for Sahaja Yoga? How many presents I have given to others? How many letters I have written to others? What experiences I have written down? Above all, how many times I have felt the love of my Mother in my heart?

But I'll tell you the reason in the West why the big problem is – I have discovered it now; as I discovered Sahaja Yoga, also I've discovered the secret which I am telling you today. This is also the shakti of penetration, that one can find out the demons, how they work in our minds, how they prosper. I think I have told some people, but I am going to tell you all.

When we are children, till the age of five years we are ego-oriented, in the sense that we are just looking after ourselves. You give ten toys to ten children, they'll take their toys and play with each other, don't talk to anyone, they'll just go on playing. They'll not disturb another one, it's all parallel living, they won't disturb. If they disturb they might beat, they might do something else nonsensical; this might be due to some sort of a bhoot in them as children. But when they are five years of age, supposing now you ask somebody, a child from here: "See now, what do you see?" He says, "I see a tiger here, and these flowers, this, this; all this I see." But if you make him stand there, supposing somebody's standing that side, what will he see? Still he will say he sees tiger, flowers, this, that – you try. Because he cannot see the point of view of another person, he's just busy with his ego.

Now the whole culture in the West, I have found now – I don't know, formerly it was not so, parents had a great grip over the children and they had responsibility of children, they behaved well so that children should be all right- not like, before the children they go on fighting with each other, I mean, they must be fighting a little bit, but in the bedroom they must be doing. Because I have not seen films when I was young where the husband, wife are only all the time fighting or going for divorce – no at all understanding between husband and wife.

But when it is another woman or another man, their faces go like this [with a big smile]. If you see on the street two people going with each other like this, then you know that these two are not husband and wife.

[Laughter]

This is modern times. These are modern times, and the West is the worst.

So what happens that the parents are also not grown up, they are not matured, they have no sense of responsibility, they have got children. How to behave with the husband – specially the women here are extremely, extremely dominating and stupid, I must say. They don't know anything about cooking, they don't know anything about anything. They can only, career girls, they can go sit in the bank and write something. And they're extremely stupid – they don't know how to handle their husbands, they don't know how to handle their children. They have had no training. Their mothers paid no attention to them, no disciplining at all. So this ego-oriented child is still ego-oriented: no love, no affection.

We would say My mother was a very strict person, extremely strict. But she was extremely loving also – extremely loving, extremely strict, just like Jagadamba. I mean, she would make us cook food, even the handle how you hold she would tell us, "This is not the angle, this is not the way, you do this way. Why are you standing like this, where is your attention?" And no questions were to be asked.

All that disciplining and all that thing which came to us in our childhood is today helpful to us. And they were extremely loving, they were for our benevolence, whatever they did were for our benevolence. But I think, specially in Switzerland, I always felt that the mothers are uneducated, and they're extremely jealous of their daughters also. Our mothers, My mother was very well-educated, but her mother was not. But she was a wise woman. She had her sense of responsibility, she knows she was a mother and she has to behave herself, she has not to be childish and stupid.

So because that love was not given to these ladies, they are still ego-oriented. They're still babies, they're not yet grown up. Still they cannot see the other person's point of view, and they become extremely obstinate : "No, this is true."

Now let us face it, today you have had this puja of Adi Shakti, is a dangerous one, because this is like a mirror where you will have to see yourself clearly. Face yourself. To dominate your husband is a stupid nonsense, because you don't know how to handle your husband, that's why. I would say Indian women dominate their husbands, all right, in a way: the husbands can't do without their wives, can't do without their wives. They don't know even how to pack their things, they don't know how to even make tea, they don't know how to boil an egg, they don't know anything. They don't know even how to lock the house, open it [Shri Mataji is laughing] even open the wardrobe, how to spread a bed. They don't know anything whatsoever that is practical.

I mean, I would say that My husband would always come and ask Me : "Is this tie all right?" I mean, this is since long. Now he knows I'm Adi Shakti, but before also! He used to come and ask : "Is it all right?" "No, no, it's no good." "All right". He would change.

But because you are not grown up, you are not matured, you don't know how to handle your husbands, and you try to dominate. And then the children learn from you, they also try to dominate you.

Apparently, you must understand, it is the authority coming from the top. Like I always will say, "I am not God, Sadashiva is God." Gregoire was quite shocked when I told him first this thing. But I am God also. Without Me what is He? I am His Power; He's powerless. But let Him be God, good! Because if you have to blame someone, you blame Him, He's God. But I have to work hard to keep Him pleased.

Otherwise, you know, He doesn't care for anyone, He'll just destroy; that's all He knows. He'll destroy you, anybody tries to play any tricks with Me He'll destroy you so badly that for lives together you cannot become a human being. He's like that, terrible fellow. He's the one who has done all these things, you know.

So, we have to grow. We have to grow as wise women, as women who are like the Mother Earth, as I told you. And when you ask Me that "Mother, You work so hard and You look so fresh" – because I enjoy it. It's like a music to Me. Doing work is a music to Me, cooking is a music to Me, everything is a music to Me. Do you get tired of music? On the contrary, you feel fresh. And when I kill demons, as you must have seen there, I get more enlightened, more light comes into Me. It's the other way round.

So I have to make you understand that today, please have full introspection, soul searching. Find out what's wrong with us. Do not pamper your ego, because ego makes you idiotic – that you must have seen. We have some people in Sahaja Yoga who are like that, idiots, but they think no end of themselves. We all know that. We have to have some buffoons also in the circus. But we have to have lions and tigers. What impresses the people are the lions and the tigers, and not the buffoons. So it is important, let us have the introspection and see for ourselves how much we have done for Sahaja Yoga.

Of course, I have to congratulate you for one thing. Because, you know, I am like that. I have done nothing to be like that, I am just like that. I am. So I'm the Power. If I have the Power, because I'm the Power, what is there to feel very elated about it? I do not feel that way at all. But if I do not use My Power, then I become like a human being. Why I am the Goddess, because I use every bit of My Power.

And if you people do not use your power – out of any nonsense, any fear you may have; you may have any kind of a, because of a temptation or restriction, anything – if you're not going all out to use your power of love, then you cannot ascend. So the whole thing if you see it so clearly, the whole power of your Mother is of love. Whatever She does is out of Her love for Her creation.

And the introspection starts, but it should not be late. I used to say since long, the way they are exhausting the Mother Earth, making so many things; you must have heard Me saying this, for the last eighteen years I've been saying this. Today now ecological problems standing like a rakshasa before you. Now what do you do with him? So you face, then. Automatically you have to face yourself, your destruction. The introspection, if you do not do now, you'll face it at a time when it will be very late.

So don't be just satisfied with yourself that you have now – Sahaja Yogi, so done. If you have come to My puja, of course, like if you fall into the sea, the sea has a power to absorb you, but also has a power to throw you back on the shores. It acts both ways.

So, "Why can't I go deep into Sahaja Yoga?" There are excuses also, "I have got no time, I am very busy, I am working in the office, I am doing that." Then you are not a Sahaja Yogi. All your time is for Sahaja Yoga. But it's because of that, Sahaja Yoga gives you sufficient time to do everything. I know of people whom I suddenly find in the pujas, sometimes in Vancouver, sometimes in San Diego, sometimes here. And I said, "How are you here, what about your business?" He said, "The business has brought us here exactly on this date." When this Power is so great, to realise it, to know how great it is, then you leave everything to this Power, and it works out for you everything.

So today we are talking about Shakti, about the power of the Goddess, which are much more to be discovered and too intricate, very well-balanced and extremely efficient. But whatever work these powers have done within you, please try to respect them. Please try to assimilate them, and let your being grow. Don't say that "now I'm married" or that "I've got pregnancy," that "I've got children," "I've got jobs" – nothing. Everything becomes perfect, as soon as you perfect yourself. Everything is related to your perfection. Then you don't ask Me question, "What job I have to do, Mother, what I have to achieve?", nothing. You will just see your way through, and everything works out.

So all the demons were killed. They are again back in their own seats. The worst thing is, they have entered into the heads of the seekers, because they have come as gurus now. They have come as Catholic Church, as Protestant Church, as all kinds of temples and all kinds of fundamentalist, and all that. Or they look like rakshasas also, if you look at them. And when they influence you, they go into your heads. But after coming to Sahaja Yoga even those heads are cleansed and you are all right, out of it. But then what to do with this, with doing all this work, with cleansing and giving joy and everything, then what to do?

You have to give it to others, this is your responsibility. So first of all your character, your behaviour, your relationships should be so pure that by itself it will emit light. Like if you have a very clean glass, the light can pass through. But also, Kundalini being the pure desire, you must have a very fervent and extremely bubbling, you can call it a absolutely pouring-out desire: whom to give vibrations, now whom to give realisation? You give it to the trees, you give it to the dogs, you give it to anyone; and if you find human beings also, give them! Rather difficult.

So that has to be done. But whatever you are doing, keep attention in your connection. But here they are doing Sahaja Yoga and there your connection is loose, then what you are giving, Sahaja Yoga or what? You are giving darkness, you are giving ignorance, you are giving madness. So, to this powerful Shakti you must all the time keep connection, and keep Her pleased. Like the protocol – is very important, because all these, you see, they have the protocol sense, because they're fixed. You should also fix your protocol properly. It's rather difficult or embarrassing as a human being for Me to tell you what should be the protocol of the Goddess, really. But I had to tell you, because I don't want you should be harmed. But the protocol must be observed, and could be understood very well.

Of course, it's much better now. First time they had My puja, in Delhi, they did My aarti with a plastic plate and the kumkum was kept in plastic boxes, and I was so much worried about these people that My whole body had shrunk like this, controlling them, "Now don't do anything." If you see My photograph, you'll see Me very different. But I was so surprised they didn't know what to do.

All right, now, please also pay attention to your protocol. For example, people walk just early in the morning in their pyjamas,

that's not proper. You must dress up properly. You're going – you don't know what Adi Shakti is, or you know? If you know, then you are going to face Adi Shakti. Protocol must be understood.

For that, luckily in India people have lot of sense; also they are sometimes missing in it. So protocol is very important, because these will be really furious if you don't keep the protocol. That is extremely important. That's why Christ has said He'll tolerate "anything against Myself, but nothing against the Holy Ghost."

And also He has said that "Beware of the murmuring souls," because if you murmur on My back I hear everything. They're reporting all the time. If you do anything on My back, I know what's happening. I give time, but then it acts.

It's for your benevolence, for your good, for your ascent, for which you have fought for ages. You must respect yourself that you are seekers, and now you have found out the truth. So make a crown out of it, and put it on your head. Now you are like lords. Unless and until you know what powers you have and how you got them and you remember it, and also this truth becomes part and parcel of you, your growth is going to be difficult. You'll be neither here nor there, hanging in the air like a pendulum going here to there, left to the right, right to the left.

And a Sahaja Yogini should be ashamed to say that "I'll go on the left," or "I'll go on the right." How can you be so vulnerable? Because you have not grown.

You have to be like Rock of Gibraltar. How can you catch? All right, if you think somebody's extremely negative, don't go near that person. But you cannot become a dainty darlings. My children are viras, chivalrous – they have to be. You are My children. You are no more Christians, Hindus, Muslims, you are no more all these horrible demonic people, but you are My children and you have to be brave, you have to be righteous, you have to be good, you have to be compassionate, you have to be dynamic. That's the minimum. I hope after this puja you will sit down, meditate and do introspection, and find out, "Why I do it? What is the problem?" Say, some people yesterday were dozing off, I saw them – because of left Nabhi. So correct your left Nabhi.

But if you are really connected with this Divine Power, you may keep awake for three days and three nights, you'll not be tired. It has happened with you sometimes. But the attention should be on the Power, attention should be on the connection that we have with this Power – then only; otherwise you'll be exhausted, naturally. Everything's so logical, so logical it is.

Thank God and thank yourself, thank your luck you're so fortunate that you are very few who have achieved this connection, and that you are sucking that Power within yourself so easily.

Now what are you, why are you behaving like these ordinary street people with your stupid questions? You'll be surprised that Goddess, in previous lives, never spoke so much as I have spoken. One or two words were sufficient, like She said, "Hoo!" and killed this, "Ha!" – finished that. All these things She managed only by saying "Hoo! Ha! Hee! Hey!" But they never gave realisation to anyone, none of the incarnations. They said, "No, no, no, no, no, not Me, not Me, siree! I'm not going to do it." They must have seen human beings, how stupid they are. "Oh God, nothing. I am all right. I can go to jungle for fourteen years, I can do the driver's job with Arjuna, or I can get crucified or I can take poison, but don't tell Me to deal with human beings. No, no, no, no, no, no! Is better to go to a zoo than to go to this." And that's why none of them, none of them. And some of them did not even talk about it, thinking that "If we talk, they'll say, 'Then why not give us the realization?'" – none of them.

So this is the Adi Shakti's compassion, love and confidence, that you should have also confidence. Not only that I have given you realisation, but I have given you powers that you can give realisations to others. None of these incarnations did that, which you are doing today. With all their powers they did not do it, while you can do it, despite the fact the instruments are not so strong, not so divine. But still, still we have to come up, and work out in our own lives the priorities that we have. For the gods the priorities were only divine work, nothing else. Nobody took up a job, nobody. Nobody went to university, nobody studied. Only thing they did was the work of God.

So you do everything else as work of God, and that's how the energy will flow into you. When you start doing the work of God,

everything you do becomes work of God; in the sense that you do the work of God, you decide, "I'm going to do the work of God," then God takes over. He does all the rest of the things, you do only the work of God. He takes over. I hope you understand this. Try, try, have confidence. And also thank God there is someone like your Mother who can tell you what's wrong with you. Thank God! Even your mothers didn't tell you what was wrong, because they were so frightened of you.

And don't say then, then, "When You say something, Mother, my heart catches." I mean, what can you do then? If you understand that this is for your improvement I am doing it, it's out of love, out of concern, then you'll work it out. But I don't think it is so much of a mental understanding, but it's the understanding of a higher level where it becomes just part and parcel of your awareness. "How can it be wrong? It's all has to be good for me, everything is good for me."

Last but not the least, one must understand that as all the seven chakras I am working on are in a collective way held by Me, by Virata. The quality of Viratangana is that, that She creates this universal awareness within us – the collectivity; and if you do not realise that in modern times we are in a spiritual path, in a collective way only. This is what it is, because we have reached to the state of Sahasrara, and here we have to have a collective working only, there's no other way out. This is what is to be absolutely realised.

Anybody who tries to harm the collectivity by bad behaviour or by anything will be thrown out, no doubt, but also will fall into wrong hands.

So collectivity is the work of Adi Shakti, because at the Sahasrara, at the Sahasrara, at the Sahasrara is the rule of Virata, and the power of Virata is the Viratangana, is the one who does collectivity. This is the most important point we must know: if we cannot be collective – because of anything, jealousy maybe, inferiority complex maybe, any, anything which is coming from behind like a worm crawling up – then know that something wrong with you, nothing wrong with the collectivity.

Don't criticise the collectivity, till I Myself find it out and I'll put it right. Keep to the collectivity wisely and earnestly, and try to keep the collectivity together. Try to help to keep the people collective, to enjoy together. Don't criticise each other. Only criticise yourself if you are in the habit of criticism, better criticise yourself, it's better; because these are habits also.

People, specially I have seen people in the West, they react to everything. If they see this carpet, "Oh, I don't like it." But this is not yours, you've not paid for you, what have you got to do with it? "No, I don't like it." But it's not yours; what's the question? It's lying here, why should you be so upset about it? "I don't like that person. I don't like that dress." Who are you? "I don't like." This is not allowed in Sahaja Yoga, "I don't like." There is a way of saying things; but there is no need to say anything whatsoever.

So all this kind of bumptiousness and showing off is against collectivity. Then there are some other stupid type of people who are always there to take My photograph, I've seen them. You tell them, "Don't be so forward, don't go." "No, I will. I don't do this, I am not." Finished! But they, some of them are really confirmed, certified I think, stupid, idiots. They cannot be improved. But I told you that don't make them your ideals, don't follow their images.

So then we come to this point, that Adi Shakti's work is the most important work in the whole creation. All right, killing the demons was over. What is it? Done! Saraswati's work was done, She created universe also, so what? Mahalakshmi's work was done. She brought you to human level, all right, so what? But the climax is now that you have got your realisation, that you have got this special quality, that now you have entered into the Kingdom of God. So now behave yourself. And also you must have that dignity to know that now we have entered into the Kingdom of God.

I have seen once, I was going to see the President of India. But to Me he was another human being, I mean, it never goes into My head, this presidentship and all that. I was walking up, and those who were walking with Me became very conscious, you see, like this. I said, "What's the matter with these people? Have they seen some ghost or something?" just going on the steps. And there were some people standing with, you see, spears and thing as guards, or whatever it is. So I was just laughing at all that. But these people really became very conscious.

But when you are entering into the Kingdom of God, how conscious you should be about your behaviour. How you should be, how you should behave. Just feel the uniqueness of your personality, that you are in the Kingdom of God already – just feel it. If you can feel only that, then you will know what a place of pride you have got, and how dignified you should be, how beautiful you should be, how neat and clean and sweet you should be, how much maryadas you must know – everything. And when you will realise that now you are the coveted, or we can say the highest citizens of the Kingdom of God, then you have to prove that you have really realised it, that you really feel that way. And you should feel extremely joyful, happy.

Like yesterday at the smallest thing everybody's laughing, like the other street people. It's not the Sahaja Yoga. If there was a big joke or something, laugh; otherwise somebody is talking, you're laughing. I was surprised – you're Sahaja Yogis. Think of saints doing this; will they do?

You are saints, you are munindras with manana, with your meditation you have become the kings. How can you behave in a indignified manner? Now, try to assume your position, try to feel it.

Yesterday, of course, when the last song started it did penetrate, I know, into many souls, to many hearts, that unique joy which we call as Nirananda. I did feel it yesterday. But keep it up, it's to be kept very safely into your kumbhas, is the Kundalini, and she's the one who has come up.

So My idea was that today it's not only the worship of the kumbha where the Kundalini resides, but the kumbha becomes like a flower-pot. It's like that, that has happened. And then it can also, as somebody said that "Mother, these flower-pots also can become table lamps." So I said, "See, now, you have said it!" So the kumbha becoming flowers, and flowers becoming light, and the lights with fragrance.

I hope you'll understand My vision and you'll stand by Me, and you'll come up to that. I depend on you entirely for My vision. We have to change this whole world into a beautiful place, and for that not much sacrifice is needed. You're already blessed, you don't have to do much; only thing is keep your attention on the source of power.

May God bless you.

Thank you.

Matthias says, "We promise." Will you all say that? Thank you very much.

You should all write some of the miracles, and how things work out. Like we went to Paris and I wanted to buy some saris for the ladies here, and nowhere we could get anything forty-five inches, either it was thirty-six inches or it was fifty-eight inches. Then while going in the car, suddenly I said, "Now, stop." They said, "What, Mother, in the street?" I said, "In the street only there is somebody selling the saris." And we got them!

Another – you have seen already in the Ganapatipule, Ganesh Puja that how we had a jackpot for your presents. You used to always bring presents, very expensive and of no artistic value, anything, wasting so much money. Even national pujas you could not get anything. And how we got this, just the same way. Coming from the airport I just said, "Now there's something here." They said, "Mother, nothing. There's a shop." I said, "Let's go and see." Just we went round, and there all these things, at a song!

Now, same thing happened in America. I went down, I said, "The China is in trouble, let's buy something Chinese." So we went to the Chinese shops. Bah, they were so expensive, very expensive. And I turned the corner and I said, "All right, let Me go into a little lane." And there it was, a shop which sold everything very cheaply, for again forty percent less. Something has to do with forty percent, I think! And just by chance, only I think hundred meters away they were selling at five times more, six times more. And why it is?

So now you also try. But desire should be pure, understanding should be pure. So I just thought that these Sahaja Yogis spend so much money, waste so much money, and get something which is of no value. Because all the presents you give Me – actually I have been asking them to stop it, and stop it, and stop it. Now from individual we have brought it to the level of national. But even in the national, I think now we should just have no national but one international, if you can manage next year, if you people agree.

But whatever it is, whatever you give Me I am not going to sell it, I'm not going to give it to anyone. It should be such that we can keep for the progeny to see what you have given. It is the value of this is this, not the value how much you spend. So there's no need for individually to give Me any presents at all – I know you love Me. And now here, I don't know, I've been telling the leaders that please don't ask for the national present, now don't waste money; but I don't know if they are not yet agreeing. And if they agree, we can stop this. And we have given international present, which could be also brought down; because you know I don't need anything. But it works, it works. Like I said, you give Me ivory this time, and ivory was so very expensive, everything. Again that also we found it at a, such a cheap place. And once you gave Me the ivory, you won't believe, I read in the newspaper that ivory used to be five hundred dollars per kilo, now in America it is three dollars per kilo. So it works!

And also the idea is to give more encouragement to handicrafts and to art. Because so many times I have told that a little of clay you can take, and make it into a beautiful thing which is worth such a lot; so why should we exhaust this Mother Earth? Why not we have few artistic nice things, instead of having so many things?

But if you go in the shops now you don't get anything. You don't get silk, you cannot get this, you cannot get that. So difficult to get anything natural, because people have only making unnatural things. Whatever it is, in that also you should create beauty. If you start creating beauty then we'll try to preserve it and use it sparingly, instead of having thousands of nonsensical things, everything disposable. After some time we'll have to have human beings who are disposable, we'll have to dispose them off, how will they live on this Earth, if we do not understand that we have to live on this Earth with its limitations?

So I've been telling you many times, take to artistic things, take to handmade things, more to handmade; don't go too much to this. At least even if you have to buy something which is, say, artificial, at least see to it that it is artistic. So the – once you have a great desire: today is the day they want in the whole world to pray for the preservation of Mother Earth. That's why I started this topic, that we should pray that we all should develop art, develop for ourselves, give as presents to others, and also to use artistic things made of artists.

We can have few things, but artistic, which expresses art – not cheap things. In the whole of France what I saw was that into everything this plastics has crept in, whether it is cotton, whether it is silk, whether it is wool. It can enter into everywhere, except for the brains of human beings. It's horrible. So whatever it is, in that also see that you buy artistic things, not plain, horrible, cheap things. All right?

So this is what we have to today. Also, you have to pray to Me when you are doing puja that "Oh, Mother, please save our Earth, and give people wisdom that they should behave themselves, and they should be conscious." And every Sahaja Yogi should be conscious about how much energy he's using of electricity, of telephones or of water, or of anything. We have to be frugal about it. If we do not take the responsibility of these things, then it will not penetrate anywhere else. It is for you to do it. You have to take it up in your everyday life as a part and parcel of your life, that you try to save the energy of this Mother Earth. It's very important.

So today is the day they have sent a special prayer – of course it's done by some churches or whatever it is – but I think is a good day, because they must have thought today is the day of the Goddess, and that's how they have asked for.

May God bless you.

1990-1009, Devi Puja

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9 October 1990

Devi Puja

New Delhi (India)

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Today, we have gathered here to worship the 'Shakti' (Divine Power). So far, many saints, sages, and rishis have written and spoken extensively about this Power (Shakti). And what they could not describe about this Power in their prose, they expressed in poetry. On top of that, they came to realize the many meanings of this (Power). But one thing we may not know is that all these Powers are dormant within every human being, and humans can awaken all these powers within themselves. These Powers that are in dormant state are limitless, nor anyone can estimate their extent because, just like 35 crore deities reside within you; apart from that, there are countless powers guiding them. But we can understand this much that what we have attained our self-realization today, definitely some of these Powers must have played a role in that. Without their action, you cannot attain self-realization. While getting our self-realization, we often think it has happened effortlessly (Sahaja). But there are two meanings of 'Sahaja'. One meaning is that it happens easily, simply, and the other meaning is, just like how a living activity occurs by itself, the same way you got your Self-Realisation. But if you begin to think about this living process, your intellect will become confused. Suppose, you see a tree. When you look at the tree, you think that 'This is a particular tree.' But what Powers have brought this tree to this form, to this height, in this way? Which Power has made it grow in such a way that it remains within its limits and grows in its own shape?

Then the most amazing thing is 'the human being', who has been created in a very special way, with a special thought. And the future of that human being can be attained, it can be obtained, but the first step towards it is self-realization. Just like if you want to light a lamp, the first thing is to bring light inside it. Similarly, once the light is awakened within you, you can ignite it again or you can increase it. But the first task is to ignite the light. And for that, self-realization is absolutely essential. However, as soon as self-realization is attained, all Powers may not be awakened immediately. That is why the saints, sages, and rishis have established that you should worship the Goddess. But the person who has not attained self-realization does not have the right to worship the Goddess. Many people have told me that if they ever recite the 'Saptashati' or perform a yagya, they face great difficulties, and they suffer a lot. So, you should ask them, 'Who did you get this done by?' They would say, 'We called seven Brahmins.' But those are not Brahmins. Those who have not realized Brahma are not Brahmins, and by getting such Brahmins to do it, the Goddess became angry, and you faced difficulties. So, you have a great right to worship the Goddess, and you can even worship Her in person. Not everyone has this right. If someone tries, they may face the opposite result. The greatest thing is that the Power, as much as it is nurturing to you, as much as it creates the world for you, as much as it is generous and loving toward you, it is also equally cruel and wrathful. There is no middle ground; it is either extremely generous or extremely angry. There is no in-between. The reason is that those who are extremely wicked, demons who are bent on destroying the world, those who are leading people astray, who in Kali Yuga disguise themselves as saints, some as pundits, some sitting in temples, others in mosques, some pretending to be mullahs, some as popes, some as politicians—those who hide themselves under various false identities—such individuals who have demonic tendencies must be destroyed.

But you should not go toward these destructive Powers. You just desire, and these Powers will work on their own. The consciousness flowing throughout the entire universe is the Power of that great 'Mahamaya.' It is through this Power of 'Mahamaya' that all actions occur, and this Power thinks of all the things, knows, and brings everything into a perfect manner, which is called organizing everything, and the greatest thing is that She loves you, and Her love is unconditional. There is no demand in this love, only the desire to give; give you your growth, your prosperity, your well-being, but along with that, it is essential to destroy the obstacles in your path—those that will hinder your righteousness or harm you in any way. But you must not exert your own Power to do so. You only need to invoke this Power, the Goddess, and pray to Her, 'Please destroy these inhuman people.' This is the first thing. Now you are free from any oppression. If anyone harms you, speaks ill of you, or troubles you, you must enter a state of complete thoughtlessness. Start to see everything as a witness, as if it is a drama, like, what a

mad man he is, bothering me, what has he got to do? Look at his madness, his mental anguish, his suffering, and laugh at how foolish he is. There is no need for you to suffer about it. The only thing you need to do is to enter into your fort, that is thoughtlessness. And as soon as you enter into thoughtlessness, all the Powers that bring joy, peace, and love will merge within you. But as long as you remain entangled in these matters, thinking about how to destroy him, how to finish him, or how to deal with him, as long as you continue to make plans and conspiracies, believe me, the effect will be on you, not on him.

Swami Ramdas said, 'have as little', meaning that even your small patience is observed by the Divine. But you have so many Powers within you, so many Powers, that you should first awaken them fully, you should awaken them, know them, have a great respect towards yourself. Now, these Powers do get destroyed, even in Sahaja Yogis, they awaken and then get destroyed; they awaken and then get destroyed. What is the reason for this? Why do awakened Powers get destroyed? For example, a person may have the Power today to excel in a great art form. After coming to Sahaja Yoga, many people have become proficient in arts, learned about them, and a kind of great consciousness has arisen in them, which has greatly increased their creativity. People look and say that he is such an artist that it's beyond understanding. But then he gets entangled in that very art. Then he becomes famous, his name spreads, and he keeps getting entangled in it. When he gets caught up in this, then his Powers get destroyed because his Powers also get entangled in it. As I told earlier also, the life essence of a tree flowing inside it, circulates around in everything, in every leaf, on every branch, in every flower, in every shade and returns back. Similarly, whatever Powers are flowing within you today and the Powers due to which you are functioning today, you should know that they are all the outbreak of this Power only, and there is no need for you to get entangled in them. You are merely an instrument in between, and when you will understand that you are merely an instrument, then these Powers within you will never weaken or be destroyed. In the same way, I have often seen that the attention of Sahaja Yogis get entangled in these things. Once they reach a certain position, or make great progress in something, you know that many students who could not do anything in the class started coming in the first class. Everything started going very well. Then sometimes they start thinking, 'Wow, we have grown so much. As soon as you start thinking like this, your powers will end and you will start falling.

Now we must think what do we need to do? For example, a person's business suddenly flourishes, or he starts earning a lot of money, or something special comes into his life, what should he do? He should remain vigilant at all times and say, 'Mother, you are doing this, we are not doing anything. It is your Power working out, we are doing nothing.' It is very important to stay alert, because once your Powers diminish, you will yourself say, 'Mother, everything has sunk, everything is over. How did this happen?' Whatever power is at work, let it become effective. For example, there is a tree, how do leaves fall from that tree - have you ever wondered? There is a kind of cork that forms in between the leaves and the tree. After that, the Power no longer flows, and the leaf falls. This is how it happens with humans too.

Today, his Power is connected to a great Power, and he is receiving it from there. But as soon as he starts to think of himself as something, or sits in his ego, or gets entangled in various activities or competitions, this, that, then a crack will appear, and because of that crack, the person will no longer be able to access what he had received. Because he was merely an instrument. But the Power that was flowing within him got cut off. It's like if the Power of this (microphone) gets cut off, perhaps my lecture won't stop, but it could happen. That is why we need to understand one thing very well that the Powers that are awakened within us, and the new aura that is emerging in our personality, which is expressing our true nature, we must not obstruct that Power. We should not think that we have become something great or that we have achieved something big.

On the other hand, it can also happen that when this Power awakens within you, there may be a kind of sadness set in you. A kind of sadness like, 'Oh, the others have reached so far, but I haven't. They have done this, but I haven't done that.' And the person keeps getting entangled in these thoughts. There are some who feel distressed over very small things, very small things. For example, everyone got a badge, but I didn't get a badge. In Ganapatipule we had very strange experiences. People came and said, 'Mother, give us a box of this.' I said, 'is this a proper way?' Another person said, 'You gave me so much, but didn't give it to him.' Is this what it's all about? In that joy and bliss, there is no need to think about such things. They get distressed over the smallest things. Then there are those who think they are going through something big, like a husband has rebelled or a husband's path isn't right, and his wife will keep crying, or if someone's wife isn't alright, the husband will keep crying. How many times have you been married in past lives? And now in this life, you are married once, so let's somehow manage it. Because of that you people remain worried day and night that this sorrow has come to me, this has happened to my son, this has happened

to my daughter, this happened to him, that happened to him. Is there an end to this? Can anyone get over this? It's such a trivial thing that it can't even be grasped. It's so petty that it can't even be held onto. People come and tell me such small things, and I can't help but laugh. But I quietly listen. But I tell you, 'You are a Sahaja Yogi'.

I have made your heart like the ocean and your brain like the Himalayas, and now you are talking about petty, meaningless things—talking about this and that, all sorts of nonsense, while the talk about Sahaja is very little. It becomes silent there. In Sahaja, we did not pay attention to anything; in Sahaja, so we become silent. I have heard that people are coming less for meditation in Pune now because Mahabharata has started. I have not seen the Mahabharata; the one I saw is enough. What's the need to see it again? Now we need to create another Mahabharata. If you are so interested in watching the Mahabharata, then you can order the film and watch it, but if you leave the Puja (worship) and your centre to watch the Mahabharata, where will your energy go? It will go into the Mahabharata. The Mahabharata happened thousands of years ago, and it ended with it. So, people also pay a lot of attention to entertainment. What should entertain us? Humans keep getting entangled in these sorts of things. If you indulge too much in anything, it goes against Sahaja. For example, if you are fond of music, then it becomes all about music. Then you stop meditating and get immersed in music. That is entertainment. If you get caught up in poetry, you get lost in that. Going into excess in anything goes against Sahaja. Remember this well. And another thing is that our Powers must be balanced. Only then will we gain the right knowledge, which means integrated knowledge. If you keep focusing on one thing and keep looking at it, you will not get the integrated knowledge. You will only know that one thing. For example, I have seen that many women, despite being well-educated, do not read newspapers and do not know what is happening in the world. If you ask them about anyone, then they will say who is that we do not know. As for men, they only know which food is good, in whose house good food is cooked, and where to go for a good meal. In India, people get caught up a lot in food matters. A lot. And women also manipulate men by feeding them good food. Powers of both (men and women) get entangled in this. Both of them. Day and night, they think about what to eat, today I want to eat this, today I want to eat that, I will eat at this time, I will eat at that time, will do this. On the other hand, women keep doing these things to please men. In this, both men's and women's energies get wasted. So, I have devised a way that every Sahaja Yogi should know how to cook. If someone says, 'I want this to eat,' you should make it yourself. Though after that, everyone will probably go hungry. But it's okay. You should say, 'If you want this, you make it yourself.' That would be the best. When you start cooking, you will understand what that thing is. It's easy to criticize or comment on something. It's easy to say something is good or bad. But when you do it yourself, you realize that the criticisms you were making were completely foolish because we have no right (to judge). People come to me with such trivial matters, and it astonishes me. You have become a sadhu (saint) now.

The biggest power that has come within you is this, you try it, and you will react to what I am saying now. Try it, you will be able to sleep on the ground, you can sleep on the road. You can stay hungry for ten days and not feel hungry. You will eat whatever food is available, and you won't say anything. You must observe our foreign Sahaja Yogis, in what condition they live, in what troubles they live. Our Indian Sahaja Yogis there told me that the arrangements at Brahmपुरi were not good, and people lost their minds. Because you didn't go so they had a lot of trouble with food and drink. It was not good. They told me that. So, I went and asked them, 'Where did you enjoy the most?' They said, 'The most enjoyable experience was in Brahmपुरi.' I didn't understand, there were so many complaints received. What was special about Brahmपुरi? They said, 'The river Krishna flows there. When you sit by the river, it feels like Mother, it is your current only flowing there.' They kept talking about all this. Here, people are more focused on food and drink. So, sometimes when people say that our surrender is less, it's because we are very entangled. We have very old traditions in us. Many saints and sages have come here, great people, great ideals have been set, and we know what goodness is because of them. But along with that, we have developed a tendency to be hypocrites. We have a great power of hypocrisy. Anyone can say they are Ram, anyone can say they are God, anyone can say they are Sita ji. This hypocrisy is very strong in us. Someone told me, 'Look, that person is God.' I asked, 'How?' They said, 'He says he is God.' I said, 'What's the harm in saying that? How can anyone say they are God?' I said, 'He says he is God, but there are certain ways. How can one be considered a God if he is unable to bestow fragrance upon a flower?' 'Yes, that's true, but why did he say that? Why did he say that?' I said, because he is not you. He could not understand how people can tell such bold lies. Or they might say about others, but he only wants money, okay, he takes money but he will give us spirituality. So what is the harm? We have to take spirituality, let him take money, what is there in money? Give him the money. What is there in the money? It is a matter of attaining spirituality. If he is giving us spirituality then we give him money. There is nothing special in money. This is the preparation that they have now, that kind of preparation has not yet happened in us because we have very good ideals like the Mahabharata, Ram,

this and that. And we are sitting in the mud. If a worm says it has become a lotus, it can never be, and even if it is made into a lotus, its way will still remain the same.

So, we should understand that all the high ideals we have, which surround us completely and because of that we are very high, but until we realize that we must become what we see, and this internal desire should arise, not an external one. It should come from within. Have we attained this? Have we reached our goal? Have we found it? We must acquire it, and in this, we need to maintain honesty with ourselves. Until we are honest, the Power cannot be honest with you. This is a personal relationship between you and your own self. Examine yourself in different ways and see why these Powers within us are not awakening. Why can't we achieve this? The reason is that we are, in a way, constantly cutting ourselves off. Any kind of hypocrisy has no place in Sahaja Yoga. You should feel things from the heart, attain them from heart and know them with your inner soul. There is no need for any external display. Some may sit and smile, there is no need to keep smiling? Some sit very seriously, there is no need to do any drama. Whatever feeling you have within is coming out, what is there to do drama. What is there to cause trouble? The emotions we feel inside are flowing out because whatever feelings we have are coming out flowing with this Power, and that's what we are expressing. And those who will understand once that we need to practice Sahaja Yoga with complete honesty, they will gradually progress. The way I see surrender in the people there, I must say that there is something very unique behind that surrender. And the unique thing is that they think that our welfare should only be spiritual. There should be our spiritual well-being. They do not think about anything else. The benefits of Sahaja Yoga are many. You know it can improve your health, bring you financial success, improve your job, make your mind clear, everything will be alright with your children, and all the worldly things you desire can come to you. You will gain recognition, fame, and people who were not known to anyone will start getting noticed, people will start knowing them, everything will happen. But what is it that we truly seek? Ultimately, it is spiritual progress and nothing else. We should get our spiritual ascent. When this spiritual ascent happens within a person, then the person does not even think about all these things. For him, everything is just a matter. Even the act of Goddess Lakshmi washing one's feet is seen as just a matter of insignificance. There is no such thing for him for which he is longing or worried. He becomes capable to this extent. If it is there then it is there, if it is not there then it is not there. If you get it then you get it, if you don't have it then you don't. When this state comes within oneself, when a person comes to this state, then one should think that Sahaja Yogis have achieved something in their life. Unless this condition is achieved, your boat will continue to wobble and you will keep moving here and there. The greatest Power you have within you to establish yourself first is, Adoration."

You should realize this Adoration in your heart and remain in its bliss, enjoy it, and stay in its joy. The Power of this blissful faith should be embraced, and you should remain in that ecstasy. Until human beings completely immerse themselves in this joy, all their problems and questions will remain unresolved. Because problems are all illusions, they are just tricks of Maya. If you ask someone, what problem do you have? I should have gotten a hundred rupees, but I got only fifty rupees. When you get a hundred rupees then what is the problem? I should have got two hundred rupees, but I got only one hundred rupees. It never ends. Then what is another problem? 'My wife is like this.' You can marry again, but she is also the same, the third one comes and she is also the same. So, your problems never end because you are only not ending them. The solution to ending these problems is to enjoy the bliss within your soul through your adoration and remain in that bliss. After all, everything is for our joy, but until we gain the ability to absorb that joy, what will be the use? It's like a fly sitting on a flower and saying, 'I didn't find any nectar.' It should become a bee to get nectar. Until you become a bee how will you get the nectar? If you remain a fly, you will keep buzzing here and there. But when you become a bee, you will go to the right place, take the nectar, nicely fill your stomach and enjoy it with satisfaction. This is the biggest lesson in Sahaja Yoga: our attention should be fully immersed in one thing, and that is our spiritual ascent. But that doesn't mean you should keep giving bandhan to yourself all the time or keep your eyes closed constantly; that's not necessary. In everyday life, without changing who you are, how you are, in that form only you should seek the nectar of the soul in your heart. Once the flow of this nectar begins, you will realize that Kabir, Nanak, and all the great saints—Tukaram, Namdev, Eknath—are all within you. They didn't have anyone to guide them, no one to support them, nor was there anyone to protect them. But you have all this. You are nicely sitting in this protection and still sitting under this shade you open your own umbrella and start discussing things about it, then your Powers will diminish. This time, we must focus on how many Powers we have, how many Powers we have recognized, and how they are working. You can do whatever you wish. Whatever you desire will come to you, but your desires themselves will change.

Your ways and methods will change. For example, no one will stop to watch the Mahabharata anymore. What will they think? Oh,

what a wonderful time it is for the Mother! The Mother is coming Herself; it is time for Puja (Her worship), people from all over the world will rush to participate. From America, I am going there next, they said, 'Please do a Diwali puja.' People from all over the universe will reach there. But here, even people from Kolkata face difficulty coming, even from Kolkata. And I am sitting right here in person. There are people who can easily come, for their own work they will run ten times but they don't understand how important this is. They don't realize its value because their adoration is weak. They say, 'We will come when we retire.' As per their convenience. It should be on Sunday, but there must be a holiday a day before or after. Now what is Sahaja Yoga for such tearful people? How far will these horses go? They are not even a mule. How far such people who think such things will reach in Sahaja Yoga, I don't understand. Everything must be convenient, it must be on Saturday, Sunday, and on top of that as soon as the program is over, we will run away because we need to go to the office the next day. You will go, everything will be fine, but if you rush, I will stop you at the ghat of Khandala. But all these little games, these mischievous acts, how much ever I do, until this enters your intellect, what is the use? So, I am desiring to somehow bring you on the right path. If you keep slipping off the path, how much effort will I have to take? and all your powers, which can awaken and flourish itself, grow itself, they all will be wasted. So, first you must refine yourself. You must understand the glory of your own Powers and realize how many Powers we have and how many we can attain. We can rise so high. We have so much to offer others. All this treasure is within us, it has all opened, the key is in our hands, and now we just need to take it out and share it with others, and just enjoy it. The worship of Power that is happening today, I want you to understand that it should be the worship of your own Power. The one that will make you become completely sincere and true in your devotion. Saints and sages never had to be told anything. They were beaten, poisoned, no matter what happened, their dedication never wavered. Now you all have been connected, but the connection is so weak that it needs to be established again and again. It gets disconnected because of various things, and you need to reconnect. So, now you have to think that we have to awaken all the powers within us, then there will be no shortage, you will have no question. It is very easy. The only thing required is dedication. The one who has dedication, who completely immerses themselves in Sahaja Yoga, whose attention is always drawn towards Sahaja Yoga, will find their well-being. But first, proper union needs to be established, and half-hearted union is of no use. You will neither be here nor there. That's what will happen.

A small seed has the Power to create thousands of trees. So, you are a human being, the owner of thousands of such trees. And you also have the power to empower thousands of them. But, after that seed gets sprouted, you throw it on the road and neglect it, the tree will not grow, then its Power will become dormant. Therefore, you must fully understand what you are and what you are doing, and how far you can reach. With this, quarrels among each other, small petty issues, such things which even roadside people don't do, rudeness, all this will collapse by itself. That is not going to survive. But, your true, beautiful form will emerge. And people will say that this is a powerful man standing. A special type of man is standing. Is a great someone. His entire behavior is so unique. He is not afraid of anyone, he is fearless. Where it has to be said, he says, where it is not to be said, he does not say. Now you want that he should get it, father should get it, father's grandfather should get it, it cannot happen. They do not have the same capability as you. They are unworthy. Leave those unworthy, what is there to fight with them. There is no need to fight with the unworthy. It was your ill fate that you got married to an unworthy, just think that, it was your ill fate that you got an unworthy father and mother. Those who are unworthy, why bring them in Sahaja Yoga forcefully and make them sit on my head that 'Mother, please make them alright because she is my wife, he is my father, my grandfather.' I have no relation with them. If they are not in Sahaja yoga then you please keep those worthless outsiders. Make friends with worthy people every day and enjoy them. What do you need? But what we do not understand is that this world and these relationships continue like this. There is nothing in that. Yes, if the person with whom you have company can get up with you, can walk with you, can be with you then it is fine. Otherwise, there is no need to bring such worthless people into Sahaja Yoga. And I see very incompetent people sometimes come to Sahaja Yoga through this relationship and I get a big headache.

You had dignity, that is why you came and you attained Sahaja Yoga. You were blessed. You have achieved a lot and you can achieve more. And what is the meaning in giving to a beggar? Now he is a beggar and also has a hole in his bag, what is the use of giving more to him? So, it has multiple defects. There's no need to maintain relationships with such people. There's no need to talk to them. Let them speak whatever they want. If their mind gets straightened, they will come and join Sahaja Yoga. Otherwise, why should you waste your mind? It's of no use. These people have heads like stones; they can't see anything. So, from today, we need to think that we are individuals, and we have attained this because of the actions (karma) from our past lives. Because we performed good deeds, we are sitting in this position today, and we can reach even higher positions. Therefore, don't carry such heavy stones behind you and dive into the ocean. If you know how to swim, then swim freely and enjoy it. Immerse yourself in all

your Powers. Today, I offer my infinite blessings for all the dormant Powers within you to awaken, and that as they gradually awaken, you feel them. And enjoy the special streams of flow that flow from within it.

This is my infinite blessing to all of you.

[Second Audio track]

You can understand that we are very different from those who cause trouble, from the oppressors, from those who, in the name of religion, are spreading fanaticism, from those who are looting money in the name of God, and from those who are doing all sorts of wrong things under the guise of goodness. A great revolution has taken place within us, and perhaps we haven't even realized how significant this revolution is and what all we have gained. Suddenly, so much peace and joy have come into us, and in addition, a wonderful power has awakened within us, because of which we too can help others and we too can know Sahaja Yoga.

All these processes are extremely subtle, all the knowledge is very subtle, still you have all grasped it with such ease, attained it, and understood it. The love among you is growing—it does not diminish. Gradually, mutual friendship is increasing, and a profound sense of devotion and joy is emerging in each other's company and love. Some people move ahead quickly, while others lag behind, but we are all together. Even if some go ahead, the rest of the group pulls them if their backs are not turned in that direction. In this way, mutual goodwill has suddenly blossomed within us—suddenly! We did nothing special for it, we did not make any effort for it; we simply realized how much joy, love, and enjoyment there is in harboring goodwill. How much fun life is!

There were many tendencies within us that can be described as completely impure, full of flaws. There are many reasons for this. When we were born in this country of India, its shortcomings also became attached to us from childhood, and we became attached to them as well.

First of all, our parents—we get attached to them; these are our parents. Then, most parents teach their children, “See, love others, have goodwill towards them.” But you can see how limited this goodwill is. Sometimes, even parents do not have goodwill towards each other, and then it is not present among siblings either.

So, in the home environment, where we live together, eat together, endure hardships together, walk together—even there, people separate themselves. This is called discrimination or division. It means making distinctions in everything—“You are different, we are different”—and as this division keeps increasing, it takes hold of us, as if we are locked in a stone fortress. In that stone fortress, more and more similar people start gathering, and it takes on a huge form, just like people form groups over anything (grouping).

This is also a very old hereditary trait we have inherited from animals—that we immediately form our own group. For example, there are people from Delhi, a Noida group is formed; then, people from Delhi who came here form another group, then there's a North group, an East group, a West group, and then even within that, there's a group from a particular street. In this way, we keep forming our own groups. This leads to division.

Now, the true nature of this revolution is that the whole world should attain unity, so we should look at these divisive feelings within ourselves and think about why these divisions have arisen in us. By looking within, you can see this. Maybe someone's parents taught them this. There are many people who say, “Oh, you are a Hindu, you should kill Muslims,” and this gets instilled from childhood. Muslim children are taught, “You should kill Hindus.” Christian children are taught, “Everyone else in the world is useless, only we are God's chosen ones.” I don't know how people even think like this. They certify themselves. Jains think that no one is greater than us, and even within their own regions, the same quarrels begin.

When this sense of division grows bigger, people start thinking that folks from other villages aren't any good. Then, as soon as they step out of their village, it becomes about the province—“Our province is the best, the others aren't good.” Then it's about language—“Our language is great, everyone else's is worthless.” Every time, people keep thinking they're somehow special, and

everyone else is useless. That's why they feel they have every right to fight with others, be rude, or even hurt them—whatever they want to do.

Especially in our country, the idea of caste wasn't even considered important in the beginning. You might be surprised, but even today, if you ask someone, they'll say, "Oh, I belong to such-and-such caste." But you know, "Ya Devi Sarva Bhuteshu, Jaati Rupena Samsthita"—if the Goddess lives within someone, then the qualities She brings out in them, those are what matter. For example, if someone is seeking God or the ultimate truth, they were considered a Brahmin. Someone seeking power was called a Kshatriya. If someone was after wealth, they were called a Vaishya. And people who served others or made money through service were known as Shudras. It was all about temperament. That's what "jaati roopena samsthita" means—your nature, your temperament, that's what defines your caste.

But later, it all got linked to birth, which really doesn't make sense. Just look—who wrote the Ramayana? The person who wrote it was a fisherman by birth, and even a former bandit! But his kundalini awakened, and he became a Brahmin—he realized the divine, became "twice-born." Why did Lord Ram choose him to write the Ramayana? It's something to think about. He could have called a great scholar from Kashi, but for him, those who just called themselves Brahmins meant nothing. What mattered was someone who had attained the light of the soul.

Even with Krishna—you know, the Gita was written by Vyasa, and Vyasa was the son of a fisherwoman, and no one even knew who his father was! This was all to prove that caste isn't about birth. Krishna even ate berries from a tribal woman, a bhilni, who had already tasted them to make sure they weren't sour. Here, we think eating someone else's leftovers is taboo, but He ate those berries with so much love that Lakshman got upset. But He said, "Are these just berries, or are they nectar?" Sita understood and asked for some too. He said, "No, I won't give you any, because when will I ever get to offer such nectar again?" There's so much written about this.

Sita insisted, "But I'm your better half, you have to share with me." So He gave Her some, and She ate them with great love, saying, "I've never tasted anything so sweet." This old tribal woman, with just a few teeth left, had tested every berry to make sure none were sour, and told Ram, "You don't eat sour things, so I've checked them all." Because of her love, those simple berries became nectar. Lakshman, seeing both Ram and Sita call them nectar, thought there must be something special about them and asked for some too. Sita teased him, "You were just upset, now you want some?" He pleaded, "Please, sister-in-law, just a little." When he ate them, he felt his mind change, he calmed down, and wondered what was happening inside him.

When we look at all this, we see that people get caught up in this darkness, thinking, "I belong to this caste," or "I'm from this country," or "I'm from this province." But really, it's all an illusion. Krishna wasn't under any such illusion, nor was Ram. Take Vidur, for example—he was the son of a maid, but Krishna went to his house to eat, not to Duryodhan's. He chose to eat at the home of a maid's son.

If you look at Krishna's whole life, you'll see how he played with the Gopis as if he was just one of them, on their level, sharing the same love. The way he would steal milk, butter, and curd—it was all to show that he was just like them, so people wouldn't think he was someone special.

So, the main reason for negative feelings is when a person starts thinking, "I'm special." That's the root of it. If you think you're special or better than someone else, it actually means you're not good at all. Because someone who's truly good doesn't need to think, "I'm good,"—they just are. Like, you're a human being; do you keep thinking, "I'm a human, I'm a human"? No, you don't, because you just are. You're not an animal, so you don't have to remind yourself.

But when someone starts thinking, "I'm better than others, better than people from another caste or country or province,"—as I said, caste itself is an illusion—then people with this attitude gather together, and that's how things like sectarianism and fanaticism start. It's all because of this deep darkness, this blindness of thinking, "I'm better than everyone else," or "There are a few others like me, but that's it."

That's why people can never truly feel goodwill for others, because real goodwill means having a feeling for the truth. Now, you've realized the truth—you know that the divine energy is everywhere, your Kundalini has awakened, you have this power, and you understand what the truth is. But having a feeling for the truth is a wonderful thing—it's a kind of thought, because truth is known through your mind or your central nervous system, or, as we say, through consciousness when it starts flowing. But feeling comes from the heart. So, you know the truth now, you're aware of it, but that feeling from the heart hasn't fully come yet.

Until your heart and mind are in sync in Sahaja Yoga, you're only a half-baked Sahaja Yogi. You can see examples of this—people fighting over small things. If someone is called a leader, I'm just fooling you—any sensible person can see, how can there be a leader in Sahaja Yoga? It's all nonsense. Anyone who knows the truth knows that I'm just fooling you—how can there be a leader? There's nothing special about anyone in Sahaja Yoga. Should I say my hand is special, or my nose, or my hair? If even a tiny part of the body gets hurt, the whole body feels pain—so how can anyone be special?

In collective consciousness, you know that if any Sahaja Yogi feels pain, you feel it too. So, you can't be special. But then people become "leaders," and sometimes I find it funny—either someone becomes a "leader sir" or like a jailer, and the rest act like prisoners around them! You're all one; it's just that I can't meet everyone individually, so I meet you through someone. Then the leaders fight among themselves—that's the height of darkness! I fool you on purpose, because if I didn't, I wouldn't know who's really deep in the water.

And then you realize that this kind of negativity is flowing in everyone. One leader forms his own group, another leader has his own group, and so on. Especially in a city like Delhi, where this sort of thing is almost a business—some people belong to Khari Baoli, others to Panchmiyan Road. It's as if there's no way for people to mix or move around. When these negative feelings build up between us, we even forget to look for what's truly special within ourselves.

Then someone starts saying, "Oh, I gave Self-Realisation to five people, and this person didn't awaken even one." Honestly, when I hear things like this, it makes me laugh, but sometimes even you all get caught up in this cycle—thinking, "I'm special, I did this, I achieved that." What this really means is that you haven't yet entered into non-action (akarma); you still feel like you're the doer, relying on your ego. And this is a false ego, built on things that aren't even true.

But what is special about the truth? First, you have to understand the qualities of truth, and then the feeling for it. In truth, you know you've gained many powers. It's also true that so many miracles have happened in your life—you never get tired of sharing them! It feels like they never end: "This miracle happened, that miracle happened, Mother, by your grace this happened, by your grace that happened." You all keep saying these things. In the light of truth, everything gets sorted out, and you know that God's hand is over you, guiding you, holding your hand and leading you to the right place, solving every problem that comes your way.

Then, gradually, you start to understand each other better. It's like sitting in the dark—you don't know who's sitting where. If you try to get up and walk, you might stumble over someone. But as soon as the light comes on, you immediately see, "Okay, I'm sitting here, that person is sitting there. If I jump on them, both of us will get hurt." With truth—pure truth—you start to understand your relationships with others so much more clearly.

And sometimes, people say such lovely things about each other that it brings me so much joy. I really enjoy it when I see one Sahaja Yogi praising another—it makes me truly happy.

Once, there was a program at someone's house. After the event, I thought to myself, "How will this poor fellow manage to cook food for so many people? How will they do it?" So I said to everyone, "Alright, goodbye, goodbye!" and everyone left. The host just kept looking at me, surprised, and asked, "Mother, why did you send everyone away?" I said, "Well, how were you going to feed so many people? I thought I'd just send them off." He replied, "But I'd already cooked food for everyone! Why did you send them away?" I said, "Call them back, call them back!" So he ran after everyone, saying, "Hey, there's food for everyone, please come back!" Everyone was really surprised. Then he said to me, "Mother, didn't you know he had made food?" I said, "Of course I knew, but isn't it fun to play along sometimes?"

These little plays of love, these sweet jokes, this subtlety, this tenderness—expressing love in such delicate ways—can only happen when there's real goodwill in your heart. This can only come from the heart, not from the mind. With your mind, you can know and understand that you've achieved something, but the real beauty, the real joy, how to truly enjoy it—you can only know that through feeling. And when you experience that joy, you become so immersed in it that wonderful feelings arise within you, and you don't even know where they came from or how it happened.

There was once a Sahaja Yogini who went to Sicily. She was sitting alone in a restaurant, eating something by herself, when she suddenly felt some vibrations. She looked up and saw another woman sitting there, eating something else. They looked at each other, and finally, she couldn't resist and went over to ask, "Are you a Sahaja Yogi?" The other woman replied, "Yes, are you?" She said, "Yes!" They hugged each other so warmly—one was from Greece, the other from Italy—and she told me, "Mother, I felt so much joy that even now, whenever I remember it, I feel like I'm drowning in an ocean of bliss."

So, loving others, expressing your love, and finding creative ways to show it—this is the work of the heart, not the mind. The mind can know things, but to express them, to show them, to really communicate them—that can only come from the heart. You may know a lot, but if you can't express it, what's the use? Even small gestures can show your love.

When everyone starts connecting with each other through these really fine, subtle threads of thought and feeling, it brings so much joy. But if, while sitting there, you start thinking, "Oh, I'm so-and-so, I'm special," then it's like you're standing on the shore of an ocean of joy but just wasting your time, beating your head for no reason. If someone asks, "Why are you upset?"—well, there's an ocean of joy right here! But the real issue is, "I think I'm special, and that person said something to me, so now I have to give it back to them. Why did they say that to me?"

The special thing about feeling in truth is that it can sweep you away, like a wave in the ocean that crashes on the shore and then, as it returns, creates these subtle ripples. In your life, it's like a poetic creation is happening, and you get completely absorbed in it because it's something new, something you've never experienced before as a human being. Like I've told you, in the ordinary human state, there's always some sort of conflict, some negativity—even between parents and children, or anyone, because relationships are always relative, never absolute.

But here, why do you love? You love just for the sake of love. Is there any question about it? It's fun, so you do it. You love because it brings you joy. But this can only happen when your heart understands this system. Until you cross over, there's still this "shudra" (lowly) state inside, so much conflict and filth. That should all drop away the moment you come into the light—but for some people, it doesn't, and it really should.

When your heart becomes pure—like just now, when the doctor said, "I welcome Shri Mataji from my heart," the moment he said "from my heart," my eyes filled with tears. God has given you such a high thing—the heart, where the soul also resides. Even though the soul's seat is said to be here (the head), its home is in the heart. So even if you've received the light, if it doesn't bring you joy, it means your heart still hasn't opened, you still haven't truly known it.

If you don't have the right feeling toward someone, you should fix it. Ask yourself, "Why do I feel this way? Why did I get offended?" Maybe you went to someone's house and they said, "Please, have a seat on this chair," and maybe the chair wasn't that great, so you felt bad. But taking offense isn't the sign of a Sahaja Yogi. Sahaja Yogis shouldn't be offended by anything, because you aren't bad, so how can you feel bad? How would you even know what's bad or good? You should know the comfort of your own soul, because the soul lives in the heart, and you should find out what brings comfort to your soul.

I'm saying all this because now, people from Delhi have made so much progress in Sahaja Yoga that we don't worry anymore. But earlier, people used to get really anxious, almost like "Oh no, here comes Mohammad Ghazni!" When people would come to Ganapatipule, they'd get so worked up—fighting over which room is theirs and which isn't, even though they were only there for two days!

It's funny—when people used to go on pilgrimage, they'd sleep on the road, or when they went to the Himalayas in the old days, just imagine what they went through. But now, when they come to Ganapatipule, they want a five-star hotel! Then, if the food isn't up to their standards, they complain: "The food wasn't good." "Oh, in Lucknow, the kebabs are so much better—what is this supposed to be?" Well, why didn't you bring the Lucknow kebabs yourself then? They argue about the taste, about how things are arranged, about everything. They just don't get it—every little thing, they have to react, as if they're some VIPs who have a right to everything: "Why is this here? Why is that color used? Why is it made like this?" They do nothing but sit in their chairs and criticize everything.

And as for comfort—if there's no bus, just walk! What's the big deal? If you're a Sahaja Yogi, you could walk for miles and not even notice. But if you're still a "big shot," then you can't walk—you just sit in someone's bus and cause problems for everyone else. Honestly, you should learn from the foreigners. They have big houses, cars, and live in so much luxury, but when they come here, I ask them, "Should we get you a luxury bus?" and they say, "Mother, why bother with a luxury bus? We love the regular S.T. buses!" I ask, "Why?" They say, "It's so much fun! Everyone falls on each other, the bus rattles, sometimes it breaks down, and we all have to push it—that's where the real fun is! In a luxury bus, there's nothing to experience—no events, no stories. Where's the fun in that?"

And then, in places like Brahmapuri, people say the conditions are terrible, but I never feel that way. For them, the best comfort is just being there with everyone, and they forget everything else. Once, some Sahaja Yogis went to Brahmapuri. The Indian "big shots" came back and complained, "The food was terrible." Must have been made by Maharashtrians, so why would people from UP like it? Why would Punjabis enjoy it? If it's South Indian food, Punjabis want Punjabi food, UP people don't want Rajasthani, Rajasthanis don't want Marathi, Marathis don't want South Indian—there's just no standard. They said, "Everything was bad, arrangements were bad, Brahmapuri was just the worst."

That's why I don't take people on tours anymore—who wants the headache? If you all get upset, you'll throw everyone into the Krishna river! But when I asked them, "Out of all the places you visited, where did you have the most fun?" they said, "Well, leaving aside Ganapatipule, there's no place better than Brahmapuri—it was amazing!" I said, "Really? But I got letter after letter, phone call after phone call, everyone complaining about Brahmapuri!" They replied, "That's the fun of Brahmapuri—the only difference is, when you start enjoying the bliss of your soul, it doesn't matter where you are, you just feel joy. That's what matters: everyone's just having fun together, laughing, playing, something is always happening."

We need to understand this too—we're not such big shots. But this "big shot" attitude brings so much negativity that sometimes I really wonder how to make things comfortable for everyone. But one thing is certain: no matter how much comfort you give your body, your eyes, your five senses, it never brings real satisfaction or joy. True joy only comes from the comfort of the soul.

This time, at Ganapatipule, we've arranged things so that if you want, you can stay in the MTDC in air conditioning, or even bring a couple of air conditioners or fans with you—no problem! Do whatever you like. Like Hazlitt said, you can take the whole metropolis with you on a picnic. Or, you can come with the mindset that you're on a spiritual journey and see how much comfort your soul can find, no matter what the conditions are. How can we live? What can we handle?

Now, we've set up a few things there, and I'm curious to see how many people can stay comfortably—without fighting, without arguing. Because if you want to fight, it's better you stay in the MTDC! But if you want to live with love, we've created some special things—let's call them huts. And if, in those huts, there's love among you, and after knowing the truth, you feel, "He has also realized the truth, I have also realized the truth—so what should our feelings be? How can we enjoy this together?" You'll come to realize that the joy of the soul only comes from the joy of another soul—there's no other way. If you can understand another's soul and love them, and I don't think this is something you can force with your mind—it's a state you reach. In that state, you experience joy.

For example, we have such a disease of casteism here. There's a gentleman in Maharashtra who's a very devoted Sahaja Yogi,

but he's from a scheduled caste. In India, it's almost impossible to arrange a marriage for his daughter—no one wants to marry her, even though she's beautiful and wonderful in every way. But, thanks to God's grace, foreigners don't have this caste problem. They're ready to marry her, waiting for her! He is an ambassador's son waiting, saying, "I don't know when she'll come, but I'm waiting," and his sister and parents are all hoping too. But here, if someone says they'll marry a scheduled caste girl, it's a big deal. These things are still so deeply stuck in us. We still think, "I'm from this caste, I'm from that caste." Honestly, we should be ashamed. Just look at your own caste.

For example, I was born into Christianity, but our family—you know the Shalivahan story—we're called the Chhanno clan, and honestly, I think that's just another disease. I'm embarrassed to say I'm from the Chhanno clan, because in my opinion, there are a hundred vices and not a single virtue in this clan! All they do is worry about marrying off their daughters—who will she marry, which family, what arrangements—and the rest of the time, they drink, beat women, and if they have money, indulge in every vice possible. I've never heard of anyone from the Chhanno clan doing anything noteworthy—no one's written a book, no boy has shown any bravery. The clan is so bad that they even said Shivaji Maharaj couldn't be crowned because he wasn't from the Chhanno clan. Then Gagabhaddar, a renowned scholar, came and performed his coronation anyway. Just think—are you even worth the dust of Shivaji's feet? And yet, people think so highly of themselves.

And look at how Brahmins have deceived people—how they tormented Dnyaneshwarji, tricked and harassed him so much that he took samadhi at just twenty-three years old.

Such a great soul came into this world and was lost, all because of this caste system and the idea that "this is wrong, that is wrong," as if you're the only authority on what's good. But do you ever look at yourself and ask, "What am I really?" As Sahaja Yogis, we should ask ourselves: Can I sleep on the ground without a pillow? Can I marry someone from a so-called lower caste without caring about it? Can I be comfortable anywhere, in any situation? Can I enjoy myself no matter the circumstances? If someone thinks they're superior, can I still stand tall with my own dignity? And if someone thinks they're inferior, can I still respect them? Otherwise, we'll end up like donkeys—if someone walks in front of us, we make them hold their ears, and if they walk behind, we kick them! What's the difference then between a donkey and a Sahaja Yogi?

But at least a donkey can sit and sleep anywhere—maybe we should learn that from them! We really need to ask ourselves: Why do we hurt each other's feelings over these petty, lowly things? Especially among women, I think, there's a lot of emotion, and we should reflect on what good thoughts we've had about others. You know how it is with women—if she's good, she's an angel; if not, she's a 'bhoot'! There's no in-between.

Then there are those who come to me and say, "Mother, please find me a wife who is very full of vibrations." So I arranged a marriage for one such gentleman with a girl who really was full of vibrations. She may not have been beautiful by worldly standards, though I found her lovely, but she has so much vibrations that I always felt love for her. And this gentleman—he's British, tall, handsome—he came and fell at my feet, saying, "Mother, you've given me such a wonderful wife, such a beautiful wife!" Others were questioning my choice, but I said, "Just wait and see!" He can't even stay in London anymore—he keeps running back here, saying, "When I'm with her, I feel such peace. Mother, you've given me such a loving wife." Because once you understand the importance of vibrations and the soul's connection, you just can't get caught up in these petty, low-level things anymore; they just don't appeal to you.

So, we really need to change. I've talked about physical comfort—sure, it's fine to care about it, but if you get stuck there, you can't make real progress, and you won't solve any real problems. People say you're a model for India, an example for everyone. But I think you're a model for each other—you're like leaders, standing as an example of how everyone should be. And you should say it openly: "Caste and all this stuff is nonsense, we don't believe in it at all. We don't belong to any religion—we belong to the pure religion, Nirmal Dharma. We don't follow any of this, and we say it openly!"

Even now, Sahaja Yogis want that if a girl is Punjabi, she should marry a Punjabi, so she can scold her mother-in-law in Punjabi whenever she wants! If someone from another language comes in—say, a Marathi girl—she won't understand what's being said, and she'll be lost: "What are they saying? I don't get it." That would be a real problem for them; their plans would be ruined. So

they want someone from their own community, and then they'll say, "You didn't send this on Bhai Dooj, or that on Diwali, you didn't do this or that." But if you marry someone from another community, she'll say, "We don't even have that custom, how am I supposed to do it?"

It's very difficult for Indians to marry outside their community. As soon as someone does, everyone gets stiff and awkward, as if they've seen a snake! I have a friend, a well-educated doctor, who used to be very cheerful. I met her in Bombay recently, and she looked completely shocked. I asked, "What happened?" She's Maharashtrian. She said, "Oh, you have no idea, I'm in big trouble." I asked why. "My daughter married a Punjabi." "Which Punjabi?" She told me the name—I know the family. Both sets of parents are in shock! How long can a couple stay happy if these feelings exist between the families?

Then there are all the physical complaints: "My daughter-in-law didn't ask me for tea in the morning, she didn't do this or that, and when we went to Ganapatipule, no one was waiting with a garland for us, they did aarti for Mataji but not for us, Mataji got the best room and we didn't." I say, "Fine, you take the room, I'll stay outside!" These physical complaints lead to bigger fights, and then there are mental complaints: "I just can't get along with this man, Mataji." I ask, "Why not? What did he ever do to you?" "He just doesn't have manners." Is manners really such a big deal? If someone doesn't have them, maybe they're from a village, or maybe they're not from your region.

In Lucknow, people are very polite, but don't be fooled—they won't actually do anything for you! They'll invite you over, but when you get there, they've disappeared, or at most you'll get one roti and hear, "Don't be so formal!" So after a while, we'd eat at home first before visiting. So, from that perspective, everyone is rude! Go to a Punjabi house, and they'll give you a huge glass of milk. I can't drink that much milk! But you have to, or else...then they will go around and spread the word, "That Mataji is so stubborn, she came to our house and didn't even drink the milk!"

All these little things—really, we should laugh at them and realize how silly they are. Some people have manners, some don't, some have love—I enjoy everyone, no matter what they're like, because everyone is unique. That's where the fun is! If everyone were the same, life would be so boring. Wherever you go, you'd hear the same thing. I love going to Haryana—the people there are so straightforward, it feels like they're about to break your head with a stick! [Shri Mataji laughs]

Go to a Maharashtrian's house, and they're a different type—quite stingy, actually. They don't have much money, so they'll take one guava and share it among eight people and claim —"We had fruit!" [Everyone laughs] "Remember that day we had fruit? We'll never forget it!" Go to a South Indian's house, and it's idli in the morning, idli in the evening, idli all the time. They'll say, "Our food is so cheap, just two rupees fifty paise for a meal!" But how much can you eat? And the chilies! If you don't eat spicy food, you're in trouble. I can't handle much spice. So you keep laughing, but the fun is in enjoying everyone's uniqueness.

You must have seen some people even do impressions of others, and it's hilarious—you see how everyone expresses their uniqueness in their own way. Every person has their own special flavor.

I travel a lot, and once, early on, I went to Bengal. Someone told me, "There's this special gold bangle there, very pure—be sure to get one!" I asked, "Alright, where can I find it?" They said, "There's a shop called Lakhi Babu's Gold & Silver Shop." So I asked my well-known brother-in-law to take me there. He laughed and said, "Alright, get in the car, I'll take you."

So we went, and there were shops everywhere: "Lakhi Babu's Gold & Silver Shop," then "The Real Lakhi Babu's Gold & Silver Shop," then "The Real Real Lakhi Babu's Real Gold & Silver Shop!" [Everyone laughs] Sometimes the real one was here, sometimes there—I said, "Oh God, how will I ever find this bangle?" I joked, "They should just name the whole street 'The Real Real Lakhi Babu's Real Gold & Silver Shop's Real Lane!'" [Everyone laughs]

You see, there's fun everywhere, but you have to know how to enjoy it and understand how different societies work, how people live, how much variety there is. Sometimes it's a rose, sometimes a jasmine, sometimes another flower—if you know how to enjoy the fragrance of every flower, then you're a true Sahaja Yogi. Then so much goodwill arises, and people even start talking like each other. Punjabis, for example, always say, "Sawaal paida hi nahi hota!" (The question doesn't even arise!)—but ask an

Englishman what that means, and he'll say, "The question does not take birth?" [Laughter] It's just a way of speaking, but what can you do? That's how Punjabis talk!

Every city, every place, has its own charm. When you start enjoying it, you see beauty everywhere. Once, I was in France and there was heavy fog. All the leaves had fallen, and the branches were spread out against the sky—it looked like a painting. The fog would come and go, creating a real drama. The others with me were saying, "What a dirty place! It's awful here." I said, "No, look at it! Where else will you see something like this? See how beautiful this play of nature is!" But they just couldn't appreciate it.

So you have to realize that every person has their own fragrance—you just need the ability to sense it. There's joy in everyone, something to learn from everyone, and something you can give to everyone. Everything God has created is for us to share love, to understand each other. All of creation is so beautiful so that goodwill can awaken within us. When you visit a beautiful place, you should feel how lovingly God has made it, and let yourself be filled with that love. Love doesn't mean loving yourself—it means loving others. Until you naturally feel this mix of feelings for others, you're not truly a Sahaja Yogi.

For example, men who are Sahaja Yogis might know all about the chakras, the deities inside, how the Kundalini rises, where it comes out of the head—they know all the technical details, but they don't know what love is, or what feeling is. They'll fight with each other. Sometimes I say, "Fine, I'll bring a stick, break a few heads, then you can come inside!"

Women, on the other hand, know exactly what to feed and serve everyone, but if you ask them about the chakras or if their Kundalini is catching on something, they won't know. When both sides—knowledge and love—come together, then you're really in poetry, not just circling the periphery. If you only have love or only knowledge, you'll end up clashing, and that's when all sorts of awkward feelings and people start appearing.

For example, if you love someone and they don't respond, you get upset. Like a woman once said, "I want a divorce because my husband comes home late." I said, "But at least he comes home. If you divorce, you will not see him at all, why divorce him for that?" It's the same with truth—if someone shows you love and you insist on telling them the truth, they might get offended: "They don't know the truth, they're so foolish, they just don't get it."

The integration of both (love and knowledge) can't happen at the periphery—it has to happen at the center. And to come to the center, your Kundalini must be fully awakened, you must meditate deeply, and you must always stay alert, asking yourself, "Am I in the center?" When your left and right sides are balanced, you come to the center. And it's only in the center that you experience the present moment—and only in the present can you enjoy true joy, not in the past or the future.

So, when you come into the present, it's like a wheel: everyone else is spinning around the rim, but the center point—the axis—must remain still. Without that stillness, no motor, no vehicle can run. In the same way, when you come into your own center, you can rise higher—there's no other way.

You can't even talk about this with people who are not Realised, because they're still stuck in struggle, always fighting among themselves. But those who are Realised know what it means to be in the center. Sure, sometimes you sway to one side or the other, but when you're truly in the center, it's like an antithesis forms: something comes from one side, something from the other, and then something entirely new emerges, and you rise above it all. When you rise, your outlook on everyone becomes peaceful and detached. You become truly impartial, because you have no expectations. If you love, you love for the sake of love. If you speak the truth, you do it for the sake of truth. If someone accepts it or not, fights or abuses you, it doesn't matter. If you love and they don't accept it, that's fine too. Because you know the truth, and if they don't, it's okay—they just haven't understood your love yet. So you remain content and joyful within yourself.

But when others join you in this state, it becomes collective joy—not just collective consciousness, but collective joy. And today, we really need collective joy, not just collective awareness. You're all coming to Ganapatipule, and I don't want you to face any difficulties there. But remember, we're going for our spiritual growth—nothing else. If you come with this mindset, it will help you and everyone else, and many of the things that bind you will suddenly fall away. You'll discover that detachment, that state where

you simply witness everything.

I've often told you how much I love the word "Niranjanapane" from Dnyaneshwarji—it means just witnessing, with no reaction. When you witness like this, joy flows through you like the Ganges, from top to bottom. You don't have to work hard for this; you just need to know that what you've received is enough, and you must rise in it. When you rise, it's as if you've come to the middle of a river, and from there, waves will spread to both shores—whether people are rich or poor, religious or not, believers or non-believers. From the center, these waves will break on both shores, where so many problems exist, and those problems will dissolve. Everything can be set right because the divine energy is flowing through you, and it will do whatever you wish.

For example, I came here and someone said, "Tomorrow is Bharat Bandh (a national strike)!" I just smiled—how can there be a bandh when I'm sitting here? There was a big fuss, but it was all over quickly. When you're in the center, the waves reach both shores, and whatever happens, happens because of such realized souls. Even if you see war coming, it's because sometimes only war can bring people to their senses about fanaticism. Only then do we understand what's wrong. When you witness these things, you realize their purpose. Let whatever happens, happen—it's necessary. Our only wish is that all problems get solved through this.

This state of witness—being established in your own center—is what you need. From there, you can see everything, and you should always look at yourself: "Where am I lacking?" For example, as I'm giving you this lecture today, people are probably thinking, "Oh, Mataji is talking about that person, or my wife, or my husband." But you should be thinking, "She's talking about me, about my own faults." When you look at yourself, you can ask, "What 'bhoot' is sitting inside me? Let's get rid of it!" You can understand this through meditation—by looking within, there's nothing to fear, because you become detached from body, mind, intellect, ego, and everything else, and are established in the soul. There's nothing to be afraid of in witnessing yourself.

Today, there was no plan for a puja, but you've made so many arrangements, and there's not much time. If you want, you can do a puja—I don't understand why everyone is so obsessed with puja! Maybe it does benefit you, I don't know, but if it does, you should remain established in that state and not fall from it—just keep rising higher and higher.

So, what I've said today, reflect on it: Am I really like this? Can I truly unite my feelings and my intellect? Think about it. When you achieve that integration, the whole world will be amazed just by seeing you.

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You Have To Feel The Truth On Your Finger-tips

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I bow to all the seekers of Truth. As I told you last time that Truth is what it is. You cannot do lip service about it and you cannot have any pretensions about it. Truth has to be felt on your Central Nervous System.

As you can clearly see this platform made of different colors - clearly see it and as you can feel the heat of the candles, you have to feel the Truth on your finger-tips. I mean, on your Central Nervous System. It is not empty talk. It is something that has to happen to you. It is the actualization of the experience of the Spirit. This arrangement is within us already made. - So far, we have believed in everything blindly. We believe in all kinds of political arrangements but all those arrangements, whether it is democracy, communism, anything has failed completely, everywhere. You should never think that you are the only people who are suffering but everywhere, whatever systems they have followed, all of them are suffering in different ways. They sacrifice so much to achieve their freedom.

They went to jail and so many died and so many were killed but what they achieve is the outside freedom but inside they're not free. They're slaves of alcoholism, slaves of drugs, slaves of drugs, - slaves of sex diseases. They are suffering much more than you people can suffer. You people look so healthy to Me, much better, much wiser but in their freedom, without any control of the Spirit, they have become idiotic. So we have to achieve our inner freedom, the freedom of totality where we are so strong enough that nothing can dominate us. At human level it is not possible whatever you may try, whatever experiments you take over, everything is futile - as if it boomerangs. For every action which is on one side, has the polarity on the other. So, you have to come in the centre to, to know actually through Absolute Truth what is benevolent for you. Not just by reading, not by talking but actually happening to you is the important point and that is what is Sahaja yoga. It's actually true that we are human beings and not animals.

In the same way, it should be actually true that we are spiritual people, that we are enlightened souls, so that we do not suffer from the polarity of, so called, freedom. Our own system is built-in like that. The system is built in us gradually during our evolutionary process. Like, this instrument is built-in but if it is not connected to the mains, doesn't serve its purpose. In sahaja yoga, you get connected with the All-Pervading subtle power which is for our ascent and benevolence. It is important to understand that we have come in this world not to suffer but in the darkness of ignorance we do suffer. All over the world they are suffering this way or that way. So, it is important that we should do some introspection and find out what is the reason. When you start doing that, the seeking for Truth starts. That is the beginning of sahaja yoga.

You believe in God or don't believe in God makes no difference. You believe in any religion or in no religion, makes no difference because both things are done blindly. It is a blind faith and a blind is leading another blind. One, he'll say is that, "Believe in God." but on what grounds is he saying that? - Another says, "Don't believe in God," but is very unscientific; He has not found out whether there is God or not God. So, both are blind. - So no use following blind people only way is to get enlightenment. In the light of the Spirit, you can see everything very clearly and you can feel everything. As some of you know that sahaja yoga gives you the actual experience of the All-Pervading Power but how does it work out?

As you have been told already, that we have within ourselves the power to connect ourselves to that All-Pervading Power. You should not also believe Me blindly. Till you have not experienced it, you should not believe Me. But you have to keep your mind

open to see that if this experience comes true then, as a honest person you have to accept it because it is for your benevolence. Nature has planned it and now the time has come for all of you to get your enlightenment. It is just like your evolutionary process, a living process. As you know, that you have become human-beings from amoeba stage and if you have to go further, it has to be a living process. Sahaja means, born with you and yoga means the union with this All-Pervading Power. So, every human-being has a right to be united with that All-Pervading Power. We see these flowers - they have come out of a single seed. We see so many miracles of the living power. See our eye - is such a great camera!

The whole body, itself, is such a beautiful combination of balance as if our brain is also programmed. So now, in this process of sahaja yoga, the evolutionary power makes you a computer and you become the Absolute Truth. You know it and then you can also handle this power the way you like. The greatest thing about this power is, that this is the power of compassion, of love. So far, we have only used the power of hatred anywhere.... hatred. We have to now use the power of love, of Pure Love. But this happening cannot be forced on anyone. You cannot dominate anyone by which you can achieve the awakening. Your freedom is respected because you have to be totally free and then the blessings of this All-Pervading power you start feeling and you feel it's all miraculous. Then the inner religion is awakened and you become a righteous person.

You're not to be told, "Don't do this, don't do that," - it just happens because the light of your Spirit tells you or you know in the light of Spirit what is good for you and you yourself become so powerful in life, that nothing can dominate you. So this power, which is All-Pervading, thinks, it coordinates, it cooperates and it organizes. Above all, it loves. So, it forgives all the time - because it wants you to rise into that realm of Self-realization. It is so anxious. Formerly, only one master could have only one disciple and the knowledge of Kundalini was never exposed to the public and first time in the 12th century, Gyaneshwara wrote about it. This knowledge was not to be told to the public but today the public or the masses have to get it. Even reading about the knowledge, becomes just book knowledge. People become bookworms. Whatever book they may read, whatever religion they may follow, all of them can do any kind of sin.

They can kill anybody, they can destroy anyone - they can do what they like; There is no binding force on them. What I know about Russians is that, that all their authors, whether they were writing novels or philosophies or anything, have been full of introspection. This shows that you people have a special quality to introspect. It does not come from intelligence because intelligence can cheat itself. You can rationalize anything because it is all mental. So, one has to know that it is the wisdom that is important. I don't know but I feel the word Russia itself comes from two words is Ra-Sa. Rasa - Ras means, 'Ra' means energy, 'Sa' means with energy 'Ra' means energy, 'Sa' means with, with Shri Mataji and the energy of love is 'Ra'. The All-Pervading Power is 'Ra' and in our local language 'Rasiya' means a person who's beloved - who's a beloved. I think, this name must have come because the people in this country have that special position to achieve that power.

I've got great hopes for you. I've got great hopes for you. You can really lead the world into it's emancipation but you must have some patience and I'm sure, you will realize how important you are to Me. This is a new type of a revolution and for this revolution, you are the best suited people. Tomorrow, I'll tell you more, in details, about the Spirit but in any cases I would love to have some questions from you and then, we can have session of Self-realization, which will take about ten minutes. Questions, Mother, should I take questions? - Yeah. Dear Shri Mataji, I am a teacher in Russian language [UNCLEAR] Moscow [UNCLEAR] I, one year ago my left hand began to shake and I cannot work. - Can you help me please to release from this sickness? - Alright.

All those who are asking for getting their sickness to be cured is very simple to get them [UNCLEAR] Shri Mataji but for that you have to attend the Sahaja yoga practices. It's no use just listening to My class. All of you, who get realization, must attend the practices of Sahaja yoga. You may be cured by Me today but again you'll develop another trouble. Not only physical - mental, emotional, any trouble you might get it. So, those who are asking for their cure, I have to request them that, luckily, we have here Dr. Baghdan, who can look after you and we have Dr. Kaleena, who is [UNCLEAR - PREPARED?] to many doctors - they would like to help you out. Today, I must have met, at least, four five, four hundred doctors and they're very open-hearted; They all can help you. So please, just after My departure, you should know that you have to grow yourself. Not only that you'll be cured, but you'll have powers to cure others. So please, those who have now asked for curing, I would say, that we will see you afterwards.

Dear Shri Mataji, "I'm putting Your [UNCLEAR] my children and I are not we are not by church, say, when you go to... when child is

born they cross them. I mean, You know so children when they are young, they are taken to church in Russia to be baptized. We are not baptized. We are born in sahaja yoga. Should we go to church or not?" - No. He just asked the question. You see, in the church nobody has authority to baptize. It is all an artificial exercise. Moreover, this part of your head is very, very sacred.

It should not be touched by anyone but for a saint. He should be a real saint but these are all artificial. Only in Sahaja yoga you get the actualization of baptism. When your Kundalini pierces through your fontanel bone area, then you feel the cool breeze of the Holy ghost coming out of your head. These religions are all man-made. For example, Hindus have nothing to do with reality of Hinduism. The priest, I mean the priest. The priest of Same about Islam. They have nothing to do with Mohammad Sahab. Same good of Christians; They have nothing to do with Christ. All religions, that we see, have deviated from the Truth. They're all money-oriented or power-oriented but they're not Spirit-oriented.

All the religions have said that, "You must have your second birth." Artificially they all believe that they are special, chosen people of second birth. But when you get your second birth, you get your powers. It is like an egg which becomes a bird - is the second birth. The transformation has to take place. These priests have no authority to give you any certificate. You have to certify yourself. Sickness ones we don't tell. - Shri Mataji, what do You, what do You think about fortune telling on depend? - Somebody is asking about the fortune-teller.

It's a very limited field. Most important thing is to know whether you will get your Self-realization or not. That is the only thing you should aspire for. Here is a doctor. She's writing that she's working with a very difficult old and young people, sick people and she talks to them from the position of sahaja yoga but she never, she was never familiar with the basic things of sahaja yoga. First time I came to listen here about sahaja yoga - and I live by your direction, - Alright - following Your direction. - I'll tell you. There's a doctor, who is asking for My direction, to help the sick people. I would like to tell her, that she should see Dr. Baleena and [ASIDE - Who's the other doctor ...?] Here is Dr. [NAME UNCLEAR], Dr. Baleena, Dr. Valentina - and one who came with us?

Doctor Mica ... You mean - [UNCLEAR] other fellow - doctor Afsa.....okay, okay Dr. [NAME UNCLEAR] No, no the one who is a thin fellow, who travelled with us in the car. - Okay, Dr. [NAME UNCLEAR] - Alright, so you tell them. - Okay. - You can meet those people. Shri Mataji, do you think that all the nations don't have the same quality as the Russians? There's a very direct question. They do not have. - Shri Mataji Also Bulgarians are good. Bulgarians, Czechoslovakians, - Polish. She can receive Your photograph - how to use your photograph?

I have no photograph of Mine. - Shri Mataji but, I think, you can get it from your centres and they will tell you how to use it but we must have many centres in Moscow and where you can go for the collective development. Your growth is only possible in collectivity. It will not work individually. Like, if our nail is cut out, it doesn't grow - it has to be part and parcel in the body. - What is cut out? - Nail. Shri Mataji, what You would say about that Kundalini is just is just a one part of the All-Pervading Power from which our world is [UNCLEAR] created. and is energy of the thought. He's asking Me about Kundalini - I'll tell about this tomorrow.

Let it be. I am sick and no one can cure me. Will Kundalini cure me? All about sickness. So most of the sicknesses can be cured through Sahaja yoga. Because it is a free thing, people do not take it that seriously. What do You think about Kashpirovsky? - Now, I've already told you about this Kashpirovsky business. Last time we had so many children. Last time we had so many children, who came, who were affected by him. Shri Mataji, can You tell us why a warm and breeze is coming from my - head.

This is very warm - not hot but warm. - Alright. Somebody is getting warm from his head, from the fontanel bone. That means the heat from the body is getting out. So, after, afterwards the cool will start coming - let the heat get out. Also, if you forgive everyone, the heat will be released. What else? Shri Mataji, can You charge bread, water Shri Mataji, please, should we a change our habits, - should we change our style of living? - Haan. All these things can be vibrated.

You don't have to change, deliberately, your style but automatically it will work out; You will change by yourself. Shri Mataji, what does it mean this sign - Star of David - what does it mean Star of David on right hand? I am practicing yoga since June month and I have problems related to Swadishthan chakra. Vibrations don't go through Swadishthan; Maybe this is some cursing. Person

has problem with Swadishthan and he doesn't know what does this mean, this sign of the Star of David Swadishthan and what to do and he says maybe there's some curse. The symbol of star - he's asking about the symbol of Star of David. It is the Swadishthan chakra and is easily cured, if you know, what is the deity on it. There's very simple way of curing it. You can ask a question, "Mother, are you Moses, are you David?" It will work out.

This is a good question. If person is practising Sahaja yoga, does it mean that his consciousness depends on consciousness of Shri Mataji - of Yours? [UNCLEAR] He's asking a question that if he's practising Sahaja yoga, that his consciousness does it depend on Shri Mataji's consciousness? Then you become collectively conscious. That means you can feel another person on your finger-tips. Then the question comes, "Who is the other?" I do not want to tell about Myself but you must find out after realization. But, after all, I must be knowing something that I can give realization to all of you. So, after realization you'll find out who am I. See, Christ was the Son of God - that's a fact but when He said that, people crucified Him.

It has happened to all the Incarnations, all the sages and I do not want to be crucified. I have to work still so, I don't want to claim anything. O, My God! Who's made this? You have made it. Alright. She says this is Ganesha, Mother - this is Ganesha. My, - [UNCLEAR] - Beautiful! This child is cured by Me - I mean, by Sahaja yoga, I should say. Alright, now I'll put them back.

Shri Mataji, who's son was Christ? - Annh? - Question is, Dear Shri Mataji, who's Son was Jesus Christ? - He was, as I already told you, in any way when you come to Sahaja yoga, you will know about all of them. Shri Mataji, many people are here from City of Talihati. Please, they want to know, "When You will come to our city?" - Definitely next year. - [APPLAUSE] Actually, if I, if I can get a house in Russia, I can stay here permanently. [APPLAUSE] - Shri Mataji, very provocative question. - Huh - Shri Mataji, people are saying that 2000 years ago You saw Jesus Christ how He looks.

I don't know. Somebody is asking that I saw Jesus Christ 2000 years ago. It's not important and is not easy to describe but He was a person Who was not white, Who was not white-skinned person. And He was a very healthy, hefty, big person. Michelangelo has shown his body very well in the Sistine chapel but the face is Italian which was not so. A person, Christian is saying, "I am guilty," Sahaja yoga is saying, "I am not guilty." Don't - isn't it some contradiction to teaching of Christianity? - Of course. See, it is contradictory to Christianity but not to Christ. It is contradictory to Christianity but not to Christ.

Christ has never said that you are guilty. Moreover, they say that He died for our sins and He suffered for us and that He was crucified for us. So now, only thing you have to awaken Christ within yourself. He has done all the suffering. What more suffering can we do? So to feel guilty, is absolutely against Christ. That means, we do not believe that He really suffered for us and that He died for our sins. All these man-made religions, all of them, - they say that you are all sinners. Because they want to make money out of you to frighten you. You are after all human-beings.

If you do not commit mistakes, who is going to commit mistakes? Gods are not going to commit mistake. So please, do not feel guilty at all. Shri Mataji, this is true that You are send to us by God by God Holy Mary, by God Holy Mary and you are creating miracles using God power, power of the Holy Mary - number one and number two question and is spread here, ideas are spread with You so, some great power with You so, how Jesus was suffering on the cross it's true and tell us what will happen with us in the near future with Russia? so question about - Just again you read out the question then I'll answer. It's true that God send You and both of Mary; Mary and You are created miracles - first question. - I've already told you, I won't tell you anything about Myself. Some say that I'm the Holy Ghost; Let them say whatever they want to say, let them say. It's better you find it out - the Truth. Second question was, okay, third question - what will happen with Russia in near future? - Alright.

He's saying that, what will happen to Russia in the near future? Now, the present is very important. It all depends on the present. If you have patience and that you do not complain about material things, you will get the greatest blessings of this All-Pervading Power and within two years you can become the most powerful, prosperous country. Only thing, you should now become industrious and not lethargic. You must be willing to work out everything. You must be willing to work out everything. After realization, you'll get lot of energies, lot of ideas. In, I heard that you had a very bumper crop of wheat in Russia. That is due to sahaja yoga but I'm sorry to hear that 40% was lost.

Now, in our country we do not have machinery to cut the wheat we use our hands. If people had taken it upon themselves, they could have easily saved those 40%. So, instead of complaining, you have to, you have to join in to work out your affluence, your prosperity. I think, we need more, we can say, a dynamic approach. With Sahaja yoga you can do it. Actually, you should be surprised that you got this freedom so easily. In My own country, I can tell you about My own parents, who had to sacrifice everything. They had to live - they were living in palaces - they had to live in, in huts. We could not have our education, no food for days together. Even they gave Me electric shocks and also made Me sleep on the ice slabs. We had no proper shelter, no proper clothes - nothing. People were living in the jungles. Every country has suffered a lot for their freedom.

Thanks to Mr. Gorbachev that you have got your freedom so easily. but you have to work it out and you have to help him. Alright, alright give Me a kiss. They want to give Me a kiss. Alright, come along. Children! His style was also - see, I think, I told you to try. Done now. [SHRI MATAJI LAUGHS] Mother, question is about re-incarnation. Shri Mataji, this is true that we are living in previous life and then after this we are continuing our life again.

[UNCLEAR] The re-incarnation - this is all nonsense. You come to sahaja yoga, you'll know all about it. Also, I've seen that, you people are very over-whelmed. Thank you. Thank you. Now give Me a kiss. Thank you. [CLAPPING] He made a namaste, Mother. This is... Shri Mataji, it is too late already, please, will You give us Self-realization. Thank You very much.

That's a very good, very good question. [APPLAUSE] Thank you very much. [UNCLEAR] Now, let it be. You see, the questions even if I answer, doesn't mean that your realization is guaranteed. I just want you to ask Me questions so that you should feel free but it has nothing to do with Kundalini awakening. Thank you. Now It has nothing to do with Kundalini awakening. So, the best thing is, you should just ask for Self-realization. I will go through your questions, later on, when I go home and if I find them sensible, tomorrow I will answer them in any case. [CLAPPING] Seven chakras - Mother, do You know more than seven chakras, please tell us about this.

What - too many, there are too many chakras. So now, we have to take out our shoes because this Mother Earth helps us and your feet also are little bit free. There's one thing that you cannot force Self-realization on anyone. You have to ask for it, you have to desire it in your own freedom. So those who do not want to have Self-realization, should please leave the hall. - [UNCLEAR - SAY THEM?] That will be very kind of them. - Say that - So, there are three conditions before we start our Self-realization process. The first one is that you are not to feel guilty at all. As I've told you, that you are human-beings and if you have committed any mistakes, it's alright.

This power, which is All-Pervading, is the power of forgiveness and you cannot commit any mistake, any mistake that cannot be dissolved by this Power. So, please, you have to say before starting, in your heart that, "I am not guilty at all." If you feel guilty, your this left Vishuddhi catches. - This side and you develop so many diseases. One of them is angina. Second one, that you can call it as, spondylitis. All the diseases of lethargic organs also. So please, do not feel guilty at this moment. Second condition is that you have to forgive everyone. Forgive everyone in general - not to think individually about anyone. Whether you forgive or don't forgive, you do not do anything it is a myth.

But if you do not forgive, then you play into wrong hands and torture yourself not the other person. Now the third condition is, that you must have full self-confidence that you all can get Self-realization. So do not have any doubts about yourself. That's all. Now, you have to, those who are sitting on the chairs, have to put their feet apart from each other because these are two separate powers. And those who are sitting on the ground are alright. You have to put your left hand towards Me, sitting very comfortably on your seats. Right hand is to be used for nourishing your centres on the left side. Now first we'll show you how to do it and then we'll close our eyes. Somebody should come.

So please, put your left hand towards Me, like this, the left hand on your lap. Now first you have to put your right hand on your heart, where resides the Spirit. But the seat of the Spirit is on the fontanel bone area. [HINDI - Thoda paani dijiye] [ASIDE - Give Me some water]. Now, second centres we have to touch again on the left-hand side is in the upper part of the abdomen. [HINDI - Doctor, inse kehna ki coat utaar lein] Doctor, you can take out the coat and turn round the show everyone. [UNCLEAR] Now, the

third centre - the second centre, is the centre of your mastery the third centre is on the lo... lower part of your abdomen on the left-hand side. This is the centre of Pure Knowledge; Pure Knowledge that acts on your Central Nervous System, which knows all the laws of the All-Pervading Power. Now, you take back your right hand on to the upper portion of your abdomen on the, on the guru chakra, which is of your mastery. Now, please take your right hand now on to your heart again.

Now, you have to put your right hand in the corner of your neck and your shoulder. This is the centre you catch when you are guilty. Now, turn your head to your right. Now, you have to take your hand to your forehead, across and put down your head and press it on both the sides. This is the center to forgive everyone, in general. Now, you have to take your hand on the back side of your head and push back your head as far as possible. This is the center where, without feeling guilty, without counting your mistakes, you have to ask forgiveness from this All-Pervading Power of love. Now, you have to stretch your palm and put it on the fontanel bone area on your head, which was a soft bone in your childhood. Now, push back your fingers and press it hard and now move your scalp slowly, seven times, with a pressure; Push back your fingers, put down your head. Move it clockwise.

That's all. I saw, some of you did not push back your fingers and did not put a pressure. Alright, so now, we have to close our eyes. You can take out your spectacles. Till I tell you, please don't open your eyes. Remember, the Truth is that, you are not this body, you are not this intellect, you are not the emotions but you are the Spirit. So now, we put our left hand towards Myself and sit comfortably, not slouching or not bent too much but in a normal way. So now, put your left hand towards Me and right hand on your heart and please close your eyes. Now, here you have to ask a very fundamental question to Me - you may call Me Mother or Shri Mataji, whatever you like - So now, please ask Me, three times, "Mother, am I the Spirit?" - Three times.

If you are the Spirit, you are your guide, you are your master, so, you have to take your right hand in the upper portion of your abdomen and press it hard on the left hand side. Here, now, you have to ask Me another, very fundamental question, with full self- confidence, "Mother, am I my own master?" three times. I've already told you that I respect your freedom and I cannot give you Pure Knowledge without your asking for it in your freedom. So, now, please take your right hand in the lower portion of your abdomen on the left-hand side and press it hard. Here, you have to ask six times because this center has got six petals, "Mother, please give me Pure Knowledge." As soon as you ask for Self-realization, the Kundalini starts getting awakened and starts moving upward. As soon as you ask for Pure Knowledge, the Kundalini is getting awakened so, with full confidence, we can nourish our centers, higher centers. So, we now put our hand in the upper portion of our abdomen on the left hand side and here we say that, with self-confidence, "Mother, I am my own master," say it ten times with full self-confidence. I've already told you that you are not this body, not this mind, not this intellect or these emotions but that you are the Pure Spirit.

So now, you have to say, with full confidence, twelve times, that, "Mother, I am the Spirit." I have already talked to you about this All-Pervading Power. It is the ocean of knowledge, it is the ocean of compassion and blessings but above all, it is the ocean of forgiveness. So, you cannot do anything that cannot be dissolved, any mistake that cannot be dissolved by this ocean of forgiveness. So now, please raise your hand in the corner of your neck and your shoulder and turn your head to your right. Here now, you have to say again, sixteen times, with full confidence, "Mother, I am not guilty at all." I have already told you, that whether you forgive or don't forgive, you don't do anything but whether you forgive or don't forgive, it makes no difference. So, please do not torture yourself - by playing into wrong hands. Raise your right hand now on to your forehead and put down your head on it. Please put down your head.

Now here you have to say, "Mother, I forgive everyone in general." Say it from your heart, not how many times - that question doesn't arise - Say it from your heart, "Mother, I forgive everyone." I tell you, if you do not forgive, I'm sorry, the realization won't work out. Now, without feeling guilty, without counting your mistakes, you have to ask forgiveness from the All-Pervading Divine Power. So, please take your hand the back side of your head and push back your head as far as possible. Here now you have to say, without feeling guilty, without counting your mistakes, just for your satisfaction, "O Divine Power, if we have done any mistakes, please forgive us." Say it in your heart, not how many times but say it from your heart. So now, the last centre, which is very important. Now, stretch your palm fully and put it on top of the fontanel bone area - exactly, the center of your palm. Now, put your hand, your palm, the center of your palm with a pressure on your fontanel bone area, with a big pressure and push back your fingers, put down your head.

Now move it seven times. But again I cannot force Self-realization on you, so you have to say seven times, "Mother, please give me Self-realization," while doing that. Your is not to count - You have to give me Self-realization. Please, put down your head and press it hard and do it slowly, clockwise. [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] - Now, please take down your hands and open your eyes. Place both your hands, like this, towards Me. Watch Me carefully. Like this, like this. Not like that, like this. Now, put the right hand, like this and put down your head and see with left hand, if there's a cool breeze coming in.

Doctor [UNCLEAR] Bend your head, bend your head bend your head - Doctor, you go around. Just go around and see. Now see, if there's a cool breeze coming out but don't touch your head, keep it away. There may be hot breeze coming out does not matter. Now, put your left hand towards Me and put down your head and see for yourself, if there's a cool breeze coming out of your head, by putting your right hand not on top but little away from your head. Put down your head. Now again, please try with your right hand towards Me and putting down your head and see for yourself, if there's a cool breeze or a hot breeze. coming out of your fontanel bone area. Put down your head - now. Now, push back both your hands towards the sky and push back your head and ask a question, "Is this the cool breeze of the All-Pervading Power?" ask this question three times.

Now, please take down your hands. Watch Me without thinking. All those, who have felt the cool breeze on their hands, on their fingers or through the fontanel bone area, whether hot or cold, please raise both your hands. Hmm, look at that! - The whole of Moscow [UNCLEAR] I bow to you all. - [APPLAUSE] This, this cannot happen in any country and there are some who did not get. There are some who did not get but they should not be disappointed; They'll get it tomorrow. Also tomorrow, all those who have got it, will fix up their Kundalini. Also I will see the sick people tomorrow. Thank you very much.

[APPLAUSE] See all these little, little things they have made; I don't know made from where? - Plasticene kind of... - Pasticene, yeah. - She wants cure for her child. - What's the matter? Tomorrow I was going to see them. Yeh nikal aaya hai isme se. Child has history of cold, he does not walk, he has an eczema, he doesn't digest proteins - - You know and all kind of problems. - What do the doctors say? - Doctors say that he has a [UNCLEAR] - Annh? - Liver?

Liver. Did she, did she watch Kashpirovsky? Once, Mother, they told on television and they saw Kashpirovsky and child become sort of very shaky and they don't know and never normal again. That's it - he's got possessed. So, so they can bring the lemon and chillies tomorrow or they can go to the program in the follow-up If the child comes to Me, he'll cry.

1990-1016, The Power of Pure Love

View [online](#).

16 October 1990

The Power Of Pure Love

Public Program

Bucharest, Sala Palatului (Romania)

Talk Language: English | Transcript (English) – Draft

Public Program Day 1. Bucharest (Romania), 16 October 1990.

[MISSING FROM THE RECORDED SPEECH]

All of you have had it. When the Spirit shines in your attention, the attention becomes very powerful and we have never used the power of love, of pure love. The pure love is like a sap in the tree. And it goes to the various parts of the tree. It nourishes all the parts of the tree. But supposing it gets attached to any flower or any fruit, then the tree will die and the fruit will die.

So the pure love nourishes, enlightens and makes you absolutely pure. You enjoy your purity, you enjoy your virtues and a new race comes up which loves. There is no fight, there is no struggle, such a satisfied personality you develop. This attention is so pure that when you put your attention on to anyone with this purity, you can purify other person. You can cure that person, you can give peace to that person, because Spirit is the source of peace. It is the source of joy. It is not a duality of happiness and unhappiness, but singular joy. You become a person who witnesses the whole thing as a drama.

When you are moving on the periphery of a wheel, then you feel the movement. And you feel all the disturbances. But if you are on the axis, then you see the movement of the wheel but you are at peace. This is what happens to you.

As if when you are thinking, then a thought rises and falls down. Then another thought starts, rises and falls. So we are jumping on the cusp of the thought. In between these two thoughts there is a little space. We live in the past or in the future. But we cannot live in the present. But when you become the Spirit you live in the present. You don't react, you don't think, but thoughts come to you. This happening is so peaceful.

Like this carpet is beautiful. I watch this without thinking. Now ... then, now when I'm thinking, I think, "Oh, when can I have such a carpet?" or I think that "Who did this work?", something like that, you see. If it is mine, then I think, "Oh, God, it will be spoilt, it will be ruined." But if I'm not thinking, just looking, then I feel all the joy of this carpet which is creating this joy, the joy of the beauty.

So this state you have to reach and it is very easy. I hope today you all will achieve the awakening. As a result you develop a new awareness, and a new dimension of collective consciousness, so that you can feel the centers of another person on your fingertips. And you can feel your own centers. If you know how to correct your centers, you can cure yourself and you can cure others also. For your information, in Sahaja Yoga three doctors have got MD.

[A SECTION IS MISSING FROM THE RECORDED SPEECH].

This is not done by anything else but your own inner power. This is all within you and you, yourself can work it out. Like this instrument, if it is not put to the mains, it has no meaning. In the same way, unless and until we are put to the mains, it has no meaning. We have no meaning. So this should happen to us all. Today is the first day and I would be happy if you have any questions, you better ask Me today. Tomorrow I'll tell you how it works out. And after the questions we'll have the session of Self Realization.

Question: May I ask something?

Shri Mataji: Please... Will you stand up? Will you, please, stand up?

Question: I stand up

Shri Mataji: Yes, yes.

Question: If anyone has AIDS, to cure himself or somebody else just by concentrating on himself or that person, then how comes that Jesus Christ could not do it to all the people He had in front during His life?

Shri Mataji: It is a good question, it's a very good question. Yes, it's a very good question. I would like to answer. First of all, Jesus Christ came on this earth at the time when people were not at all aware, they were not seeking the Truth. You can imagine, He started His work and they hardly allowed Him to live for about three and a half years with that work. And you'll be amazed that when I went to London as My husband was elected for a post, I had to struggle for four years working on several people. It was very difficult. And even when they were seekers, they were seekers of Truth. But He did say that the Resurrection time has to come and that this is the time.

[There is a lot of confusion, many people talking at once. Finally a man offers to help clarify the question which was asked by another man.]

Question: You are a Jeevan Mukta? I do not know the term. This was the second question.

Shri Mataji: What was the first one?

Question: And the first one was that, I would like to say...the first question was if Samadhi and all the other terms which are known in Indian philosophy or Buddhism are the same with this Realization which You are talking about.

Shri Mataji: Of course, of course ...Of course, it is the same. Have you read the Patanjali Yoga, such a big book like that? In that they have described of the Nirvichar Samadhi, Nirvikalpa Samadhi and this is what exactly this is to be. Three types. Three types of Samadhi described in Hatha Yoga, all of them you will experience, all right?

Question: Are you a Jeevan Mukta?

Shri Mataji: All right. That question I would say I will not tell you anything about Myself. You better get your Realization and try to understand Me. The reason is that Christ, Christ was the Son of God, no doubt, but when He said that, they crucified Him. I don't want to say what I am. I don't want to get crucified.

Question: I was baptized as a Christian. My name is George. If I embrace your Sahaja Yoga practices, shall I go on worshipping Jesus Christ or not?

Shri Mataji: Of course. Without Jesus Christ you cannot get Realization, sir. You'll find out that very soon. Jesus Christ, Jesus Christ is on our Agnya chakra. You see, there is an Agnya Chakra there, where we cross onto the optic chiasm and you will know during your Realization that to open this center you have to forgive everyone. He is the door. He is the path and He is the door and this door has to open. But...

A man from the audience speaks: I would like to say this: there is one way to get Him and ...the same, and that's through the name of Jesus. Peace in the heart ... in man, in the spirit of man. And that life is ... God is the Creator of the Universe, the Creator of man, is the giver of life, is the Savior of man. He is the One that can make us new. He can save you and can save the men of Romania. [at this point the man is speaking stridently, he starts shouting. Some people in the audience are clapping. Others

are shouting, "Out! Out!" The melee continues for some time.]

Shri Mataji continues calmly on the subject of Christ: Hello! Hello! It's all right. It's all right. He talked of Christ as if He is in our pocket. When He lived we crucified Him and how can we have crucified Him as Christians? Christ has nothing to do with Christianity, take it from Me. Yes, I'll explain.

So, I was born in a Christian religion Myself. And I could not understand how Mister Paul is there in the Bible. You see, he organized the whole thing in such a manner that you won't believe it, that people who took the name of Christ killed billions and billions of people in the name of Christ. Thank God, that the Spaniards went to America instead of India. Thank God, by mistake. And they killed all the aboriginals, all of them, in billions. If they had come to India, I would not have been here. Is that what Christ has talked to you? Even in India when they came, they came with a gun in one hand and the Bible in the other. Even in India, these Christians.

So they have deceived Christ. Christ has said you are to be born again. In Sanskrit language a bird is called as dwijaha, meaning it's born twice, as an egg, as a bird. And an enlightened person is also called as a dwijaha. But you cannot have a false certificate saying that you are born again. There should be no pretensions about it. In Sahaja Yoga, when the Kundalini rises, it is the actualization, actualization of the baptism, not just saying that you are baptized. Now Kundalini, the Kundalini is the reflection of the Holy Ghost. And what is the Holy Ghost? They told quite a mystery. It is not. You have God Father, God the Son. What about the Mother? Without the Mother where is the Son? Holy Ghost is the Primordial Mother. In Christianity they removed the Mother completely.

Comment from audience: Sorry.

Shri Mataji: No, no, not that way. No, no, no...Mother of Christ is described.

Question: No, No. And in the Bible it's written like that! And we read in the Bible. And that Holy Ghost descended upon Mary.

Shri Mataji: Not that's true. But, you see, but it's not so clear. What I am saying is the Primordial Mother. It is not so clear, not so clear. What I'm saying, it is not so clear, not so clear. And among the Protestants, they don't even believe. Christ's Mother, they called Her just a woman. But if you do not put blinkers, in the scriptures She's described as the Adi Shakti, as the Primordial Mother.

Now there is a big problem, they don't even want to appoint women as priests - anywhere, whether Protestants or Catholics. So this is - one has to understand, that the Holy Ghost is your Mother, everybody's individual Mother, your individual Mother She is, Holy Mother. She's your individual Holy Mother.

And She is the One Who gives you the second birth. So now, that is how you have to prove that what Christ said then is the Truth. If you ask the Jews, they think they are the chosen ones. If you ask the Mussulmans, they say they are the ones. And if you ask the Hindus, they think they are the chosen ones. And the Christians think they are the saved ones. But all of them are capable of doing any sinful thing, any sinful thing. I mean there's no binding force. So what is it that is missing? Why are you not Christ-like? Why are you not really religious, in the sense that people don't do any sinful thing? Because we are not connected with this Power, because we are not been born. Christ has said, "Seek yourself" - that is Self Realization. Nobody does that. Nobody does. All of them are money oriented or power oriented. So how, why will they give you Realization? Because for giving Realization you cannot take money. It's not money oriented.

So one should understand what is reality and then you will understand what Christ has said, that "Those who are not against Me, are with them." Who are those? They did not give chance to Christ to say anything, very little He could speak to them in parables.

Even today, you see, this gentleman, he was not allowing Me to speak. What good work he has done? What things he has achieved? He cannot even control himself! How can he talk of Christ?

So now we should decide that we'll take to reality. I will explain to you everything about Christ, about His greatness, also about all others who are His own relations, those who are not against Him at least. And it will be proved. Now, there are many Muslims who are Sahaja Yogis, Jews who are Sahaja Yogis, who follow Sahaja Yoga. Those Jews worship Christ. Why? Because it has been proved.

[SECTION MISSING FROM THE RECORDED SPEECH].

In New York you can't wear anything of gold. I mean they are all dacoits. Sixty percent people are suffering from nervousness, from AIDS, horrible disease is that, drugs, AIDS. You can't find an American with a steady look like yours, they all the time keep shifting.. So, even to bear freedom, you must have wisdom. You must have wisdom. I would say that Russians are very wise people, despise whatever you may say, whatever it is. But they are wise. Russians! Seventy percent Russians are very wise. And the thirty percent are asking for American jeans and money.

So with Sahaja Yoga you touch your depth and that's, that's how you understand what is good for you, what is benevolence. Also, they've realized, Russians realize that they got their freedom very easily, very easily.

[SECTION MISSING FROM THE RECORDED SPEECH]

All right. That's futuristic. Just now you have your Self Realization. That's a futuristic idea. Just now you better have your Self Realization.

(Another man from the audience is pontificating loudly and at length.)

Please. Please. Please, be quiet. What he has said is true, but we have not kept to a saintful path. He said, "Seek the Truth and seek yourself". Very clearly, very clearly. When Moses came, the Jews believed in Moses. But they did not believe in Christ when Christ came. When Christ came, those who were around Him never believed. They believed in Moses because Moses did not exist. It is nice to believe in a person who doesn't exist, because you can do what you like. You don't have to obey him.

Now, when I am here to give you Self Realization, you want to believe in Christ. So Christ is not here. I am here. I'm telling you. Why don't you listen to Me now? Because you were born in a Christian a religion, that's why you believe in Christ. Supposing you were born in a Muslim religion, then... or born in a Hindu religion, then... same about Hindus. See, when Shri Rama came, they said they believe in Vishnu Who was long ago. When Krishna came, they said, "We believe in Shri Rama" when He was not. And every time the Person who came, lived, nobody believed. And after a Person was dead, they were making temples, churches, mosques.

So now I am before you and I have come all the way to give you Self Realization. So you should not have this conditioning that you are born a Christian, born a Muslim, born Hindu. These are conditionings. Or you are a Bulgarian, or you are a Romanian. You are a human. Even a Bulgarian and a Romanian or an Indian, you are all human beings. And all human beings have got this inside them. The only advantage is now that once you get Realization, then you won't be conditioned. You'll be in reality. This is absolute reality. So you won't be in the darkness and that is how the whole world can be won. There will be no wars in the name of religion. So let us take to reality which unites us and is so powerful in love. Thank you.

Question: ...So You are the messenger of God. But how can You do that?

Shri Mataji: See, just now I will not tell you anything about Myself. You have no authority to ask Me Who I am. No. Why should I tell you? I don't want to tell you. I tell you that you take your Realization.

Okay, let us stop now. This is surprising, I mean nowhere in the world people ask such questions.